

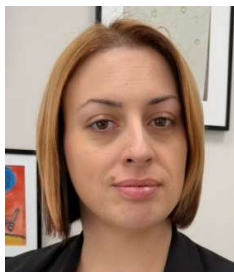
“HELLO, SCUM! IT IS ME, THE ALMIGHTY!” – WORKING WITH ADOLESCENTS

– workshop –

In this workshop we will explore the first teenager's group meeting from three different perspectives – the adolescents', the therapists', and the parents. We will explore the process and try to make visible the needs, feelings and emotions of all that are included in the process. We will explore the ways supporting the young people in their journey to adulthood and in building relationships of mutual respect and understanding through psychodrama and sociodrama.

When working with teenagers, sociodrama can be a useful tool for developing social skills, resolving conflicts and strengthening emotional intelligence. In our process, topics are posed and chosen by the participants themselves and are role-played, one role is played by a group of teens. Group leaders can also join the groups, and they act as facilitators of the process. Sociodrama with teens can be an excellent way to promote empathy and understanding, as well as teach them social skills that are important for successful functioning in society.

We will dive in the situation: “I have a plan! And I need allies! And you have to obey! So it's complicated!” And so, we will start our common journey to explore the horizons beyond the daily duties, the internet culture or the latest fashion trends. We will leave the safe, but unpleasant shores to find out what is over.



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We are working as co-leaders of children and adolescent groups in Cognitiva Center for more than five years. At the moment we lead two groups of adolescents. One of which is for adolescents with disabilities.