

Letter from the Executive Editor

One hundred and twenty-five years ago, J. L. Moreno was born. He was to create a revolution in the world of the clinical human sciences. He dreamed of a truly therapeutic method(s) to cure the whole cosmos and bring peace and justice for all.

Already, as a young adult, he invested his time and energy in trying to revolutionize education, religion, and theatre. Later, as a medical student, he got involved in the field of therapy, at the junction of sociology and psychiatry. He created a whole new epistemology and vocabulary along the way: *sociometry*, *sociatry*, *axiodrama*, *psychodrama*, and *sociodrama* were new terms used by him, and he relied on methods already used in theatre, bringing them to a whole new level. His quest was relentless and his spontaneity ever at work.

In a rare case of continuity, his heritage is still flourishing and developing in all parts of the world. There have been ups and downs, but Moreno's legacy has always been alive, thanks to the Vision that he was able to embody and the passion he was able to light in other people: Today, early collaborators still stimulate students and patients throughout the planet while new generations of professionals enhance his work.

If there is one trend that explains such longevity, we must look at the importance of co-creating a Vision that would transcend time and space, resulting in an ongoing renewal of his philosophy and methods. This issue is a real example of the scope of Moreno's heritage from a world perspective (see Blatner) and an ongoing creative endeavor based on an integration of various disciplines. In the mix, we observe a greater place for the neurosciences that support the original view of Moreno (see Dayton, Hudgins & Toscani, Wiener & Ramseur).

The article by Tian Dayton, *Emotional and Developmental Repair through Psychodrama*, provides us with a clear systematic roadmap as to how behavior is first co-constructed with emotions and later sifted through critical thinking. Developmental psychology is the cornerstone to understand everyone's journey. The article shows the importance of an historical perspective and the knowledge of neurobiology. Each individual's life is played on a stage where biological makeup, intrapsychic constructions, and interpersonal experiences contribute at any given moment to a personal identity. The process of repair, when necessary, has to follow the same road that led to faulty experience and behavior: doing, undoing, and redoing. Psychodrama provides all the necessary tools to fulfill these steps. The article offers a model (also based on Greenspan and Wieder) that integrates theory, research, and clinical observations.

The article by Zerka Moreno, *Drawing the Personal Perceptual Socioculture Atom: An Exercise in Sharpening and Stretching Tele Function*, is a good reminder of continuity and longevity. Whatever vocabulary is used, the process behind the articulation of the here and now social atom remains actual and significant. Who

is in a better position to clarify this process than Zerka Moreno? Beyond the technical aspect of the representation, the author reminds us that we are dealing with an ongoing and ever-changing process: It is important for everyone to update their socioculture atom regularly. The graphic representation, the sociogram, helps the person in pinpointing areas of relationships to transform or take better advantage. Coming from the co-creator of Moreno's work, this article shows that human nature remains centered on relationships and that psychodramatists may be inventive, but they may not forget that the road to a significant life lies in the quality of interpersonal ties.

Ann E. Hale's article focuses on the importance to getting to know about sociometric status and process. Moreno developed a sociometric instrument to use people's relationships in a direction of a more satisfying, fertile life. Since then, many instruments have been created, some for personal use with a specific group and some to be utilized in various situations, including research. Ann E. Hale has been not only a defendant of sociometric-centered work but also an active practitioner and researcher in this area. Her article suggests an avenue to use sociometry for the benefit of all trainees. She works us through the development of an instrument that can be used at different levels, from individual answers of participants to a graphic representation of results of the whole group (sociomatrix). Every trainer could benefit from her contribution: We deal here not with a finished product (conserve) but with a work in progress.

The extent to which psychodrama, sociodrama, and other related methods can be used is well illustrated in Walter F. Baile and Rebecca Walters's article, *Communication Skills Training for Oncology*. The authors make the case for incorporating in the training both "what to do" and "how to do it." Dealing with cancer patients requires a well-balanced approach that integrates a cognitive perspective with a strong presence of emotions as well. To incorporate all facets, there is a natural path in using some actions methods since we can experience various aspects and roles. Psychodrama and sociodrama are the best vehicles to use in these cases, especially because of the accent put on role reversal. There is no better way to learn how to deliver a difficult message than to put oneself in the other person's shoes. This experiment will hopefully open the door to more hospitals and cancer treatment centers. Action research will help evaluate the value of such approach through trainees' satisfaction.

The article by Daniel J. Wiener and Charlotte A. Ramseur, *Conducting Substance Abuse Groups Utilizing Improvisational Action Methods*, offers a detailed account of the use of improvisational methods within a population of substance abusers. The reader will find a good balance between theory and practice: The authors present the rationale for exporting their expertise to this particular group of patients but also introduce us to specific and meaningful techniques. This article represents a good example of an integrated and critical approach in our field. They do not hesitate to tackle many facets of their work, such as elective participation, safety, and composition of groups. They also deal with issues that compare their work in drama therapy with psychodrama, bringing forward divergences between the two approaches that will make the reader aware of singular theoretical and practical modalities.

Untangling the Drama Triangle Using the Circle of Restoration by Linda Condon starts with elaborating the Karpman Drama Triangle. The author carefully describes the roles of Rescuer, Persecutor, and Victim. She stresses the fact that these roles are learned in early ages, which means that we may have to go back to the past to see how they were internalized. To transcend and transform these roles, it is suggested that we access to the Circle of Restoration: This is a very demanding process that requires reevaluating our role taking and choosing an alternative based on self-esteem, respect of self and others. This is a challenging program that includes “body, mind, and spirit” and in which the psychodrama method provides all the tools with which to facilitate such an exploration.

Linda Ciotola and Nancy Alexander, in their article *Teamwork and Trauma Recovery*, detail a process of collaboration between a psychodramatist and a psychotherapist. Beyond the choice of the two professionals, we witness here the importance of a close and intimate alliance between those working with severe traumatic patients. These people are so deeply affected that they need to reestablish deep alliances with those people who are helping them. In return, the need of these patients may be so demanding that the professionals may be helped by splitting the load of interpersonal demands, as much as sharing the tremendous internal demands originating from the echoes that these patients provokes inside each of us. The article insists on the need for collaborating efforts while using psychodrama and other therapeutic modalities in the recovery process. A case study is also presented so that we see the psychodramatist in action. Of great interest, too, is the use of different types of doubles and the link with Hudgins’ Therapeutic Spiral Model.

The Practitioner’s Corner

The article, *Containment = Safety with Action Methods*, written by Kate Hudgins and Francesca Toscani, presents a clear view of the role of the containing double. The text not only offers a rationale for the containing double but also uses many examples to show the necessary role of this double, especially in certain situations where the protagonist may otherwise decompensate or be retraumatized. Research that is also promising is included. This article is a vivid reminder that if we are doers, we have the responsibility to anchor our work in thought, research, and integration of the whole process we are dealing with.

Book Reviews

In the Book Review section, Adam Blatner’s *New Psychodrama Books and Related Materials* presents an overview of what is happening in our field in terms of publication. This article review is not a critical review of the content of the books but rather a wide presentation that shows the diversity of contributions and the high activity level of our sociometry. In addition, Blatner reminds us of the republication of Moreno’s works and gives us clues as to which publishers could be helpful to a new and potential author.

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