

Psychodrama as resource of interpersonal change

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&
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Aim of this workshop:

- Introduction in the use of psychodrama in group psychotherapy
- See how we work and get a bit of the feeling of it



What are we going to do in this workshop?

- Some background information
- Diagnostic imagery exercise
- Psychodrama session
- ‘sharing’
- Questions / discussion



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Group psychotherapy

- Ongoing group (1 - 2 yrs participation)
- Max 9 participants, 2 psychotherapists
- 50/50 personal therapy for psychologists, psychiatrists & 'patients'
- 'classical' group therapy, weekly, 1 ½ hr, circle, open
- Psychodrama, irregularly, once every 2 or 3 weeks, participant can ask for pd.



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Psychodramatical roots of role play

History of Psychodrama

- Ancient Greeks
- J.L. Moreno reinvented psychodrama
- Dean en Doreen Eleftery



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Psychodrama, three Pillars

1. Moreno's concepts about dramatization and group psychotherapy (sociometry)
2. Verhofstadt-Denève Phenomenological Dialectic Personality model. (within our selves there is a continuous internal dialogue with the rest of the world).
3. Neurobiology (Damasio, Gallese) Emotions and feelings form the matrices of all emotional, social & cognitive learning processes that we develop by means of attachment conditions, starting at early childhood.



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Psychodrama roles & techniques

roles

- Protagonist
- Antagonist
- Empty chair
- The choir
- Director & Co-director

techniques

- Double
- Role-reversal
- Mirroring
- An aside



Action fase

- Building the scène
- Plot
- Play
- Get back to reality



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Building the scène

- Where are we here?
- Where do you enter the room?
- How is the room furnished?
- Is something in particular hanging on the wall?
- Do some of the things or furniture have a special meaning to you?



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Plot

- What's happening here?
- Who's involved?
- Who is on what position?
- What's the action?



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Play (dramatization)

- Agree with your protagonist where the play will start (keep the contract in mind)
- Scène is to be played. (use techniques like role reversal and doubling)
- Group members can be a double for the protagonist or be asked to play an antagonist role



Taking down the scène

- Let the protagonist de-role the elements from the play to provide a good transfer to the talking part of the session and to everyday life.
- Share experiences and feelings.
- Start with antagonists who speak from their role.
- Than they lay off the role and share with the group that aspects of the drama that touched themselves.
- Protagonist gets the last word



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Integratieve groepsleertherapie:

Wo. Mi. 15.45 – 17.15 u. Utrecht, Janie van Dijk en Pim van Dun

Schemagerichte psychodynamische groepsleertherapie

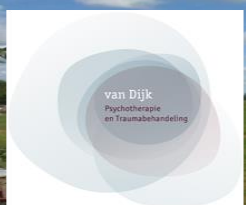
Wo. Av. 18.00 – 19.30 u. Utrecht, Natalie van Oort en Pim van Dun

Wo. Ocht. 9.30 – 11.00 u. Rotterdam, Elles Beisiegel en Pim van Dun

Informatie:

www.vandijkpsychotherapie.nl

www.linkpcs.nl



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