

Welcome Letter

Welcome to the ASGPP's newly revised journal, where we communicate the most current developments in the theory, research, and practice of psychodrama, sociometry, and group psychotherapy. Our journal provides a window through which the broader mental health community can see into and better understand our method. Our journal also reaches beyond mental health borders and into areas such as education, addiction, social science, neuropsychology, and law. We welcome and encourage articles in any of these areas that carry our method forward in all its rich variety and application.

We are the parent field of group therapy, action methods, and sociometry. Our theory, method, and techniques in these areas have become incorporated into our culture at large; in fact, they are so prevalent that many are unaware of their origins. Our journal allows us to share our knowledge and expertise and to play a leadership role in these areas. We have a mission and a responsibility to let other practitioners know that there is a community of people, psychodramatists, who have a fully developed body of knowledge from which they might draw information, skill, and direction.

We welcome your input and feedback and invite you to contribute to our journal and to our field. We are all responsible for co-creating our field, maintaining high ethical standards, and taking our method and message into the marketplace. This journal provides a forum through which we can disseminate information.

To make the material presented more user friendly, we will begin each journal with a letter from one of our executive editors describing the contents of each journal. As you read, you will see some of the changes we have incorporated into our new format.

Our first article, in Section I, "Theory and Research," is "The Early Influence of Moreno and Psychodrama on Theodore Sarbin and Role Theory." Theodore Roy Sarbin (1911–2005) was an American psychologist and professor emeritus of psychology and criminology at the University of California, Santa Cruz. He is best known as a founder of role theory because of his contributions to the

social psychology of role-taking. Authors Adam Blatner and Vincent Hevern explore the relationship between Sarbin and Moreno and outline Moreno's influence on Sarbin's creation and continued work in role theory. This is an excellent example of the interface between these theories and the sociometry of thought within our broader mental health field—in other words, how we influence and shape each other's thinking.

The second article, "Empirically Validated Treatment: Evidence-Based Application of Psychodrama in Interactive-Behavioral Therapy," by Daniel J. Tomasulo and Nancy J. Razza, outlines the interactive-behavioral model of group psychotherapy. This important model draws its theoretical underpinnings and many of its techniques from psychodrama and has been developed through and for work with individuals who are diagnosed with both intellectual disabilities (the current preferred term for people diagnosed with mental retardation) and psychological disorders. This is a wonderful example of the user-friendly nature of our method and how psychodrama and sociometry can be adapted for specific populations.

The third article, "The Use of Art With Social Atoms in Substance Abuse Treatment Planning," explores variations of use of the social atom with addiction-related issues. Its author, Jean Campbell, looks at how social atoms can fit into a treatment plan in an inpatient facility or outpatient setting. Campbell extends the traditional social atom through art therapy techniques that can allow clients to incorporate personal data about their addictive patterns. This article provides the reader with a very practical adaptation of one of sociometry's most significant tools. It shows how this tool can be used with a special population, addicts, and how art therapy and psychodrama, both creative art therapies, can combine to extend its usability and interest.

In Section 2, "Case Studies," we present "Empty Chair Grief Work From a Psychodrama Perspective," by Marvin G. Knittel. This is an elegant example of how to use the empty chair in the resolution of grief issues and complicated mourning. Knittel's case study is clear and instructional and offers a way to use psychodrama in one-to-one sessions. He shows clearly how interview and role reversal techniques deepen the client's experience and unblock grief. The case study is an excellent illustration of an approach to working with grief that is extraordinary in its efficiency and efficacy: the use of an action-oriented vehicle through which the lost object can be concretized and dealt with in the here and now.

In Section 3 we have Marcia Karp's riveting interview with Zerka Moreno, which gives us a glimpse into the thinking that has fueled our method. Karp's deep and intelligent understanding of both Moreno and her work allows her to craft a persuasive and penetrating interview as she plays the ultimate psychodramatic role of following the lead of the protagonist, providing the stage (or page) on which Moreno's multilayered, insightful mind comes forward. This

interview provides a glimpse into the complexity of thought that undergirds this field and should inspire more of this type of creative and discerning inquiry into our method.

Section 4, "From Our Archives," is a section in which we will reprint particularly fine articles from the archives of some of our previous journals. Our first entry in this section is "Psychodrama and the Future of the Social Sciences," by Jonathan Moreno. This fascinating article presents an informed and intensive assessment of psychodrama's interface with and place in the broader context of not only the mental health field but also the social sciences, humanistic thought, behavioral sciences, and neuropsychology. Moreno did not want his triadic system of psychodrama, sociometry, and group psychotherapy to become lodged in the mental health field alone. His thinking was as broad as the world, as is reflected in his famous statement that a method should have as its goal "the healing of all mankind." The level of intellectual inquiry in this article gives us a clear and well-supported look at the breadth of Moreno's thinking, which continues to be validated as far ahead of its time.

In Section 5, "The Practitioner's Corner," Bill Coleman presents the willingness exercise. "The Practitioner's Corner" is a new section in our journal, added so we can share tools, techniques, and adaptations in a nontheoretical format. We are excited about this section because it gives our very action-oriented practitioners a vital voice in our journal. Because ours is an action method, we are providing a venue where the practical exercises our practitioners develop and find useful can be described and shared. Coleman has created such an exercise, in which clients can explore their willingness to move forward in a chosen area of personal change or growth. The exercise uses practical techniques and is highly structured. This has the advantage of making experiential techniques more usable for those who do not have full training in psychodrama. Coleman has done a great job of breaking his exercise down into steps that are easy to follow and adapt.

In Section 6, Zerka Moreno has written a review of Olivia Lousada's book *Hidden Twins: What Adult Opposite Sex Twins Have to Teach Us*. One third of twin births are opposite-sex twins. Lousada's groundbreaking investigation explores the psychological impact of being an opposite-sex twin.

We invite you to become a part of the mission of this journal, by writing for it and by sharing its contents with others.

Sincerely,

Tian Dayton, PhD, TEP
Editor in Chief