

## TRANSFORMATION FROM A DRAMA THERAPY LENS

The word transformation comes up a lot in therapy, and at Heartwood it is part of our brand containing three words: Courage, Discovery and Transformation.

Often in a therapeutic process, it's common for folks to wonder how transformation can occur, and it can seem like a big process. However, transformation can be practiced in small ways, and can be found in the little details of daily life.

Drama Therapy is the intentional use of drama and/or theatre processes to achieve therapeutic goals.

### NOTICE THE SIMPLE THINGS

...like how you feel after having a glass of water or going outside for some fresh air

### PRACTICE TRANSFORMATION

Find ways for it to be creative, playful, and even fun!

### TRY THESE

Say to yourself, "how can I see or engage with this object differently?"

Look up at the sky and see a shape or object in a cloud.

### FIND THE JOY

Whenever you get the chance or think of it, experiment with this idea of object transformation, be creative and have some fun with it!