

# Contents

---

<i>List of figures</i>	xi
<i>List of tables</i>	xii
<i>Notes on contributors</i>	xiii
<i>Foreword – Sue Jennings</i>	xx
<i>Preface – Roger Grainger</i>	xxi
<i>Acknowledgements</i>	xxii

## PART I

<b>International developments in dramatherapy</b>	<b>1</b>
1 The development of Korean drama therapy: from a latecomer to the leading special practical human science in arts therapy <i>Miri Park</i>	3
2 The development of drama therapy in Taiwan <i>Hsiao-hua Chang</i>	8
3 Converging lineages: arts-based therapy in contemporary India <i>Aanand Chabukswar with Zubin Balsara</i>	19
4 Embodying <i>Ramayana</i> : the drama within <i>Bruce Howard Bayley</i>	26
5 Culture and mental health: an evaluation of <i>Esie</i> performance as a community-based approach to dramatherapy in Cameroon <i>Paul Animbom Ngong</i>	36
6 A bridge over troubled waters: 'Play can break the mask of silence' <i>Ioana Serb and Magdalena Cernea</i>	45
7 The history, trends and future of North American drama therapy <i>Andrew M. Gaines and Jason D. Butler</i>	52

PART II

**Internationalism and theoretical approaches** 65

- 8 'Dramatherapists believe that they must be both artist and therapist':  
an exploration 67  
*Alida Gersie*
- 9 How do dramatherapists understand client change? A review of the  
'core processes' at work 77  
*Phil Jones*
- 10 Instilling cultural competence in (the raising of) drama therapists 92  
*Renée Emunah*
- 11 Creative integration in practice 106  
*Anna Chesner*
- 12 Embodiment in dramatherapy 115  
*Ditty Dokter*
- 13 Shamanism, theatre and dramatherapy 125  
*John Casson*
- 14 From brains to bottoms: the preoccupations of the very young and the  
very old 135  
*Sue Jennings*
- 15 A critical aesthetic paradigm in drama therapy: aesthetic distance, action  
and meaning making in the service of diversity and social justice 145  
*Nisha Sajnani*
- 16 Dramatherapy and theatre: current interdisciplinary discourses 160  
*Clive Holmwood*
- 17 The brain as collaborator in dramatherapy practice 170  
*Jude Kidd*
- 18 Open Sesame and the Soul Cave 180  
*Mary Smail*

PART III

**Internationalism and specific practice** 189

- 19 The contribution of dramatherapy to the reconnection of abused  
Palestinian females with their bodies and feelings 191  
*Alia Safadi Zoabi and Natalie Hayek Damouni*

20	Drowning . . . but waving: children today <i>Penny McFarlane</i>	200
21	'I am a black flower': the use of rituals in dramatherapy work with a special education class in Arab–Israeli society <i>Amani Mussa</i>	208
22	Attachment-informed drama therapy with adolescents <i>Anna Marie Weber and Craig Haen</i>	218
23	Stevie and the Little Dinosaur: a story of assessment in dramatherapy <i>Sarah Mann Shaw</i>	230
24	Evaluation of dramatherapeutical process for clients with neurotic disorder <i>Milan Valenta and Ivana Listiakova</i>	240
25	Sparks of hope: Dramatherapy with people with a terminal illness <i>Dorit Dror Hadar</i>	250
26	Life stage and human development in dramatherapy with people who have dementia <i>Joanna Jaaniste</i>	262
<b>PART IV</b>		
<b>Internationalism and new and innovative approaches</b>		<b>273</b>
27	The dramatherapy <i>commedia</i> : improvisation, creativity and person-making <i>Salvo Pitruzzella</i>	275
28	Spagyric dramatherapy: a transcendental perspective <i>Demys Kyriacou</i>	285
29	Breaking through the walls of shyness: overcoming shyness, self-consciousness and social anxiety through dramatherapy <i>Claire Schrader</i>	294
30	Dramatherapy and the feminist tradition <i>Susana Pendzik</i>	306
31	Yogadrama – 'As if I were a mountain' <i>Jenelle Mazaris</i>	317
32	Ritual theatre in short-term group dramatherapy <i>Steve Mitchell</i>	325

33	Meditation and dramatherapy <i>Grace Schuchner</i>	335
34	Redefinition, restoration, resilience: drama therapy for healing and social transformation <i>Warren Nebe</i>	348
	<i>Afterword – Clive Holmwood</i>	360
	<i>Appendix</i>	362
	<i>Index</i>	365

PART IV

35	Internationalism and new and innovative approaches	
36	The dramatherapy approach: innovation, creativity and person-making <i>Sally Lumsden</i>	378
37	Spagyric dramatherapy: transmutational perspective <i>Doreen Kynman</i>	382
38	Breaking through the walls of silence: working with self-consciousness and social anxiety through dramatherapy <i>Clare Scholte</i>	394
39	Dramatherapy and the feminist tradition <i>Suzanne Luchins</i>	400
40	Yogajama – 'At 11 I was a mountain' therapy for young women <i>Janis Allan</i>	412
41	Animal theatre: a new form of group dramatherapy <i>Steve Atwell</i>	422