



WITH MY EYES - FREE DRAMATHERAPY PROJECT DELIVERED BY GUILDFORD SHAKESPEARE COMPANY

With My Eyes is a unique course of free dramatherapy workshops for young people aged 13-18 and their parents, run by Guildford Shakespeare Company and registered dramatherapists.

The purpose of *With My Eyes* 12 week dramatherapy project is to allow a family to break the cycle of mental health issues in a safe environment. Both generations start the programme by working together, creating a sense of mutual understanding. They then move into separate rooms, so each group is provided with tailored sessions, while building a new support network.

The course is completely FREE to attend and includes group trip to GSC's professional theatre show of *Romeo and Juliet*, which is a great bonding experience for the groups and generates further topics of conversation.

The next programme will run for 12 weeks in the Summer term 2024, Thursday evenings 7.00-8.15pm, 18th April – 11th July (no session half term: 30 May). Sessions are held at [the GSC buildings in Stoke Park](#), Guildford.

BENEFITS FOR PARTICIPANTS INCLUDE:

- Increased confidence and self-esteem.
- Peer support and reassurance.
- Improved communication between parent and child.
- Reduced symptoms of anxiety and depression.
- Better resilience and coping skills.

"It was good to hear from other parents experiencing similar difficulties, as it can be quite a lonely journey. It provides a supported space for these young people, who may lack the usual opportunities to work with peers." With my Eyes Participant

WHO CAN TAKE PART?

Any families with children that have a history of mental health or social difficulties will be considered. Families can be referred to GSC from professional Mental Health Workers including CAMHS, School Inclusion Officers, or local organisations and charities with a similar remit. Families can also self-refer.

DOWNLOAD A REFERRAL FORM FROM OUR WEBSITE

For more information please [visit our website](#), [email us](#) or call 01483 301590

WHAT IS DRAMATHERAPY?

Dramatherapy can be a highly effective treatment, as it allows its participants to share their traumas and issues in a creative and safe environment. It can also be accessed by children and adults with equal success and doesn't require any prior experience of drama.

Dramatherapy can have long-lasting benefits on the children and their parents, as well as their relationship with each other. The participants may gain a greater sense of trust in themselves and others, increased social skills, better awareness of their body and a new sense of creative freedom.

"My child really benefitted from her experience as she progressed, from finding it initially challenging to become very enthusiastic and looking forward to it, as did I." With my Eyes Participant

PARTICIPANTS IN ART THERAPY GAIN:

- Reduced symptoms of anxiety and depression.
- Better coping skills.
- Independence to pursue own interests.
- Bonding social capital.
- Raised self-esteem.
- Promotion of mental capital.
- Reduced symptoms of depression.

"It's a good chance to see people. I don't tend to socialise." With my Eyes Participant