

CHANGE THROUGH ADLERIAN PSYCHODRAMA

– poster –

Adlerian psychodrama is an effective therapeutic tool for fostering change in children, providing a setting of strong bonds, group cohesion and self-image rehabilitation. Through group experiences, children overcome isolation, develop a sense of belonging, and learn to collaborate, thus strengthening their personality and their courage to face life's challenges. This paper aims to explore the role of Adlerian psychodrama in the process of change in children, with a particular focus on the use of storytelling as a therapeutic tool. The analysis examines the effectiveness of this methodology in promoting children's emotional, social and cognitive development through play, creativity and the symbolic dimension of storytelling.

At the heart of this practice lies the narrative activity: the telling of personal and symbolic stories allows children to express their inner world, process emotional conflicts, and experience complex emotions in a safe environment, free from guilt. Storytelling thus takes on a therapeutic function, acting as a bridge between the imaginary world and reality, easing emotional burdens and promoting personal transformation.

This study focuses on the clinical case of E., a 9-year-old child with developmental, cognitive, and relational difficulties, who participated in a three-year Adlerian psychodrama program. Through the elaboration of 14 symbolic stories, 9 of which are analysed in detail, significant evolution was observed. Each story represents a key theme in the process of change, highlighting progress in overcoming personal limitations, improving socialization skills, and building a stronger and more secure sense of self.

Adlerian psychodrama proves to be an effective therapeutic method for children with specific personal and cultural characteristics, offering a unique mode of expression and transformation based on creativity, play, group dynamics, and symbolic storytelling. The case analysis highlights how this methodology can significantly contribute to children's psychological and relational growth, providing them with tools to face challenges and strengthen their identity.



Natalia ELINOIU (Italy), natalia_elinoiu@yahoo.com

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.



Marco RAVIOLA (Italy), marc.raviola@gmail.com

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.

He works in Turin with children, adolescents and adults, leads psychodrama groups with children and therapy groups with adults.