

The Ghost Light Program: A Drama Therapy Group for Theatre Students



What is it?

The Ghost Light Program is a graduate student led drama therapy group designed for all theatre, music, and dance students interested in learning new ways to build community, maintain mental health, develop professional skills, and have fun.

The goal of the group is to provide theatre, music and dance students an outlet for self-care, and to examine the different ways in which mental health and wellness can be explored through the use of drama and the creative arts.

Who's running it?

Kayla Lansing is an MA candidate in Theatre-Drama Therapy here at Kansas State. She received her BA degrees in theatre and psychology from St. Ambrose University in 2018.

This group will function as Kayla's master's project for drama therapy. She will be using the group as a pool for research on the efficacy of the program itself, with the hope of publishing her findings and designing a program that could be used at universities and high schools around the country.

What will it involve?

The Ghost Light Program will meet on Sundays during the Fall 2019 semester (Starting towards the end of September) from 3:00-4:30pm. New students are welcome to join later in the semester if they have conflicts or a busy schedule.

Sessions will explore a wide variety of wellness and self-care techniques and activities with students. Activities may include relaxation exercises, improvisation, drama games, puppetry, masks, art projects, music, and more.

Where do I sign up?

Students can place their name on a list of interest here:

[Ghost Light Program Sign-Up](#)

If you are unable to join in September but would like to join later in the semester, please email Kayla at kjlansing@ksu.edu so she can give the group a heads up on new members and give you appropriate documentation.

Hope to see you there! Contact kjlansing@ksu.edu with any questions.