

CHILDREN PSYCHODRAMA AND THE METHOD OF THE “FIND YOUR TALE” GROUP

– workshop –

The aim of the “Find Your Tale” workshop is for each participant to find their own story and their own way in their story. The basis of the method presented here is the Metamorphoses Fairy Tale Therapy, which in turn is based on the search for archaic order. The playfulness and spontaneity of child psychodrama brings the hero to his or her unique journey in the tale. The method of child psychodrama guide the group members from the soul to the body, because they first transmit in symbolic language the important themes and then they play these on the scene, using costumes – in this way the character have a bodily experience and have an opportunity to develop and heal itself in the “as if” space of the scene.

Throughout the process, with the help of somato-therapy techniques, the individual story becomes embodied, and so the tale does not only exist in images, feelings and experience, but also in the unity of its embodiment. The holding capacity of the group as a community and the interconnectedness of the participants are also important elements in the process.



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I have studied: child psychodrama, metamorphoses tale therapy, biosystemic somato-psychotherapy. I graduated in Communication in Szeged (Hungary)

I am the coordinator and professional leader of the *Piros Kakaó* (“Red Cocoa”) team. We mainly run children's groups and help families.

I have led groups in Burattino School and Children's Home, I made groups in drug prevention (*Kék Pont* / “Blue Point”), in the Painting stories project of the Oncology department at *str. Tűzoltó' Children's Hospital*, in the framework of the *Mosoly* (“Smile”) Foundation.

I like to create a stable base, where experiences meet and ideas come to life.