

CHILDREN'S EXPERIENCE OF LOSS. GRIEF IN CHILD PSYCHODRAMA GROUPS

– workshop –

The focus of this methodological workshop is on helping children to cope with grief: we try to summarize the basic theoretical background we use when working with grieving families, and also show how child psychodrama is one of the main tools we use with children, when helping them in this journey. We also offer a glimpse of the complex program, how a Camp can help families with traumatic loss.

Bátor Tábor (Brave Camp) has been running its bereavement camp, the Lélekmadár Tábor (Soulbird Camp) for over 10 years, which provides support to families who have lost a child due to a serious chronic illness, an accident or around the time of birth. We are and have been involved as psychologists in the development of this programme. We would also like to show how experiential therapy, therapeutic recreation and bereavement therapy, which have long been used in the camp, fit together.

In the time available, we will tune in to ourselves and each other with dramatic exercises, followed by case vignettes to approach the complexity of the topic and possible interventions. In addition to the methodology of child psychodrama in this special setting, we will give a taste of the practice of complex family bereavement programmes, so that participants can gain tangible knowledge.



Fruzsina GELLÉRT (Hungary), fruzsina.gellert@gmail.com

Clinical child psychologist, Children psychodrama group leader, member of Hungarian Family and Couple Therapy Association, Hungarian Medical Association, Kende Hanna Children Psychodrama Association from Hungary.

Her professional interests were largely determined by the time she spent at the Bátor Tábor (Brave Camp) Foundation, where her work focused on supporting children and families suffering from serious illnesses. She participated in the development of the Lélekmadár Tábor (Soul Bird Camp) - Bátor Tábor's bereavement program, presented at the workshop description.

She has been leading children's psychodrama groups in the public and private sectors for 15 years



Csilla KUBOVICS-JUHÁSZ (Hungary), csillajuhasz@gmail.com

Crisis counselling psychologist, Children psychodrama group leader. She works at Bátor Tábor (Brave Camp) Foundation and she is the professional leader of Belvárosi Közösségi Tér (Downtown Community Center), which is a complex prevention center for families in the V. District of Budapest. Member of Hungarian Family and Couple Therapy Association and Kende Hanna Children Psychodrama Association from Hungary.

Csilla also spent more than 10 years at Bátor Tábor (Brave Camp) Foundation, where they have worked together with Fruzsina, helping chronically ill children and their families. They were together in the team that helped the camp's bereavement program, Lélekmadár Tábor (Soulbird Camp) alive. Csilla has been the grief counsellor of this camp for more than 5 years now

She has been leading children's psychodrama groups in the public and private sectors for 15 years.