

WOMEN'S CIRCLE

# Corrective Therapy Toolkit



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## PREFACE

This project is part of our fieldwork for our master's program in Applied Human Rights at the University of York. We are the Women's Circle Project Group: Katrina Arokiam, Marynka Marquez, and Maria Pantziarides. We chose to partner with the Women's Circle because we are intrigued and touched by the work they do, particularly on issues of women's empowerment. We conducted a number of workshops in two communities that TWC works with: Delft and Athlone. The theme of those workshops was Corrective Therapy, and the purpose was to train TWC members to be informal 'therapists'.

We really appreciate the hospitality you have shown us, and the memories from our time with the circles is something that we will cherish forever.

We appreciate all the feedback that you have given us during our group discussion. We have tried our very best use your ideas and constructive criticism as well as suggestions to mold this toolkit according to your needs.

We hope that this toolkit will assist you in contributing to your community.

We have learned a lot from you, and we hope that you have learned something from us.

Thank you from the bottom of our hearts,  
Katrina, Marynka, Maria



Final meeting with the facilitators



Final session with Delft

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## WHAT IS CORRECTIVE THERAPY?

Have you ever had something in your life that you feel completely helpless when it comes to changing it? If you have, then Corrective Therapy is just the thing for you. Corrective Therapy encourages individuals to reflect on negative experiences and attempt to “correct” them into a more positive one through drama, art and dance. Like any other therapy, it can never be a sure guarantee but it’s sure worth a try.

People willing to be Corrective Therapist do not have to be a professional actor, artist, or dancer or a counselor. Anyone who has the passion for helping others can be a corrective therapist. Also, you do not need years to be trained as a corrective therapist because the techniques used are relatively simple and effective. All you need to do is study this toolkit, and you will be equipped with all the basic and necessary skills to be a corrective therapist. In case you want to carry this toolkit around or pass it out to your community, we have also included a pocketsize pamphlet in *Appendix 1*. Just like any other skill that you intend to master; the more you practice, the better you will get at it!

Unlike regular therapy sessions that take days, months or sometimes even years to “resolve” a problem, Corrective Therapy attempts to do that in just one session. This is why Corrective Therapy was initially invented for victims of trauma who need urgent assistance. These days, Corrective Therapy is used on anyone in almost any situation.

This acute method used in Corrective Therapy also makes it suitable to work with irregular groups and individuals or people who you have not built a trust foundation with yet.

Other than being a useful tool for healing, Corrective Therapy can also be extremely fun! Drama, art and dancing can bring out the inner child in anyone. As you embark on this journey, remember that you are making a positive change in your community by practicing Corrective Therapy!



Left: Delft



Right: Athlone

## ON THE ROAD TO BECOMING A CORRECTIVE THERAPIST

### What is This Toolkit About?

- ✓ Well, this toolkit contains all the step-by-step guides that you need in order to become a Corrective Therapist.

### Can I Be A Corrective Therapist?

- ✓ Sure! Anyone can be a Corrective Therapist.
- ✓ The first step you need to be a Corrective Therapist is confidence and a willingness to help.
- ✓ You can attempt to assist individuals in changing a negative emotion into a more positive one.

### What Is Corrective Therapy For?

- ✓ Good news! You can use it in almost any situation and on anyone that is willing.
- ✓ Children, family members, community members, friends, and even strangers!
- ✓ However, remember that even though Corrective Therapy may be beneficial to some, it is not a definite solution.

### Which Type of Corrective Therapy Do I Use?

- ✓ Different methods you can be used to engage with groups and individuals.
- ✓ Let the individuals decide whether they prefer Drama, Art or Dance.
- ✓ Drama and Dance Therapy may be more suitable for outgoing individuals or people you already know because it tends to be more physically expressive.
- ✓ Art Therapy may be more suitable for reserved individuals or people you have yet to bond with because it's done on a more personal level.

### How Do I Keep Individuals Fully Informed?

- ✓ Being a Corrective Therapist is a serious matter.
- ✓ Set out the goals and rules of the session at the beginning.
- ✓ You have an obligation to maintain an individual's privacy and you can prove your integrity through signing a consent form. A consent form is a short document outlining trust agreements between an individual and a therapist. You can use the consent form provided in this toolkit. (Please refer to *Appendix 2*)

### How Do I Encourage Individuals to Share?

- ✓ Try to include everyone!
- ✓ The needs of the individuals come first. This means that there is a focus on the learner learning, rather than the 'teacher teaching.'
- ✓ Sometimes all they need is for you to be a good listener rather than a therapist.
- ✓ To help individuals feel more comfortable, use some icebreakers. (Please refer to Appendix 3 for examples of icebreakers)
- ✓ Always be aware of the energy in the group; do not hesitate to use warm-up games and breaks in between to re-energise the individuals. (Please refer to Appendix 4 for examples of warm-ups)

### How Do I respond to "Difficult" Cases?

- ✓ "Difficult" cases are anything that you are unable or uncomfortable to deal with.
- ✓ If this happens inform your community leader immediately.

### How Do I Connect With My Community?

- ✓ Well, you are already connecting with your community! Drama, art, and dance are already part of your culture.
- ✓ These workshops are only going to provide a more structured approach towards expressing yourself using these methods.



1. Ice Breakers are more suitable for new groups and warm ups can be used for existing groups. Be smart in which you pick!!
2. You can experiment with creating your own icebreakers and warm-up games!
3. Don't be afraid to mix and match the therapies!
4. Someone who can keep secrets makes a good therapist
5. If this is something you cannot handle, you risk making the situation worse.



## CORRECTIVE DRAMA THERAPY

### What Do I Need to Prepare Before A Session?

- ✓ A place that individuals are comfortable to act in

### What Is Corrective Drama Therapy?

- ✓ Drama therapy is the use of theatre techniques to promote personal growth and mental health. These techniques are mainly role-playing and creative thinking.
- ✓ Corrective Drama Therapy is used to help someone overcome their anxiety by reflecting on a negative experience in the past and “correcting” it.
- ✓ Once individuals experience the anxiety, they are then encouraged to “change” that feeling into a funny one through exaggerated story telling.
- ✓ The attempt to transform the negative experience into a funny one is meant to act as a healing process. Every time the individual thinks of that particular negative memory, they are to be reminded of the funny story.



Drama Therapy session in  
Athlone



Participants sharing story  
in Delft

### How Do I Identify the “Problem?”

#### Procedure:

- ✓ Firstly, explain to the individuals that the purpose of this activity is to assist them in identifying an area in their life that needs to be addressed. Let them know that this activity will attempt to transform a negative experience into a more humorous one.
- ✓ Ask the individuals to think back of an individual or an experience that has made them feel uncomfortable. Encourage them to be as descriptive as possible. It is always important to remind them to take a note of the feelings that emerged whilst thinking about this.

### How Do I “Correct” the “Problem?”

#### Procedure:

- ✓ Inform the individuals that this activity is in no way trying to belittle a negative experience. Its main purpose is to promote a healing process through laughter.
- ✓ Ask the individual to think of how that negative experience can be changed into a funny story.
- ✓ Encourage them to make things up and exaggerate details in order to make it into a funny one.
- ✓ Now, ask them to exaggerate that story even more and try to act it out.
- ✓ Ask them to share their funny story.
- ✓ Discuss with the individuals the shifts in emotion, if any, between identifying and correcting the “problem.”



Encourage the individuals to keep track of their growth and progress by keeping a journal. They can express themselves in whatever way they want because the only people who needs to understand it is them!

It's also important for you to keep a track of your progress as a therapist. Always hand out feedback forms (Please refer to Appendix 5) to participants after each session and work on improving yourself based on their feedback.



## CORRECTIVE ART THERAPY

### What Do I Need to Prepare Before A Session?

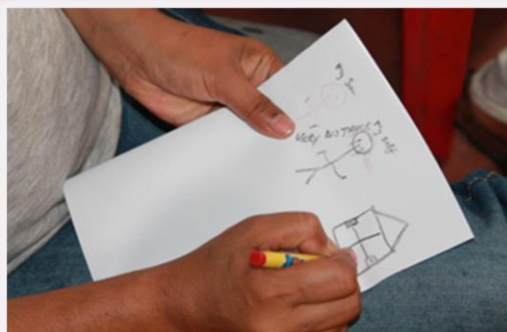
- ✓ A place that individuals are comfortable in
- ✓ Colors & blank papers

### What Is Corrective Art Therapy?

- ✓ It is a good way to engage with individuals who find it difficult to express themselves verbally. The main techniques used are identifying the meaning of colors and drawing.
- ✓ Each color represents a different meaning according to personal experience, culture and surroundings.
- ✓ Corrective Art Therapy is used to help individuals “correct” a problem by transforming a negative experience into a more positive one through art.



A participant in Delft drawing a problem



Participants in Athlone doing the color recognition session

### How Do I Identify the “Problem?”

#### Procedure:

- ✓ Firstly, explain to the individuals that the purpose of this activity is to help you understand what each color means to them. Understanding the meaning of color is important since it helps explain the deeper meaning of their drawing.
- ✓ Hand out the color recognition sheet and ask individuals to match one color to each emotion. (Please refer to *Appendix 6*)
- ✓ Ask individuals to explain to you the reasons behind their choices.
- ✓ Ask the individuals to think back of an individual or an experience that has made them feel uncomfortable.
- ✓ Hand out blank paper and ask individuals to fold it in half. Ask them to draw out their thoughts on the first half of the paper. Be sure to tell them that they are allowed to use symbols to represent anything in the picture.

### How Do I “Correct” the “Problem?”

#### Procedure:

- ✓ Ask individuals to imagine the ‘ideal’ situation and express it through drawing and color on the second half of their paper.
- ✓ Ask them to share the meaning of their drawings in relation to feelings and colors used. It is helpful for you to refer to their color recognition sheet to further understand their drawings.
- ✓ Discuss with the individuals the shifts in emotion, if any, between identifying and correcting the “problem.”



It's never a therapist role to give advice or “solve someone's problems”.

If its something you cannot handle, you risk making the situation worse.

Don't be afraid to mix and match the therapies!

If individuals are hesitant to talk, prompt them and ask questions.



## CORRECTIVE DANCE THERAPY

### What Do I Need to Prepare Before A Session?

- ✓ A place that individuals are comfortable to dance in
- ✓ Music: five songs
  - Song 1: slow beat
  - Song 2: medium beat
  - Song 3: fast beat
  - Song 4: medium beat
  - Song 5: slow beat

✓

### What Is Corrective Dance Therapy?

- ✓ It is a good way to engage with individuals who find it difficult to express themselves verbally but are not shy to express their emotions through dance. The main technique used is movement.
- ✓ There are 5 rhythms referred to as waves and each wave represents a different state of emotion.
- ✓ Corrective Dance Therapy is used after having identified a negative experience, and attempts to correct the problem through the healing process of movement.
- ✓ Allowing individuals to act out certain emotions and situations tackles language and conversational barriers.



Participants dancing in  
Athlone



Dance Therapy session in  
Delft

### How Do I Identify the “Problem?”

#### Procedure:

- ✓ Explain to the individuals that the purpose of this activity is to express their feelings through movement.
- ✓ Ask the individuals to think back of an individual or an experience that has made them feel uncomfortable. Tell them to try and capture the feeling in particular.

### How Do I “Correct” the “Problem?”

#### Procedure:

- ✓ Explain to the individuals the meaning of each wave.
- ✓ Tell them that the:
  - 1<sup>st</sup> wave is where they may be self-conscious about dancing
  - 2<sup>nd</sup> wave is when they become more confident in their movements.
  - 3<sup>rd</sup> wave is where they can openly express anything they feel through their movements.
  - 4<sup>th</sup> wave is where they can be imaginative with their movement; this is also where they can connect with others through movement if in a group. Individuals are slowly starting to release themselves of all thoughts.
  - 5<sup>th</sup> wave is where they allow for the song to take over their body and mind with no other interruptive thoughts.
- ✓ Ask individuals to remain quite throughout the five waves.
- ✓ Turn on the music on and ask individuals to keep in mind any shifts of emotion whilst dancing.
- ✓ Ask individuals to close their eyes during the dance, and only open them when they are ready after the music has finished.
- ✓ Inform individuals when a wave is changing.
- ✓ Discuss with the individuals the shifts in emotion, if any, between identifying and correcting the “problem.”



**Put a smile on your face and be genuine!**

**Feel free to change the songs according to the individuals' needs.**

## APPENDIX

1. Consent Form
2. Icebreakers Examples
3. Warm-up Games Examples
4. Suggestions & Feedback Form
5. Emotion Recognition Sheet

*Appendix 1*

## Consent Form

**Consent Form**  
***Corrective Therapy***

By signing below, I understand that I have the following rights regarding any information exchanged with my therapist:

1. I have the right to withdraw my consent at any time without affecting my right to continue practicing Corrective Therapy with the therapist.

2. I have the right to have the therapist keep all information exchanged during the sessions confidential unless I give written consent otherwise.

Consent:

☐

Yes

☐

No

Full Name (Please Print)

First: \_\_\_\_\_ Middle: \_\_\_\_\_ Last: \_\_\_\_\_

Date:

\_\_/\_\_/\_\_\_\_

Signature:

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Therapist signature:

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*Appendix 2*

## Icebreaker Examples:

List 3 things that you would like to have with you on a deserted island (they don't have to be necessities). For example, cigarettes, a TV, and an umbrella.

Say something unusual or weird that you like about yourself. For example, having a very small tongue or a funny laugh.

If you were an animal, which one would you be and why? For example, I would be a cat because I don't know how to show someone that I love them.

Take the name of your first pet. Take the name of the street you grew up on. Put them together and this is your pop star name. For example, my first pet was a dog named Pixie. I grew up on a street named Roxbury Street. Therefore, if I became a famous singer my name would be Pixie Roxbury.

## One minute please!

The aim of the game is to talk for one minute on a given subject. You announce the topic and a member of the group is randomly selected to speak for one minute. Use a pack of cards to randomly select i.e. person who draws the lowest number. Choose subjects to stimulate the imagination and which may be amusing. Put a stopwatch on each person to see how long he or she last before drying up! Subjects might include, my earliest memories, my favorite computer game, why beans are good for you, 10 things you can do with potatoes, Alligator wrestling, pre-millennialism (no, not really!)

## Tall stories

The leader starts a story with a sentence that ends in SUDDENLY. The next person then has to add to the story with his own sentence that ends in SUDDENLY. Continue the story until everyone has contributed. The story becomes crazier as each young person adds their sentence. Tape it and play it back. For example; 'Yesterday I went to the zoo and was passing the elephant enclosure when SUDDENLY.....'

*Appendix 3*

## Warm-up Games Examples:

Have everyone stand on one side of the room. While music plays or everyone sings a song, have each person dance their way across the room one-by-one. The trick is that no one can repeat the same dance moves.

Have everyone make the funniest or scariest face they can think of and then show each other. Hopefully everyone will laugh!

Play a true-or-false game with interesting facts. Below is an example of this game. It is interesting facts about sex but the true-or-false game can be about anything – just be sure that the facts you’re using are actually true! See how many questions people can guess correctly.

## True or False

There comes a point during sex when you can no longer stop.

False. At any point during sexual relations, either person is allowed to stop for any reason.

When a woman orgasms, she releases a brain chemical that kills pain.

True. So the next time you have a headache, sex will only make it better!  
The Ancient Egyptians used dried crocodile dung as a contraceptive.

True. The poo contains spermicidal properties similar to those used on condoms.

Men have 1 or 2 erections per day, not counting times when they’re actually having sex.

False. Men have an average of 11 erections per day.  
Gorillas have the largest penis of all primates.

False. Humans do!  
Having sex can reduce a fever.

True. It reduces it because of the sweat produced.  
You can’t get pregnant during your period.

False. There’s a chance that you can get pregnant if you’re having sex during a period, especially towards the end of the menstrual cycle.  
You can’t get pregnant while having sex standing up, if the girl is on top, or in water.

False. Unprotected sex can get you pregnant, no matter how or where you do it or how good you think you are at it.

You can still get pregnant during unprotected sex if the man pulls out before he ejaculates.

True. Even if a man doesn’t ejaculate, sperm is still in the pre-cum (which is the sticky, clear drops that are released when a man has been aroused longer than a few minutes). So you can’t actually feel when pre-cum is being released, and it is full of swimmers.

## Appendix 4

Suggestions & Feedback Form:

Facilitator Name: \_\_\_\_\_

Date: \_\_\_\_\_

Workshop: \_\_\_\_\_

Feedback:

[illegible]

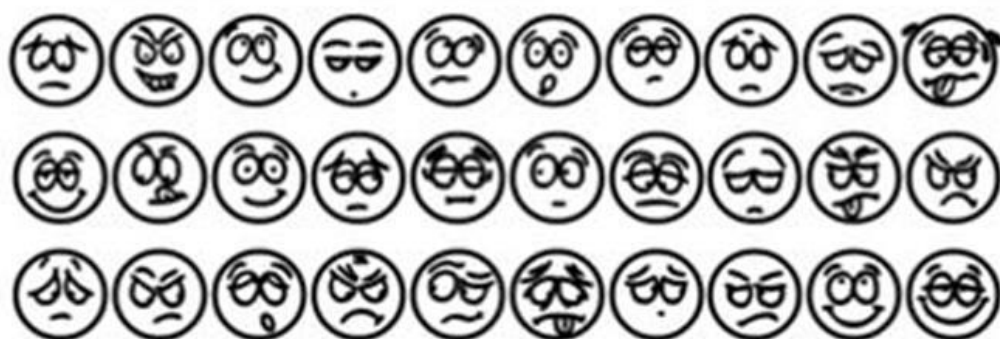
Suggestions:

[illegible]

*Appendix 5*

## Emotion Recognition Sheet

Name: \_\_\_\_\_

*How Does These Colors Make Me Feel?*