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Marcia KARP, the pioneer of psychodrama in Great Britain, is coming to Geneva

Did you say "psychodrama"?

by Norbert Apter,
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In the everyday language, the word "psychodrama" refers to a psychological drama, a specially painful, frightful or sad event or situation. Literally psychodrama means "psyche-in-action". As a method for personal growth, "psychodrama" refers to the "acting-in" of our life. It is a sort of theatre of our reality.

Psychodrama was created in the 1920's by J.L. Moreno, psychiatrist and pioneer of group processes.

Moreno considered the very nature of the human being as social. Indeed within our mother's womb, we already sense, feel and "communicate". As we grow older, our communication system expands and we become a part of a world based upon interactions. So Moreno chose to provide group interaction (rather than one-to-one situation) to facilitate for the person to explore herself and grow. More than this, he created "action methods"...psychodrama.

Psychodrama uses a group of persons in action, each with her differences, her questions, her rhythm, her wishes to explore herself or not.

Freud says : "What happened? Tell me".
Moreno says : "How did it happen? Show me".

It is a means to experiment diverse parts of ourselves in an active dialogue between them.

Through this dialogue, these parts are each welcomed in their expression. When we don't feel good, these parts are usually arguing, fighting inside of us. We get pulled in a number of directions at the same time. Interdictions, wishes, obligations, desires, fears, pleasures, angers, frustrations, anticipations... we may experience disappointment, despair, fragmentation, dispersion...

In a climate of warmth, acceptance, and non-judgement, psychodrama facilitates through action that these diverse parts talk, act, let go of the conflicts.

By unfolding, unblocking the situation they at last can unite and find peace.

Because each of us loves and looks for peace.

Psychodrama has been increasingly used in clinical settings, in education, social work and personal growth. It is all the more efficient in addressing inner conflicts, blockages, difficulties of communication, and problems of relationships.

Marcia KARP is known in many countries as one of the world's top practitioners and trainers, and as lecturer, writer and crisis intervener. She will give a week long training workshop, a personal growth week end and a lecture in May in Geneva. When asked to say few words about herself and psychodrama, she answered : *"I am a radical humorist and a fighter for human rights. The inner revolution of the soul is quieted by bold directness and soft sensitivity. I like psychodrama because it is a therapy of relationships bringing the inside drama outside and it heals through conflict resolution"*

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