
In this update of a popular text, Leveton draws from the works of Moreno, Erickson, Satir, and Perls. She fashions a psychodramatic approach that will help therapists practice more effective group work. New to this edition is material on drama therapy and supervision in institutional settings. "...a delightful and informative journey into a world of psychodrama for both the experienced and newly-trained timid clinician. Ms. Leveton has clearly vitalized the use of psychodrama." --(about the second edition) "...relevant, alive and exceedingly helpful." --Virginia Satir, From the Foreword to the first edition

Using formal assessment instruments in counseling and psychotherapy is an efficient and systematic way to obtain information about clients and to subsequently tailor a counseling approach most likely to serve clients optimally. The more information a counselor obtains during the initial interview and first sessions, the more likely the client will be deeply understood by the counselor, which in turn increases the likelihood that an appropriate course of counseling will be taken, and ultimately leading to a more successful outcome. The Integral Intake is an idiosyncratic, biographical, multidimensional assessment instrument based upon the Integral Psychology pioneered by Ken Wilber. From the
perspective of Integral theory, comprehensive and holistic conceptualization of clients seeking counseling and psychotherapy includes knowledge of four distinct perspectives (quadrants) of each client: the client’s experience (the individual viewed subjectively/from within), the client’s behavior (the client viewed objectively/from without), the client’s culture (the client’s system viewed subjectively/from within), and the client’s social system (the client’s system viewed objectively/from without). The intake form is designed to provide the practitioner with a range of background information that can then be used to more quickly and effectively formulate a counseling/treatment approach. The assessment form and accompanying materials will be included on a companion CD, formatted to be printed and reproduced for use with each new client. The book will provide an overview of the Integral Psychology model, describe the development of the assessment form and its use, and provide general guidelines for the evaluation of responses and planning for an appropriate counseling approach. A series of case examples, based on actual completed intake forms, will provide insight into the use of the Integral Intake. Imaginative role playing is a natural process that can be utilized in adulthood as a recreational form, in addition to its applications in educational and therapeutic contexts. In The Art of Play, Adam and Allee Blatner present a systematic method for developing skills in improvisational play. They discuss the benefits and psychodynamics of this innate channel of vitality, and offer critical examinations of the commonly held beliefs that inhibit the playful impulse. Vignettes of the authors' sessions and an extensive bibliography highlight the text. The Art of Play presents a context for exploration that is free from psychological analysis or pressures to perform competitively. Scenes from the participants' imaginations are enacted using psychodramatic techniques -- a method that serves as a valuable tool for promoting playfulness between couples, with families, among friends, and in a variety of group activities. As a result, The Art of Play is an important resource for professionals in many fields, including psychotherapy, theater arts, group dynamics, recreation, gerontology, and education. "The book is logically organized, easy to read, and based on scientific fact. Since elements of play offer an approach to many things, virtually every reader will find something interesting and useful. it is so much fun, caution is urged: reading this could be habit-forming " -- American Association for Therapeutic Humor A companion to his now-classic Acting-In (Springer, 1996), Foundations of Psychodrama presents a framework for integrating psychodrama with other methods of practice. The third edition, developed from a 1985 monograph, had wide appeal to students and practitioners of psychodrama as well as functioning as a fresh stimulus to psychotherapy, education, pastoral counseling, and other helping
roles. This fourth edition takes account of the increasing work in the field in the 12 years since the last edition and includes a good deal of new material designed to present a more specific rationale for the use of psychodramatic methods while constructing a more logical sequence of events. Dr. Blatner has made a great book even better. Author's Website

Psychodrama can be one of the most powerful tools used in psychotherapy. Charmingly illustrated with a wealth of case examples, this volume presents current training techniques and shows how to use them, whether as a complement to traditional verbal approaches, in individual or group therapy, in educational or community settings, or in many other contexts. Thoroughly updated and expanded, this third edition reviews the most recent developments in psychodrama theory, clarifies various new psychodramatic processes, and features extensive new references and an updated bibliography. In this volume, Dr. Blatner continues to provide the best practical primer of basic psychodramatic techniques. This book provides an accessible introduction to the Therapeutic Spiral Model in practice, describing how it works, its relationship with classical psychodrama, neurobiology, experiential psychotherapy and clinical psychology, how it differs from other experiential methods and how it has been used with diverse populations and in different cultures.

J. L. Moreno, M.D., is recognized as the originator of sociometry and psychodrama, and was a prodigious creator of methods and theories of creativity, society, and human behavior. The methods and techniques he authored have been widely adopted; the theories and philosophy upon which the methods are founded have not, as they are frequently couched in language which is not easily understood. Moreno’s ideas about group psychotherapy have pretty well gotten lost, and what he considered his greatest contribution, sociometry, gets paid superficial attention by most psychodramatists. Group psychotherapy and psychodrama are both widely practiced but often based on non-Morenean theory, likely due to the inaccessibility of Moreno’s work. This book outlines Moreno’s early years (his religious phase), the philosophy on which the foundation of his methods are based, and a description of the three major methods Moreno originated: psychodrama, sociometry, and group psychotherapy. It provides a more systematic presentation of Moreno’s work and presents his philosophy and theory clearer, more understandable manner. Highly respected and used in the field's top programs, CURRENT PSYCHOTHERAPIES provides students of counseling, psychology, and social work with an authoritative treatment of the major systems of psychotherapy. Each contributor is either an originator or a leading proponent of one of the systems, and each presents the basic principles of the system in a clear and straightforward manner, discussing it in the context of the other systems. To many, Jung and Moreno seem to be on opposite sides in
their theories and their practices of psychotherapy. Jung defines self as emerging inwardly in an intrapsychic process of individuation; Moreno defines self as enacted outwardly in psychosocial networks of relationships. Jung and Moreno: Essays on the theatre of human nature shows how Jung and Moreno can be creatively combined to understand better and facilitate therapeutic work. Craig E. Stephenson and contributors write about how and why they put together Jung and Moreno. They describe and discuss psychodrama sessions grounded in the fundamentals of Jung’s analytical psychology, as well as dream and fairy tale enactments and individual psychoanalytical sessions in which they employ psychodramatic techniques. The essays retheorize Jungian concepts of transference and complexes in the light of Moreno’s insights. They reframe and deepen traditional psychodramatic techniques by securing them within Jung’s archetypal context. Jung and Moreno challenges our understanding of healing practices and the integration of spontaneous unconscious processes, bringing these two ground breaking practitioners to meet collaboratively in the theatre of human nature. The contributions are original and insightful arguments by nine important thinkers. This book will be of interest to psychotherapists, analytical psychologists, psychoanalysts, psychodrama practitioners, drama therapists and students. 

In this eminently sensible, practical and thought-provoking book, Jennifer Mackewn takes gestalt light years forward towards a synthesis and integration of psychological styles and away from what she describes as "Perlism". I agree with her: this is a book for therapists, not principally for gestaltists In inviting the reader to "pick and choose" from the many and varied, always practical, hands-on approach chapters Jennifer Mackewn hopes we will both enjoy her book and find it of use. This reader, commending the book to you all, has no doubt that both her hopes will be fulfilled’ - Self & Society Describing contemporary integrative Gestalt counselling and psychotherapy, this book addresses 30 key issues which will help both trainee and practising counsellors examine and improve crucial areas of their work. The field theoretical and relational model which underpins the book suggests that therapy is a complex process which requires therapists to be intuitive and self-aware while engaging in a number of interrelated therapeutic tasks. The importance of meeting clients person-to-person in a meaningful relationship is highlighted. Jennifer Mackewn encourages counsellors to focus on areas that they may feel need special attention, and shows them how to blend their skills into a subtle and versatile art form. The book covers vital aspects of Gestalt counselling and psychotherapy, such as: appreciating the significance of beginnings; understanding the client's context; the dialogic relationship; contact and awareness; exploring life themes and support systems; and experimental and creative methods.Print+CourseSmartNow available in paperback. In this
volume, theoretical frames, modalities, and applications are examined for Interpersonal/Humanistic/Existential psychotherapy. Topics range from "Culturally Sensitive Psychotherapy with Children" to "Spiritually Sensitive Therapy" and "Existential Treatment with HIV/AIDS clients." This first edition theories-based book for human behavior provides students with three key tools for theory-by-theory comprehension: models, metaphors and maps. These tools help students to easily compare and contrast theories as well as understand their relevance to social work practice. The Quintessential Zerka documents the origins and development of the theory and practice of psychodrama, sociometry and group psychotherapy through the work and innovation of its co-creator, Zerka Toeman Moreno. This comprehensive handbook brings together history, philosophy, methodology and application. It shows the pioneering role that Zerka, along with her husband J. L. Moreno, played in the development, not only of the methods of psychodrama and sociometry, but of the entire group psychotherapy movement worldwide. It demonstrates the extent to which Zerka's intuitive and intellectual grasp of the work, combined with her superb ability to organize and synthesize, continue to exert an influence on the field. Toni Horvatin and Edward Schreiber have selected articles that span a career of some sixty years, from Zerka's very first publication to recent, previously unpublished, work. Personal anecdotes and poetry from Zerka herself provide a valuable context for each individual article. The selection includes: psychodrama, it's relation to stage, radio and motion pictures psychodramatic rules, techniques and adjunctive methods beyond aristotle, breuer and freud: Moreno's contribution to the concept of catharsis psychodrama, role theory and the concept of the social atom. This book provides a rich source of insight and inspiration for all those interested in the history, development and practice of psychodrama, sociometry and group psychotherapy, whatever their level of experience. It will be of interest to anyone involved in the fields of psychology, counselling, sociology, social work, education, theatre, or human relations. This text covers topics and theories which are relevant to both students' interests and contemporary psychology. Theories are brought to life by numerous quotes and extensive opening biographies. Providing insights into the minds of theorists, their work becomes easier to understand. theorists, new thinking and developments about Freudian psychology, the latest material on the psychology of women, extensive coverage on cognitive psychology, new advances in transpersonal psychology and the psychology of the body, and new translations and scholarly material on Eastern psychologies - Yoga, Zen, Buddhism and Sufism. There is also coverage of biofeedback, hypnosis and multiple personality. The authors explore how psychodrama can be used as an art to help human beings express emotion and thought and find their own spontaneity and creativity in the process. A variety of
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groups are featured in the book and include adolescents, autistic children, offenders, anorexics and alcoholics. The Creative Arts Therapies Manual: A Guide to the History, Theoretical Approaches, Assessment, and Work with Special Populations of Art, Play, Dance, Music, Drama, and Poetry Therapies, edited by Stephanie L. Brooke, Ph.D. NCC, a nationally and internationally known author, is a unique contribution to the field of the creative arts therapies. It covers art, play, dance/movement, music, drama, and poetry therapies. Specifically, each of these creative disciplines is broken down into the following categories: history of the field, theoretical approaches, assessments, and work with special populations. No such book exists to this date which covers these critical areas in the creative arts therapies. The most well known, famous therapists in these creative arts therapies fields have contributed chapters to this manual. This distinctive handbook will be useful for creative arts therapists, mental health professionals, psychologists, counselors, educators, and students who are interested in these fields or use these disciplines as their main or their adjunct approach to working with clients.

Health Sciences & Professions

Show and Tell Psychodrama demonstrates to professionals how they can enhance and enliven their practices of psychotherapy, health care, law, education, business, spiritual growth, community activism, coaching and more. Psychodrama is the powerful interactive method of invigorating your creative potential to meet life challenges and opportunities. It has its roots in the 20th century and has rapidly spread around the world, continuing to blossom with innovation and inspiration. Whether you are a curious professional seeking new skills or a student just beginning to fall in love with this amazing method, these 60 bite-size articles give you an easy introduction to fresh ways to support healing, learning and change. Show and Tell Psychodrama will help you learn how to: - Spark creativity and spontaneity within you and the people you work with - Lead safe and effective role plays - from classroom to corporation - Create authentic relationships in groups in every setting - Take your role as a leader and understand and manage the roles that others play. Just a few of the specific topics are: - Magic Shop - Canon of Creativity - Diamond of Opposites - The empty chair and other useful props - History of psychodrama - Rules for role play - Group guidelines - Thoughts on ethics - Sociometry options - Ideas for addictions counselors - Anger and experiential work - Neurobiology of experiential work - Psychodrama and Jung - How to find a trainer Extra bonus: Special section for the psychodrama certification candidate to navigate studying for the national exam with the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.

Reviews "This book is invaluable for trainers, offering clearly worded and concise definitions and descriptions of most aspects of the method, organized in an easy-to-use format." - Rebecca Walters, TEP, co-director
of the Hudson Valley Psychodrama Institute "A gift to the new student and the established trainer in psychodrama. The writing is clear and concise. and the breadth of content offered is remarkable." - Mario Cossa, MA, RDT/MT, TEP, co-founder of the Bay Area Moreno Institute, San Francisco, California "An excellent introduction to the field of psychodrama and its many current applications - a great warm up for therapists wishing to expand their use of experiential methods." - Tian Dayton, Ph.D, TEP, author of The Drama Within: Psychodrama and Experiential Therapy "For a quick introduction to a complex method, this offers an easy read. Turn on to the idea of integrating creative collaboration, enactment and improvisation." - Adam Blatner, M.D., TEP, author of "Foundations of Psychodrama: History, Theory and Practice" and "Acting In." "An exceptional tool for learning what's needed for the psychodrama certification exam. It should be part of everyone's tool kit - trainers and their students alike." - Kate Hudgins, Ph.D., TEP, author of "Experiential Therapy with PTSD: The Therapeutic Spiral Model" "Many people, once introduced to psychodrama or other methods of Moreno, will appreciate this easy-to-read compendium of methods, source materials and concise explanations. References within the text direct the reader to explore further right at the moment they begin to think about it." - Ann E. Hale, TEP, International Sociometry Training Network "This is a very good book. Karen has the gift of translating complex and complicated philosophical concepts and constructs into brief and clear articles. She also has the knack for describing simple and practical experiential interventions for use in individual and group treatment." - Dale Richard Buchanan, TEP, former clinical director of psychodrama at St. Elizabeths Hospital, Washington, D.C. This updated fifth edition reflects the 2005 ACA code of ethics and encompasses all that counseling is today--addressing the history of counseling and the theory behind its practice; exploring the multicultural, ethical, legal environments in which counselors operate; and, examining the variety of skills today's counselors are expected to exhibit. Up-to-date references to contemporary theorists, trends, and challenges in the field ensures readers learn the current best practices and the most recently-adopted theories--prepares them to practice in today's settings, with the most recent tools and information. Incorporation of multicultural and gender issues throughout the material broadens the scope of the book. Six chapters are dedicated to specific populations with whom counselors work and professional arenas in which they practice. Includes American Counseling Association and NBCC Ethical Guidelines for the practice of internet counseling. Emphasis on the Diagnostic and Statistical Manual (DSM-IV-TR) categories prepares future counselors for the "nitty-gritty" of diagnosis--addresses the stringent requirements of documentation demanded by third party payers. A key resource for counseling certification. In this revision of his best-selling text, Corey
outlines the basic elements of group process, deals with ethical and professional issues special to group work, and presents an overview of the key concepts and techniques of ten theoretical approaches to group counseling. The focus is on the practical applications of theoretical models to group work. Two detailed chapters (16 and 17) walk students through the various stages of group development. Integrating the work of leading therapists, the book covers both conceptual foundations and current treatment applications. The volume delineates a variety of experiential methods, and describes newly developed models of experiential diagnosis and case formulation. Michael Balint’s work grew out of a desire to analyze the doctor-patient relationship and improve diagnosis and treatment, and is now known and implemented internationally. In The Theory and Practice of Balint Group Work Heide Otten presents a practical guide to Balint groups and their relevance to clinicians in the modern world of internet diagnoses, distant patients and teams of specialists. The book begins with a history of the therapeutic relationship and its influence on the development of Balint’s work. Otten demonstrates how the sessions work, and goes on to look at the practical aspects of Balint group work with various professional and student groups, with participants of different cultural backgrounds and nationalities, and internationally. The requirements for leading a Balint group are then explored, and the book concludes with research findings and a look at how the practice can be extended to other professional groups. Case material from the author’s own work is included throughout, and suggestions for additional creative elements such as sculpting, role play and psychodrama are also featured. The Theory and Practice of Balint Group Work is an essential guide for psychoanalysts, psychoanalytic psychotherapists, counsellors and medical practitioners and theorists coming to group work for the first time or utilising Balint’s ideas in their day to day practice. It will also appeal to others working in the helping professions seeking to strengthen the therapeutic relationship. Internationally recognised practitioners of the psychodramatic method discuss the theory and practice of psychodrama since Moreno's death. Key concepts of group psychotherapy are explained and their development illustrated. This textbook is for all students and practitioners of psychodrama and drama, and professionals seeking to extend their knowledge of creative arts therapies. The author provides a comprehensive overview of the theory and practice of psychodrama, presenting a systematic analysis of its essential therapeutic ingredients. He specifies the core issues involved, discussing the interpersonal, the emotional, the imaginary, the behavioural and the cognitive elements. The book examines the professional roles assumed by psychodramatists and establishes the skills required in each role. Explored is the use of the concept of acting out, both in psychodrama and psychoanalysis, and the author also
discusses the problem of resistance, and the importance of the concept and technique of closure in each psychodrama. A processing checklist is added at the end of the book as a systematic aid in evaluating the professional skills of the psychodramatist. The chapters are both pragmatic and solidly grounded in theory, thereby providing students with an effective, in-depth alternative to the traditional verbal therapies. Beginning with a discussion of the intrinsic nature of psychodrama and providing the reader with a thorough description of the psychodramatic method, this book navigates the nature, applications, theories, and practices of the techniques originated by J. L. Moreno. The book covers the work of the psychodrama pioneer in the field of mental health and discourse on his techniques. Methods of handling situations and scenarios that frequently arise in psychodrama sessions are described and amply illustrated with examples from actual psychodramas. The existential philosophy upon which psychodrama is founded, Moreno’s Doctrine of Spontaneity-Creativity, and the theories important to understanding psychodrama are all discussed. The final chapter is devoted to the life and work of J. L. Moreno. This book will be of great interest to psychodramatists, drama therapists, psychotherapists, and other mental health professionals who use the psychodramatic method in counseling and training programs. The Mises Institute is thrilled to bring back this popular guide to ridiculous economic policy from the ancient world to modern times. This outstanding history illustrates the utter futility of fighting the market process through legislation. It always uses despotic measures to yield socially catastrophic results. It covers the ancient world, the Roman Republic and Empire, Medieval Europe, the first centuries of the U.S. and Canada, the French Revolution, the 19th century, World Wars I and II, the Nazis, the Soviets, postwar rent control, and the 1970s. It also includes a very helpful conclusion spelling out the theory of wage and price controls. This book is a treasure, and super entertaining! This text takes a broad based approach to basic generalist practice methods that emphasize the common elements in working with individuals, families and groups. The goal of the book is to teach social work students how to enhance clients' social functioning by helping them become more proficient in examining, understanding, and resolving clients' social problems. The authors pay special attention to enhancing social justice by working with individuals and families who have been historically oppressed. This edition includes specific integrated coverage of the Council on Social Work Education's (CSWE) latest Educational Policy and Accreditation Standards (EPAS). Intended Audience This core text is designed for advanced undergraduate and graduate students enrolled in the introductory Direct Practice and Generalist Practice courses in BSW and MSW programs of social work. This textbook is for all students and practitioners of psychodrama and drama, and professionals seeking
to extend their knowledge of creative arts therapies. The author provides a comprehensive overview of the theory and practice of psychodrama, presenting a systematic analysis of its essential therapeutic ingredients. He specifies the core issues involved, discussing the interpersonal, the emotional, the imaginary, the behavioural and the cognitive elements. The book examines the professional roles assumed by psychodramatists and establishes the skills required in each role. Explored is the use of the concept of acting out, both in psychodrama and psychoanalysis, and the author also discusses the problem of resistance, and the importance of the concept and technique of closure in each psychodrama. A processing checklist is added at the end of the book as a systematic aid in evaluating the professional skills of the psychodramatist. The chapters are both pragmatic and solidly grounded in theory, thereby providing students with an effective, in-depth alternative to the traditional verbal therapies.

Psychodrama: Advances in Theory and Practice provides a comprehensive overview of developments in the theory and practice of psychodrama, integrating different psychodramatic schools of thought. Psychodrama is one of the pioneering approaches of psychotherapy and is practised by thousands of practitioners and in most countries of the world. The editors of this volume bring together contributions from Europe, South America, Australia, Israel and the USA to explain and explore recent innovations. They look at how psychodrama has contributed to the development of psychotherapy, introducing concepts that have had a profound influence on other therapies. These include concepts such as role theory, the encounter, the co-unconscious, the social atom, sociometry, action research, group psychotherapy, the cycle of spontaneity and creativity, role play and many related concepts and techniques. This book will be of great interest to all students, practitioners and trainers in the field of psychodrama. It will also appeal to professionals and students in the related fields of psychotherapy, counselling, psychology and psychiatry. First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.

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