



# Psychodrama (Creative Therapies in Practice series)

*Paul Wilkins*

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'The book is helpfully structured with its central chapters broadly following the shape of a typical psychodrama session' - *Journal of Critical Psychology, Counselling & Psychology*

'As with all Paul Wilkins writings the book is thorough and well-researched, with a wealth of information arising from wide readership and personal communication.... My own view is that the book fulfils its aim as an introduction to psychodrama for the audience it addresses. It also is packed with information about areas which experienced psychodramatists and sociodramatists will wish to debate' - *British Psychodrama Association Journal*

The text unfolds in such a way that the central feature of psychodrama as an action therapy is spontaneously made manifest. The book is good for students of this method and would be a challenging refresher for practitioners in the field. All the special terms used by psychodramatists are defined in a succinct glossary so that the uninitiated will not be bewildered on first encountering "auxiliary egos", "surplus reality", "social atoms" or even the titillating idea of "act hunger"! The "Guide to further reading" and the section on psychodrama and the internet ensure that old-fashioned book- and journal-worms are as well catered for as cybersleuths' -*New Therapist*

This fascinating book introduces the rationale, theory and psychotherapeutic practice of psychodrama. It provides an insight into its origins, outlining its techniques and bringing to life the dynamic interrelationships that form the core of the practice.

Following the theatrical process that lies at the heart of psychodrama, the book shows how the enactment of scenes from the past, present or future, real or imagined, can benefit the group of individuals involved, leading to unexpected insight and growth through creativity and spontaneity. Psychodramatic terms and processes are explained and illustrated using numerous examples from practice.

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