



Introduction to Dramatherapy Tools and Vulnerable Communities

WHAT: A **one-day training** in drama and creative arts therapy tools and approaches useful for facilitators, youth workers, and artists wanting to work with or deepen their understanding of vulnerable, traumatised, isolated teen asylum-seeking/refugee communities.

WHO: Play for Progress' **Head of Therapies** Becky Finlay-Hall will guide you through a range of exercises that focus on identifying, supporting, exploring, and expanding the capacity for considering mental wellbeing

OUTCOMES: The aim of this workshop is to **enrich your current practice** and raise your confidence around sensitive and challenging issues that are unique to vulnerable, traumatised young people with refugee backgrounds. We will explore the benefits of creativity, mindfulness and resilience and their impact on young peoples' mental health, with a particular focus on anxiety, PTSD, and harmful behaviours. An e-handbook including the creative content of the day will be sent to all participants along with a certificate of attendance.

WHY: As strains on our services tighten we must **build stronger more resilient practices and organisations**. Referring young people on to local therapeutic services is proving increasingly challenging as lengthy waiting times leave our most vulnerable young people at further risk. We believe that as a community of youth-facing services, we can **strengthen our capacity to hold complex trauma** by working, training, and discussing together. This training will offer you ideas, theory and practice to take back and share within your work setting.

22, 29 July & 17 August

10am – 5pm

Venue TBC (Central London)

£100 Organisation / £75 Individual / Solidarity rate avail upon request

Secure your space: send an email to contact@playforprogress.com

Play for Progress (charity no. 1166328) delivers and develops therapeutic and educational music and arts programmes, advocacy, and well-being support for traumatised and socially-isolated unaccompanied minor refugees based in London.

Play for Progress

Registered Charity No: 1166328

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