



Training: Orientation to Psychodrama

MODULE 1

AN OVERVIEW OF PSYCHODRAMA:

- Psychodrama means, "Psyche in action." Insert still shot of us in action of the whole team!
- Psychodrama is very versatile and can be used with many populations.
- Psychodrama is an 'action method' that uses theater techniques to accomplish personal or group goals.
- Participants use specific techniques to create a healing experience.
- Psychodrama transports participants to a place beyond words using a framework involving movement, enactments, therapeutic interaction and conversation.
- Psychodrama can be used with individuals, small or large groups; it can be used for personal growth, to heal complex psychological problems or to engender understanding and cooperation within disparate groups.
- Its applications are as limitless as your imagination for healing trauma, addictions, violence, emotional, social, organizational and cross-cultural issues with most age groups.
- Psychodrama allows clients to shift trauma-based roles into transformational roles, introducing the concept of 'choice' into a 'here and now' construct.
- Psychodrama requires practitioners to learn specific theory, procedures and skills, which must be taught, understood, implemented and practiced.
- Psychodramas are focused, planned and thoughtful at the same time maintaining spontaneity and creativity.
- Each drama has specific goals and consists of established, accepted techniques.
- Becoming a psychodramatist requires extensive training, supervision and education.

WHO CREATED PSYCHODRAMA?

- Psychodrama was created by a psychiatrist named JL Moreno.
- He created psychodrama, sociometry and group psychotherapy in the early 20th century in Vienna and brought it to the US in 1925.
 - These three interlocking methods are referred to as the *triadic system*.
- Moreno was a contemporary of other great minds in the field, Sigmund Freud and Carl Jung.
- These three visionaries created the foundation of modern psychiatry.
- Moreno's approach considered sociological factors, not just psychological ones.
- He realized that growth and change occur within an interpersonal setting.
- He understood that people are wounded in relationship and they must be healed in relationship.
- Moreno's early work included socially disadvantaged and out-casted groups, like prisoners and prostitutes.
- His methods have worldwide application today in treating, healing and empowering victims of war, trauma, abuse, natural disasters, overpowering illness, homelessness, crime and political instability.

WHY DOES PSYCHODRAMA WORK?

"...to overcome traumatic experiences, one must have a physical (emotional and interpersonal) experience that directly contradicts the helplessness and sense of inevitable defeat associated with the trauma....Imagining new possibilities not merely Re-telling the tragic past, is the essence of post-traumatic therapy..."
(Bessel van der Kolk, MD)

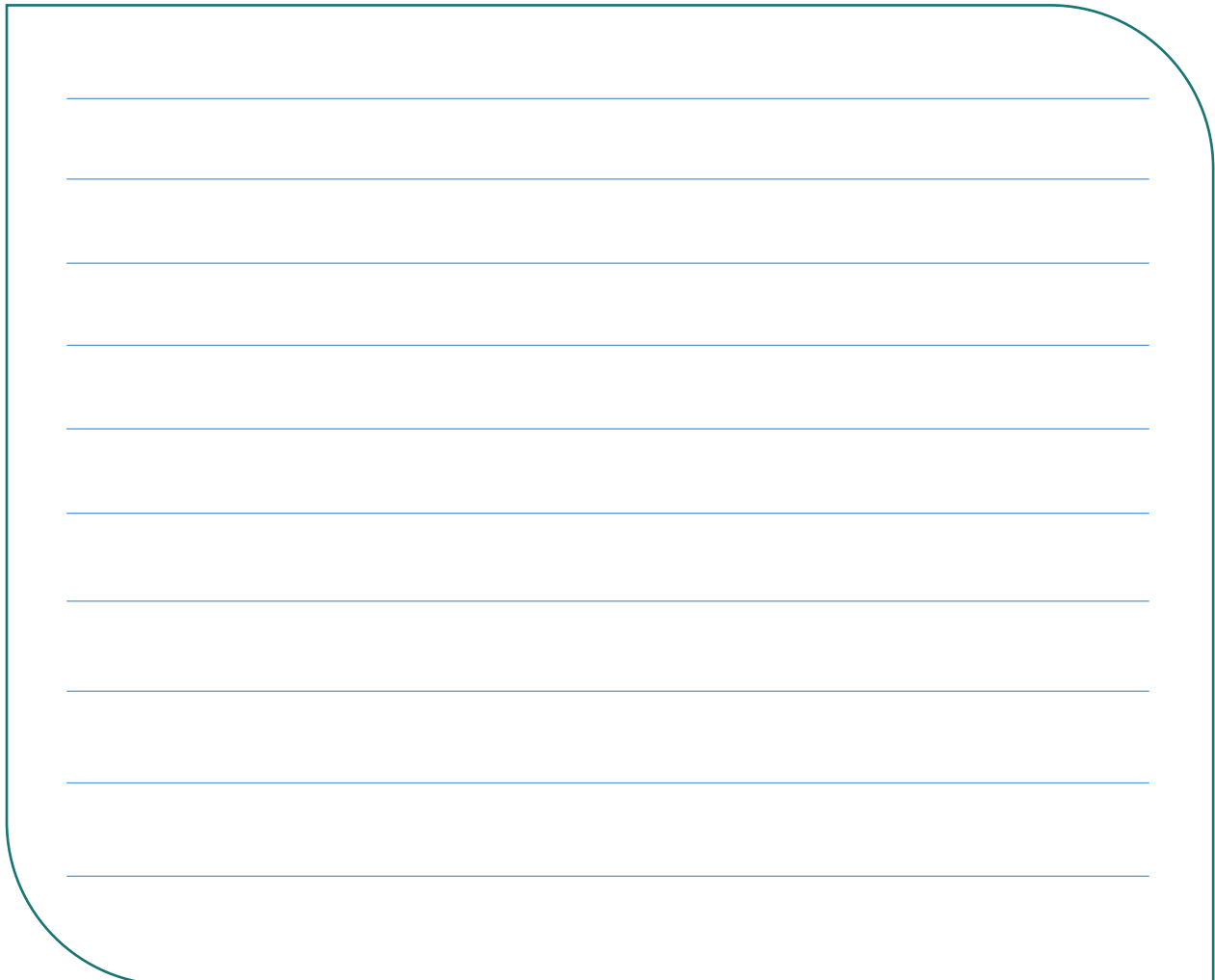
- Psychodrama is holistic.
- It engages the entire human being, mind, body, heart and spirit.
- Psychodrama is not limited to thoughts or feelings but includes the body's experience as well.
- A fourth element in the holistic approach is spirituality.
- Psychodrama addresses one's spirituality, worldview, relationship to religion, and overall outlook.
- Psychodrama goes beyond words.
- Because it involves movement, and can include music, dance and possibly art, it accesses different parts of the brain.

- Psychodrama can be done with individuals and groups small and large.
- Psychodrama can be done with a team of trained auxiliaries all of whom work toward a collective goal and can take difficult roles like victim and perpetrator roles safely .Without trained auxiliaries group members can be trained to take roles within safety guidelines.
- Psychodrama allows old memories to be reprocessed, old messages to be reset, and detoxified
 - This lessens their negative impact, allowing new interpretations and understandings to develop.

PSYCHODRAMA IS EFFECTIVE WITH TRAUMA SURVIVORS

“When profound wounds are inflicted, body, soul and spirit require powerful interventions in order for the healing process to begin”

NOTES



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