

“DO BODIES KEEP THE SCORE?” – PSYCHODRAMA AND SENSORIMOTOR APPROACH IN WORKING WITH CHILDREN WITH TRAUMA AND RELATIONAL WOUNDS

– plenary presentation –

In our experience, more and more children present affective regulation problems that block the possibility of access to symbolic play. Their window of well-being is very small, so even the most apparently neutral proposal immediately leads them to express high levels of hyper or hypo arousal, bringing out instinctive defenses of attack, escape, freezing or collapse.

We have attempted to re-read the psychodrama sessions in the light of the theory and methods of sensorimotor psychotherapy, because it proposes an interesting approach to working with trauma and relational wounds. Affective regulation and the possibility of reprocessing in fact passes through contact with the bodily experience and the proposal of experiences of containment, deep reassurance and development of resources for managing emotions and relationships. Once stabilization has been achieved, it is possible to proceed with symbolic play, an essential step for achieving change.

Taking inspiration from the methodology of sensorimotor psychotherapy, we will try to describe the psychodramatic intervention by following the unfolding of the work phases along the entire path and describing the basic scheme that organizes the single meeting.



Anna Maria BASTIANINI (Italy)

Psychologist, psychotherapist, teaching analyst Italian Society of Individual Psychology.

I worked at the Italian Health Service in the Developmental Age Service until retirement. I still currently collaborate with the Institute of Individual Psychology of Turin both in the training and supervision of young psychologists and psychotherapists and in the clinical field, specifically in the developmental area. Since 2008 I have had the opportunity to participate in community psychology projects at an international level (El Salvador, Mexico and Burkina Faso) with the possibility of deepening the transcultural approach (Marie Rose Moro) also in the work in Italy with migrants and asylum seekers.



Maria DOLCIMASCOLO (Italy)

Psychologist, Psychotherapist, S.I.P.I. Analyst (Italian Society of Individual Psychotherapy) and Child Psychodramatist.

I mainly carry out clinical and training activities. In the clinical field I work as an individual psychotherapist mainly with adolescents and young adults and I provide support for parenting and educational functions. I lead therapeutic groups of children and adolescents proposing the Adlerian Psychodrama learned from Hanna Kende and psycho-corporeal techniques. I lead psychotherapy groups for adults and adolescents. In the training field I deal with training for teachers, psychologists and social workers. In addition, since 2009 I have been carrying out Transcultural Psychology activities in the clinical, community and training fields.



Marco RAVIOLA (Italy)

Psychologist and psychotherapist with Adlerian training, Analyst S.I.P.I. (Italian Society of Individual Psychotherapy), Child Psychodramatist.

Background in Transcultural Psychology, Sensorimotor Psychotherapy and EMDR Psychotherapy. I work in Turin with children, adolescents and adults, I lead psychodrama groups with children and therapy groups with adults.