

Book Review

'Directing Psychodrama'

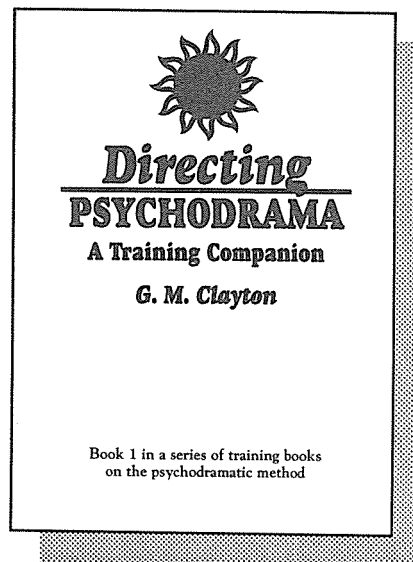
by Leon J. Fine

A review of **DIRECTING PSYCHODRAMA, A TRAINING COMPANION** by **G. Max Clayton**.

I enjoyed **DIRECTING PSYCHODRAMA, A TRAINING COMPANION** by G. Max Clayton. It is an easy read which provokes thought. It gives clear, thorough descriptions of the behaviour of the Protagonist and the Director. The thought processes and theorizing underlying Director behaviour are competently articulated. Encouragement and instruction for the beginning therapist are offered.

Early in this short book Max asks his client not to be compliant and gives her permission to argue with him and to defend her own point of view. I took it that these rules held for the reader as well and I had a good time both identifying and agreeing with interventions and tactics and also protesting with my imaginary Max when I did not agree or would have done something differently.

Max is clear and confident. He has lots of experience both as a therapist and as a teacher of the method. He is secure in that which he does. He has the ability and willingness to describe his interventions in detail and does not hedge when he tells why he does what he does. You have the behavioural data followed by book sections which give unseen thinking behind his behaviour. I agreed with most of



that which Max does even when my underlying thinking uses different language or conceptualisation. Max uses Moreno language and concepts of role theory, something I have not directly done for a while. I was brought back to my early reading and concepts. I enjoyed the review (and instruction) and the recognition of how I am Moreno influenced.

Max is a clear observer of behaviour and a sophisticated Director. He encourages the novice Director to get the depth of experience and theoretical learning so that he can spontane-

1993 SYMPOSIUM PSYCHODRAMA BOOKSHOP

This is the last year that Moreno's basic texts will be available due to the Beacon supplier closing up shop.

Psychodrama Vol II and Vol III and Theatre of Spontaneity and other books on group work and related texts will be available to purchase.

Blatner: Acting In / Art of Play

Fox: The Essential Moreno

Heathcote: Drama as a Learning Medium

Sternberg and Garcia: Who's In Your Shoes?

Clayton: Enhancing Life and Relationships

A number of these have been published by the Board of Examiners. For example:

K. Sprague: Everybody's Somebody. Action Methods for Young People with Severe Learning Difficulties

S. Hurst: The Suicidally Depressed Person and Psychodrama

F. Batten: "Magister Ludi, The Master of Play." A Role Profile of the Playwright

K. Rosaline: Reaching Out into the Community with Psychodrama

See you at the Symposium!

DIRECTING PSYCHODRAMA A Training Companion G. M. Clayton

Book 1 in a series of training books

This book on the subject of directing psychodrama meets a long-felt need for a clear and concise demonstration of how a psychodrama session may be conducted for the therapeutic benefit of everyone present. *Directing Psychodrama* will be of benefit to anyone who works in one of the healing professions and especially to those who are actively engaged in the practice of the psychodramatic method general group work, counselling, education and training.

Price: Au\$16.00 (plus Au\$3.00 postage and handling within Australia and New Zealand; Au\$5.00 to U.S.A. and Europe)

Available from ... The Australian College of Psychodrama, ICA Centre, 167 Hawthorn Rd, Caulfield, Victoria, Australia 3162

ENHANCING LIFE & RELATIONSHIPS A Role Training Manual G. M. Clayton

Book 2 in a series of training books

This book presents the theory and practice of role training through the presentation and discussion of role training sessions. The book is of benefit to trainers in organisations, educators, counsellors, psychotherapists, psychodramatists, sociodramatists and role trainers and to anyone whose task it is to make other people more able to fulfil job requirements or to function well in other relationships. It will generate fresh perspectives, confirm the practice of those who already make active use of role training, and stimulate effective work with individuals and groups.

Price: Au\$19.95 (plus Au\$3.00 postage and handling within Australia and New Zealand; Au\$5.00 to U.S.A. and Europe)

ously intervene as Max does. I remember a student who wanted to be able to replicate the Gestaltist Fritz Perls' ability to sharply intervene. "Why did you do that?" he was asked. "I felt like it", he replied not mentioning that he had 50 years of experience contributing to his feelings of the moment.

The majority of Max's interventions are consonant with that which I do and which I now call Gestalt-Psychodrama. So of course, I approve and admire his work. The exception I would make is that toward the end of the session Max is more directive and helpful than he earlier prescribed (in terms of following the protagonist, and encouraging her ownership of her power). I would have done less. I wondered if the Protagonist was complying with his suggestions as he warned she might. Max is more willing than I am to be paternal and his students adore him for his willingness to guide them.

This is an excellent training monograph. When I first started doing Psychodrama I read all of J. L. Moreno's monographs because they described sessions. Max's monograph is clear and detailed with verbatim, sequential descriptions of events as well as with clear, unequivocal descriptions of his thinking. He ties his behaviour and thinking to clear expositions of his theoretical constructs. He instructs and encourages his reader toward their own power and the power of the method skilfully and lovingly used. Good job, Max. I await what I hope will be a series of monographs describing more of your exciting sessions.

Leon is a Clinical Psychologist and Clinical Professor of Psychiatry at the Oregon Health Sciences University. He has been active in Psychodrama since 1956 and was Vice President of the ASGPP and President of the

Federation of Trainers in Psychodrama, Sociometry and Group Psychotherapy. He has trained with J. L. and Zerka Moreno (Psychodrama) and with Fritz and Laura Perls (Gestalt) as well as a host of the students of both couples. He was a student and then an Associate of National Training Laboratories (group dynamics) and was a student and teacher at Esalen Institute during the Personal Growth and Encounter movements of the 60s and 70s. He is in private practice as a Clinical Psychologist. He has a Diplomate as a T.E.P. from the American Board of Examiners in Psychodrama, Sociometry, and Group Psychotherapy and train others in these methods.