

**CURRENT APPROACHES IN
DRAMA THERAPY**

**CURRENT APPROACHES
IN
DRAMA THERAPY**

Edited by

PENNY LEWIS, PH.D., RDT-BCT

and

DAVID READ JOHNSON, PH.D., RDT-BCT

Published and Distributed Throughout the World by

CHARLES C THOMAS • PUBLISHER, LTD.
2600 South First Street
Springfield, Illinois 62704

This book is protected by copyright. No part of
it may be reproduced in any manner without
written permission from the publisher.

©2000 by CHARLES C THOMAS • PUBLISHER, LTD.
ISBN 0-398-07082-2 (cloth)
ISBN 0-398-07083-0 (paper)

Library of Congress Catalog Card Number:

*With THOMAS BOOKS careful attention is given to all details of manufacturing
and design. it is the Publisher's desire to present books that are satisfactory as to their
physical qualities and artistic possibilities and appropriate for their particular use.
THOMAS BOOKS will be true to those laws of quality that assure a good name
and good will.*

Printed in the United States of America
SR-R-3

Library of Congress Cataloging-in-Publication Data

*The book is dedicated to our students and clients
who continuously help reveal, deepen, and expand
our understanding of drama therapy.*

CONTRIBUTORS

Sherry Diamond, MA, RDT is Director of Resource Development, Clinical Programs/Training for STOP-GAP. She has extensive experience in drama therapy, curriculum development and administration including directing treatment, inpatient and community-based programs for special populations. A member of NADT since 1986, she has served as the Chair of the association's Membership Committee.

Pamela Barragar-Dunne, PhD, RDT-BCT is a board certified master teacher trainer in drama therapy and service as the Director of The Drama Therapy Institute in L.A. She is a professor at California State University in Los Angeles and is a past president of the National Association for Drama Therapy. She has published several drama therapy activities workbooks. Her latest book is the *Double Stick Tape: Poetry, Drama and Narrative as Therapy for Adolescents*.

John Bergman, MA, RDT-MT is a master teacher in drama therapy and the director of Geese Theater Company. He has worked in prisons for 20 years both nationally and internationally. He currently has two Geese-linked companies in Romania and England.

Dale Richard Buchanan, PhD, TEP, CGP is a Trainer, Educator, and Practitioner certified by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. He is the Director of Creative Arts Therapies for the Washington D.C. Commission on Mental Health Services (formerly St. Elizabeth's Hospital).

Renee Emunah, PhD, RDT-BCT is a board certified master teacher trainer in drama therapy and the Founder and Director of the Drama Therapy Graduate Program at CIIS in San Francisco. She is a past president of the National Association for Drama Therapy and the author of *Acting for Real: Drama Therapy Process, Techniques and Performance*. She is on the editorial board of the Arts in Psychotherapy and a recipient of the Gertrude Shattner award for Outstanding Contribution to the Field of Drama Therapy.

Diana Feldman, MA, RDT-MT is a registered drama therapist master teacher status who has developed a methodology for drama therapy. She also founded ENACT, a not-for-profit organization in New York City in 1987 which continues to use her methodology. Ms. Feldman teaches nationally and has published *The ENACT Workbook* and curriculum.

Antonina Garcia, EdD, TEP, RDT-BCT is a Trainer, Educator, and Practitioner certified by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.

She is also a Registered Drama Therapist and board Certified Trainer and Master Teacher. She is a full professor at Brookdale Community College and is Co-coordinator of the Creative Arts in Therapeutic Settings option to the A.A.S. Degree in Human Services.

Steve Harvey, PhD, RDT, ADTR, RPT/S is a licensed psychologist currently working with children and families at the Navy Hospital in Sigonella, Sicily. He is registered by the national dance, drama, and play associations and is a frequent contributor to both national and international conferences. He has helped pioneer family play therapy and continues to present training in this work throughout the United States and Europe.

Eleanor Irwin, PhD, RDT is a founding member of the National Association for Drama Therapy and a graduate of the Child and Adult Program of the Pittsburgh Psychoanalytic Institute where she is on the faculty. She has a psychoanalytic private practice in Pittsburgh, Pennsylvania.

David Read Johnson, PhD, RDT-BCT is a board certified master teacher trainer, one of the founders of the National Association for Drama Therapy and a recipient of the Gertrude Shattner award for Outstanding Contribution to the Field of Drama Therapy. He is currently the Director of the Institutes for the Arts in Psychotherapy, New York, NY, the Director of the Institute for Developmental Transformations, and the Co-Director of Post Traumatic Stress Center, in New Haven, Connecticut. He is an Associate Clinical Professor at the Department of Psychiatry, Yale University School of Medicine. He is the former Editor-in-Chief of the *Arts in Psychotherapy*, the former Chairperson of the National Coalition for the Arts Therapy Associations and the former president of the National Association for Drama Therapy. He has authored *Essays on the Creative Arts Therapies: Imaging the Birth of a Profession* and is the co-editor of this text.

Fara Sussman Jones, MA, RDT is a registered drama therapist and the program coordinator at ENACT (Educational Network of Artists in Creative Theater). She works with at-risk children and adolescents, teachers, parents, and administrators in the New York City School System.

Don Laffoon, MA, RDT-BCT is the chair of the National Coalition of Arts Therapies Association and the past president of the National Association for Drama Therapy. He is a co-founder/Executive Director of STOP-GAP, dedicated to using the STOP-GAP method to promote personal growth and healing through drama therapy, interactive theatre and training at STOP-GAP Institute.

Robert Landy, PhD, RDT-BCT is a board certified master teacher trainer and the founder and Director of the Drama Therapy Program at New York University and an international trainer and educator of drama and play therapists. He is a recipient of the Gertrude Shattner award for Outstanding Contribution to the Field of Drama Therapy. He is a prolific researcher and author of scholarly books and articles as well as a theatre artist and musician. Among his books are *Drama Therapy Concepts, Theories and Practices, Persona and Performance*, and *Essays in Drama Therapy—The Double Life*. His latest book, *How We See God*, is a study of children's images of spirituality.

Penny Lewis, PhD, ADTR, RDT-BCT is a board certified master teacher trainer in drama therapy and Senior Faculty at Antioch University's Antioch New England Graduate School. She has authored several books, among them: *Creative Transformation: The Healing Power of the Arts*. The former Chair of Alternate Route Training, she authored and edited *The Alternate Route Training Handbook* for the National Association for Drama Therapy. A former Special Guest Editor for the *Arts in Psychotherapy*, she is the co-editor of this text and has lectured, presented, and published internationally since 1970. She is the Co-director of the Certificate Program in Transpersonal Drama Therapy for both local and distance learners and has a private practice in Amesbury, Massachusetts.

Saphira Linden, MA, RDT-BCT is a board certified master teacher trainer in drama therapy and the artistic director/drama therapist-trainer of Boston's Omega Theater since 1966. She founded the Omega Arts Network for Artist Healers. She is a management consultant and has been a meditation teacher/guide in The Sufi Order since 1971. She is the Co-director of the Certificate Program in Transpersonal Drama Therapy for both local and distance learners and has a private practice in Jamaica Plain, Massachusetts.

Jo Salas, MA CMT is a music therapist and the co-founder of Playback Theatre. She teaches the playback approach internationally. Her book, *Improvising Real-Life: Personal Story in Playback Theatre* has been translated into three languages. Her second book, *The Space Room: A Story of Children, Madness, and the Arts* is about using music and playback theatre with children in residential treatment.

Stephen Snow, PhD, RDT/BCT is associate professor of creative arts therapies, Coordinator of the new Graduate Drama Therapy Program and Director of the Center for the Arts in Human Development at Concordia University in Montreal. He is on the editorial board of the *Arts in Psychotherapy* and has published on drama therapy in that journal as well as in *Themes in Drama, Psychology and the Performing Arts* and *Dramatic Approaches to Brief Therapy*.

Patricia Sternberg, PhD, RDT-BCT is a recipient of the Gertrude Shattner award for her Outstanding Contribution to the Field of Drama Therapy. She is a full professor in the Theatre Department at Hunter College in New York City and heads their Developmental Drama Program. She is a playwright with over 25 plays produced and/or published and the author of eight books including *Sociodrama: Who's in Your Shoes?* with Antonina Garcia. Her latest book: *The Theatre for Conflict Resolution*, was recently published. She is a well-known trainer, presenter and workshop leader, having presented both nationally and internationally. Sternberg is a practicing drama therapist and has worked with a variety of populations in both psychiatric and educational facilities.

PREFACE

CURRENT APPROACHES IN DRAMA THERAPY attempts to fulfill a need for a comprehensive introduction to the various drama therapy theoretical models and techniques that are being utilized and taught in the United States and Canada. Although several volumes have been published describing the drama therapy approaches in England and the Netherlands, surprisingly, there has been no similar publication in the United States.

The purpose of this book is to begin to provide the field of drama therapy with a theoretical body of knowledge through the individual scrutiny of major frames of reference and through a comparative analysis in which the essence of each approach is gleaned and commonalities formulated into a fundamental conceptualization of drama therapy.

Senior professionals and board certified teacher-trainers have continued to ask for a researched integrated body of knowledge in the field of drama therapy. Although all concurred that there are core foundational concepts and postulates, no publication to date had brought all the approaches together in an organized manner.

The approaches were selected on the basis of the fact that they are taught in universities, institutes and mentorship relationships, have been presented at educated national conferences and published in professional publications. Each of the 16 approaches is authored either by their founders or key proponents of the method in the field of drama therapy. Each author accepted the discipline of working within a predetermined format; an outline addressing historical genesis, theoretical model and case example to allow the reader to compare, contrast and assess in an organized manner. Important to note is that these editors do not presume that this book includes all approaches extant in the field, nor were we able to include the work of many gifted clinicians who have yet to articulate a particular model or approach. Further editions will continue the process of expanding the body of knowledge in the field.

In the first section of the book, we begin with a chapter discussing the history of drama therapy in the United States and Canada, to provide a temporal context for this rapidly growing field. A second chapter discusses issues related to theory building in the health care professions, identifying important components of a theoretical model such as frame of reference and the establishment of validity.

Section II holds 16 specific approaches to drama therapy. Section III addresses the comparative analysis. The first chapter delineates the qualitative research method employed in this study, and the last chapter identifies the common fundamental conceptual structures of these major frames of reference in drama therapy and delineates the current consensual body of knowledge in the field.

A glossary of key concepts utilized by the approaches and subject index follows.

We are aware that this volume is the beginning of a continuous professional challenge: to articulate the similarities and differences among various approaches within one therapeutic discipline. It is our belief that this effort is long overdue, and required in order for the profession of drama therapy to mature.

Penny Lewis and David Read Johnson, Editors

ACKNOWLEDGMENTS

Several years ago Eleanor Irwin began the process of inviting contributors to a comprehensive drama therapy textbook. Her vision provided the foundation for this book. Additionally, the Board of Directors of the National Association for Drama Therapy, particularly Toddy Richmond, Linda Cook, Don Laffoon and Alice Forester along with many Board Certified Trainers and Master Teachers paved the way for this book through their calls for a delineated body of knowledge in drama therapy and their support to back it up. Liann Marie provided immensely competent editorial support for which we are deeply grateful.

Finally and most importantly, we wish to thank the contributing authors who graciously and enthusiastically joined with us in the preparation of this volume.

CONTENTS

Preface—Penny Lewis and David Read Johnsonxi
Acknowledgementsxiii

Chapter

SECTION I: INTRODUCTION

1. HISTORY OF DRAMA THERAPY 5
David Read Johnson

2. THE DEVELOPMENT OF THEORY AND
METHODS IN DRAMA THERAPY16
David Read Johnson and Penny Lewis

SECTION II: CURRENT APPROACHES

3. PSYCHOANALYTIC APPROACH TO DRAMA THERAPY27
Eleanor Irwin

4. ROLE THEORY AND THE ROLE METHOD OF DRAMA THERAPY 50
Robert J. Landy

5. THE INTEGRATIVE FIVE PHASE MODEL OF DRAMA THERAPY70
Renee Emunah

6. DEVELOPMENTAL TRANSFORMATIONS:
TOWARD THE BODY AS PRESENCE87
David Read Johnson

7. NARRADRAMA: NARRIATIVE APPROACH IN DRAMA THERAPY ... 111
Pamela Dunne

8. THE DEVELOPMENTAL THEMES APPROACH IN
DRAMA THERAPY129
Penny Lewis

9. PSYCHODRAMA162
Antonina Garcia and Dale Richard Buchanan

10. SOCIODRAMA196
Patricia Sternberg and Antonina Garcia

11. RITUAL/THEATER/THERAPY218
Stephen Snow

12. HITTING THE BULL’S EYE: THE STOP-GAP METHOD 241
Don Laffoon and Sherry Diamond

13. RECOVERY AND INDIVIDUATION
TWO STAGE MODEL IN DRAMA THERAPY 260
Penny Lewis

14. PLAYBACK THEATER: A FRAME FOR HEALING 288
Jo Salas

15. CREATING NEW CULTURES: USING DRAMA THERAPY
TO BUILD THERAPEUTIC COMMUNITIES IN PRISONS 303
John Bergman

16. THE ENACT METHOD IN SCHOOLS: UNWINDING RESISTANCE
AND EXTERNALIZING THE UNSPOKEN 331
Diana Feldman and Fara Sussman Jones

17. OMEGA TRANSPERSONAL DRAMA THERAPY:
A TRANSFORMATIONAL THEATER APPROACH 346
Saphira Linden

18. DYNAMIC FAMILY PLAY 379
Steve Harvey

SECTION III: COMPARATIVE ANALYSIS

19. METHOD OF COMPARISON AND RESEARCH PROCESS 413
Penny Lewis

20. TOWARD A BODY OF KNOWLEDGE IN DRAMA THERAPY 442
Penny Lewis

Glossary 453

General Drama Therapy Bibliography 465

Index 479