

New Psychodrama Books and Related Materials

Adam Blatner, MD

Recent years have seen a number of books related to psychodrama, and there are others, as well, that were published during the years this journal was on hiatus. Some have been reviewed by our journal; here I briefly address others, as it is important that people in our field know about materials published in English.

INTERNATIONAL RESOURCES

Psychodrama as a field has been expanding in Europe, South America, and Asia. Hundreds of articles and books have been published in languages other than English. This is a shift toward a more international expansion of our method.

In the 1970s, Dr. James M. Sacks began to compile a complete bibliography of psychodrama materials, aided by Valerie Greer and Marie-Therese Bilaniuk. Sacks continued to add to this in the 1980s and 1990s, and he created a book and CD. These were then converted to a Web site (<http://www.pdbib.org>) and given freely to the field to use without charge. In 2008, Sacks transferred the management of the Web site to Dr. Michael Wieser of Austria. This international bibliography has grown by about 200 entries a year over the last decade, so that there are now over 7,000 entries! (This bibliography is searchable by topic, keyword, author and so on.) Scores of books and thousands of articles in German, Spanish, Portuguese, and other languages not mentioned here may be found in that bibliography.

RECENT BOOKS IN ENGLISH

While some books have been reviewed by this journal, more have been published, so I note them here without a great deal of review. Many can be found easily by using keywords on a Web search engine such as Google.

Karen Carnabucci and Linda Ciotola recently wrote *Healing Eating Disorders with Psychodrama and Other Action Methods: Beyond the Silence and the Fury* (New York: Jessica Kingsley, 2013). This 242-page paperback book describes in a practical and readable way the use of psychodrama and other expressive arts media in doing group and individual work with people (mainly women) with eating disorders. The book includes lots of techniques, some used in conjunction with the

Therapeutic Spiral Method (as described in the book edited by Hudgins and Toscani mentioned later).

Karen Carnabucci and the late Ron Anderson wrote *Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind–Body Therapies and Energy Healing* (New York: Jessica Kingsley, 2012). This 192-page paperback blends Moreno's insights with those of other writers who are exploring the power of the ancestral unconscious. (Earlier books published by this publisher in both psychodrama and drama therapy can be viewed by using the search engine at the publisher's website.)

Dr. Tian Dayton created a sociometry-based model for the treatment of people with addiction in both inpatient and outpatient settings called "Relationship Trauma Repair". The model includes a therapist's guide, a personal journal, a DVD of Dayton using the model, and a CD of guided imageries to use in conjunction with sociometry and psychodrama. Dayton also released two DVDs: *Healing Childhood Abuse and Trauma through Psychodrama* and *Trauma and the Body: A Psychodramatic Approach* (available from <http://www.psychotherapy.net>), in which the viewer can see the method of psychodrama being used. Using the keyword search "psychodrama" on Psychotherapy.net or the author's Web site (<http://www.psychotherapy.net/video/psychodrama-childhood-abuse-trauma>), you will find other books and DVDs.

Joane Garcia-Colson, Fredilyn Sison, and Mary Peckham wrote *Trial in Action: the Persuasive Power of Psychodrama* (Portland, OR: Trial Guides, 2010). This 356-page hardcover book is about how psychodramatic methods can be used by trial lawyers. (<http://www.trialguides.com/book/trial-in-action/>)

Paul Holmes, Mark Farrall, and Kate Kirk are editing an anthology to be published in 2014 titled *Empowering Practice: Integrating Psychodrama with Other Therapies*. Published by Jessica Kingsley, this book illustrates the way in which psychodrama as a modality can add value to (and empower) psychotherapeutic practice in a variety of fields, such as eye-movement desensitization and reprocessing (EMDR), family therapy, and so on. It has chapters on the overlap of psychodrama with psychoanalysis, cognitive-behavioral therapy, attachment theory, drama therapy, and so forth.

Kate Hudgins and Francesca Toscani recently edited an anthology of writings titled *Healing World Trauma with the Therapeutic Spiral Model: Psychodramatic Stories from the Frontlines* (New York: Jessica Kingsley, 2013). A paperback with 364 pages, this book has a number of chapters by people who over the last decade have applied the editors' Therapeutic Spiral Model to a variety of problems in many countries. Trauma research has come into focus over the past two decades, and the action approach to its management is being ever more recognized. There are "meaty" chapters by various authors, and the book deserves to be in the library of every psychodramatist.

Peter Felix Kellermann wrote *Sociodrama and Collective Trauma* (London: Jessica Kingsley, 2007), a book that resonates with others who apply Moreno's methods beyond the medical model for helping groups of people to understand and cope with traumas they may have experienced.

Tobi Klein, in conjunction with Psychotherapy.net, recently produced a DVD titled *Psychodrama Unmasked: Essential Tools & Techniques*, which illustrates some of the most commonly used techniques of psychodrama. Klein, who is from Montreal, is a senior certified trainer in psychodrama.

Heinz Krall, Jutta Fürst, and Pierre Fontaine, leaders in psychodrama in Europe, have edited a recently published book titled *Supervision in Psychodrama: Experiential Learning in Psychotherapy and Training* (Wiesbaden, Germany: Springer Verlag, 2012). This 280-page paperback anthology is in English, and has 24 chapters written by mainly international directors whose primary language is not English. Still, the editing has made the chapters easy to read. The book speaks to many aspects of the supervisory process and should be in the library of anyone who seeks certification as a trainer of psychodrama.

Additionally available is a related book from 2008 titled *Supervision of Dramatherapy*, edited by Phil Jones and Ditty Dokter (London: Routledge). This book is a relevant text for those who would supervise or teach these methods.

Saphira Linden and Kirsten Hinsdale recently edited an anthology titled *The Heart and Soul of Psychotherapy: A Transpersonal Approach through Theater Arts* (Bloomington, IN: Trafford, 2013). In it, over 30 authors address spiritual aspects of drama therapy and psychodrama.

Evie Lotze and Sue Barnum cowrote *The Therapist's Creativity Handbook: Introducing Action and Play into Process Groups* (Santa Fe, NM: Authors, 2013). This small book shows how these methods might be integrated into more conventional types of group therapy.

Rosalie B. Minkin put out a small book titled *Sociodrama for Our Time: Sociodrama Manual* (Philadelphia: Author, 2013). She describes sociodrama as a special educational method that assists groups and individuals in altering the quality of personal and social life experiences. This 54-page manual covers four structures with which to construct a sociodrama for therapeutic settings, organizations, and education, and might be helpful to both seasoned and new practitioners.

BOOKS BY THE INVENTOR OF PSYCHODRAMA, J. L. MORENO

Dr. Jacob Moreno (1889–1974) was a prolific author and editor, and recently many of his books have been republished. Series editor Dr. Zoli Figusch in England, along with a team of coworkers at the North-West (U.K.) Psychodrama Association, used the online self-publishing service Lulu (<http://www.lulu.com>). Use the site-search feature. The following paperback books are in English:

The Future of Man's World (monograph), 2013, 34 pages

The Autobiography of J. L. Moreno, 2011, 146 pages

The Theatre of Spontaneity, 2011, 142 pages

Impromptu, 2011, 68 pages

Sociometry, Experimental Method and the Science of Society, 2012, 238 pages

Preludes to My Autobiography, 2012, 95 pages

The Words of the Father, 2013, 310 pages

The following books with Zerka T. Moreno as coauthor are also available:

The First Psychodramatic Family, 2012, 136 pages

Psychodrama, Volume 2: Foundations of Psychotherapy, 2011, 234 pages

Psychodrama, Volume 3: Action Therapy and Principles of Practice, 2013, 249 pages

Figusch was awarded the Zerka T. Moreno Award by the American Society of Group Psychotherapy and Psychodrama in 2012 for these efforts.

DVDS

Several DVDs have also been produced of early movies made by Jacob Moreno to demonstrate his method and are available at Psychotherapy.net. These are historical representations of the method and do not necessarily represent modern practice.

Zerka Moreno (Jacob Moreno's wife) is a major leader in the field herself. In 2012 she published a memoir titled *To Dream Again* (New York: Routledge.) Zerka Moreno was active in teaching through 2010 but has withdrawn from giving workshops, as she has become more fragile in her later 90s. Still, she continues to encourage the field she has done so much to promote. An earlier anthology of her writings—*The Quintessential Zerka*, edited by Toni Horvatin and Ed Schreiber—was reviewed in this journal. This book contains many key writings of hers, often more accessible to a new reader than Jacob Moreno's.

Zerka Moreno was also interviewed and her work shown in a few DVDs, such as *Psychodrama, Sociometry and Beyond*. These are available also from Psychotherapy.net.

OTHER PSYCHODRAMA BOOKS RECENTLY PUBLISHED

Rebecca M. Ridge wrote *The Body Alchemy of Psychodrama* (Self-Published: Author, 2009; <http://www.bridgebodyalchemy.com>). This book describes the psychobiological and spiritual integration between psychodrama and somatic therapies. Ridge integrates several approaches and describes that work in this book.

Craig E. Stephenson edited a book titled *Jung and Moreno: Essays on the Theatre of Human Nature* (London: Routledge, 2013).

Elizabeth ("Liz") White wrote a large-size, 228-page paperback titled *Still Life: A Therapist's Responses to the Challenge of Change* (Toronto: Author, 2011). This book mixes reflections of a long life, much experience, and a number of ways practitioners can organize workshops. This is a particularly rich book that should be in every psychodramatist's library—more certainly than most of Jacob Moreno's books. The book has lots of how-tos and many refreshing perspectives. At the author's Web site (<http://www.lizwhiteinaction.com>), you will also find excerpts and other materials. Several years earlier, White authored an excellent book titled *The Action Manual: Techniques to Enliven Group Process and Individual*

Counseling. Published in 2002, this 200-page book also may be found at her Web site.

Ron Wiener, Di Adderly, and Kate Kirk in 2012 edited an anthology titled *Sociodrama in a Changing World*. Published via Lulu, it is an anthology of many people's writing on this topic. (There are a number of other psychodrama books published via Lulu: It is worth browsing by the keywords *sociodrama* and *psychodrama*.) A table of contents of this book may be found by searching on my Web site (<http://www.blatner.com/adam/>) for my name and the book's title.

DRAMA THERAPY

Increasing crossover has been happening with the related field of drama therapy, and increasing numbers of psychodramatists are also accredited and recognized as drama therapists. More, writings in drama therapy (in the United Kingdom it is one word, dramatherapy) offer relevant information that might well benefit psychodramatists, and our work might in turn be enriching for drama therapists' professional development. Books on drama therapy have come out that carry a fair amount of material dealing with psychodrama, sociodrama, or related topics.

David Read Johnson and Renee Emunah edited the second edition of a fairly comprehensive anthology titled *Current Approaches in Drama Therapy* (Springfield, IL: Charles C. Thomas, 2009). This medium-large, thick textbook surveys this emerging field and has become a standard text for students of drama therapy. It has chapters on sociodrama and related topics and a fairly good bibliography of drama-therapy references. (The first edition in 2000 was edited by Johnson and the late Penny Lewis and was also a widely used text.)

Emunah also wrote *Acting for Real* in 1994; a slightly revised second edition is due out in 2014 from Routledge.

You can see my Web site (<http://www.blatner.com/adam/>) for further info on psychodrama, drama therapy, warm-ups, and some expressive arts therapies—just ones in English—but since prices change, it is best to check the publishers' Web sites. My site also offers bibliographies of books about role theory and sociometry, as well as many papers on various aspects of psychodrama and psychology.

Also, note that scores of books have been published in German and Portuguese (psychodrama is huge in Brazil), and a number in Turkish and other languages. In addition to the international psychodrama bibliography online mentioned near the beginning of this article, there is also a Web site of the Federation of European Psychodrama Training Organizations (FEPTO) that notes many books. And at <http://www.revistapsicoterapiapsicodrama.org>, a new journal in both Spanish and English may be found.

RELATED PROFESSIONAL FIELDS

Daniel Wiener and I edited an anthology titled *Interactive & Improvisational Drama: Varieties of Applied Theatre and Performance* (2007; <http://www.interactiveimprov.com>). The book is a survey of writers from fields, including

our own, that share the general themes of enactment, improvisation, and collaborative creativity.

PUBLISHERS

In this era of change and the growing presence of the Internet and Web search engines such as Google, it may be helpful for the reader to note those sources that can be helpful in order to keep up with developments.

First, there are several publishers that offer more in the way of books on or related to psychodrama: Springer Publishing Company of New York, Jessica Kingsley Publishers (London and New York), Routledge (London and New York), and the self-publishing company Lulu (<http://www.lulu.com>). Go to their Web sites and put in the keyword *psychodrama* to check out new titles, prices, and so on. You will find other books as well, using keywords such as *sociodrama* and *role playing*. Jacob Moreno's early books have been republished via Lulu, as have others by Rosa Cukier, John Nolte, and others.

Second, you may be able to purchase older copies of books from used-book sources on the Internet, often at reduced prices. Sometimes, though, they charge more than the publisher. You can also just search for the title and author on a Web search engine. Many books by me and others are available used at quite reduced prices!