

DRAMATHERAPIST

WHAT DOES A DRAMATHERAPIST DO?

Dramatherapists help clients to express their feelings through dramatic techniques. Dramatherapy may be carried out in group or 1-to-1 settings and Dramatherapists may work closely with other healthcare professionals. A Dramatherapist's role could include:

- helping clients to experiment with different ways of thinking, feeling and behaving: e.g. in social situations that they find challenging, encouraging self-awareness, exploration and reflection on feelings and relationships;
- using dramatic techniques - such as movement, myth, ritual, role play, storytelling and voice work - to encourage clients to explore ways of resolving their issues
- utilising materials and 'props', including puppets
- undertaking assessment visits

Dramatherapists work with people of all ages and backgrounds. Some may have psychological and/or mental health issues, physical or mental disabilities or behavioural difficulties. Other clients may be on probation, based in a secure setting, or overcoming an addiction.

SKILLS REQUIRED

Applicants for Drama Therapy courses and jobs will need to demonstrate that they have:

- the ability to be expressive, creative and spontaneous
- the capability to adapt to different clients, locations and situations
- the ability to deal with challenging situations
- enthusiasm and passion for the wellbeing of others
- good performance skills

QUALIFICATIONS REQUIRED

- A postgraduate qualification in Drama Therapy that has been approved by The British Association of Dramatherapists
- Registration with the Health & Care Professions Council (HCPC): <http://www.hpc-uk.org/>
- Applicants will need to pass a Disclosure and Barring Service (DBS) check.
- Check entry requirements and course content with individual course providers.

UNDERGRADUATE COURSES

There are 2 undergraduate courses that focus upon the therapeutic benefits of the arts - neither is in the West Midlands.

Creative Arts Therapy Studies Foundation Degree: City of Bristol College

(<http://www.cityofbristol.ac.uk/>)

Length of study: 2 years full-time

Entry requirements - qualifications: 5 GCSEs grade 9-4/A*-C including English Language and Mathematics, or their equivalent.

Applicants with an *Access to HE Diploma* must also have a portfolio of evidence/a creative piece of work.

Applicants with a *BTEC Level 3* qualification should have a good level of achievement in a related subject area (Merits/ Distinctions) and must also have a portfolio of evidence/ a creative piece of work.

Entry requirements - work experience: Related employment and qualifications are welcomed.

BA (Hons) Creative Expressive Therapies: University of Derby (<http://www.derby.ac.uk/>)

Length of study: 3 years full-time. Part-time study, over 6 years, is also possible.

Entry requirements - qualifications: Normally 5 GCSEs grade 9-4/A*-C, or equivalent, including English and Mathematics.

Applicants with an *Access to HE Diploma* need to have gained an overall Pass (60 credits) with a minimum of 45 Level 3 credits including a minimum of 15 at Distinction, 24 at Merit, and 6 at Pass level. Functional Skills or Key Skills, at Level 2, may be considered instead of GCSE English and Mathematics.

BTEC applicants will need to have gained Distinction, Distinction, Merit (DDM), and also have 5 GCSEs at grade C or above including Maths and English.

The University suggests that people who may be interested in this course think carefully about their choice of Level 3 course and the extent to which it prepares them for the degree pathway - e.g. art - that they want to follow.

Entry requirements - work experience: None specified.

NB Please check with each course provider as entry requirements can change.

POSTGRADUATE COURSES

There are 4 approved UK-based postgraduate courses, none of which are in the West Midlands. Details are shown at: <http://badth.org.uk/training#recognised-courses>

EMPLOYMENT SECTORS

Dramatherapists work in a variety of settings including behaviour support services, community centres, day centres, drug/alcohol dependency units, educational establishments, hospitals, mental health services, prisons and probation services, psychiatric hospitals, services for people with learning disabilities, and social services provision.

WORKING CONDITIONS

Working hours tend to be 9am to 5pm, although evening work may be required in some locations.

SALARY

Dramatherapists earn £26,565-£41,787 per year. Principal Dramatherapists can earn up to £48,514 per year. Income in private practice varies depending on whether they are employed or working freelance. As a guideline, the fee for a 1-hour dramatherapy session is usually £35-£65.

NB These figures are only a guideline: see NHS pay scales, and job advertisements, for up-to-date information

LABOUR MARKET DATA

There are currently more than 3,400 practising arts therapists (Art Therapists; Dramatherapists; Music Therapists) in the UK who are registered with the HCPC.

Opportunities vary between regions and tend to be focused in locations where professional training centres are based. Many Dramatherapists are self-employed.

INFORMATION SOURCES

- The British Association of Dramatherapists: <http://badth.org.uk/>
- Health & Care Professions Council (HCPC): <http://www.hpc-uk.org/>
- National Careers Service: <https://nationalcareersservice.direct.gov.uk/>
- NHS Careers: <http://www.nhscareers.nhs.uk/>
- Prospects: <https://www.prospects.ac.uk/>
- UCAS: <https://www.ucas.com/>

VIDEO CLIP

<http://badth.org.uk/dtherapy>

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