

PSYCHODRAMA THEORETICAL AND TECHNICAL SPECIFICITY: STRUCTURE OF THE MAP

Specific philosophical principles

○ Group referred

- Co-creativity
- Co-responsability
- We-ness as cohesion, intimacy, connection, and mutual support
- Sociatry as healing society

○ Individual referred

- Personal health center
- Recognition and respect of the subjective truth
- I-God as spontaneous creator

○ Cosmic

- God as origin, reality, and expansion of the Self
- Godhead as autonomous healing center
- Godhead to be found in concrete life
- Organic unity of any form of life
- Common primordial nature
- Common essential Self
- Evolutionary impulse of spontaneity

Psychodrama theory: basic assumptions

○ Spontaneity-Creativity Theory

- Spontaneity
- Creativity
- Action
- Hunger of action
- Exploration
- Energy organization
- Catharsis
- Integrative catharsis
- Feeling/Emotion
- Eros

- Healing centre
- Play
- Semi-Reality
- Plus-Reality
- Imitation
- Repetition
- Cultural conserve

○ **Tele Theory**

- Tele
- Group as a whole
- Group matrix
- Transpersonal matrix
- Co-unconscious/co-conscious
- Alterity
- Encounter
- Co-responsability
- Co-creativity
- Sociatry
- Social atom
- We-ness
- Interdependence
- Intersubjectivity
- Sociometric rules

○ **Role Theory**

- Role/Counter-role relationship
- Witnessing
- Role matrix
- Identity matrix
- Personal matrix
- Mental integration
- Psychological relational functions
 - double
 - mirror
 - role-reversal
 - witnessing/ego-decentralization

Development and personality theory

○ **Development theory**

- Development's first universe
- Development's second universe
- Auxiliary world
- Mother-infant relationship
- Action hunger
- Roles matrixes
 - Maternal roles matrix
 - Individuation roles matrix
 - Exploration roles matrix
 - Family roles matrix
 - Social roles matrix
 - Values role matrix
- Basic relational needs
 - Fusional need: security
 - Individuation need: autonomy, recognition
 - Expansion need: exploration
 - Gender identity need: perception of the third
 - Community integration need: peers relationship
 - Social integration need: ethical values and principles
- **Personality structure**
 - Individual conscious and unconscious
 - Co-conscious and co-unconscious
 - Self and sense of Self
 - Ego
 - Ego-actor
 - Ego-observer
 - Me / You / We / You all / They
 - Motivational systems
 - Physiological motivational system (hunger, thirst, sleep, etc. ...)
 - Attachment motivational system (need of security, warmth, relationship)
 - Exploration/research motivational system (need of new, knowledge, being creative)
 - Assertive/aggressive motivational system (need of controlling, prevailing, achieving)
 - Sensual/sexual motivational system (need of sexual intercourse)
 - Caregiving motivational system (need of breeding, protecting)
 - Cooperation motivational system (need of social belonging)
- **Intra-psychical dynamics**
 - Inside dialogue
 - Self / Ego relationship
 - Ego-actor / Ego-observer relationship
 - I / You relationship
 - I / Me relationship
 - I / We relationship
 - I / You all relationship

- I / They relationship
- We / You all relationship
- We / They relationship
- Fantasy level / reality level
- Need/desire process
- Subjective truth / objective truth correlation
- Fusional register / individuation register
- Role matrixes' flexibility/rigidity
- Motivational systems' permeability/not permeability

Specific Clinical Elements

○ **Specific mental functions activated**

- Doubling function
- Mirroring function
- Role-reversal function
- Perceptive decentralization
- Self-mirroring function
- Catharsis
- Reflexive function/mentalization

○ **Specific elements for diagnosis**

Referring to roles

- spontaneity level
- development level
- type of role
 - regressive role
 - coping role
 - evolutive role
- role position
 - active position
 - passive position
- role register
 - fusion register/double register
 - indivuation register/mirror register
 - otherness register/role-reversal register

Referring to proto-roles/ /psychosomatic roles

- eater
- defecator
- urinator
- sleeper

- breather
 - explorer
- **Specific factors for change**

Intra-psychic factors

- self-expressing
- emotions externalization
- dynamic activation of mental representations
- recognising on needs and desires
- activation of the inside dialogue
- analysis of one's experiences
- self-functioning experiences
- corrective emotional experience
- symbolic realization

Interpersonal factors

- listening, accepting, mirroring, witnessing
- experiencing a positive group
- spontaneity training
- roles-personal skills development
- learning ways of communicating
- intersubjective vs. interdependent relationships
- group integrative catharsis
- reciprocal training

Therapeutic factors of the set-setting

- **Group factors**
- experience of belonging
 - interpersonal closeness development
 - experience of mutual entrustment
 - experience of being equal
 - interpersonal mirroring
 - interpersonal comparing /personal individuation
 - co-experimenting
 - interpersonal learning/information exchange
 - developing social skills /democracy
 - fair exchange of views/ developing relational courage
 - giving value to one's own and others subjective internal truth
 - experimenting intersubjectivity versus interdependence model of relationship
- **Personal factors**

- strengthening the internal dialogue / Ego-actor--Ego-observer dialogue
- strengthening the reflective function (Ego-observer)
- developing the perceptual Ego-decentralisation
- promoting the personal storytelling process
- getting in touch with emotions, experimenting catharsis, giving names to emotions
- identifying and working through personal internal conflicts

Specific methodology

○ **Setting**

Setting's elements

- Scene
- Auxiliaries
- Director
- Group
- Protagonist
- Audience

Setting's rules

- Centrality of emotions
- Giving value to the subjective truth
- Abstaining judgment
- Reciprocal support
- Reciprocal discretion

○ **Techniques**

Basic techniques

- Double
- Mirror
- Role reversal
- Witness
- Soliloquy

Structural techniques

- Representation
- Concretization
- Construction of the scene
- Warming up games
- Symbolic realization/Realizing desire
- Sharing
- Interview/Self-presentation

- Projection in the future

Optional techniques

- Amplification
- Sculpture
- Empty chair
- Interpolation of resistance
- Intermediate objects
- Vignette/photo

Process Techniques

- Psychodrama
- Sociodrama
- Playback Theatre/Spontaneity Theatre
- Sociometry (written and in action)
- Social atom
- Spectrogram
- Role playing
- Role training/Role creating
- Genosociogram

Psychodrama scientific research

- **Theoretical contributions**
 - *Effectiveness of psychodrama techniques (D.A. Kipper)*
 - *Outcome research in psychodrama (P.F.Kellermann)*
 - *Clinical utility of Moreno Social Atom Projective Test (J.Edwards) (D.R. Buchanan)*
- **Specific tests**
 - ***Outcome analysis***
 - *Spontaneity Assessment Inventory- Revised (SAI-R) (Kipper)*
 - *Moreno Social Atom Projective Test (L.M.F. Verhofstadt-Denève)*
 - ***Process analysis***
 - *Helpful Aspects of Morenian Psychodrama Content Analysis System (HAMPCAS) (A.M. Cruz)*

Fields of application

- **Professional fields**

- Clinical Psychology
- Medicine
- Counselling
- Promotion of wellbeing
- Education
 - School
 - Social work
 - Development of teams, staff and organisations
 - Conflict resolution
 - Roles and skills development
 - Personal assessment
- **Subjects**
 - Individual
 - Groups
 - Couples
 - Families
 - Teams
 - Organisations
 - Children
 - Adolescents
 - Adults
 - Social communities (units, facilities, centers, institutes etc.)
 - Work communities (inpatient clinics, social work units, trade unions etc.)
- **Types of application**
 - Psychotherapy
 - Coaching
 - Counselling
 - Supervision
 - Social intervention (sociodrama)
 - Mediation
 - Self experience
 - Training
 - Experiential learning