

PSYCHODRAMA INTEGRATION: STRUCTURE OF THE MAP

Philosophical theories

- **Phenomenology**
 - *fantasy and reality, mental representation, intentionality (F.Brentano)*
- **Hebrew philosophy**
 - *dialogue, here and now, encounter (M.Buber)*
- **Vitalistic philosophy**
 - *élan vital, creative evolution, conscience flow (H.Bergson)*
- **Philosophy of science**
 - *deductive-nomological model, abductive and deductive reasoning, scientific paradigm, naturalism's axiomatic assumptions, coherent system (T.Kuhn)*
- **Complexity theory (Cybernetics, General system theory)**
 - *dissipative structure theory, self-organising systems, natural irreversible processes (I. Prigogine)*
 - *system dynamics, unpredictability, paradox (disambiguation) (E.Morin)*
 - *complex adaptive systems, synergy, emergent behaviour, equifinality, constraints (L.von Bertalanffy)*
 - *homeostasis and allostasis, reciprocal transactions, (J.Monod)*
 - *chaos theory, chaotic complex systems, feedback loop, fractales, butterfly effect (E. Lorenz)*
 - *catastrophe theory, differential topology (R.Thom)*

Psychological theories

- **Humanistic psychology**
 - *personal, interpersonal, transpersonal unity (R.Assagioli)*
 - *needs and motivations theory (A.Maslow)*
 - *phenomenic field, emotional experiencing, mutual relationship (C.Rogers)*

Gestalt Psychology

field theory, life space, change process (K.Lewin)
body-mind interaction, self-actualization (K.Goldstein)

Social psychology and group dynamics

mind and self as social process, symbolic interactionism (G.H.Mead)
group dynamics, group structure, learning groups, action research, (K.Lewin)
beliefs, attitudes and human affairs, implicit and explicit attitudes, self perception theory (D.Bem., S.Bem)
group processes, group mind, work group, basic group assumptions, proto-mental states of mind: dependency, fight-flight, and pairing (W.Bion)

Relational psychoanalysis

corrective emotional experience (F.Alexander)
active technique, resilience mechanism (S.Ferenczy)
primary object-love, two persons and three persons relationship (M.Balint)
separation-identification process (M.Mahler)
mother-infant relationship, projection, introjection (M.Klein)
object relation therapy (W. R. D. Fairbairn)
spontaneity, play, creativity, transitional area, transitional object, holding (D.Winnicott)
narcisism and Self (H.Kohut)
interpersonal development (C.Trevarthen)
infant observation, operative mental pattern, attunement, assonance, present moment (D.N.Stern)
relational Self matrix, multiple Selves (S.A.Mitchell)
resonance, mentalization (P.Fonagy)
motivations systems (J.Lichtenberg)
intersubjective context, intersubjective system, emotional and relational experience, attunement and malattunement (R. Stolorow, G. Atwood)

Evolutionary psychology

social and emotional development, infant attachment patterns, sense of security, exploratory behaviour (J.Bowlby; M. Ainsworth)
emotional and cognitive adaptations, domain-specific mechanisms and domain-general mechanisms, evolutionary mismatch, game theory and reciprocity-altruism
affective neuroevolution, emotional development, motivational systems (J.Pankseep)
evolutionary games theory, conflict and cooperation, self-organization, communication, biological altruism, mobbing behaviour (J.M.Smith)

Systemic relational theory

context and behaviour, symmetrical and complementary relationships, ritual and emotions, 'as if' nature of behaviour, socially constructed reality (G.Bateson)
interactional communication, behaviour as communication, metacommunication (P.Watzlawick)

Neurological interpersonal theories

biopsychosocial, neuroplasticity, psychosocial genomics, gene-environment interaction, autopoiesis (H. Maturana, F.Varela)
mirror neurons system, empathy system (V.Gallese; G.Rizzolatti)
emotions and consciousness, emotions and social cognition, emotions and knowledge, embodiment of mind, Self theory from protoself to conscience (A.Damasio)
neurobiology of socioaffective development, affect regulation, traumatic dysregulation, modern attachment theory (A.N.Schore)
interpersonal neurobiology, relational mind, resonance circuit, intra and interpersonal attunement, reciprocal interaction of emotional expression (D.J.Siegel)

Group analysis

transpersonal matrix, group matrix, personal matrix (Foulkes)
basic group assumptions, working group, collective-relational mind (Bion)
intersubjectivity, psychic group system (R.Kaës)
social unconscious, social dreaming (W.G.Lawrence)
median group / large group, elaboration of feelings through the dialog (P.de Maré)

Psychological functionalism

mind-body system, functional identity (W.Reich)
stress functional system (H.Selye)
functional law of need (E.Claparède)
Self as a functional integrated system (L.Rispoli)

Educational theories

- Functional developmental theory
social consciousness, roles central position, active inquiry, experiential education, problem- based learning, learning by doing (J.Dewey)
- Relational education
inner speech, internalization, teaching in a simmetrical relationship, learning while talking, creative learning, proximal developmental zone (L.S.Vigotsky)
- Genetic epistemology
sociogenesis of knowledge, cognitive process as assimilation and accommodation, body/mind unity, action/thought unity, schema as a structured cluster of concepts (J.Piaget)
- Social learning theory
observational learning, observation-imitation-modeling, vicarious reinforcement, reciprocal determinism, imitation to aggression (A.Bandura)
- Systems thinking
shared vision, mental models, team learning, personal mastery, systemic thought, organizational learning (P.Senge)

Psychotherapeutic approaches

Interpersonal psychiatry

relational process, parataxical communication (H.S.Sullivan)
existential analysis, Dasein, antropanalysis, intersubjectivity, mutual recognition vs. counterdependency (L.Binswanger)

Junghian analitic psychology

individuation process, collective unconscious, active imagination (C.G.Jung)

Gestalt therapy

present moment, dialogical relationship, environmental and social contexts, self-regulating adjustments (F.and L. Perls, P.Goodman)

Transactional Analysis (T.A.)

interpersonal patterns of transaction, ego-states (child, parent, adult patterns), relationship games, inner dialogue (E.Berne)

Family and systemic therapies

*systemic-relational model (M.Palazzolo Selvini);
psychoanalytic model (Tavistock Clinic)
structural model (S.Minuchin)
Bowen model (M.Bowen)*

Existential psychotherapy

interpersonal group psychotherapy, true empathy, self-disclosure, hic et nunc analysis, personal feedback (I.D.Yalom)

Dialectical Behavioural Therapy (D.B.T.) (M.Linehan)

Eye Movement Desensitization and Reprocessing Therapy (E.M.D.R.) (F.Shapiro).

Schema Focused Cognitive Therapy (J.Young)

Emotionally Focused Couple Therapy (S.Johnson)

Body-centered therapies

*Bioenergetics (A.Lowen)
Structural Integration (I.Wolf)*

Energy based approaches

*Vibrational Medicine (R.Gerber)
Therapeutic Touch (D.Krieger)
Healing Science (B.Brennan)*

Narrative Therapy and other Narrative Approaches (M.White, D.Epston)

Mind new therapies

*Mindfulness, present-moment awareness, meditation practices (J.Kabat-Zinn)
Neuro-linguistic programming (N.L.P.) (R.Bandler and J.Grinder)*

Scientific research contributions

Theoretical contributions

- *Qualitative psychotherapy research: methods and methodology* (J.Frommer, D.L.Rennie)
- *Helpful and hindering events in psychotherapy: a practice research network study* (L.Castinguay)
- *Outcome and process analysis in naturalistic setting with Hermeneutic Single–Case Efficacy Design (HSCED)*(R. Elliott)
- *Helpful Aspects of Therapy Content Analysis System (HAETCAS)* (R. Elliott)
- *Psychoanalytic theory and research, predicting therapeutic outcomes with the Core Conflictual Theme Method (CCTM) and the Symptom-Context Method (SCM)* (L.Luborsky)
- *Qualitative change process research on psychotherapy* (C.Evans)
- *Group climate, cohesion, alliance, and empathy in group psychotherapy, multilevel structural equation models* (J.E. Johnson)
- *Interpretative phenomenological analysis* (J.A. Smith, M. Osborn)
- *Affective psychotherapy for memory reconsolidation and play* (G.Hogberg)

Tests

Outcome analysis

- Simplified Personal Questionnaire (PQ) (Elliott, Mack, & Shapiro)
- Clinical Outcomes in Routine Evaluation (CORE-OM) (M. Barkham) (C.E.Evans)

Process analysis

- *Helpful Aspects of Therapy Form (HAT)* (R.Elliott)
 - *Change Interview (CI)*(R. Elliott, 1996)
 - *Group Climate Questionnaire (GCQ)*(R. MacKenzie)
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