

"ROYAL SUMMIT"
ROLE-PLAYING CREATIVE GAMES IN ADOLESCENT'S PSYCHODRAMA GROUPS

– workshop –

In adolescent psychodrama groups we often work with themes and problems that are stated by the participants themselves. Also, much of the content of group work is centered on group dynamics unfolding in the here and now. The main methods are sociometry and sociodrama, communication games and working with the "empty chair". Many psychodramatists note that adolescents are increasingly eager to discuss their lives and real relationships. However, adolescents are not always ready to open up and talk directly about everything. Group relationships are not always recognized and explored. Hidden unconscious and deep aspects of relationships are sometimes more easily expressed in symbolic language.

This is a workshop about using creative symbolic role play in a psychodrama group. My colleagues and I have developed several structured game stories that help the group and facilitators to approach the exploration of different relevant topics: conflict and behavioral strategies, openness, group positions and roles, empathy, cooperation and assertiveness.

At the workshop I would like to introduce participants to some of the plots we have devised and show how symbolic creative drama can help teenagers overcome resistance and spontaneously and creatively enter into exploring various aspects of both group dynamics and teenagers' life situations outside the group.

Using the game "Royal Summit" as an example, participants will see the possibilities of working with group dynamics and the theme of cooperation and conflict.



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