

Alexis is a boy with emotional and behavioural difficulties which come from many traumatic events that took place in his early life. This is often experienced as outbursts of anger and violence.

Alexis told the dramatherapist how, from a young age he got very frustrated and angry about not being able to express himself effectively. He said his friends would wind him up and blame him for things and get him into trouble. Alexis' frustration meant he got angry and when "the anger monster took over" he would physically hurt other children and destroy the school's property. Alexis thought that it was both his attitude, as well as his difficulty with managing anger, that led to him being excluded from his school.

Dramatherapy helped Alexis to explore, express and understand his anger and its impact on himself and others. The dramatherapist helped Alexis use creative strategies including role-play and interview techniques, to enable him to confront the 'anger monster'.

After dramatherapy, Alexis said how his confidence had increased and he was able to express himself to others more clearly. He also said he was less anxious, especially in social situations at school. He explained he no longer felt the need to be aggressive as a way of proving himself. He found that he did not need to control everything and gave himself permission to "let go".