

Title: Handbook of drama therapy and theatre therapy
Rukověť dramaterapie a teatroterapie
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In the Czech Republic, more and more often we can witness various forms of expressive therapies. Drama therapy and theatre therapy belong to the wider conception of art therapy and they become more frequently used as techniques in special education. Elementary skills and knowledge of these curative techniques are also part of curriculum in various branches of study at the Department of Special Education at Faculty of Education, UP in Olomouc. The aim of this publication is to introduce the practical impact of drama therapy and theatre therapy in various institutions that work with clients with special needs to students and professionals.

This publication is the outcome of the first Drama Therapeutic Conference where the professionals who use these techniques in their practice presented their papers on using these techniques in all sorts of branches of the Special Education.

Although this book is not subdivided into some thematic units, we can soon recognize that the first three chapters describe drama therapy and theatre therapy in theory. The authors of these three parts define the key terms and look for the position of these therapeutic techniques in the system of psychotherapy and special education. We can understand that these techniques lie on the borderline between special education, psychotherapy and arts. Drama therapeutic projects balance among art, therapeutic and educative factors, always according to the current needs of clients.

Other chapters view the specificities of therapeutic intervention from both aspects; the age and the special needs of clients. The specificities of work with children and with adult clients are described too. There is also a special chapter that deals with drama therapeutic projects for seniors, especially, what projects can be adapted to this group. The application of findings from andragogy is also discussed there.

There are several chapters that inform readers about special needs of some specific groups e.g. persons with mental disability, persons with hearing im-

pairment or persons with behavioral disturbances, and some of the attitudes towards these groups. The topic – behavioral disturbances and curing them by therapy – form the major part of contributions, e.g. persons in jail, drug addicted persons etc.

Besides theoretical and practical contributions on the discussed issues, a drama-therapeutic project is included here.

This book is an attempt to map the usage of these techniques in practice within the various institutions working with all sorts of clients. This publication will be of a great benefit not only for the students of special education but also for the attendants of psychology, social work and other helping professions that can work with the mentioned techniques.

This work could be also understood as an appeal for those professionals who use theatre in therapy within the work with their clients, so that they actively participate in the next conference and bring further valuable findings on the usage of drama therapy and theatre therapy with other clients. It would be definitely very interesting to map the current situation for instance in persons with visual impairment, with psychiatric problems and other groups.

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