

THE MASK TECHNIQUES IN PSYCHODRAMA WITH CHILDREN

– poster –

The mask technique in psychodrama for children is one of the most powerful expressive methods used to facilitate the exploration of emotions, internal roles and interpersonal relationships in an indirect, symbolic and protected manner.

This technique helps the release of psychological and somatic tension, the processing of unconscious content through symbolization, the verbalization of emotions, and the strengthening of relationships within the children's group.

The mask technique is a symbolic gateway to the child's inner world, offering a balance between protection and expression. Used in psychodrama, becomes an essential tool for healing, emotional development and the integration of the child's personality.

The poster will present examples of children's masks, accompanied by short descriptions of their personal stories to provide insight into the meaning behind each creation.



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She began her professional career as a social worker and has worked for over 17 years in the field of child protection, dedicating her help to children who were victims of abuse and those living in care centres, orphanages.

She deepened her studies by graduating at the Faculty of Psychology, Babeş-Bolyai University Cluj and by enriching with different professional trainings in Family Therapy, Psychodrama for Adults and Children, Neurolinguistic

Programming (NLP) and Child Psychotherapy. Currently, she is in the second year of training in Positive Psychotherapy.

She is a member of Kende Hanna Psychodrama Association for Children and Adolescents (APCA-KH), as well as a member of the J.L. Moreno Psychodrama Society in Romania (SPJLM).