



# patriot



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## Dramatic effect

BY SHRUTI DAS ON NOVEMBER 15, 2018

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### Sue Emmy Jennings, pioneer of Drama Therapy in the UK and overseas, tells Patriot about the importance of her technique for mental health

Renowned playwright Oscar Wilde once said, “It was only in the theatre that I lived.” Indeed, drama has the power to make you live a moment to its fullest. This might be the reason why drama is often used as a process of mental healing, by helping someone express their feelings much more effectively than they would in a confined counselling room.



Drama Therapy is a form of psychological therapy in which all the performance arts are utilised within the process of healing. In common parlance, it is a method of therapy which uses dramatic techniques to help people during times of stress, emotional upheaval or disability. These include role play, enacting (either using scripts or by improvisation), the use of puppets and masks, storytelling, the use of rituals and games and much, much more.



Dr Sue Emmy Jennings has been a pioneer of Drama Therapy and Play Therapy in the UK and overseas, establishing training programmes in UK, Greece, Romania, Czech Republic and Israel. Her paradigm, 'embodiment-projection-role', has been integrated into worldwide education and therapy and her practice and research on early years' development has been developed into 'Neuro-Dramatic-Play', which serves as a basis for attachment and empathy. She is a prolific author with over 50 publications on theory and application.

Recently, Jennings was in Delhi as a speaker at the event IMAGINE — which was held by a collaboration between child and adolescent mental health institute Children First, and The Teamwork Fine Arts Society. A non-profit initiative of Teamwork Arts, IMAGINE has been conceived as a movement to combat the disturbing corrosion of youngsters' mental health.

In the event, Jennings explained the concept of 'Nurturing Early Years'. It was about the importance of play and attachment in the early years of a child's life and understanding the nuances within. She spoke about emotional safety and emphasised on the basic fact that as adults we should not make assumptions about or define how children are going to feel.

It is also important to nurture curiosity with care as children are often able to self-direct their developmental process when allowed to play in emotionally, physically and psychologically safe spaces.



