Creative Interventions for Survivors of Abuse

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Workshop outline

Topic: Creative Interventions for Survivors of Abuse

Theme: Interventions based on Art work, main concepts and techniques along with Dramatic interventions main concepts and techniques for survivors of abuse, defined in three categories: neglect, emotional abuse and physical abuse.

Objectives, scope and focus of the workshop: The workshop will focus on the understanding and utilization of art and drama therapy along with the particular dynamics of patients who have been subjected to abuse.

It holds tremendous scope for practitioners who want to learn about possible techniques to be used in conjunction with or separate from their usual therapeutic interventions and those who see patients who report a past history of abuse whether it stems from neglect, has been emotional or is linked to physical or sexual abuse.

The objectives of the workshop thus include:

1. Helping participants develop a heightened sensitivity to the dynamics of patients who have been abused
2. Allowing participants to develop an understanding of the creative interventions as they are specifically applied to the survivors of abuse
3. Providing participants with effective art and drama therapy tools taught with practical self usage so as to apply these in individual and group therapy with children and adult groups.

Content to be covered:

Dynamics of abuse:

1. Terminology related to abuse. Survivors, neglect, emotional abuse, physical abuse, sexual abuse.
2. Traumagenic states related to abuse.

Art work interventions:

1. Essentials of art therapy in content and context related to abuse, Usage of different mediums of expression, the genogram and giving feedback to patients

Dramatic interventions:

1. Essentials of drama therapy in content and context related to abuse, Body work, Role plays and puppet work
Potential participants: Since the workshop will focus on therapeutic interventions to be used in a practical setting it would be more useful for practicing psychologists and psychology students who are seeing patients under supervision.

Proposed time: Two days spread over three hours each OR one full day workshop of approximately six hours excluding lunch break.