



# Show and Tell Psychodrama: Skills for Therapists, Coaches, Teachers, Leaders

*Karen Carnabucci*

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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.

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