

## **Report for the Foundation for Professionals in Services to Adolescents**

### **Dramatherapy Group**

We would like to thank The Foundation for Professionals in Services to Adolescents for their generosity in supporting us to develop and pilot a Dramatherapy Group for looked after children. The funding we have received enabled us to train and consult with an experienced Dramatherapist and offer a 16-week creative, group-based intervention to our looked after children. We were able to support a small team of Therapeutic Social Workers to receive training, reflective supervision and ongoing direct support to set up, run and evaluate this intervention.

What we hoped to achieve, in developing this intervention, was a therapeutic option for children and young people who it was felt would benefit from group-based therapy. Given that the majority of our children have experienced trauma and loss, and talked based therapies had either not been successful, our many of the children had opted not to engage in traditional therapies; we hoped that a creative based, group intervention would offer a more accessible option.

We are able to recruit a group of around 8 children to take part in the group, and although following further assessment the group was not suitable for all of the children who we initially assessed, over half of the children engaged and completed the group. We offered space for Carers alongside the group and feedback overall was that the group was beneficial for the children and some of the carers valued having the space together alongside the young persons' intervention. We would hope to develop this systemic support alongside any further group-based interventions we offer our young people.

Having evaluated the group we have been able to identify areas of strength and success as well as areas where we could improve and make changes when setting up this intervention again, having been able to think about key age ranges where a peer based group would likely be most beneficial and have had thoughts about whether we could adapt this intervention to an open group, that runs long-term and young people can join as required. We sought feedback and suggestions from both the children who accessed the group and their carers and professional support staff and feel grateful to have had the privilege to offer support to such a wonderful group of young people and their families.