



Emily Mundy

Dramatherapist

Emily is Trinity Secondary School's drama-therapist and she is HCPC registered and a member of the British Association of Dramatherapists.

Dramatherapy is a form of psychological therapy which uses drama, play and movement within regular, confidential sessions. The focus of dramatherapy is on emotional wellbeing; Dramatherapy supports people to come to a better understanding of themselves and make positive changes in their lives.

Sessions take place once a week and are either 1:1 or in small groups that can run from short term (6 weeks) to long term (2 terms or more) depending on the needs of the students. There are different creative materials on offer in the dramatherapy room so that pupils can choose what they want to use. For example, within sessions students might talk or use images or art materials to express themselves. All sessions are confidential and it is up to each individual student to decide what they want to share with others about their therapy.

All Trinity students can be referred for dramatherapy sessions by their Year Progress Leader for a variety of reasons e.g. lots of worries, low self-esteem, struggling with anger, difficulties making friends, issues at home etc.



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