

Dramatherapy can help you

Individual Dramatherapy (I.D.)

Do you want a chance to **change** your life story? Become **motivated** and move towards **self-fulfilment**?
Have you or a family member or friend tried medications that don't work?
If you are stuck, re-enacting the same old roles over and over again, read on...

IMAGINE what it feels like to step into brand new roles, using actors' exercises that are creative and fun. You will take a new look at your life, managing your fears and moving on.

EMPOWERING YOU I.D. is about change, but it's also about making better choices – about being in control of your life story. But this is not about endless talking, which can be more stressful than the grief or anxieties you want to heal. It uses drama and theatre action and processes to explore and play with your life script. It engages your imagination and creates insights for growth.

YOUR CREATIVE WORK

No previous drama experience is necessary. Through sound, movement and gesture, Joanna guides you towards new and creative perspectives on the past experiences and patterns. This indirect approach diffuses and demystifies the power of the painful memories or experiences. Ritual also brings to light your unique strengths.

THE DRAMATHERAPY PROCESS: ESTABLISHING TRUST

In the first session, you and Joanna make a confidential contract in which goals and boundaries for your work are safely established. Joanna makes an initial assessment which will give you greater self-awareness and understanding. From this, she designs a therapy plan and outlines possible timeframes for therapy.

BUILDING THE RELATIONSHIP

During the weekly or fortnightly sessions, you and Joanna will explore the artistic media and methods which best suit you and your life story. Goals and desired outcomes will be reflected upon and monitored regularly. You will develop important new skills and fresh attitudes for future self-care.

- Unlock your authentic self
- Find new enthusiasm for your life
- Improve confidence and self esteem
- Cope better with grief, loss
- Improve relationships
- Communicate better
- Improve energy levels
- Reduce stress



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WHAT DRAMATHERAPY CLIENTS HAVE SAID:

"When I do Dramatherapy, I feel whole."

N.S., medical doctor.

"I felt contained and safe. Your practice was seamless & professional."

D.C., therapist.

"I admire the courageous way you have pioneered this much-needed work."

L.S., social worker.

"You helped me forgive my mother."

T.C., creative therapist.

"I found the first stable bricks of identity through your encouragement and belief in me"

K.J., university student.

"Through dramatherapy I have discovered such a lot about myself...I have rejoined a path I had diverted myself from."

E.S.

"You taught the kids how to act and express their emotions better"

R.T., Chairman of Board of a Children's Counselling Service.

"Dramatherapy has helped me overcome my depression"

M.B., language school principal.



JOANNA JAANISTE B.A.(Hons.), Dip.Ed., Dip.Dramatherapy, AthR, is a registered Dramatherapist who has practised dramatherapy in mental health, adolescent and substance abuse areas since 1993. She specialises in story work, roleplay and improvisational interventions. Her lively approach is influenced by the work of Carl Jung and Rudolf Steiner. She believes strongly in the power of dramatherapy to assist participants to find new directions for their lives. Her clinical work involves her in

acute and community group and individual work in Fairfield/Liverpool Mental Health. She is a member of a Board which gives funding to drug and alcohol related services, and works privately with co-morbid issues as well as in the public health system. She is principal of the Dramatherapy Centre in Sydney, and runs courses together with her colleague, Adrian Lania. She has taught at postgraduate level at UWS and UTS, and has lectured at the Wesley Institute and presented papers in UK, USA and South Africa. She has published articles on dramatherapy in Synergy, the Journal of Multicultural Mental Health, Australia, and the British Association of Dramatherapists peer-reviewed Journal, Dramatherapy. She is currently doing a PhD in dramatherapy and dementia.

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