

### Week 8:

This week was over Corey's Chapter 8 which is Psychodrama Therapy in groups. This approach to group therapy comes with several key concepts; Some of them include: creativity, spontaneity, working in the present moment, and encounters. When implementing this in a group setting, the facilitator should work as the "director" and they are to choose a protagonist, supporting players, and an audience. If done correctly psychodrama could help those in the group feel closer and assist them in opening up more. Some individuals might have a harder time opening up when just sitting around a circle and sharing, but when adding in psychodrama certain individuals could open up and this could allow them to tap into their creativity. In some ways to me it takes the pressure and weight off of an individual and the things they go through. According to Corey, implementing Psychodrama can offer a dynamic approach to life's problems and provides members with alternative ways of coping with their concerns (Corey, 2015).

### Week 9:

During our first group breakouts we broke out in groups of two. Our first question was "What would you like to write on your tombstone?" My partner said she would like her tombstone to mention her significant roles in life, such as being a sister, a wife, a daughter and friend. I said I would want to put words of advice on my tombstone like "Do not take life so seriously, cherish the small moments, and love well". When then analyzed life sufferings you have experienced and the meaning you search from it. One classmate mentioned how he was diagnosed with leukemia at the age of 23. He mentions how during that time God spared him and how during that season he learned about God's grace and mercy. He now wants to show others compassion

because he learned that. My personal reflection on this theory is that it can be a heavy and weighted approach. Existentialism deals with how we see life and when dealing with groups it could be possible that many believe life differently. However, on the other hand, this technique could help individuals deal with heavy topics in their lives and to move forwards from the experiences. In the textbook Corey mentioned how this therapy practice is a strength because it helps humans transition from a victim mentality to becoming a survivor instead. When Corey shares his own thoughts he mentions that as a facilitator, one cannot implement this method in the group without being real, honest and authentic with ourselves. Just life there is strength. Corey mentions some of its limitations such as it will not be a useful method when working with individuals who do not care to understand their past experiences or their human existence (Corey, 2015). This theory also will not help when individuals are learning to create new coping and problem solving methods as this requires us to look at the past and analyze and examine life. When applying this to my group I noticed this week that I found it difficult to implement this in my life. We used this in a setting where we were between the ages of 65 to 90 years of age. We role-played like we were in that age bracket and used questions like “How do you still see the beauty in life?” and “ How did we get to this age?”. When it came to groups, again I found myself taking initiative and being the facilitator to see who would take what role. I find that every week, if I or 2 other members in my group do not speak up, then no one does. We end up sitting in silence and wasting class time. So every week, I speak up and start asking who wants to lead the group this week, who wants to scribe, and who wants to keep time.

I would say that I personally found it difficult this week to role play because it's so hard for me, as being in my 20's to act like my life is over. If there is anything I learned from this week from this lesson is that this can be used when people are feeling hopeless.

References:

Corey, G. (2015). *Theory and Practice of Group Counseling*. Cengage Learning.