

Letter from the Executive Editor

I am pleased to stir your interest in this edition of the journal and invite you to sample the contents. They include a banquet of delicacies and delights, along with nutritious and sustaining elements for all—whether a psychodrama neophyte or aficionado. I’ve found it to be a culinary extravaganza, and I’ve appreciated every bite.

In the research article section of this issue, Shelley Korshak and Marianne Shapiro begin with an unexpected repartee to the sociodynamic effect: using complementary sharing to choose the unchosen. As Hale (1981) notes, the chosen few are prone to “rigidity, controlling behavior, overwork, and depersonalization,” while the underchosen are likely to experience “isolation, apathy, competition, and reduced activity” (p. 11). Korshak and Shapiro unlock the door for the unchosen, invite them in, honor them, and touch the sublime in the process, offering the reader and their groups a way to exquisite refreshment.

René Marineau, identifying himself as a clinical psychosociologist, shares his address to the Third International Sociodrama Conference in Pategonia, Argentina, from September 2010. He serves up his review of the development of sociodrama, how we cooked up what we have presently, and his recipe for addressing future challenges, listing specific ingredients needed for achieving the desired end of mankind’s effective functioning as a social and organic unity.

For the next course, Susan Aaron introduces the Somatic Double and Psychodramatic Bodywork®. She treats us to her integration of traditional Chinese medicine, neurobiology, and responsible psychodramatic trauma processing work, tapping into the wisdom of the body, releasing blocked pain, addressing necessary content, and engaging in successful repair. Reading this, you may find yourself craving more!

Adam Blatner next demonstrates how warm-ups and warming up are often seen merely as an introduction to a psychodramatic enactment yet are important ingredients to a wide variety of applications. In addition, they are poignant and can serve as satisfying and nutritious entrees all by themselves.

Nien-Hwa Lai piques the palate with Asian cuisine, presenting recent developments and the history of psychodrama in Taiwan, understanding that this history likely foreshadows how psychodrama will develop throughout Asia. This intriguing and inspiring account suggests the maturing and independent development of psychodrama in Taiwan will soon result in unique entrees and applications.

Susan Overman and Sandra Seeger present their carefully refined concoction of “Sociodrama à Deux,” a hybrid of psychodrama à deux, sociodrama, and motivational interviewing. They present their formula for working with clients in

the early stages of the psychotherapy process in a way that enhances safety and reduces feelings of vulnerability. They provide a sample of the results.

In the Practitioner's Corner section, Connie Miller's "Who's Calling? Cell Phone Sociometry," describes the unveiling of an unexpected delight that came from the director letting go of control in an uncooperative Indonesian group. It was God calling.

In the Spontaneity/Creativity section—set aside for entrees including prose, poetry, and other creative offerings—Ann Hale contributes special poetic fare. She shares her experience with Zerka Moreno and Zerka's invocation to fully live.

In the Book Review section, the final bite of this issue is Phoebe Atkinson's review of Marvin G. Knittel's *Counseling and Drama: Psychodrama à Deux*. She describes Knittel's full course treatment of psychodrama *à deux*, including his perspective and unique use of the method in individual therapy, specific applications, and a review and overview of the related literature.

As we are continuing to learn how to do this job better, satisfying your appetite is the most important thing. We appreciate your "suggestions to the chef." Your help in terms of contributions and feedback is always welcome. There are changes underway as a result of your suggestions. At the same time, we recognize that although we are a small organization and editorial board, we sometimes wrestle with "too many cooks in the kitchen" as we consider and work in all of the aromas and flavors together.

REFERENCE

Hale, A. E. (1981). *Conduction of clinical sociometric exploration: A manual for psychodramatists and sociometrists*. Roanoke, VA: Royal Publishing Company.

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