



Dynamic Psychodrama

Psychodrama was developed by Jacob L. Moreno, MD in the 1960s and can be seen as the physical expression of what one has experienced psychologically. Psychodrama employs guided dramatic action to examine problems or issues that most likely were concretized in childhood trauma, grief or loss. A variety of experiential, therapeutic methods (bio-energetics, hypnosis) facilitate deep insight, personal growth and clarification about long held ineffective behavioral, cognitive and affective patterning.

Psychodrama offers each participant a bird's eye view of his or her life and particular patterns. It affords participants a safe, supportive and sacred environment in which to connect with and resolve internally what one may have been expressing externally to their own detriment. Psychodrama is a corrective reframe of unconscious material, repressed emotion and missed developmental stages. The power in a psychodrama is the external, experiential group process scenario it requires. It is through the mutual love and support of community that a participant can tread the depths of fear and reach the ecstatic dance and empowering praise of intuitive wisdom.

Our dynamic psychodrama session begins with an hour-long phone interview between facilitator and participant. On this phone call a sociogram is developed which is a visual representation of the participant's biological, cultural and historical relationships from family of origin to present. It should include significant players in your life but is not limited to people that you are still in relationship with or those no longer living. This diagram provides a map of the cast of characters with whom the client is emotionally engaged for reference during the psychodrama. This phone call begins the wider perspective on participant's issues and thus sets the stage for the actual dramatization.

Next, at the group workshop, the participant is asked to assign roles to other group members who will be used as facilitators of healing during the session. This act of assigning roles helps to create safety for the participant and spreads the healing mutually between themselves and each member of the group. It also solidifies the cohesive container so relevant to the transformative power of the group. The connections between people during and after a psychodrama experience have proven to be miraculous. While this is taking place, a brief interview occurs so that the sociogram may be shared, and the participant's intention for healing in their psychodrama session is set. Most times a role-play occurs by participants to demonstrate how a particular sociogram member needs to be played to facilitate the deepest level of cathartic release on the relationship.



The action phase begins with a combination of transdisciplinary breath work techniques that will be explained prior to the session. This action phase usually last 90 minutes and has been described as the “burden dumper” and “shining light on huge blind spots” as well as “the deepest and most enriching healing experience of my life.” The action phase ends with the role-play of the corrective experience and new decisions made as a way of anchoring the changes in mind, body and spirit.

The psychodrama ends with the healing phase that is a, nurturing, open hearted and transpersonal experience energizing one’s entire being and cementing dynamic interpersonal ways of being. A celebration occurs to acknowledge the hero’s journey toward wholeness.

Excerpts taken from Energetic Psychodrama, Journal of Heart-Centered Therapies, 1998, The Wellness Institute, WA.