

PSYCHODRAMA SUPERVISION at the GCMHP 2019

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BREAK THE SIEGE is necessary for any
PSYCHOTHERAPY SUCCESS

THE RIGHT TO RETURN



OUR WAY THROUGH EREZ CHECKPOINT



WALLS AND FENCES



DR. MAJA HESS



DR. URSULA HAUSER



BOTH PSYCHODRAMA TRAINERS ON THE WAY



SUCCESSFULL WORK AND HOPE !



REMEMBERING WHAT WAS DONE IN THE WORKSHOP



WARMING-UP EXERCISES



WRITE FEELINGS ON THE GLOBE AND INTERCHANGE IT – RECOVERING THE JOY OF CHILDREN



PLAYING A ROL GIVES THE CHANCE TO
LIBERATE REPRESSED FEELINGS ON STAGE !



ELECTION OF THE PROTAGONIST



PSYCHODRAMA GROUP ACTION



THE GROUP GIVES FEEDBACK TO THE PROTAGONIST !



ONE FOR ALL AND ALL FOR ONE



LIBERATION OF THE ANGER



BODY EXPRESSION



SUPPORT OF EACH OTHER



THE BLIND AND THE GUIDE, LEARNING TO BE CONFIDENT, EXPERIENCING POWER



ANALYSES OF THE PSYCHODRAMA PROCESS



FROM PRACTICE TO THEORY

SCENARIOS
PSYCHODRAMA 10.6.19

PROTAGONIST: R
THEME: The difficulties to be a MOTHER
SOLILOQUIO Aux. Egos

1. Scene: My eldest daughter wants to go abroad - FAMILY SCULPTURE
emotional Today Family United
S = Isra
Husband = Amer
Daia = Faten
Abel = Mohamed
Mohamed = Mohamed
Doubte = Bushra

2. Scene: CONFLICT with Husband/Father of S.
angry We also studied abroad I want to be free!
You can not go! What would people say?
You can be violated there alone!
I will not sleep, have a heart attack!

3. Scene: PATRIARCAL CULTURE
catharsis anger I love you father, but I need to go!
Patriarcal = Abed CULTURE
We fight for our rights!
for our rights!

4. Scene: Dialogue with S. in the USA
love I love you, miss you - but I am happy here!
I love you my daughter!

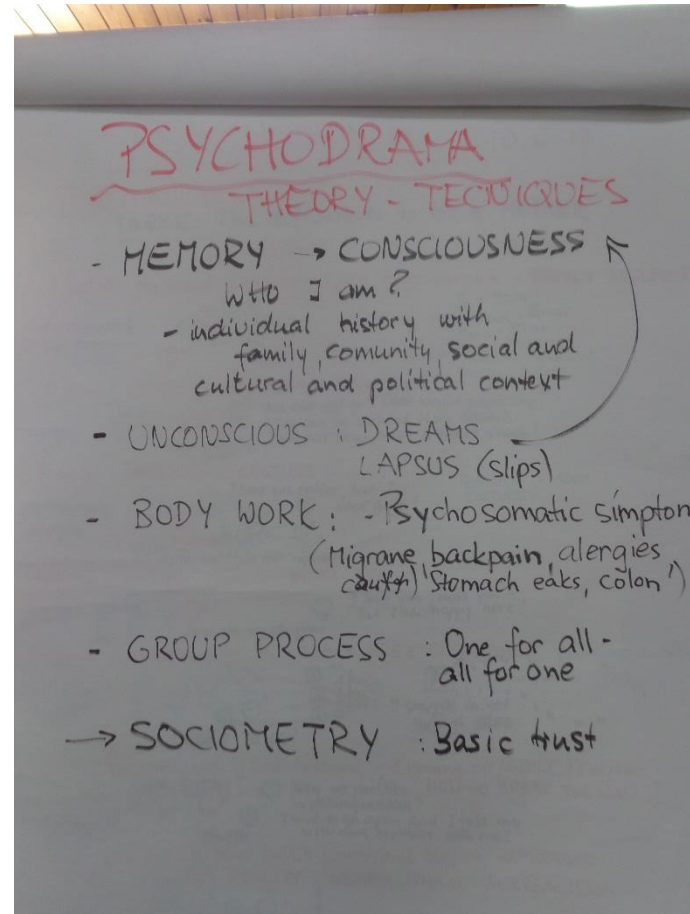
5. Scene: S. coming back to GAZA - EREZ CHECKPOINT
catharsis anger I struggle to get through EREZ
PC: Hanin, Sabah, ...
COME TO US!

6. Scene: Discussion with C and husband - Blaming me / GUILT FEELINGS
Facing the problem of Guilt some times feel Guilty!
Why we are (like in prison) in GAZA?
I want to go again and I take my sister and brothers with me!
struggle

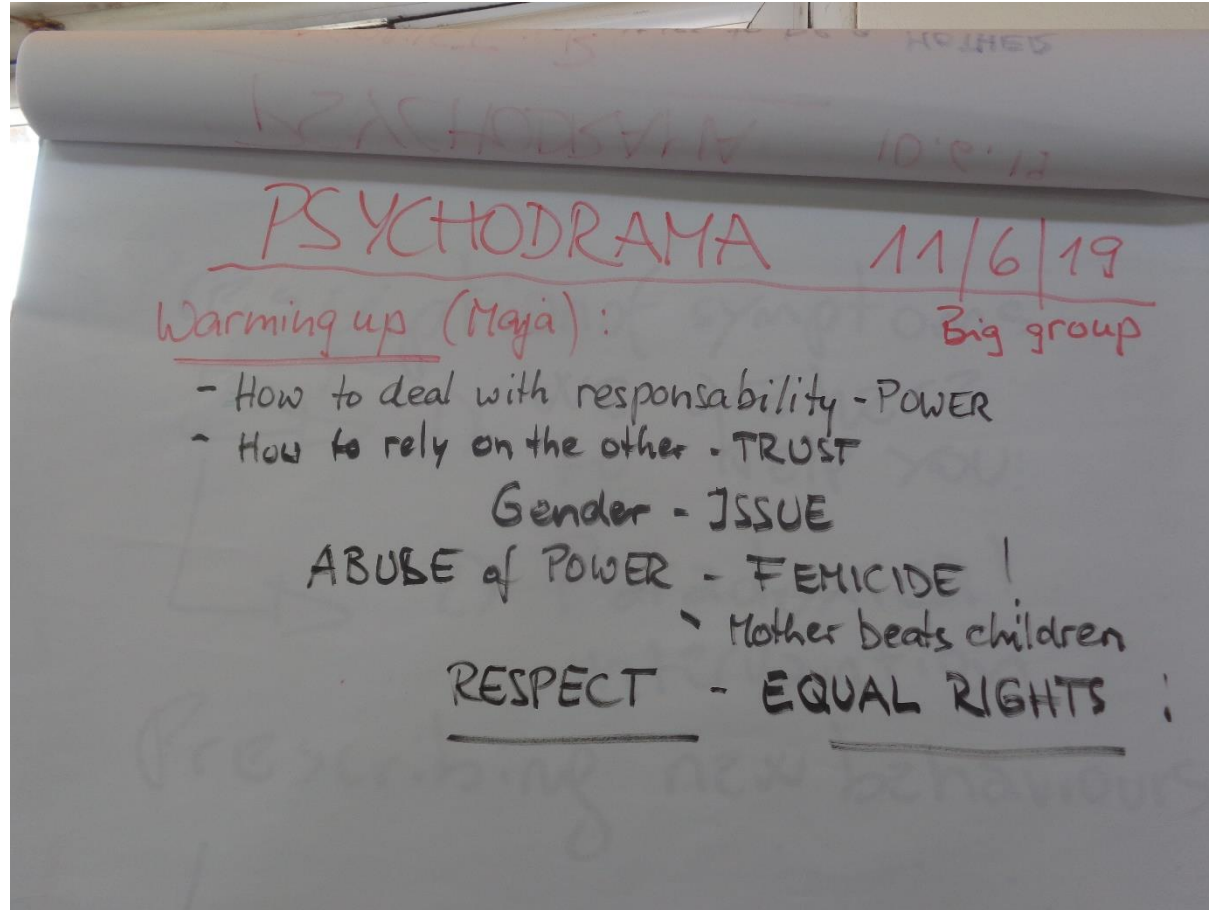
7. Scene: LIBERATION from INNER (Guilt) and outside REPRESSION
SURPLUS REALITY - WISHFUL THING - SURREALISTIC

FREEDOM SONG
All We GROUP
Toumoum ussana Ai

THEORY AND TECHNIQUES OF PSYCHODRAMA



THE VALUES OF PSYCHODRAMA: RESPECT AND REFORCING RESISTENCE



THE WORKING CONTRACT WITH THE PROTAGONIST



THE WHOLE GROUP IS INVOLVED AS AUXILIAR-EGOS AND CHORUS



REPRODUCING SCENES OF DAILY LIFE AND
MEMORY, 'AS IF' IT WOULD BE REAL – AND THEN
LOOKING FOR THE POSSIBILITIES TO CHANGE!



GETTING RELIEF, RECOVERING JOY OF LIFE



HUMOUR AND LAUGHING IS THERAPY !



IN SOME EXERCISES THE THERAPIST PARTICIPATES



ME AND YOU – PRACTICING EMPATHY



THANK YOU !



GROUP WORK



CREATIVITY, ESPONTANEOUSLY AND IMAGINATION – REELABORATING MY HISTORY



A FINAL WISHFUL HAPPY END !



THANK YOU, DEAR YASSER AND DEAR RAWYA!



RAWYA, OUR WOMAN DIRECTOR OF THE TRAINING DEPARTMENT !



SUPERVISION WITH THE 'OLD GROUP', PIONEER GROUP GRADUATED IN 2006



SUPERVISIÓN WITH PSYCHODRAMA TECNIQUE



PSYCHODRAMA ACTION



GENDER ISSUES WITH AUTHORITY



LEARNING TO SPEAK OUT !



THE CO-THERAPEUT MAJA PLAYS THE ROLE OF AN AUTHORITY



THE AIM IS DEMOCRACY AND SELF-ESTEEM !



WORKING THROUGH PAINFUL MEMORIES !



THE ROL OF THE DOUBLE IS THERAPEUTIC !



DANCING TOGETHER AFTER THE CATHARSIS WHICH GIVE RELIEF



TRUST, LOVE AND UNITY GIVES STRENGTH

