



# Psychodrama Group

## Therapy through action

**Psychodrama Group helps young people aged usually between 14–18 in Cumbria who have been seen in Child and Adolescent Mental Health Service (CAMHS) and want help to change through looking at things in a different way – in this case by using psychodrama.**

### How will it help me?

We help young people in many different ways. Here's what other young people say about their psychodrama sessions.

- 'It helps me know I'm not alone in feeling the way I do.'
- 'Seeing how other people deal with problems gives me ideas for dealing with my own problems.'
- 'It's a space where I can bring out feelings instead of bottling them up.'
- 'Acting out different roles helps me see familiar things from another person's point of view.'

### Who will be there?

There will be up to 10 young people in your group, and two adults. One of the adults is Craig Stevens, who is trained as a Psychodrama Psychotherapist. The other will be another member of the CAMHS team.

### What if someone knows me?

You might worry that you'll meet someone you know in the session. We understand. So we set clear rules about what you can and can't say to people outside the session. If someone breaks these rules, we don't let them come to any more sessions.

It takes time to build up trust in a group. We encourage you to go at your own pace. There is no pressure to say or do anything you are not comfortable with.



## **What happens in a Psychodrama Group session?**

First, we spend some time getting to know each other and making the group's rules clear to everyone. After that it's hard to say as every group is different and led by whatever the young people want to talk about. What we do know is that we don't follow a schedule such as 'Week One – Friendships'. The session is led by the issues the group choose to share.

Because we use psychodrama in this group, if you start to **tell** the group something that has happened to you, we may ask you to **show** the group instead. To do this you might use other people in the group or objects in the room.

At the end, we invite everyone in the group to comment on what they have seen.

How did it make them feel?

What did it make them think about from their own lives?

What can they take away to use in their own lives?

## **But I'm rubbish at acting!**

**This isn't acting.** Actors pretend to be other people in stories that aren't their own. You play yourself in your own, real-life story. You don't have to pretend, just be yourself.

## **How long does it take?**

You attend for six weeks in a row, at the same time on the same day of the week. Each session lasts two hours.

## **What if I miss a session?**

We understand if someone is ill or might have something they can't miss, like a parent/teacher meeting, but we ask people to attend as much as possible.

## **What happens after six weeks?**

We meet with everyone individually and review what you've achieved in the sessions and help you decide what to do next.

## **Do you write stuff down about me? What do you do with it?**

We keep a record of the group in each person's file and keep it locked away. We promise to use your information fairly and legally. You have a right to understand how we use your information. You can request a copy of the information we hold about you at any time.

## **What are the rules?**

Previous group members and staff have drawn up just five rules for taking part.

### **1. No violence.**

Sometimes we discuss and even show violent incidents or behaviour. But there must be no violence in the group, either between members or aimed at property.

### **2. Respect for others**

There's a lot to do in two hours, so please:

- arrive five minutes before your session is due to start
- listen to everyone
- try not to talk over others
- eat before you come, not during the session
- switch off your phone and put it away
- use the toilet before the session to minimise breaks
- stay till the end

**While the group is here to help and at times looks at problems, we also try to celebrate successes and the good things in our lives.**

**We don't just focus on negative things.**

## Contact us

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## Confidentiality

**'The Trust's vision is to keep your information safe in our hands.'**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E: [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
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