



Rowan Tree Dramatherapy Annual Report 2025

At a certain point you say to the woods,
to the sea, to the mountains, the world,
Now I am ready. – Annie Dillard

Rowan Tree Dramatherapy CIC has been part of the Kent community since 2013, set up with the simple aim of making dramatherapy easy to access and genuinely helpful for people of all ages. Our team of HCPC-registered dramatherapists is supported by three directors and a small group of specialist consultants who help us keep our work grounded, ethical, and responsive to the needs of the people we serve. We have grown steadily while staying true to our original purpose: bringing high-quality, creative therapeutic support into local settings where it can make a real difference.

Our sessions offer a welcoming space for self expression in whatever approach feels most natural. We focus on building trusting relationships and work both one-to-one and in groups across schools in Kent and Medway, receiving self referrals and referrals from a wide range of services. Alongside our in-person work, we now offer online dramatherapy for adults, helping us reach those who may find it easier or more comfortable to connect in this way.

As a team, our year ended with sparkling celebration and reflection at The Goods Shed, Canterbury [The Goods Shed | Restaurant and Farmers Market in Canterbury](#) Our thanks to Declan Morgan for the delicious food!

Our impact in 2025:

Individual face to face dramatherapy in 3 secondary schools, 6 SEN schools (3 of which offer primary and secondary aged provision), and we have welcomed a significant increase in self and private referrals and through social services, Virtual Schools, fostering agencies and KCC.

Group face to face dramatherapy:

We ran 10 groups this year including:

- 2 groups to support transition into secondary school,
- 2 groups to support healthy expression of emotions,
- 2 groups to support emotional regulation and social connection,
- 1 group struggling with anxiety,
- 1 group to support transition and change for care experienced 15-17 year olds,
- 2 groups to support care experienced 18-25 year olds.

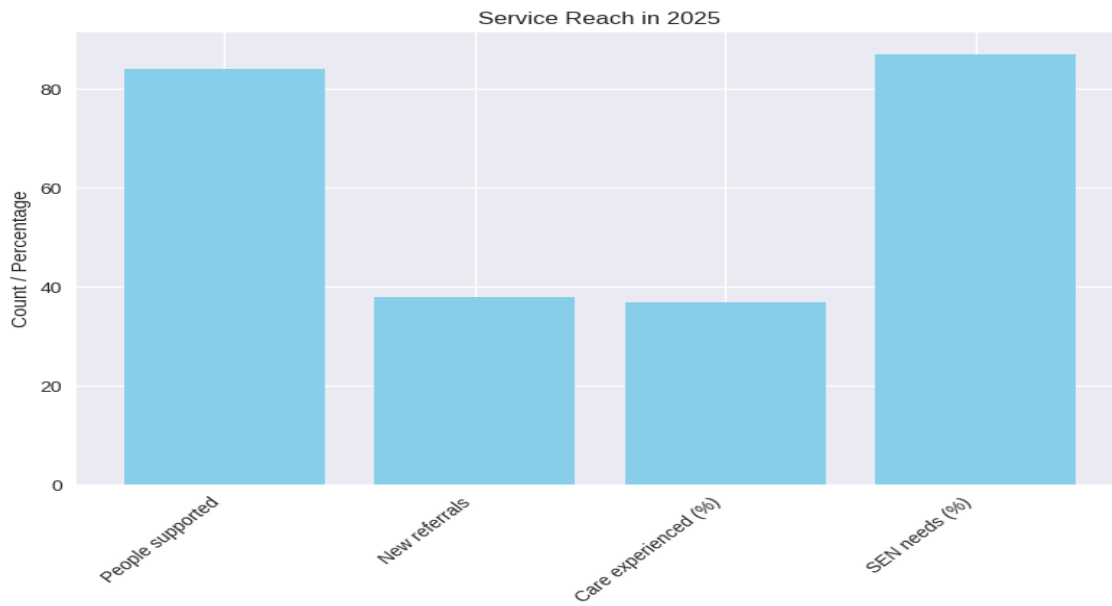
Supervision: we have provided face to face or online clinical supervision to staff teams including Designated Safeguarding Leads, individual supervision to educational support staff, bereavement family workers within a charity, CAMHS practitioners, teachers, senior leaders, therapists, and trainees.

CPD:

We have provided staff training bespoke to staff and organisation needs. This year we have explored:

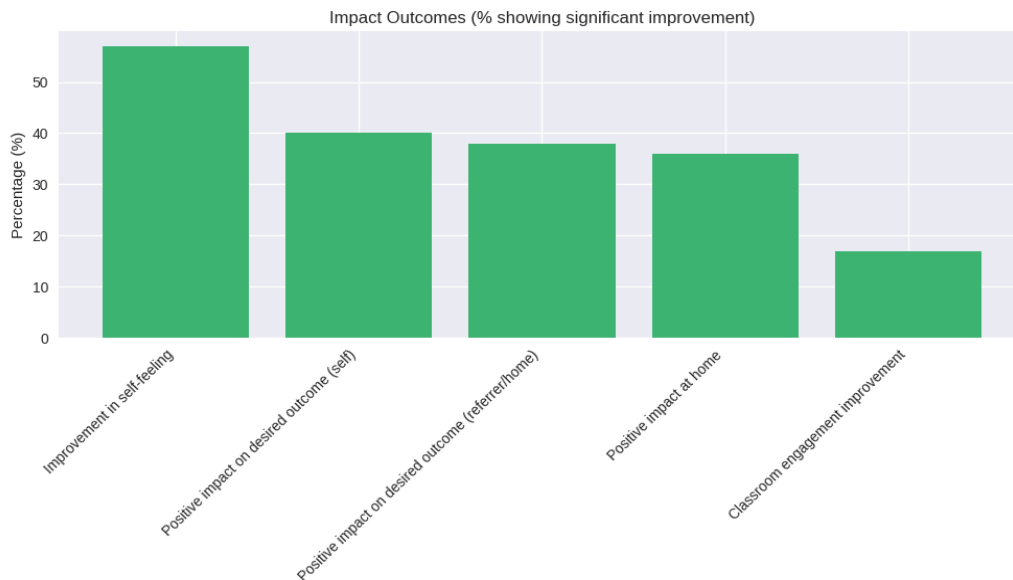
- Attachment, developmental trauma and safe relationships between staff and young people.
- Using creative ways to communicate and connect with others
- Introduction to Dramatherapy

In total:



Impact data:

This is provided directly by those we work with (where consented), from home (where applicable) and the referring organisation (where applicable) we saw affirming impact of the interventions we have provided. Areas that showed significant differences:



- ✓ 57% saw a **significant improvement** in how they felt about themselves
- ✓ 40% saw a **significant positive impact** when the client self evaluated their desired outcome for the therapy
- ✓ 38% saw a **significant positive impact** when the referrer evaluated their desired outcome for the therapy
- ✓ 36% saw a **significantly positive impact** of therapy at home
- ✓ 77% of participants showed measurable improvements in classroom engagement, including listening, speaking, and co-operating. 17% saw a **significant improvement** in their engagement.

News in 2025:

Project work: **Colyer Fergusson Charitable Trust** www.cfct.org.uk funded us for a two year project to provide group dramatherapy to care experienced young people aged 15-18 years old and 18-25 years old. We were delighted to work in collaboration with the University of Kent and the Gulbenkian Theatre to support aspiration into higher education as part of this project. Rosie and Alice facilitated two 18-25 years old groups where feedback showed how valuable the experience of setting foot on a university campus can really change the mindset of feeling it could be a place to belong. We knew that the younger group would be more challenging due to the demands this age group experience at this point in their lives; however, we were flexible with the funding with support from our funders to ensure this age group were able to engage. Therefore, those unable to access group therapy were offered 1:1 support instead.

This project also included our Creative Arts Day, Rowan Tree funded the day where Dramatherapy went back to its creative roots and celebrated group experiences. Drama, dance and music workshops brought creative expression and opportunity. Our thanks to Rich from Rich Rhythms [African Drumming Workshops For Schools & Businesses. Kent](#) along with Nell Weatherby and Pollyanna Mann for leading on our workshops and collaborating with us. Thanks also goes to all those who shared information with young people and, of course, those who attended making this such a wonderful event. Feedback comments such as *'it was a fun day in a safe and encouraging environment'*; *'inclusive and engaging'*; *'a laugh and I made friends'*; *'help boost confidence'* left us all celebrating creativity and the arts.

'Asha's Den', our children's book written in collaboration with **Savannah Therapeutic Stories** www.savanna-therapeutic.org.uk is now in the very final editing stages with a book launched planned in May 2026. This carefully crafted story with evocative illustrations beautifully created by Alice Waters has been a long process that we simply could not rush. We hope Asha offers space and reflection to Care experienced children.

We welcomed Amelia Pearce to our team for her final year placement of her Dramatherapy training at Central School of Speech and Drama. She has offered group Dramatherapy to young people in a special needs school and we thank her for the commitment, care and creativity she has enriched Rowan Tree with through her clinical work and in her contribution to our team. Thank you to Central for another superb trainee!

Justine and I would like to sincerely thank Deb Hawthorne [Therapy through the creative power of drama - Roundabout Dramatherapy](#) and Celine Butt [Heart of Movement](#) for the continued support, encouragement and guidance they provided us in 2025 as we continued hold and grow Rowan Tree Dramatherapy.

Keep an eye on our social media posts for updates.

<https://twitter.com/rowantreedt>

<https://www.facebook.com/rowantreedramatherapy/>

<https://www.linkedin.com/company/rowan-tree-dramatherapy>



Challenges in 2025

Finance: Two of our directors attended a **Envision Partnership Ltd** www.envision-uk.com Next Level Event where we had time to reflect on Rowan Tree as a business and focus on our vision. With thought provoking discussions, we came away with some clarity and some curiosity and much to build upon informing our directors' meetings and the future of our Community Interest Company.

AI: our team meetings held, with trepidation, a therapist's relationship with AI. As with every relationship, dynamics were personally motivated and informed by individual experience. We decided to meet this challenge together to see the boundaries our profession holds, but also to give space to the aspects of our work where we need support and guidance that AI so accessibly offers. We were able to acknowledge the struggle but also celebrate the creativity of each of our written styles that mirrors the therapeutic relationship we offer those we work alongside. We have no doubt this will be an area to our working worlds that will be revisited many times.

Social Media: Justine and Bryony endeavour to align more graciously with social media as we appreciate its importance in developing our presence and sharing our news. **Alice Waters** continues to steer us and we certainly have lent into the roots of her Grounding Tree resource at times. We hope you enjoyed the posts of 2025 with our campaigns surrounding women's health and supervision in education taking a lead.

What people say about us...

"It's (therapy) been good, given me insight into my past in detail. It's helped me to open up a bit more with my feelings. It's been a good place to talk about what's happened over my weekends and my day. We've broken down stuff to understand important parts of my past." (Young person in therapy)

'It's changed my way of thinking.' (15 year old in therapy)

'I like Dramatherapy. It helps me. It makes me calm and it makes me be myself.' (11 year old in therapy)

Partner Schools:

'We (a Kent SEMH school) have worked with Rowan Tree for over 5 years and in that time have never failed to be impressed by their professional, understanding and knowledgeable approach to the work they do with our pupils. Pupils at our school have a variety of needs and life experiences and the therapeutic intervention led by Rowan Tree therapists has a huge impact on their emotional health which in turn aids their engagement in their schooling. The therapists are proactive in liaising with staff teams including, classroom and safeguarding, as well as wider professionals and linking with parents/carers. I would have no reservations in recommending the work that Rowan Tree therapists do to all. Thank you Rowan Tree for all you do with and for our pupils.' (Member of SLT)

'Rowan Tree provide a fantastic service throughout our school provision. They offer a safe and secure environment for the students to develop, maintaining clear and positive communication with both the staff and families to support the young person. The team are always accommodating to the needs of the pupil and the school and have become an integral part of what we offer as a whole at our school.' (Member of SLT)

Supervision:

'I so look forward to my monthly supervision slots with Bryony - it varies month to month how I use the time, and I enjoy that flexibility. It is a confidential space to discuss my clinical case load, talk through any worries or concerns with managing my team, or upcoming projects. It's such a treat to have it, and I do not take it for granted. Bryony has a wonderful manner - over our time together she really understands now what makes me tick, and is reassuring, challenging and supportive. Thank you so much!' (Supervisee)

'I look forward to my supervision session each month. I feel that I am listened to, supported and come away so much lighter after! My supervisor has a wealth of knowledge and can call upon this bank to suggest possible ways of working with my young people.' (Supervisee)

Looking forward:

We are excited to say we have capacity to expand our provision. In 2026 we are looking to

- ✚ develop our robust and impactful provision in schools by offering a robust service with outcome measures and competitive rates in our Dramatherapy in Education package. Do get in touch if you would like to find out more to trial this for a year to see for yourself how we can create change for the young people in your community.
- ✚ apply for funding from the National Lottery Community Fund to provide therapy support for young people with overwhelming anxiety, alongside parent support groups in the community and CPD to the professionals surrounding them.
- ✚ continue with our commitment to work with adults through self referrals, through adults services and through developing stronger links with organisations we met in 2025.
- ✚ our Supervision in Education and Supervision in Organisations packages have been well received seeing repeated take up. If you are interested in finding out more, then please do email Bryony at contact@rowantreedramatherapy.co.uk

Inspiring Resources

Our team would like to recommend the following to you as they have inspired us to play, think, reflect and review in 2025

- ✚ <https://www.oxfordbrainstory.org/for-families-individuals>
- ✚ *The Anxious Generation* by Jonathan Haidt
- ✚ *Helping Your Child with Fears and Worries* by Cathy Creswell and Lucy Willetts
- ✚ Beacon House Resources [Resources](#)
- ✚ Education Support [Education Support, supporting teachers and education staff](#)
- ✚ BBC Sounds Help Me Relax and Radio 3 Unwind [BBC Sounds - Help Me Relax - Available Episodes](#)