

“LET'S SPEAK ONE LANGUAGE!”
PSYCHODRAMA – FAMILY – THERAPY (PFT)

– workshop –

The attachment between parents and children is a crucial factor in minimizing risk and maximizing the resilience in children. Due to difficult life situations such as a loss of a family member, addictions and divorce, the attachment may become fragile and the children may react to this with externalised or internalised behavioural problems like anxiety, aggression, diminished self-esteem etc. The goal to include the family is to stabilise and support the attachment in parent-child relationship and to increase the mind-mindedness in parents. It is based on fulfilling the basic needs of both parents and children and building skills how to improve their relationship.

The role of the psychodrama director in Psychodrama-Family-Therapy differs substantially from the role in adult psychodrama. The psychodrama director actively takes on roles in the play between parents and children to intervene and strengthen the bond between the family members.

Objectives are: to define the role of the playing director in PFT, to introduce techniques for stabilizing attachment between parent and a child, to demonstrate parent role-training practices in a parent-child couple, to conduct family psychodrama sessions.



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