

THE SIX-PART STORY METHOD IN CHILDREN PSYCHODRAMA

– workshop –

The workshop will introduce the *6-Part Story Method*, a storytelling technique that can be used as a preparatory tool for child psychodrama play. The workshop includes a theoretical foundation, followed by a case presentation and experiential exercises / story play.

The *6-Part Story* is a method developed by Dr. Mooli Lahad, an Israeli psychologist. Initially, he used it in drama therapy as an imaginative and story-creation exercise, but over time, he recognized that the stories people tell, and the language they use, reveal their coping strategies. These strategies align with the components of his *BASIC Ph model*, where children rely on different resources in coping: *Belief (B)*, *Affect (A)*, *Social (S)*, *Imagination (I)*, *Cognition (C)*, and *Physical (Ph)* aspects. Since its introduction in 1992, the method has been widely applied internationally, although it is still not widely used in Hungarian-speaking areas - or at least, this is not reflected in published literature.

The *6-Part Story* can serve as a starting point for child psychodrama activities. It offers an accessible way to create stories, even for children or adults who feel they can't invent a story or are hesitant to share one in front of others. Additionally, it functions as an assessment tool that provides insight into children's coping mechanisms. The choice of theme and identification of conflict can also highlight areas that may be especially important for a child psychodrama group leader to explore.



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She teaches Pedagogy at the Institute of Pedagogy and Applied Didactics Târgu-Mureș, Faculty of Psychology and Education Sciences, Babeș-Bolyai University. Her research and work focuses on children's socio-emotional learning, supported by several years of experience as a kindergarten teacher and a background in child therapy.



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Speech therapist at the Mureș County Educational and Counseling Center (Romania). Her primary area of focus is: diagnosis and therapy of speech perception and comprehension disorders, as well as the prevention of learning disabilities is.

She completed the Hanna Kende's children psychodrama training in 2010, and since she has led several groups. She feels a special connection to the 5-10 year-old age group, and most of her children psychodrama groups are tailored to this age range.