

“WHAT DO YOU WANT? AN OWNER” – WOUNDED PARENTS AND STRONG CHILDREN

– workshop –

In this workshop, we would like to explore a phenomenon that seems increasingly common: inverted hierarchy in the family system. This concept refers to a family dynamic where the typical roles and power distribution are reversed: instead of parents being in charge and children following their lead, the child assumes a position of authority or control.

In such cases, the child takes control over his parents, he takes decisions – maybe it seems an easy leading position, but is an overwhelming, emotionally difficult role for any child. Sometimes in preschool or school settings these children insist to dominate situations, their ego must prevail, otherwise they may become aggressive, defiant or noncooperative.

Through the case of such a “disobedient” child, we aim to demonstrate – through an experiential exercise – how a first-grade girl expresses her needs within the safe framework of a child psychodrama group and how she embarks on the path of self-healing. Additionally, we invite participants to reflect together on her future perspectives and explore the tools what therapists can use to support this process.



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Over 20 years of experience with children and adolescents psychodrama groups.



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Psychologist; Educational - career guidance - school counselor; Special education teacher, Children psychodrama group leader (APCA-KH)

Experience as co-leader in few children and adolescents psychodrama groups.

Member of an international research group investigating the efficiency of child psychodrama. Main interest field include protective factors – especially emotion regulation – in the context of resilience to childhood trauma and emotional-behavioral disorders.



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Psychologist, Children psychodrama assistant, in present following art-therapy training.

Experience in working with children and adolescents in holiday thematic camps, educational programs and non-formal educational frames.

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