

Drama Therapy: Concepts, Theories, and Practices

Robert J. Landy

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Emerging from the first degree-granting program in drama therapy, this text is the first to examine drama therapy as a discipline. It deals not with drama in therapy but with drama therapy itself, documenting its legitimacy as a distinct field. After reviewing its dramatic and psychotherapeutic context, the author examines the conceptual basis of drama therapy, tracing its interdisciplinary sources and delineating important concepts from related fields. A theoretical model of drama therapy is offered, based on the source material. The most widely practiced techniques of drama therapy are examined, including psychodramatic practices and projective techniques. The author also focuses on appropriate populations and settings: the emotionally, physically, socially, and developmentally disabled in schools, clinics, hospitals, prisons, and other environments. Special attention is directed to therapeutic theatre performances. The text concludes with reports of research, past, present, and future, and offers observations based upon the significant role drama therapy can play in fostering balance within individuals and among peoples.



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