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Psychodrama Therapy in Groups

According to Corey's chapter 8, Jacob Moreno in the mid 1930's developed psychodrama as an approach to the psychotherapy. In the other hand Zerka Moreno is recognized as the main figure that extended Moreno's work in many parts of the world. In the Corey's chapter we familiarize with the term Sociometry which means the study of relationships between people. During the 1960's the psychodrama became successful in the USA from Adam Blatner who was a great psychiatrist. Blatner used psychodrama a technique with his clients to validate their creativity and cultivate their strengths as new options explored to work with their problem.

However, another interesting argument in Corey's chapter is the psychological literacy. If we approach our predicaments in terms of the roles we play, we can teach people a user-friendly language for becoming more mentally flexible and creative in life and at work. In Corey's chapter psychodrama is showed as an action to approach in group therapy in which clients explore their problems through role playing, enact situations using various dramatic devices to gain insight, discover their own creativity, and develop behavioral skills. The key idea of psychodrama is using enactment as a rehearsal for living. Corey bring out psychodrama as an opportunity to rework the responses as if we the co-director as well as the principal of our life.

The key concepts in psychodrama are creativity, spontaneity, working in the present moment, encounter, tele surplus reality, catharsis and insight, reality testing, and role theory. Moreno defined spontaneity as an adequate response of new situation or a novel response to an old situation. Encounter occurs when individuals connect with one another in a meaningful and

authentic way, in the context of the here and now. Encounter occur regardless of whether the enactment relates to a past or anticipated future event. Tele is defined as a psychodrama term referred to degrees of feeling of attraction and is two side flow of feelings between people. Surplus reality reflects the psychological world of the client apart from any concern for the limits of ordinary.

Catharsis is when compartmentalized emotions and attitudes are reconnected through an experiential aspect of therapy, realizing strong emotions. Insight is cognitive shift which connect awareness of various emotional experiences with some meaningful story. Reality testing helps trying out behaviors in a group therapy setting not always acceptable in real life. Role theory means when actors on the stage of life creates their parts without scripts. The basic elements of psychodrama are the director which is the group leader, the protagonist which is the main player, auxiliary egos which is supporting player, the audience which are other group members who participate in the action by watching. The 3 phases of psychodrama are warm-up, action, and discussion. According to Blatner, in a psychodrama are 4 important conditions necessary for spontaneous behavior to occur: sense of trust, and safety, receptivity intuitions, images and feelings, elements of playfulness, willingness to take risks and challenge in new behavior engagement.

Self-presentation technique means where the protagonist gives a self portrait to introduce the situation. Another important argument is the role reversal which means looking at oneself through another individual's eyes. The protagonist takes on the part of another personality portrayed on his or her drama. Double means according to Corey's chapter when a psychodrama was an auxiliary plays the role of the protagonist's inner self. Soliloquy is when in psychodrama an open verbal expression of what the protagonist may be thinking and feeling but not verbally

expressing. The protagonist may have an inner dialogue with doubles as the two talk together.

Empty chair in psychodrama means where a piece of furniture is used as an auxiliary ego.