

"FROG IN THE POND" – DANCE AND MOVEMENT THERAPY AND CHILDREN PSYCHODRAMA

– workshop –

In this action-oriented workshop participants will gain insight into the work of psychodrama for children developed by Hanna Kende, combined with non-verbal methods such as dance-movement therapy - a combination Dorottya has used since 2001.

After a short theoretical introduction, participants will be able to try different movement-based techniques and warm-up games. These activities can help children and adolescents transfer their psychological content to the symbolic space of psychodrama in cases where this transfer is inhibited (i.e. verbal difficulties, anxiety, repetition of the same psychodrama role - *stuck as a frog in the pond*, or when unable to leave virtual reality or everyday reality). These techniques give psychodrama group leaders a tool to manage regression, resistance and changes in group dynamics.

In the discussion part of the workshop, we will review situations where these movement- and music-based games and activities enable the participants of a child psychodrama group to become capable of dramatic play. To help illustrate these situations, we will use short case studies from our own psychodrama groups.



Dorottya HORVÁTH (Hungary), kompmuveszetimuhely@gmail.com

Clinical Psychologist, Children Psychodramatist and trainer, as well as an Integrated Dance Movement and Expression Therapist.

For 20 years she worked at the Budapest Municipal Child Mental Health Clinic, and now works in private practice at the KOMP Art Therapy Space in Budapest.



Milán Ivó KATANICS (Hungary), ivomilan@gmail.com

Psychologist, Economist, and Children Psychodramatist and trainer.

He worked at the Budapest Municipal Child Mental Health Clinic for 6 years, and now is working in private practice at the KOMP Art Therapy Space in Budapest.