CHEER>UP (Creativity, Humor, Education, Encouragement Resilience, and a Greater Understanding of Parkinson’s) is an emerging drama-therapy intervention to improve quality of life for Parkinson’s patients and caregivers. CHEER>UP implements the therapeutic model, TraumaDrama, that harnesses metaphor, drama and humor to address Parkinson’s issues related to mind, body and spirit.

CHEER>UP uses creative drama techniques to target such issues as verbal and non-verbal expression, movement, social skills socialization, mood, motivation, resilience and cognitive function.

CHEER>UP sessions target specific “living well with Parkinson’s” objectives using drama activities including breathing exercises, vocal practice, movement, pantomime, dance, singing, improvisational comedy and more.
CHEER>UP techniques seek to improve the quality of life by addressing issues through:

- Improving the voice
- Practicing stress-reduction techniques
- Enhancing verbal/non-verbal communication skills
- Stimulating the brain to improve cognitive function
- Harnessing the healing power of laughter to enhance mood
- Rehearsing techniques to change emotions and manage depression
- Providing ways to express difficult emotions
- Building resilience skills
- Sharing creativity to connect socially and diminish isolation

And much more!

Groups are led by Anne Curtis, MS, Registered Drama Therapist and Certified Trauma Services Specialist; and Parkinson’s Outreach Coordinator Anissa Mitchell, LCSW.

For more information, call (407) 303-5295 or visit FloridaHospitalNeuro.com