

"HOW OLIVER BECAME THE LORD OF THE SEVEN SEAS" PSYCHODRAMATIC PLAY THERAPY WITH FAMILIES

– plenary presentation –

In this lecture, I will shed light on the power of symbolic play in family therapy. Using the example of an anxious six-year-old boy who refuses to go to kindergarten, I will show how the boy and his anxious parents overcome their fears through psychodramatic symbolic play. Playing with the family thus becomes a powerful way of developing security, autonomy and self-efficacy.

Symbol- and experience-orientated work with families not only picks up on children's ways of processing and expressing themselves, but also allows adults to rediscover the creative sources of childhood.

In addition, play helps parents to develop or strengthen the parts of themselves that are necessary for a successful family life. Issues at the attachment level can be recognised more quickly, dealt with in a playful way and sensitivity can be encouraged.



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Psychologist, Psychotherapist and Psychodrama Psychotherapist for nearly 40 years.

From 1975 to 2012 he was the Head of the Caritas Association's Psychological Counseling Centre for Parents, Children, and Youth in Ulm, Germany.

Since 1980 he has been the Head of the Advanced Training at the Moreno Institute Stuttgart; since 2004 at the Szenen Institute Cologne and since 2012 at various Systemic Institutes in Germany, holding continuous training courses and supervision in these frames.

He is the author of 3 books and numerous articles on the subject of Psychodrama with Children.