

# Psychodrama



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**RECOVERY. RESILIENCE. RESURGENCE.**

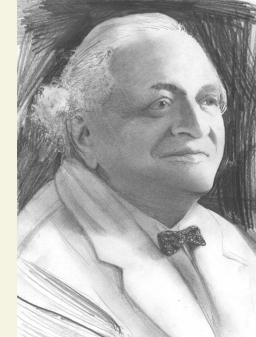
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# Psychodrama.



- Developed by Jacob L Moreno
- It is reenacting of past , real-life situations
- It is creative way to explore and solve problems
- Includes elements of theatre, props can be used





# Process



- Psychodrama director ( therapist)
- One client of the group becomes the ‘protagonist’ and others become co-actors
- Scenes enacted can be : past memories, unresolved situations, inner dramas, fantasies etc
- ‘spontaneity-creativity’ principle: spontaneous, creative response to a situation can result in new solutions to problems



# Process & techniques..



- Warm up → action → sharing/ discussion
- Techniques:
- **MIRRORING, DOUBLING, SOILOQUY, ROLE-PLAYING, ROLE REVERSAL**