

# Movement, Metaphor & Meaning: Drama Therapy for Trauma Responsive Practice Workshop

This interactive workshop explores how drama therapy processes can be used to support children and young people who have experienced trauma. Through guided experiential activities, participants will engage with movement, image, metaphor and narrative as accessible pathways for expression when words are difficult.

The session will highlight how structured creative processes can strengthen a sense of safety, agency and connection while supporting emotional integration. Participants will consider how embodied and imaginative approaches can enhance therapeutic engagement.

Participants will:

- Strengthen understanding of trauma-responsive creative practice
- Experience practical drama-based interventions
- Identify strategies for integrating creative methods into their professional context

## Presenter: Natalie Mackenzie



Natalie Mackenzie (MA Dramatherapy, PACFA, ANZACATA) is a registered dramatherapist and clinical leader with over 15 years' experience supporting children, young people and families impacted by trauma and complex mental health needs. She holds a Master's degree in Dramatherapy from Roehampton University, London.

Natalie leads a specialist child mental health service, providing strategic clinical leadership and oversight to ensure safe, effective and trauma-informed care. In addition, she provides clinical supervision across multidisciplinary teams within an adolescent mental health service.

Alongside her leadership roles, Natalie maintains a private practice offering dramatherapy and supervision. Her work is grounded in trauma-informed, developmentally attuned and creative practice. Drawing on drama, story and embodied processes, she specialises in supporting emotional regulation, resilience and relational repair, and is committed to advancing rigorous and innovative approaches to trauma treatment through dramatherapy.

## **Presenters Professional Affiliations**

Dramatherapist and Clinical Supervisor, Playful Minds

Head of Clinical Services, KidsXpress

Supervisor, Centre360

PACFA and ANZACATA registered

