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# Building self-care practice through drama therapeutic techniques: a case study of the Zakheni Arts Therapy Foundation's wellbeing workshop

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**Abstract**

The aim of this paper is to explore how Drama Therapeutic techniques can be used in self-care practice to reduce stress, burnout and compassion fatigue amongst community healthcare workers in South Africa. This is achieved by studying the case of the Zakheni Arts Therapy Foundation's *Wellbeing Workshop.* The tools utilised by the *Wellbeing Workshop* are identified and explored to ascertain in what ways they can be useful in self-care practice. Semi-structured interviews are used to gain insight into the tools used most often and found to be most useful by both facilitators and participants in their personal self-care practice. The study shows that the care workers who participated in the *Wellbeing Workshop* did benefit from the training in that they gained an understanding of importance self-care and did begin to include some self-care practices into their daily routines. Participants did reflect that they found the dramatic tools useful but it is clear that care workers utilise the dramatic tools very differently than the facilitators.

This raises questions about the relevance of how Drama Therapy is applied in the South African context as well as around whether drama tools are suitable tools for self-care practice amongst care workers in South Africa.