



What is Psychodrama, Sociometry, and Sociodrama?

WHAT IS PSYCHODRAMA?

Psychodrama employs guided dramatic action to examine problems and issues. Learn more about this exciting field and how it functions to increase physical and mental well being.

PSYCHODRAMA:

Conceived and developed by Jacob L. Moreno, MD, psychodrama employs guided dramatic action to examine problems or issues raised by an individual (psychodrama) or a group (sociodrama). Using experiential methods, sociometry, role theory, and group dynamics, psychodrama facilitates insight, personal growth, and integration on cognitive, affective, and behavioral levels. It clarifies issues, increases physical and emotional well being, enhances learning and develops new skills.

The basic elements (operational components) of psychodrama

- The protagonist: Person(s) selected to "represent theme" of group in the drama.
- The auxiliary egos: Group members who assume the roles of significant others in the drama.
- The audience: Group members who witness the drama and represent the world at large.
- The stage: The physical space in which the drama is conducted.
- The director: The trained psychodramatist who guides participants through each phase of the session.

The three distinct phases of classical psychodrama

1. The warm-up: The group theme is identified and a protagonist is selected.
2. The action: The problem is dramatized and the protagonist explores new methods of resolving it.
3. The sharing: Group members are invited to express their connection with the protagonist's work.

Psychodrama affords participants a safe, supportive environment in which to practice new and more effective roles and behaviors.

(Continued)

WHAT IS SOCIOMETRY?

Sociometry is the scientific measurement of social relationships in groups and was developed by J. L. Moreno by investigating the structure of groups and society.

SOCIOMETRY:

J. L. Moreno investigated the structure of groups and society and developed Sociometry – the scientific measurement of social relationships in groups. As in systems models, the individual is viewed in relationship to others. Sociometry in its most basic sense, can be best characterized as a collection of methods to investigate and evaluate networks of existing and preferred relationships. Specifically, sociometry is the study of interpersonal choices regarding criteria of interest to the investigator. Sociometry is not a study of formal group structure (e.g., official hierarchies), rather it is a phenomenological study of people's interpersonal choices (Treadwell & Kumar, 1985, 1997). Sociometric explorations measure, observe, and intervene in the natural attraction/rejection processes within a given group, e.g., family, social, work, community. These explorations may be didactic or action oriented and include social atoms, role diagrams, interpersonal relations, sociograms, and social networks.

Goals of Sociometry

- Facilitate constructive change in individuals and groups.
- Increase awareness, empathy, reciprocity and social interactions.
- Explore social choice patterns and reduce conflicts.
- Clarify roles, interpersonal relations, and values.
- Reveal overt and covert group dynamics.
- Increase group cohesion and productivity.

For a Bibliography, go to: www.sociometry.net

WHAT IS SOCIODRAMA?

Sociodrama is an action method in which individuals enact an agreed upon social situation spontaneously. Basing itself on the premise of shared experience, a sociodrama group might seek to define a problem members would like to solve or find a situation in which they would like to gain greater understanding. The participants volunteer or are assigned roles by the director of the sociodrama. After every enactment there is a sharing in which group members discuss the enactment; the solutions or ideas it presented, and sometimes generate new materials for future sociodramatic clarifications. The sharing is a time to begin to process and integrate what has taken place moments before in action. Sociodrama, with its action/reflection components, speaks to both sides of the brain. It is a kinesthetic, intuitive, and cognitive educational technique. (Sternberg & Garcia, 2000).

Further readings in Sociodrama

- Kellerman, P. (2007). *Sociodrama and collective trauma*. London: Jessica Kingsley Publishers.
- Minkin, R. (2013). *Sociodrama for our time: Sociodrama Manual*. Philadelphia, PA
- Sternberg, P., & Garcia, A. (2000). *Sociodrama: Who's in your shoes?* Westport, CT: Praeger.
- Torrance, E.P., Murdock, & Fletcher, D. (1988). *Sociodrama: Creative problem solving in action*. Buffalo: Bearly Limited.
- Wiener, R. (1997). *Creative training: Sociodrama and team-building*. London: Jessica Kingsley Publishers.