

SWK658 Journal 4

Colin Smith

Alliance University

SWK658: Clinical Social Work Practice III with Groups

Professor Carlton Jean

February 25, 2023

Journal 4: Overview of Corey text Chap 8 Psychodrama Therapy in Groups

Psychodrama therapy in groups encourages members to use their bodies and unearth hidden truths which bring healing. I felt that many problems that clients present with are not only cognitive but sensory. I also learned that many issues are connected to the mind and the body, highlighting the need for a body-mind approach in solving social problems. As Corey explains in Chapter eight, psychodrama group therapy involves a leader instructing members to act out their fears through bodily language. This approach allows victims to express their problems at a deeper level. We utilized this approach to allow the group leader to direct its activities.

The group leader directed every member to express their fears to others while involving them in action. By acting out qualities of self, I felt that every group member became more confident to role-play. The approach enabled us to overcome our fears and feelings of inferiority. We worked together to uplift weaker members, a practice that I feel played a critical role in role-playing. I also realized that giving the group leader the sole authority to direct the group activities brought order and cohesion.

Consequently, the psychodrama techniques united all group members through shared experiences of classwork and the need to role-play to others. It motivated us to work close enough, eliciting different strengths and weaknesses and then working on them to our advantage. This achievement can be alluded to what Corey explains as personal healing bringing group winning. I feel that sharing experiences and fears among group members encouraged all of us to conquer our fears and become more confident for the task that lay before us.