

What is Psychodrama?

The roots of Psychodrama involve philosophical, sociological and psychological theories developed by Jacob L. Moreno, MD in 1921. His philosophy is existential, phenomenological and process oriented.

Spontaneity is seen as key to becoming more creative. Clients feel encouraged to playfulness and empowered to develop creativity to invent new and more roles than they are used to in daily life, which raises hope and opens clients to change and psychological healing.

Psychodrama is a method of psychotherapy in which clients enact important events in their lives. Enactment is always in the present although scenes from the past or future are enacted as well. Psychodrama emphasizes emotional release as well as containment and cognitive integration.

Although Psychodrama has been developed as group psychotherapy, Psychodrama techniques can be used in therapy with individuals, couples, families and children.

If you want to know more about Psychodrama, please go to "Psychodrama with Trauma Survivors" and look at the Resources on this page.