

Soline Daccache

COMMUNITY MENTAL HEALTH & WELL-BEING
APPLIED DRAMA, THEATRE & DANCE MOVEMENT THERAPY

Soline Daccache is a Lebanese theatre artist, psychologist, and psychotherapist working within Systemic and Internal Family Systems (IFS) approaches. A certified Expressive-Relational Dance Movement Therapist (DMT-ER®), she is also trained in Drama Therapy, Psychodrama, Playback Theatre, and Theatre of the Oppressed.

Over 20 years, she has worked in community-based and therapeutic settings across Lebanon, Egypt, and Europe, including mental health and psychosocial support (MHPSS) in humanitarian and development contexts with refugee women, children and adolescents, and incarcerated people.

She designs and delivers arts-based training for facilitators, community workers, psychosocial practitioners, and humanitarian professionals; mentors applied theatre practitioners; and facilitates collective care and group well-being processes for staff teams and fellowship participants. Her work also includes participatory assessments, monitoring and evaluation tools, and educational resources focused on girls' empowerment, life skills, and protection.

Since 2017, she has practiced Dance Movement Therapy with refugee women, children, adolescent girls, older adults living with dementia, and people receiving mental health care. Based in Lisbon, she currently facilitates weekly DMT sessions with the Grupo de Teatro Terapêutico at Hospital Júlio de Matos (Centro Hospitalar Psiquiátrico de Lisboa) and has a particular interest in DMT research.

She belongs to the Portuguese Association for Dance Movement Therapy (APDMT) and the European Association for Community Psychology (EACP). She works in Arabic, English, French, and Portuguese, with a working understanding of Italian and Spanish.

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