

D R A M A T H E R A P Y G R O U P

" A P R O P O S A L "

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Drama Therapy has proven an effective tool in reaching prisoners who have been resistant to rehabilitative offerings in their usual mode. The fact is that the repetative rehearsal of roles and parts works to instill "physical" change where many of the current cognitive methods fall short.

The department of correction has failed in its duty to rehabilitate in a myriad of ways: one of the most glaring being that it is extremely resistant to employing new progressive methods of treatment. We the prisoners must seek to buck that resistance through proposing what we know will work for our brother and sister prisoners. The only way we can be effective in doing so is if the public, the stakeholders who are placed in danger by the failures of the DOC, support the measures and methods we detail to them.

I am asking that interested parties please leave comments of support for the Drama Therapy Group proposal that follows. This proposal has yet to be submitted as we will wait for the requested supportive comments so that we can attach them. The community has a right and duty to get fully involved in the reform of the system. Your tax dollars have been squandered for far too long and the responsible prisoners here within the prison system want to work to become productive members of society by helping you benefit from a rehabilitative system which really rehabilitates.

Please support the Drama Therapy Group. Your support could truly save lives here in the Commonwealth.

Timothy J. Muise

C U R E - A R M

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PROGRAM NARRATIVE

Program Description: Detailed explanation of the purpose of the group.

Drama therapy is the intentional use of drama and/or theater processes to achieve therapeutic goals. As a contrast to traditional group therapy, drama therapy is an active approach which emphasises embodied improvisation and play to encourage change in the individual. Through an active rehearsal of desired behaviors, participants are able to kinesthetically as well as cognitively prepare for challenging experiences in real life. In a correctional setting this has particular significance as the population faces their readjustment to life outside of the institution.

** Bergman, J. (2009) "The Bergman Drama Therapy Approach: Creating Therapeutic Communities in Prisons"

Program Goals and Objectives: Identify the intended program goals and objectives. As supported by research concerning the Drama Therapy tool, the goals are to develop social skills and social consciousness, learn self-control, increase self-esteem, and instill a sense of responsibility for personal actions and behaviors. Studies have shown that this approach is more effective than punitive measures and the results of the Drama Therapy model are fully in line with the department's goal of providing the required tools and skills for the offender to become a productive member of society.

** Emunah, R. (1994) "Acting For Real; Drama Therapy Process, Technique, and Performance"

Describe the benefits to the inmate population:

The Drama Therapy Group will offer a vehicle for change to members of the idle inmate population who have been resistant or indifferent to attempts at rehabilitation. Drama Therapy encourages "in the moment" responses which are similar to real-life behavior and which bypass many cognitive and attention problems. That part of the inmate population who have limited insight, poor concentration, feelings of shame & inadequacy, as well as other core issues which create that indifference or resistance to rehabilitation, will be now opened up to positive change through the Drama Therapy Group.

** Trounstine, J. (2001) "Shakespeare Behind Bars; The Power of Drama in a Women's Prison"

Rehabilitative Benefits: (Describe the immediate and future rehabilitative benefits for the offender.)

Improved social skills/consciousness, increased self-esteem/self-control
Immediate rehabilitative benefits:

Offers a pro-social tool for idle inmates who have been resistant and/or indifferent to rehabilitation.

Future rehabilitative benefits:

Affords a skill set toward dealing with real-life situations while addressing the self-control failures that often lead to criminal behavior. The Drama Therapy tool builds confidence and ego-strength, develops awareness of emotional triggers, and affords an increased ability to self-regulate and attune to the social/societal model.

** Luthra, D. (2012) "And Still We Rise; Theater That Transforms"

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