

**Presenters** Bas van der Hoeven & Linda French

**Title** When words are not enough- Using Drama Therapeutic Methodologies in Treatment and Prevention.

### **Abstract**

We will outline our three programs:

1. The **Regain/ Sustain program** was developed as a community based program, to keep people independent and able to live in their communities. A research based 10 week program which improves mobility, communication, social interactions, and cognition, addresses therapeutic issues- grief/ depression, and works to lessen behavioural challenges - aggression/ anxiety.

2. The **Safety program** is intended to support people with an intellectual disability in being strong and clear in what they want in all situations. It will help identify what situations may present a risk or danger. It will encourage participants to work out strategies that help them assess risk and deal with it well.

All work is focused on building self-esteem, respect for self and others, a sense of being in control, maintaining personal boundaries. Each participant also has their own therapeutic goals which might include past abuse, depression, Post Traumatic Stress Disorder, etc.

3. The **Taking back control program** is developed for people who have an ASD diagnosis, or have a physical disability. Through our specially designed 10 week drama therapy program new skills are developed that will increase self-exploration, self-esteem, social-interaction and expression, etc.

It also focuses on flexible thinking and letting go of previous experiences as well as contributing to their communities

In our presentation we will outline the programs, methods used, program structure, participants, feedback and monitoring processes.

### **Biographies**

Bas van der Hoeven is a specialist in Drama Therapy and has worked as a therapist with children, youth and adults for almost 20 years.

Bas has developed and conducts drama therapy programs with dementia sufferers, people with an ASD/ID diagnosis and physically disabled.

Linda French is a social psychologist that went on to practise in family therapy and has moved into the practical application of her skill in the broader field of group dynamics. She is also qualified as a social worker, counsellor and as a mediator initially with the Tenancy Tribunal but now in private practice.

Full bio's can be found on [www.dramatherapy.co.nz](http://www.dramatherapy.co.nz)