

# WHAT IS PSYCHODRAMA



- A METHOD FOR EXPLORING PROBLEMS AND CONFLICTS BY ENACTING RELEVANT EVENTS INSTEAD OF SIMPLY TALKING ABOUT THEM.
- THE ENACTMENT EXPLORES NOT ONLY EXTERNAL BEHAVIOR, BUT ALSO 'INNER' ASPECTS, SUCH AS UNSPOKEN THOUGHTS AND FEELINGS, FANTASIES OF WHAT OTHERS MIGHT BE FEELING AND THINKING, ENVISIONING FUTURE POSSIBILITIES.
- A KIND OF LABORATORY FOR THE EXPLORATION OF PSYCHOSOCIAL PROBLEMS, BUT INSTEAD OF PHYSICAL EQUIPMENT, THE DEVICES OF DRAMA AND PARTICIPANTS' OWN BEHAVIOR ARE VEHICLES FOR EXPERIMENTS

# BENEFITS

# PSYCHODRAMA:

- Psychodrama is a reflective, creative process that helps revise old habits and reaction patterns.
- It's more than drama—it's a tool to live more consciously and creatively..
- It encourages improvisation, role shifts, and exploring alternative scenarios.
- Replay and perspective shifts open doors to new insight and self-awareness.
- Participants use their own behavior as a platform for experimentation and growth.



# FIVE ELEMENTS IN PSYCHODRAMA

1. Protagonist: individual who is seeking to work out a problem, gain insight, or develop an alternative response pattern.
2. Auxilliary (supporting player): a group member who plays a role in protagonist's drama
3. Audience: group watching the drama who provide a safe container and supportive witnessing
4. Stage: area where the enactment takes place
5. Conductor: the facilitator, catalyst and observer who knows how to use the method to facilitate the exploratory process.



# SOME PSYCHODRAMATIC TECHNIQUES (1/2)

## ROLE REVERSAL:

When the protagonist changes roles with the supporting players, it helps to empathize with the other person's viewpoint

## REPLAY:

Scenes may be reenacted with changes in order to experience a happier ending, a more effective interpersonal strategy, etc

## MIRROR:

The protagonist stands back and watches while her role is replayed by a supporting player, serving a function like videotape playback. The conductor can ask: • "What do you see going on?" • "How else might you respond in this situation?"

## SOLILOQUY:

The protagonist shares with the audience the feelings and thoughts that would normally be kept hidden or suppressed

## DOUBLING:

The conductor or a group member feels her way into the inner world of the protagonist and expresses the 'inner voice'- to bring awareness to obscured feelings/ thoughts

# SOME PSYCHODRAMATIC TECHNIQUES (2/2)

## EMPTY CHAIR:

Instead of another person playing the complementary figure in a protagonist's enactment, an empty chair represents that position. Has been incorporated as an integral part of Gestalt therapy

## INTENSIFICATION:

feelings made more intense and explicit by having protagonists put their bodies in the shape of their feeling, or locating the feeling in their bodies, etc.

## CUTTING THE ACTION:

Enactment is stopped, with the possibility of using a brief Mirror technique i.e., standing "outside," in a sense, and reflecting on alternative strategies

## ROLE TRAINING:

helps in the development of a more effective behavioral repertoire, combined with group feedback and support and attention to nonverbal communication

# CONCEPTS AND PRINCIPLES (1/2)



**Creativity:** Moreno believed that an essential feature of transformation is to facilitate creativity in exploring the self and discovering new coping skills for life.

- **Spontaneity:** the best way to encourage creativity is through spontaneous exploratory activities. Moreno sought to implement activities which fostered the courage to improvise.

- **Working in the present moment:** An important element of psychodrama is to reinvent previously experienced events and learn new reactions through role playing.

- **Encounter:** Group members connect with one another in a meaningful and genuine manner.

# CONCEPTS AND PRINCIPLES (2/2)



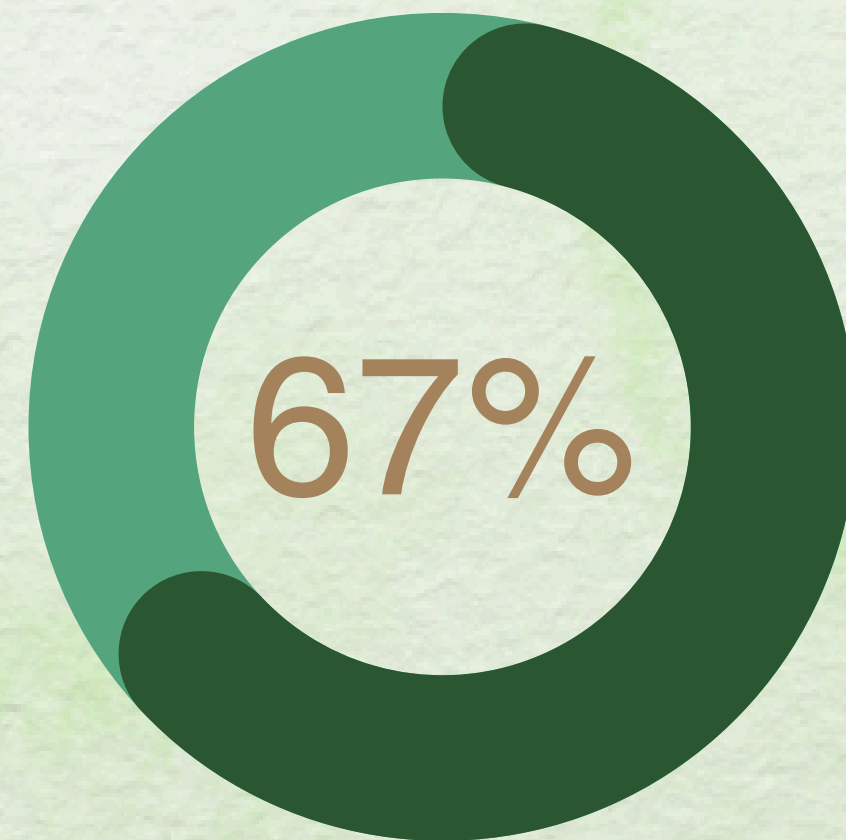
Tele: Moreno referred to it as ‘the cement which holds groups together’. Similar to the concept of rapport. Surplus Reality: Re-enactments of the protagonist’s psychological world without the constraints of reality. Catharsis and insight: Catharsis is the release of emotions during psychodrama. Insights are the cognitive shifts in awareness that are produced by catharsis. Reality testing: The testing of behaviours in scenarios that would potentially not be socially acceptable in a safe environment. Role theory: Moreno’s ideas that we are all actors engaging in improvisation in daily life on the ‘Stage of Life’.

# JACOB L. MORENO, MD: 1879-1974 FOUNDER OF PSYCHODRAMA



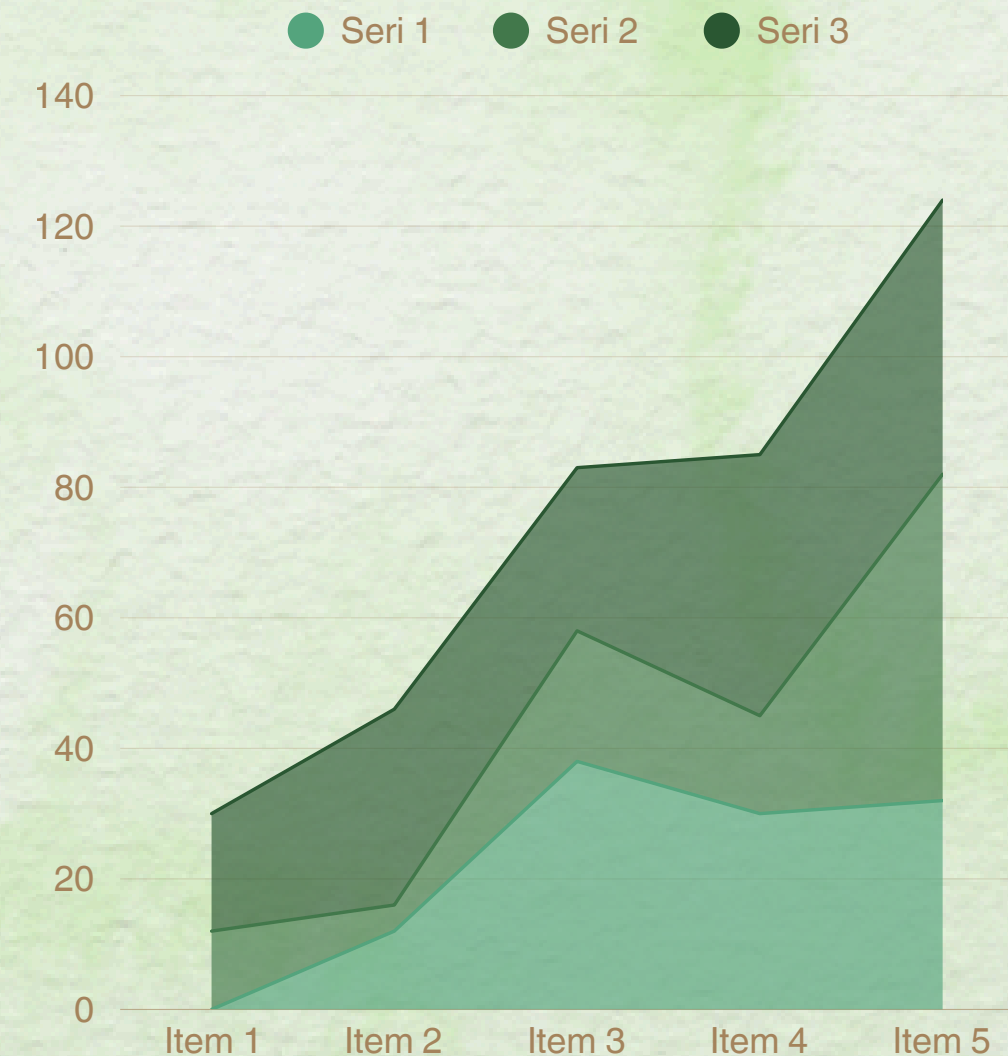
# SUBJECT 1

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# SUBJECT 2

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The background is a light green watercolor wash with various shades of green. It is decorated with several types of leaves: large, dark green monstera leaves with characteristic holes, and smaller, rounded green leaves. The overall aesthetic is soft and natural.

# ANALYSIS

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# RESULT

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The background is a light green watercolor wash with various shades of green. It is decorated with illustrations of green leaves and foliage, including large monstera leaves with characteristic holes and smaller, rounded leaves, scattered around the edges.

# CONCLUSION

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The background is a soft, textured watercolor wash in shades of light green and pale yellow. It is decorated with various green leaves and foliage. In the top left, there are large, dark green monstera leaves. In the top right, there are smaller, rounded green leaves. In the bottom left, there are more rounded green leaves. In the bottom right, there are large monstera leaves and a sprig of small green leaves. The overall aesthetic is fresh, natural, and elegant.

THANK  
YOU