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Title: **An Analysis and Constructed Guide of Playwriting within Drama Therapy**

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Abstract

The content of paper was inspired by an independent study developed to write a play about my personal process to becoming a drama therapist. This paper attempts to construct a guideline for the use of playwriting as a therapeutic medium within the context of drama therapy. This construction paper includes a literature review on the qualities of creative writing within therapy and the possibilities of playwriting within drama therapy. After a review of the literature, a guide that can be used by other drama therapists is outlined in four steps. This guide encompasses literature on playwriting and creative writing with an integration of how to utilize these mediums therapeutically. This guide also includes a heuristic perspective based on my personal experience with playwriting. Finally, the paper offers tentative conclusions on my personal experience and suggestions for further research.

Divisions: [Concordia University](#) > [Faculty of Fine Arts](#) > [Creative Arts Therapies](#)

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Authors: [Simmons, Lyndsay R](#)

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