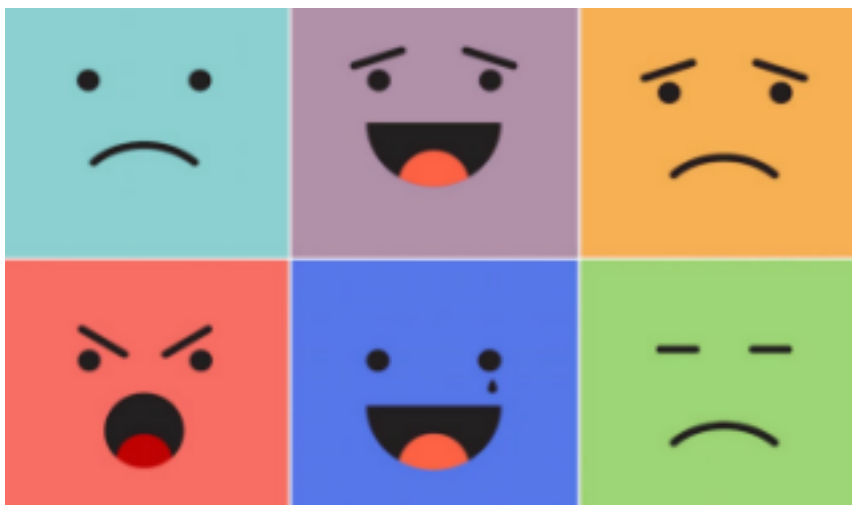


Dramatherapy and Movement Therapy

Dramatherapy and Dance Movement Therapy are both Creative Arts therapies. These are specialist ways of working in therapy that use creative and playful exploration to express our feelings and emotions in a different, spontaneous way, when words are not enough. Both drama and movement involve using the body, but could also involve storytelling, using art materials, games and other creative resources. Sessions are adapted to individual needs and interests. Creative Arts Therapies are widely used by adults with learning disabilities and are accessible to people who use verbal and non-verbal forms of communication.



We offer individual and group sessions.

Some of our groups have a psycho-educational theme, such as our Sexuality and Relationships Group. We sometimes offer joint working with our multidisciplinary team including Music Therapy, Psychology, Speech & Language and Physiotherapy



Referrals

Referrals to the Drama and Movement Therapy Service can be made for a broad range of emotional and mental health needs such as depression, anxiety, challenging behaviour, bereavement, transition and response to change.

Sessions focus on:

- Exploring what is difficult in your life right now
- Developing social interaction skills
- Building Self-esteem
- Building relationships

- **Creative expression**
- **Developing communication skills**
- **All feelings are welcome**

We accept clinical referrals from anyone over 18 years old, registered with a learning disability to a Sutton GP. We do not offer a recreational service for people to access drama, dance or the performing arts. Our referral criteria is based on an emotional and mental health need.

We are based at the **Sutton Inclusion Centre**, Northspur Road, Sutton, Surrey SM1 2BF.

How to make a referral

REFERRALS TO SUTTON COMMUNITY LD HEALTH TEAM

VISIT: www.suttonhealthandcare.nhs.uk

Email: esth.shc-referrals@nhs.net

Phone: 0208 296 4111



Sutton Community Learning Disability Health Team - People Directorate, Adult Social Care