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The term that Corey uses in the text is “experiential learning” which is the perfect phrase to describe what psychodrama is. Developed by Jacob Moreno, Psychodrama is “context. Psychodrama is primarily an action approach to 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” (Corey, 2015, p.191).

Psychodrama allows a group of to explore various roles and aspects of their psyche in a concrete way. Psychodrama uses physical people to play roles or aspects that typically exist only within our thoughts. My initial thoughts on psychodrama is that it seemed to lean too heavily on the “drama” in its name. However, as I considered it, it can be a great educational tool to help groups ,who lack introspection skills, to visualize abstract concepts such as ambivalence or the effect that strong emotions can have on someone’s capacity for logical reasoning. Moreno emphasizes creativity and spontaneity in his development of the treatment.

I think Psychodrama is a great tool in order to help groups learn about psychotherapy. However, I think I would only utilize it for groups of certain demographics. The physicality and theatrics of Psychodrama seem to best fit client groups of a younger demographic or even for educational demonstrations. However, I think for most adults, it may feel a bit juvenile and have the reverse effect. That being said, I think Psychodrama is an excellent teaching tool and, when done correctly, can be effective in a clinical setting.

References

Corey, Gerald. Theory and Practice of Group Counseling (p. 191). Cengage Learning.