

QUIT CRYING, GO HOME: HOW NOT TO END A GROUP

9:30a-12:30p Sunday, January 25, 2015

AANZPA Conference in Otautahi Christchurch, Aotearoa New Zealand.

Dr. Marlo Archer, CP, PAT

TERMS

Hollander Curve – A systematic way to understand and explain the developmental evolution of a psychodrama session

Warm-Up – First of 3 Phases of Psychodrama – Insufficient warm-up makes for insufficient action

Action – Second of 3 Phases of Psychodrama – May include a catharsis of emotion and should include integration of insights

Integration – Third of 3 Phases of Psychodrama, includes audience disclosure, group dialog, and summary.

Sharing – Audience disclosure portion of the Integration segment – Reconnects those who did the action to others present, reorients them to the present time and space.

De-Roling – Re-establish your own personal identity after any sharing from the role, by relinquishing the auxiliary role.

Closure – Enabling group members to feel safe enough to leave, allowing time to reinstate necessary defenses.

Making the Covert Overt – By bringing the unexpressed forward, making the unconscious conscious, we can influence it.

Director – The facilitator of the psychodrama session, directs the protagonist and the auxiliaries

Protagonist – The volunteer whose issue or story will be put into action with the assistance of the group

Auxiliaries – Group members who take on roles in the protagonist's drama

Stage – The designated area on which the action takes place

Audience – Group members witnessing the work, supporting the protagonist

Sociometry – The science of assessing and impacting relationships

Spontaneity – A non-conservable human resource that sparks creativity to produce adequate responses to new situations or new responses to old situations.

Creativity – Sparked by spontaneity, it manifests itself in any series of states or acts, needed for survival of the species.

Spectrogram – A continuum defined by a relevant criteria onto which a person places himself physically

Locogram – Options defined as physical locations a person chooses from by moving towards

Scene-setting – Using objects, space, and action to share an experience rather than telling the story

Surplus Reality – Providing the subject with a new and more extensive experience of reality

Act Hunger – The urge to complete an action, including the urge to say something, a strong energy, a motivator

Catharsis – A healing release of emotions, gaining insight

FUTURE OFFERINGS

2nd Annual Psychodrama Residential – Scottsdale, Arizona – June 11-14, 2015 – Now \$495 includes 4 meals & 30CEs
Pay Today for an Additional 10% Off!

PLAN YOUR TRAVEL – The American Society of Group Psychotherapy and Psychodrama Annual Conference will be held in ARIZONA in Spring, 2016. Watch their website for dates and specific location TBA www.ASGPP.org.

SUGGESTED READING

Ruscombe-King, G. (1998). The sharing. In Karp, M., Holmes, P., & Bradshaw Tavon, K. (Eds.). The handbook of psychodrama (166-186). New York, NY: Routledge.

Hollander, C. (2003). A process for psychodrama training: The Hollander psychodrama curve. The International Journal of Action Methods: Psychodrama, Skill Training, and Role Playing, 54, 147-157. Also published in 1978 through Snow Lion Press, Inc, 513 East 13th Avenue, Denver, CO, 80203.