

The Dramatherapy Centre

Individual Therapy for Children & Adolescents

The Dramatherapy Centre is announcing a new initiative - Individual Therapy for Children and Adolescents. Two of our colleagues, Adrian Lania and Heather Clark, will be creating a safe and structured therapy space for young people to overcome their difficulties in adapting to today's society. They will facilitate clients' creative energy to bring about wellbeing and resistance towards every day stress. The sessions will be based on the Dramatherapy Model and will focus on the individual goals set with every client.

The Facilitators:

Adrian Zygmunt Lania MA.Psy., Dip.ArtsTh., Dip.Ed., MAPS, AthR, was born and educated in Wroclaw, Poland. He is a psychologist and dramatherapist. Adrian arrived in Sydney in 2004. Since then he has been working with children and adolescents at schools in Sydney South West Area. Adrian is the co-leader of an Introductory and an Advanced Dramatherapy Courses, run by the Dramatherapy Centre. He enjoys working experientially within the safe structure of the therapeutic process. In 2006 he created together with Joanna Jaaniste a documentary DVD: "Going Birco", which was about the use of dramatherapy within the school setting (see ANZATA Newsletter 2007). Also since 2006 he has been made a performing member of Sydney Playback Theatre Company.

Heather Clark B.A. Dip.Ed. (Drama, English) has worked extensively as a Drama teacher/Coordinator (DET schools including North Sydney Girls' High), workshop practitioner (Breakthru Artz & Hillsong) and actor/director (W;t, Qantas, AAPT, McDonald's) for over 15 years. In her various roles Heather has observed the effectiveness of Drama in developing the self-esteem, confidence and interpersonal skills of her students and colleagues. As a performing member with Playback Theatre Sydney she has had the opportunity to work in performance settings with a range of organisations such as Legal Aid Services, The Benevolent Society, Blacktown Community Services and The Experiential Learning Conference at UTS. She is currently the director of The Drama Hub, an Expressive Arts class for Primary aged students. In combining her teaching skills with the therapeutic benefits of Dramatherapy, Heather is passionate about empowerment and transformation through self-expression.

Investments:

- \$90 per one hour session (Medicare rebate available approx. \$70 per session)
- Pay the full amount of the consultation and use your detailed receipt to claim a Medicare rebate

Where:

White's Creek Centre
31 White St
Lilyfield NSW

Contact:

Heather Clark 0403 899 066

Medicare Provider / GP's Referral to:

Adrian Lania
NSW Registered
Psychologist
PS0087900

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Structure:

- Total of 12 sessions. Session 1 comprises initial appointment with child and parent/carer. Session 12 comprises of closing meeting with child and parent/carer.
- Maximum of 3 children per session to be claimed as individuals through Medicare. Medicare therapy group defined as <6 participants
- 3 x participants sessions are facilitated by Adrian Lania and Heather Clark.
- 1 x participant sessions facilitated by Adrian Lania unless otherwise stated.

Model:

The therapy models utilised are as follows:

- Dramatherapy
- Role-play
- Masks
- Narradrama (narrative therapy and dramatherapy)
- Elements of Art therapy
- Elements of Psychodrama
- EPR (Embodiment, Projection, Role)
- Elements of DVT (Developmental Transformations)
- Elements of Cognitive Behavioural Therapy
- Motivational interviewing
- Relaxation strategies
- Psychoeducation
- Problem solving skills training

Working with:

- Emotional development
- Emotional disorders
- Generalised anxiety disorder
- Adjustment disorder
- Depression
- Conduct disorder
- Bereavement disorder
- Post-traumatic stress disorder
- Mixed anxiety and depression

Outcomes:

- To facilitate ongoing therapy that has been initiated by Kids Express
- To provide individualised outcomes for each participant (clinical interviewing may form part of the initial consultation with the client in preparation for treatment, but this generally should not extend beyond the initial consultation)
- To encourage each participant to set goals and work towards them

If you have further questions please contact Heather on 0403 899 066 or visit our website www.dramatherapy.com.au