

Dramatherapy Methods as Theatre-Based Research

Author: Anke Schäfer

PARTICIPATORY COMMUNITY PARADIGM

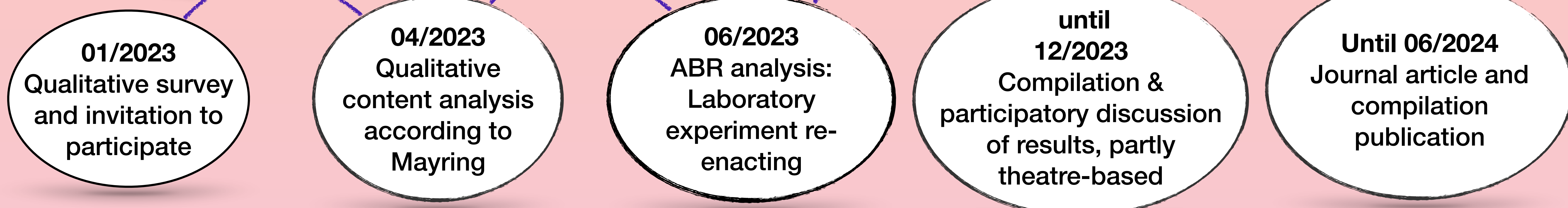
A Participatory Community Paradigm demands to abolish the established roles of researcher and research subjects (Bromley, 2015): the subjects are invited to become participants and actors of the research. - Two reasons call for such paradigm:

1. The addressed drama therapists are seen as community members of drama therapy practitioners, 2. the chosen paradigm corresponds to the participatory and empowering qualities of drama therapy interventions and processes, which resonates as "WOW moments" in the therapeutic alliance.



*Qualitative & Theatre-based
community-based
research*

MILESTONES



BACKGROUND

Evidence-based studies and systematic reviews of Drama Therapy (Armstrong et al. 2019; Orkibi et al 2020) are limited by the criteria of empirical research. Hundreds of publications are neglected because they fulfill not the criteria of EBS and are not published in English in a peer-reviewed journal. The knowledge of daily practitioners is not resonating in the review of studies. A critical view towards the notion of "evidence-based" is needed. Theories from anthropology are studied as possible references to reflect the fact of the invisible practitioners. - With the present research project, the findings of DT practitioners should be made more visible.

METHOD

- N=100 (or more) / drama therapists in Germany & event. Netherlands
- Qualitative survey with poetic ABR parts (Leavy, 2020; Norris, 2015; Tania, 2021), exploring "Wow-moments" in drama therapy practice
- Laboratory experiment re-enacting "Wow-effects", n = 15/sample of N
- Study subject's become research participants, "moral actors engaged in research as an ethical activity" (Bromley)
- Milestones research project: January 2023 to June 2024
- Cooperation with: ITT & R-ITT, DGfT (DE), eventually NVDT (NL)

HYPOTHESES

- Theatre-Based Research is empirical by theatre-based methods: Monocausal effect studies miss the importance of embodied complexity and resonances which are essential for the efficacy of Drama and Theatre Therapy.
- Theatre-Based Research promotes embodied ethical community research because it is understandable for the "subjects" of the research by its performative realization and by engaging the "research subjects" as participants of the research.
- WOW-moments, perceived in practice, show that precisely the interwoven complexity and interpersonal resonances of theatre-therapeutic interactions and performances strengthen and stabilizes clients, by empowering same at the same time.

Contact: Anke Schäfer, schaefer@theatertherapie.org / R-ITT Research Institute Theatre Therapy (ITT Berlin)

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