

HEALING THROUGH PLAY – PSYCHODRAMA FOR CHILDREN FROM ABUSIVE HOMES

– workshop –

Children growing up in abusive households often experience deep emotional wounds and a persistent sense of unsafety and insecurity. Witnessing domestic violence, especially the abuse of their mothers, disrupts their ability to trust, regulate emotions, and feel safe in relationships.

This workshop explores the application of psychodrama as a therapeutic tool to help 9-11 year-old children from abusive families regain a safety need and agency in their world.

Using role-playing, doubling, mirroring, and role reversal, psychodrama allows children to process their emotions, externalize fears, and rewrite their internal narratives. Participants will learn how to create a structured and safe therapeutic space where children can express their experiences symbolically, develop coping strategies, and build an internal sense of safety, even in unstable environments. Our participants will investigate the state of mind of such children, the family system's peculiarities and ways how to survive and cope with it.

Our workshop includes: theoretical grounding on trauma and safety needs in children exposed to domestic violence; demonstrations of psychodramatic techniques suitable to these families; built-up and repairment of the safety attachment by means of the psychodrama for children; experiential practice where participants engage in psychodramatic exercises from the child's perspective, as well as learning how to help, both the children and the family system.

Participants will gain practical tools for integrating psychodrama into their work with abused children, resilience strengthening and emotional healing through creative expression.



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More than 10 years of experience working with children and teenagers in different settings, including schools, foster homes, police dealing with delinquent minors, NGOs helping domestic and sexual violence victims and refugees.