

PSYCHODRAMATIC PLAY AS A KEY ELEMENT IN GROUP SCHEMA THERAPY PROTOCOL FOR CHILDREN

– workshop –

Starting from exploring the guidelines developed in group interventions for children and adolescents, also diving into the scientific exploration (psychological theories and empirical research) we have outlined the importance of validating a structured and integrative protocol, adding novel and innovative elements and contributing to the development of the Schema Therapy (ST) model.

Psychodramatic play has a significant contribution in Mode awareness and Mode intervention, especially in rescripting emotional experiences. This group protocol integrates the strategies of schema therapy group model with activities from psychodrama in order to build a flexible case conceptualization and to easily adapt it to different groups of children. This type of interventions and activities that have yielded outstanding results over the years of practice will be highlighted, combining experiential techniques with creativity, playfulness and novelty.

By the end of the workshop participants will be able to: understand the ST Framework and case conceptualization for groups of children and adolescents, integrate principles and techniques from psychodrama to effectively work with Mode awareness and Mode intervention, identify the specificity of Psychodramatic role play in emotional rescripting, the psychodramatic play as a key element in intervention on the Vulnerable Child Mode, use a variety of practical activities in order to build a therapeutical group strategy in order to overcome the symptoms from the case conceptualization



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She has over 20 years of experience individual and group therapy for children and adolescents. As a therapist she is trained in CBT, ST, Psychodrama, ACT, DBT for Children and adolescents. As a Trainer and Associate Professor she also has 20 years of teaching and training experience in 2 Universities (Undergraduate and Post-graduate Programs), in several National Educational Programs, in CBT Training Programs and Schema Therapy Training Programs and Workshops all over the world.