

Auckland Training Centre for Psychodrama
PO Box 135
Waimauku
Auckland 0842



What is psychodrama?

Psychodrama is an experiential group approach to creating life that can incorporate any aspect of human experience, real or imagined. It can be defined as the science which explores the “truth” by dramatic methods. It’s therapeutic, invigorating, cosmic and earthy at the same time. It’s the theatre of truth! It’s about getting clearer with people – looking at relationships in the past, present and future.

It’s also about developing flexibility – ie the movement between fantasy, reality, play and healing. It uses a stage, or action space, to explore reality, express truth and develop roles that contribute to rewarding creative ways of being in the world.

It’s a rehearsal for life. It’s about expansiveness and role development. (In psychodrama, “role” means exactly what we are thinking, feeling and doing at any moment).

The inventor of the psychodramatic method, JR Moreno, said psychodrama incorporates the whole of the universe in your being. The method recognises the roles we live out of, their history and connection to spirit and people’s unlimited potential to act spontaneously and create life anew, moment by moment.

Psychodrama is a lot of fun. It’s an opportunity to become who you were originally meant to be.

What happens in psychodrama?

Under the guidance of a trained practitioner known as the director, the method involves improvisational dramatic action. The script for this drama is "written", moment by moment, out of the purposes and concerns of an individual, or the group where the method is being applied. Group members take active part in one another’s dramas so that they bring it as close to life as possible. In this way, group members may generate and practice new behaviours and ways of thinking, and test them out for their impact on those around them, before they do this in the actual work or life situation. The consequences can be examined and new decisions made as to how to apply the learning.

Who does psychodrama?

People in a wide range of occupations use psychodrama in their work. To date, ATCP’s trainees have been counsellors, clinical psychologists, therapists, group facilitators, occupational therapists, speech therapists, doctors, psychiatrists, nurses, nurse educators, dentists, naturopaths, engineers, accountants, lawyers, human resource managers, community organization managers, management consultants, social workers, teachers, university lecturers, journalists, community development workers, youth workers, mental health workers, priests, life coaches and artists.

For more information, go to www.psychodrama.org.nz

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Auckland Training Centre for Psychodrama (ATCP) is one of three New Zealand training institutes belonging to the Australian and New Zealand Psychodrama Association (ANZPA) and is accredited by ANZPZ to provide psychodrama training leading to certification as a practitioner of psychodrama, Sociodrama, sociometry and role training.

Many trainees are involved in psychodrama training for years before seeking assessment for certification. There is a large community of advanced trainees who practice psychodrama in their work

ATCP holds two free introductory evenings each year (in February and November) for people who are new to psychodrama. Attendees have an experience of the psychodramatic method and find out about events that are coming up plus training offered in Auckland and Hamilton. Existing trainees also attend these events.

The next introductory evening is at the training rooms, on November 11th 2009 starting at 7pm.

If you would like to attend any of the above events, and/or be on the ATCP mailing list to receive a brochure about training phone 09 411-7705 or email atcp@ix.net.nz

The hours that are gained via doing ATCP workshop/courses can be going towards
Becoming a

- a) psychodramatist
- b) Sociodramatist
- c) Sociometrist
- d) Role trainer

2009

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PSYCHODRAMA Jacob Levy Moreno

Jacob Levy Moreno (born **Iacob Levy**, [Bucharest, Romania](#), May 18, 1889; died [New York, USA](#), May 14, 1974) was a [Jewish Romanian](#)-born [Austrian-American](#) leading [psychiatrist](#) and [psychosociologist](#), thinker and [educator](#), the founder of [psychodrama](#), and the foremost pioneer of [group psychotherapy](#). During his lifetime, he was recognized as one of the leading [social scientists](#).

In his autobiography, Dr. Moreno recalls this encounter with [Sigmund Freud](#) in 1912. "I attended one of Freud's lectures. He had just finished an analysis of a telepathic dream. As the students filed out, he singled me out from the crowd and asked me what I was doing. I responded, 'Well, Dr. Freud, I start where you leave off. You meet people in the artificial setting of your office. I meet them on the street and in their homes, in their natural surroundings. You analyze their dreams. I give them the courage to dream again. You analyze and tear them apart. I let them act out their conflicting roles and help them to put the parts back together again.'"^[3]

His autobiography describes his position as "threefold:

1. Spontaneity and creativity are the propelling forces in human progress, beyond and independent of libido and socioeconomic motives [that] are frequently interwoven with spontaneity-creativity, but [this proposition] does deny that spontaneity and creativity are merely a function and derivative of libido or socioeconomic motives.
2. Love and mutual sharing are powerful, indispensable working principles in group life. Therefore, it is imperative that we have faith in our fellow man's intentions, a faith which transcends mere obedience arising from physical or legalistic coercion.
3. That a super dynamic community based on these principles can be brought to realization through new techniques..."^[3]

Moreno died in New York City in 1974, aged 84. ^[2] He chose to die by abstaining from all food and water after a long illness. His epitaph, at his request, reads "the man who brought laughter to psychiatry." ^[8]

http://www.neuro-learning.com/other_pages/about_carlos.html