



Research Institute for Theatre Therapy

Gründungsphase Okt. 2020 -April 2021

durch Anke Schäfer

in Zusammenarbeit mit

Ingrid Lutz (Leitung ITT).

Leitung R-ITT 4/2021 bis Okt. 2025:

Anke Schäfer

Neue Leitung: Ilil Land-Boss

Ein
außerakademisches
Forschungsinstitut
des ITT
zur Förderung
Theatertherapie-
basierter
Forschung



Research Institute for Theatre Therapy

Founded Oct. 2020 -April 2021

by Anke Schäfer

in collaboration with

Ingrid Lutz (director ITT).

Director R-ITT 4/2021 until 10/2025:

Anke Schäfer

New director R-ITT: Ilil Land-Boss

An independent,
non-academic
Research Institute
of the ITT
to foster
Dramatherapy-
based
Research



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Visionen & Ziele



- * Forschungsparadigmen vorzustellen, die Intersektionalität, feministische Ansätze, Dekolonialisierung von Forschung und Soziale Gerechtigkeit berücksichtigen.
- * Evidenz neu zu formulieren im Sinne einer künstlerischen, ästhetischen, handlungsorientierten und performativen Praxis.
- * Gesellschaftsrelevanz und praktische Implikationen von theatertherapeutischer Arbeit und Forschung zentral stellen.



Visions & Goals

- * To introduce research paradigms which reflect intersectionality, feminist approaches, decolonizing science and social justice.
- * To re-define 'evidence' in accordance with an artistic, aesthetic, embodied, empowering, and performative drama therapy practice.
- * Focus on the social relevance and practical implications of drama therapy work.



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Struktur / Structure

**International advisory board of Theatre- und Dramatherapy experts.
Annual meetings:**

Ingrid Lutz (Germany), Susana Pendzik (Israel) Nisha Sajani (USA) Anna Seymour (UK),
and from Oct. 2025 on Anke Schäfer (Germany / the Netherlands)

**Vernetzung mit Forschungsinstituten in den Künstlerischen Therapien/
Networking with other Research Institutes in the Arts Therapies**

**Vierteljährlich online Forschungsrunden /
Quarterly online research colloquia**

Vernetzung, Zusammenarbeit, Networking, Collaboration:

- **WFKT** (Scientific Alliance of Arts Therapies), a.o. Prof. Constanze Schulze
- **RIArT** (Research Institute Arts Therapies) at the Alanus University, Prof. Sabine Koch
- **Bachelor Programs “Theatertherapie”**: HfWU University Nürtingen, Medical School Hamburg
- **World Alliance of Drama Therapy** (Nisha Sajnani, Susana Pendzik, and others)
- **EFD** - European Federation of Drama Therapy
- **KENVAK** - Research Centre for Arts Therapies in the Netherlands
- **DGfT** - Deutsche Gesellschaft für Theatertherapie (German Association for Theatre Therapy)
- **BagKT** - Federal Labour Court Arts Therapies (representation of interests in medical committees)

Review: Invited guests & colloquia / Rückblick: Gäste & Forschungsrunden

- Dovrat Harel (Head of the Drama Therapy M.A. Program Tel Hai University, Israel): People with dementia as 'spectactors' in a community musical theatre group: A qualitative study.
- Shoshi Keisari (Israel): Integrating life-review and drama therapy for older adults: a mixed methods study.
- Anke Schäfer: The 'WOW' moment in Drama Therapy. Reflections.
- Simone Klees: Pilot study: Reconstruction of experience in drama therapy play situations. (A grounded theory based study)
- Ilil Land-Boss: Practice-based drama therapy & Paradigm shift



Topics of our previous research colloquia

- Donna M. Mertens (USA), presented by Anke: The Transformative Paradigm
- Susana Pendzik (Israel): The 'Shamanic Paradigm' in Drama Therapy
- Cassandra Brennan & Rowena Tan (Canada): Drama Hive - Drama Therapy as public practice
- Sara Sakhi & Lina Haddad Kreidie (Libanon): Drama Therapy with women in refugee camp Shatila. A qualitative study (2022).
- Ephrat Huss, Ofer Edelman, Menny Malka (Israel): Photo-Voicing (Arts Therapies)
- Mathilde Tubben (NL): The TESS-Scale - Wij gaan een hut bouwen
- Ravindra Ranasinha (Sri Lanka): 8 PSM - a cultural adaptive version



Working Groups & explorations



Erneuerung
der
R-ITT
Website
(many thanks
for the design
to
Christine
Ritter!)

- “WE DO RESEARCH - WIR FORSCHEN” - practice oriented group
- Dramatherapy and Climate Change
- Dramatherapy & Rituals (Ingrid Lutz)
- Evaluation of “WOW”-moments and understanding of practice-based research from the perspective of clinical drama therapy experts (Anke Schäfer; published R-ITT website)
- “Poetic Evidence - Challenging the notion of empirical evidence in dramatherapy” (Anke Schäfer), peer-reviewed article, Dramatherapy Review, december 2025



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Presentation

of the

'Poetic Evidence'

as new dramatherapy paradigm

please see (from Dec. 25) article

in open access Dramatherapy Review

<https://www.intellectbooks.com/dramatherapy>

Schäfer, Anke (2025), 'Poetic evidence:

Challenging the notion of empirical evidence in

dramatherapy'

Dramatherapy, 46:1, pp. 99–114,

https://doi.org/10.1386/dj_00034_1



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Be welcome
to look
at our research manual /
Forschungs-Leitfaden

to gain support
for your research :

[https://www.theatertherapie.org/
forschung_r-itt/forschungs_leitfaden/](https://www.theatertherapie.org/forschung_r-itt/forschungs_leitfaden/)