

“SHALL WE PLAY A STORY?” – PSYCHODRAMA AS A TRAINING TOOL

– workshop –

Our group of psychodramatists in Turin (Italy) has used psychodrama as a training tool in various fields over the past few years (with high school students, in the training of young psychotherapists, and in teacher education).

In high school, psychodrama has been used as a method for class formation during the first months of the school year, for the study of group dynamics, and, in some cases, for conflict resolution. Finally, psychodrama has been practiced as an active methodology to help students learn about the technique itself in educational programs that focus on psychology and human sciences.

With young psychotherapists in training, psychodrama has been employed to work on several aspects: first and foremost, this approach allows trainee therapists to personally engage by taking on different roles, helping them to observe and experience patients' perspectives. It also provides additional diagnostic insights that emerge significantly and clearly through the psychodrama methodology.

Furthermore, our group has used and continues to use psychodrama as a training tool for teachers across different educational levels (from preschool to high school). The possibility of enacting stories with different characters, distinct from oneself, allows teachers to recognize students' experiences and thoughts by observing them from different perspectives. This enables educators to shift their viewpoint and identify with their students.



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Psychologist, psychotherapist with Adlerian training, Analyst S.I.P.I. (Italian Society of Individual Psychotherapy) and Child Psychodramatist. In addition to clinical work with adults, children and adolescents, I carry out expert reports for the Court in the field of mistreatment and sexual abuse against minors and in the field of crimes committed by minors.



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Psychologist (Transilvania University of Braşov, Romania), psychotherapist with a psychodynamic orientation (Adler Institute, Turin), specializing in Adlerian psychodrama under the guidance of Hanna Kende. She is also an EMDR therapist, NeurOptimal Trainer, with training in Forensic Psychology, extensive experience in Transcultural Psychology. She practices in Rivoli, near Turin, for over 14 years leading psychodrama sessions with children (preschools and primary schools), as well as with children and parents. She is also engaged in training teachers using psychodrama techniques. Is a founding member of the "Kende Hanna" Association for Psychodrama with Children and Adolescents in Turin and an active member of the corresponding association in Cluj-Napoca, Romania.



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Psychologist, psychotherapist, SIPI analyst, Adlerian-oriented psychodramatist, mindfulness facilitator, primary school teacher. In clinical practice I deal with children and adolescents. In addition to using the psychodrama methodology in groups, I also use some techniques in individual sessions. I also had the opportunity to experiment with psychodrama in some primary school classes. I conducted training workshops for students of the Adlerian School of Psychotherapy in Reggio Emilia, Italy.



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Psychologist and Psychotherapist. High school teacher. He provides training for teachers and parents on adolescent relational dynamics. For years, he has been leading psychodrama groups with children and adolescents



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