



Nancy Sondag, RDT/BCT, LCAT

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Drama Therapy

FOR HEALING, LEARNING, AND BUILDING COMMUNITY

Nancy Sondag, MA, RDT/BCT, LCAT, CDP

Phone: (212) 799-0523

Email: Nancy@NancySondag.com

Drama Therapy: I work with adolescents and adults who are overcoming difficulties with:

- Compulsive overeating, body image, and self-esteem
- Public speaking and performance anxiety
- Maintaining a balance between care for others and self-care
- Progressing through relationship or work transitions

WORKSHOPS: I also conduct "Nurturing the Nurturer" retreats for healthcare professionals and workshops using storytelling, theatre games or sociodrama for conflict resolution, leadership, education, and personal growth. As a Certified Dementia Practitioner and Trainer, I provide training in dementia care.

SUPERVISION: As a Board Certified Trainer (BCT), I mentor drama therapy students in the Alternative Training program for the National Association for Drama Therapy (NADT) and supervise therapists who are becoming Licensed Creative Arts Therapists (LCATs).

