

## **Psychodrama**

Psychodrama is a psychotherapy practiced in groups around the world. Practitioners are using also psychodrama in an individual setting,

Psychodrama was the creation of JL Moreno (born Bucharest, Romania, May 18, 1889; died New York, USA, May 14, 1974). He was a psychiatrist and the foremost pioneer of group psychotherapy. During his lifetime, he was recognized as one of the leading social scientists.

Moreno studied and worked in Vienna. 1917-1918. While working as physician at the hospital in the interment village of Mitterndorf, near Vienna, his observations of children led to his theories of child development. During his period he developed his theories of Sociometry (the measurement of social relationships). He recognised that conflicts in society can be influenced by the sociometric mix: the choices people make and the organisation of social groups according to people's choices. Moreno believed that man can be an actor in his own life and can resolve his own conflicts.

Psychodrama while having its roots in role theory is used by many and varied disciplines. Psychoanalytic psychodrama, Rogerian psychodrama & Jungian psychodrama while using common techniques have integrated psychodramatic concepts with their own theories.

In psychodrama we seek to encourage the spontaneity that most of us had as children and lost through the vagaries of growing up.

Application While first and foremost a group psychotherapy, psychodrama is practice in varied settings from once weekly open groups to closed daily groups within psychiatric hospitals. By and large the client groups would not have psychotic difficulties however Moreno and many subsequent therapists have worked with psychotic clients and the method has been found to benefit such vulnerable people

The individual practice of psychodrama allows for carefully tailored work with individuals suffering from enduring severe mental illness as well as those with neurotic issues, who for whatever reason, choose to undertake their therapy in an individual setting.

Research Psychodrama is now widely researched which in itself feeds into good practice. Psychodrama Advances in Theory and Practice, edited by; Clark Baim, Jorge Burmeister and Manuela Maciel (Routledge 2007). Part ii provides an overview of this research with contributions from 10 international practitioners of psychodrama.