

"FROGS INTO PRINCES" – HEALING FACTORS OF ADLERIAN CHILDREN PSYCHODRAMA

– workshop –

*"It is only with the heart that one can see rightly; what is essential is invisible to the eye."
(Antoine de Saint-Exupéry - The Little Prince)*

Psychodramatic play is like the Winnicottian "*potential space*" (is a *meeting place* for the child and the therapist, a shared creation that is adapted mostly to the children's needs). The children's self-healing process can unfold in this "magic" context.

In this workshop we will briefly present the general healing factors of Adlerian children's psychodrama. We will focus on the *symbolization*, which is the most important influencing factor of change. This process has a powerful healing effect, especially when children's intra-psychic or interpersonal conflicts are represented (in a spontaneous way) as unique, unexpected, even poetic or myth-like symbols. Children could reach profound changes through their own symbolic activities within a shared experience with therapists and the other group members. During this common experience, children discovered each other's values and strengths. In this process every group-member will become a *princess* or a *prince*, transforming from the *frog* they were in the beginning (a misbehaving/ unaccepted/ unseen/ etc. child).



How can we facilitate this process as therapists? How can we try to understand what the child's symbolic play means to him? How do we tolerate the uncertainty and "*not knowing*" in an „evidence based" world, when interventions are expected to be measurable and efficient?

Using case vignettes from our practice – in which children had similar problems but very different symbolic ways to resolve them – we will discuss these questions and look for the answers together.



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