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PSYCHODRAMA, SOCIODRAMA AND ROLE TRAINING

All three methods are similar in that they share a similar theoretical and clinical tradition.

Fundamental to an understanding of all three is a knowledge of role theory based on a systems model.

Sessions are structured in a similar way. They have a warm-up phase, action phase and post-action sharing. The techniques of intervention used are similar.

The methods differ in the contract made between the group and the director and in the focus of the dramas or sessions.

#### PSYCHODRAMA

Is a therapeutic method focusing on the individual's personal roles out of which he relates to himself and to others. A typical psychodrama session focuses on meanings and values associated with the concerns of the group. A protagonist is chosen to enact his or her personal story as a representative of the group. The protagonist may explore intra-psychic issues as well as interpersonal issues. The director as principal therapist works to create moments of spontaneity when fundamental changes may occur.

#### SOCIODRAMA

Is an educational method which can be therapeutic and focuses on the collective aspects of roles and their cultural origins rather than on private components. Participants enact roles as a representative of the social role rather than as themselves. The method focuses on ordinary reality rather than intra-psychic reality or the past. Analysis of the social system is vital.

### ROLE TRAINING

Is primarily an educative method designed to enhance role enactment and to expand the role repertoire of the learner. The session has a particular focus usually to develop a role or set of roles which is known beforehand by the group members. Group members have the same concern of acquiring the role. The method aims to develop new roles for use within the individuals social system. Both psychodrama and sociodrama may include role training in the resolution phase.

### NOTE ON ROLE REVERSAL

The person in an interpersonal situation, "steps into the others shoes" while the other steps into those of the person.

Enables distortions of interpersonal perception to be brought to the surface, explored and corrected in action.

Reasons for Using:

- (1) For information about an absent person (or event) - interest is in learning the roles of the absent other - to see how they act.
- (2) To deepen the warm-up of the person.
- (3) For the therapeutic purpose of developing new perceptions of the self and the absent person. The person gets a fuller experience of the absent other.
- (4) For role expansion and catharsis through enacting the roles of the significant others.
- (5) To assist a catharsis of integration.

- (6) Helps person explore their expectations and desires.
- (7) To help person explore every role in the social atom.
- (8) Help person explore problem relations  $\bar{c}$  important others. Can use as role test to see if person can see other as separate person at all.
- (9) Helps person establish own identity.

#### TIMING

- (1) When a new role emerges allow to come out as fully as possible then role-reverse.
- (2) Warm-up person by working with the resistance to role-reversal.

#### NOTES ON THE SOCIAL ATOM

##### Morenos Definition.

The tele range of an individual. The smallest constellation of psychological relations which can be said to make up the individual cells in the social universe. It consists of the psychological relations of one individual to those other individuals to whom he is attracted or repelled and their relation to him.

The s.a. develops from the time of human birth. First contains mother and child. As time goes on, it adds from persons who come into the child's orbit. Only those who make an impression +ve or -ve are included, all others remain outside the s.a. as acquaintances.

tele: is the feeling which correlates two or more individuals. Therefore the s.a. is a compound of the tele relationships of the individual. The s.a. has a more or less ever-changing constellation.

Moreno further suggested that a more thorough understanding of the s.a. would include the individual's relationship to himself (auto-tele). Thus the child as he or she grows begins to see themselves (gets some sort of picture) and see themselves as one whom people act towards in certain ways and who acts towards them in certain ways.

The s.a. is the smallest social group - our survival group. s.a. includes the people and the role relations. The individual is not seen as the smallest unit. Interest then is in relationship - we are all born into a system of relationships.

EXERCISE:

Chart your own social atom at different ages. Usually notation: Put yourself in the middle. Use distance to express closeness.  $\triangle$  = man    0 = woman  
\_\_\_\_\_ + tve tele    \_\_\_\_\_ - ve tele    ----- indifference    ..... dead or absent.

AUXILIARY WORK

1. An auxiliary plays the roles of significant others and the protagonist (through role-reversal).
2. Is an agent of both the protagonist and the director.

3. Attempts to capture the essence of the person or role(s) by observing verbal and non-verbal content.
4. A good auxiliary is able to follow the roles as they emerge and can understand something of the role system being enacted.
5. Be bold, make the role real, avoid being cardboard, bring in movement. Be aware of space.
6. Auxiliary work is the heart of effective psychodrama work. The psychodramatist is always a student of theatre arts and life. Acting is elemental in living.

#### SELF-PRESENTATION

1. This is an essential part of the psychodrama process. Every auxiliary and every director needs to be comfortable in presenting their own selves to another and to different groups.
2. Therapist needs to be proficient at helping people to present themselves to each other - thus everyone can become a therapeutic agent for every other group member.
3. People may be warmed up to self-presentation by:
  - (a) A group warm-up. (through discussion, sharing and interaction between group members); or
  - (b) A director directed warm-up. There are two versions -
    - (1) A talk by the director on a subject or issue of interest to the group; or
    - (2) A group exercise or action warm-up which provides a structure for group members to express themselves in.