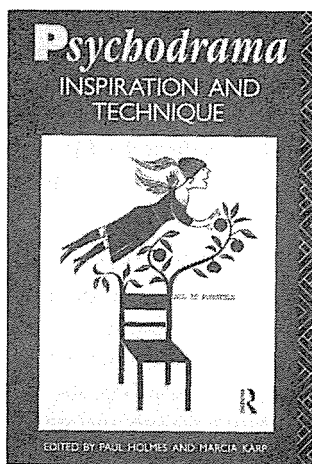


Book Reviews



Psychodrama: Inspiration and Technique

*Edited by Paul Holmes and
Marcia Karp*

In the cover picture are the words "All is possible". This is one of the premises that the book sets out to demonstrate – that is, through the application of the psychodramatic method many potentials can be realised. With this underlying purpose it is both an inspiring and informative book as the title suggests.

'Inspiration and Technique' is about the therapeutic uses of psychodrama. Each contributor shows a generosity and willingness to invite the reader to enter their world and view the work they have been developing with particular client groups. These include groups of

adolescents, disabled adults, alcoholics and the terminally ill.

The development of the book through thoughtful arrangement of chapters assists the reader to gain a deeper sense of what psychodrama involves. This is a book about practice related up to theory and technique. Enough history and theoretical framework is divulged to encourage rather than hamper the overall emphasis on "how" and this is well supported by descriptions of actual sessions.

'Inspiration and Technique' is a book that encourages reflection, dialogue and writing about clinical practice. I have heard three different stories of colleagues who have been stimulated by reading this book and have initiated correspondence with various contributors.

This book would be of interest and value to practitioners, particularly those who are working with specialist client groups. It is also a book that is encouraging and accessible to trainees who are just beginning to approach the psychodrama literature.

— *Beverley Hosking*

Love Songs to Life *by Zerka Moreno*

'Love Songs to Life' is an appropriate title for Zerka Moreno's newly published book. The first song presents a fine example. Zerka wrote

'Deja Vu' to her husband, J. L. Moreno.

*'It is not true that we two met
but a bare few weeks ago.
We knew each other, way back..
There is no proof of this and yet
I feel that it is so.*

*We met in centuries long dimmed
when Greece was in her prime.
Then we two on Olympus dwelled.
Oh, wasn't that the time?*

*Or was it in Rome's golden age?
In Venice or Cadiz?
In Andalusia?
Florence? Paris?*

*No matter.
Here we are once more
encircled by our love again.
It should have happened earlier,
it's been too long since then.'*

This little book comprises 14 sections including 'Love Songs to You and Me', 'Songs of Fallow States' and 'Songs inspired by Special People'. Zerka's style is crisp and natural, and engages the reader immediately. This is very refreshing. She creates scenarios about relationships, attraction, repulsion, dreams, and values. Some of the songs are tender and some are more toughminded, however behind them all there is a lightness which serves to make the reader inspired, and at times thoughtful as in this poem entitled 'Pain'.

*'Pain is a lonely place
without egress
or entry.'*

Many of the poems portray the richness of the spirit: *'Behold, the ocean and the beach ... the taste of brine ... the shells upon the hem of tide. All these are here and mine, and heaven in my heart.'* Zerka readily shares her feelings, thoughts,

and wisdom. Through this process she has created more than a book of poetry, rather a journal of personal experience. I delighted in her writing and drew inspiration from her words.

The first edition of this book was written over twenty years ago. This second edition, with additional poems is attractively and simply set out with its white and blue cover. The only thing missing was a picture of the author which I would have preferred to have been included. The rest I leave for you to discover for yourself if you choose to listen to the music of 'Love Songs to Life'.

"Love Songs to Life" by Zerka (2nd Edition), published by the American Society of Group Psychotherapy and Psychodrama, McLean, Virginia, USA. 1993. It is in paperback and costs \$US26.41 including postage and will be available at the 1994 ANZPA Conference, Auckland, New Zealand.

— Sue Daniel