



European Federation of Dramatherapy (EFD)

Riga, May 2025



EFD Working groups

Support group

Scientific group

Communication group

Professional Profile group



Support group

Rainbow Envelope

fund that aims to ensure that EFD representatives have the opportunity to attend in person EFD the steering group meetings. 10% of the annual budget is available

Steps in becoming an EFD-member

Supporting non-member European countries to become at least an associate member and when they are an associate member to provide assistance in establishing a dramatherapy association and gain full-membership

Support in translation

Offering possibilities for the translation of key EFD documents into 'own' language



Scientific group

Case study project (in conjunction with the Dramatherapy Journal)

To support dramatherapists to share their experiences, to diversify the voices active in dramatherapy and to promote the professional development of our field. The project offers a free online course and free mentoring to a select group of experienced professionals who have never published before, to work towards publication.

Dramatherapy databank

online resource with all dramatherapy literature has been established and developed

<https://www.hfwu.de/literaturdatenbank/>



Scientific group

Promoting research

Informal, ongoing discussion about relevant PhD programmes and possibilities for promoting dramatherapy and research practice and positions





Communication group

Development of a new website

To create a central, accessible platform for information about EFD, its different members, and activities

Creation of a new visual identity

To establish a clear and recognisable visual style for internal and external communication

Defining communication priorities within EFD

Clarify which messages and channels are most important for the federation



Professional Profile group

EFD Standards of Professional Practice and Code of Ethics

The EFD Standards of Professional Practice and Code of Ethics defines the behaviour, commitment and integrity that the Federation expects from all dramatherapists of a member-association of the EFD

Professional Profile

Developing a shared professional profile which articulates the unique value and expertise of dramatherapists, while outlining the minimum standards required for practice



Professional Profile group

EFD Definition of Dramatherapy

Based on a synthesis of the different definitions of the member associations and two rounds of feedback from these associations

Dramatherapy is a therapeutic discipline that intentionally utilizes the transformative qualities of drama and theatre integrating insights from psychotherapy and other related human sciences. This interactive, creative and playful process, aims to enhance health and wellbeing.

Dramatherapy is applicable in community, educational and clinical contexts, and works individually or in groups, independently or complementary to other disciplines