

Chapter 31

Using Psychodrama in the Field of Social Work

Emre Kol

Faculty of Economics and Administrative Sciences, Anadolu University, Turkey

Seda Topgül

 <https://orcid.org/0000-0003-1649-1732>

Faculty of Social Sciences and Humanities, Akdeniz University Manavgat, Turkey

ABSTRACT

Psychodrama is a systematic re-living conducted through utilizing spontaneous theater. This research aims to reveal the use of psychodrama in social work. Within the scope of the study, the research was carried out using the literature review method based on the following question framework: How and in which areas psychodrama is used in social work? As a result of the study, it has been found that psychodrama has an improving role in professional practice skills of the social workers along with the restorative and educative role for themselves. On the other hand, as for welfare recipients, it helps them to become self-sufficient. In this sense, it has been concluded that while psychodrama plays a therapeutic role for the individuals in need of social service, it will be effective for the social workers to overcome the potential difficulties and burnouts they may face in their inner worlds.

INTRODUCTION

Psychodrama, originating from Greek words of the psyche (soul) and drama (action), means the transformation of people's inner worlds into action. The foundation of psychodrama was established by Jacob Levy Moreno in the 1920s. Moreno developed psychodrama as an integral part of the group therapy approach after being inspired by children's games and spontaneous drama. Psychodrama was initially used only as a limited group therapy method in clinical settings for adults. After these practices, it was observed that it is an effective therapy method in solving emotional problems that cause relationship problems, developing healthier relationship forms and developing mutual empathy. Today, it is accepted

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as a method that enables individual work for both child and adult age groups from education to human relations, from marriage and family counseling to social work (Ulupınar Alıcı, 2008: 5-6).

Psychodrama can be defined as a way of reconsidering the problems experienced by individuals, questioning and staging them. Individuals have the opportunity to see their coping skills by dealing with past and present conflicts and problems or their expectations, anxieties and difficulties for the future through staging. Psychodrama provides the opportunity to experience these while also helping individuals to prepare themselves for the future. Individuals increase their awareness of themselves through the role change and mutual interactions that they experience in the group.

There are many ways of using psychodrama in terms of both clients and service providers in the field of social work. From the perspective of service workers, psychodrama can be used for education and burnout and the treatment of secondary violence and trauma-like experiences, and in terms of clients, it can be used in occupational intervention planning, in the interviews carried out with individuals and in the treatment phase in all service institutions for the personal development, rehabilitation and providing convenience to clients to start a new life. Its effectiveness is known for both therapeutic and treatment purposes, as well as for education and socialization. (Kuşgözoğlu, 2019: 8). In this study, psychodrama methods and activities used in both treatment and education will be examined on a theoretical level.

RESEARCH METHODOLOGY

The fact that social work is a profession brings along the requirement for social workers to be educated people with scientific perspectives. With the human-centered approach, enhancing and enriching techniques are to be applied for understanding the human and solving the problems as well. Psychodrama is also one of the most effective methods that support health and human development and that can be used in social work. The basic question in this study is formed upon finding out in which areas of social work psychodrama can be used. In an attempt to find a solution to this problem, first the conceptual framework was discussed then the studies on the use of psychodrama in social work were dealt. In literature, such kind of research is presented as review. Reviews are carried out in three categories. Traditional reviews are those in which two or more studies published on a particular subject are examined and the findings, results and the evaluations are synthesized. Systematic reviews are to identify which studies will be included in the review by scanning the all relevant research published with the purpose of finding a solution for the problem and to synthesize the obtained findings accordingly. Meta-analysis reviews, on the other hand, are a statistical method applied to combine research findings that are systematically involved in the review (Karaçam, 2013: 27).

The research was conducted with the traditional literature review. Almost all the literature reviews in our country are traditional reviews. Traditional literature review synthesizes findings, results and evaluations by examining two or more studies published on a particular subject. This method is a kind of research article reviewing the data obtained from different sources in different ways.

The Research question has been identified as “In which areas and how is psychodrama used in social work?” On the basis of this question and considering the question component, except for social work, studies on the other scientific disciplines in which psychodrama is used have been excluded from the scope. The aim of this review is formed upon this question. Within the framework of this question, a search strategy with key words was implemented.

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