

Journal # 8
Psychodrama

Maritza Grandison
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Dr. C. Jean
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Today session commenced with Praise and Worship songs, Prof. Carlton, Prayed for the class and the atmosphere was very uplifted. I truly enjoyed being in Prof. Carlton, class this semester. I am thankful to God for the opportunity to be in this class and able to experience a wonderful semester with fun and lots of teaching. Prof. Carlton, is such an inspiration to all of Alliance students.

This semester I took “Play Therapy” class with Prof. Yoon. This class was fun and at the same time very informative. The duration of the class was for 5 weeks, which I think was not enough to learned all about play therapy. This week’s teaching about psychodrama from Corey’s Theory & Practice of Group Counseling chapter 8. I am currently working with children at my Church and it is my belief that play therapy is a God send. It is so easy for children to share when they don’t feel pressured or corner. Counseling connected to game or play therapy is one of the easiest things I have done. This week I learned about psychodrama, and I love it. I believe that I will certainly implement elements of this experiential therapy. According to Corey,” psychodrama is a complex of technique, philosophy, and theory that weaves together imagination, intuition, physical action, and various dramatic devices to explore a wide range of psychological problems.” (Corey. 2015. Pg 221)

The beauty of psychodrama is that it allows the use of the whole self. “Some feelings are best expressed through action, interpersonal interaction, or imagery, and improvisational theater can provide a channel for understanding and healing in this context.” (Corey. 2015. Pg 221) The same way that we have different learning styles, this approach allows individuals to express themselves in different ways. It’s not necessarily for all, but it is definitely for some. We had the opportunity to do some role playing in class and Judy, is definitely right. It brought a measure of mirth to the activity. My favorite part were the good and bad conscience voices. However, I

found that for me at this point, with very little real knowledge of the technique, the good and bad voices just seemed to create either greater anxiety for the protagonist or did not help much with the situation.

REFERENCE

Corey, G., 2015, January 1. Theory & Practice of Group Counseling., Cengage Learning 9th
Ed., Boston, MA