

"THE CAVER AND THE STALACTITE" – CHILDREN'S PSYCHODRAMA WITH FAMILIES

– workshop –

In our workshop we present the process of a family focused children psychodrama with a family with three children, during which we were able to work directly on the relationship between the mother and Berci, which was cathartic for both of them.

We developed our family psychodrama working method approximately 9 years ago, inspired by the case of a very anxious adolescent girl, when we were looking for a strategy to help her. Since that, we integrate family psychodrama in our practice as a very efficient tool.

Through the workshop's case study, we will present the framework, indications and specific possibilities and methodological concepts of this kind of work.



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We are working together for more the 25 years, in Budapest, Hungary, with psychodrama groups of different ages: preschoolers, elementary school pupils, preadolescents, young adults and parents.

We organize in every year summer psychodrama camps for adolescents in our country house, where we complete the dramatic work with art-therapy and with integrating film-scenes.

We are both students of Hanna Kende, and we held children psychodrama trainings together too.