

# Peter Rowan's Psychodrama and Action Methods with Children and Adolescents

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*I asked for materials on psychodrama with children in March 2002 and July 2001 on the psychodrama list serve (grouptalk) and also offered a summarization of the responses I had received through March. Subsequently, at the suggestion of another grouptalk participant, I contacted Peter Rowan, Dean and Associate Professor, Expressive Therapy Program, Lesley College Graduate School. He had taught at a course at for a number of years on action methods with children and adolescents and was quite willing to share his ideas. I have updated his reading list, indicating most recent editions and some ommitted bibliographic information. I am pleased to offer it with Peter's permission.*

Peter noted that the scope of the course and bibliography is broader than just psychodrama. Also he pointed out that though many of the articles he cites are antiquated in terms of clinical terminology the methods remain quite effective. After having gone through the literature this is what identified as the best medium length list of resources.

## SUGGESTED READINGS:

### BOOKS

1. Moreno, J. L. (1946). Psychodrama Vol. I. (Republished in 1972 and 1993). Beacon, NY: Beacon House. Especially Section IV, Principles of Spontaneity, pp. 47-150.
2. Moreno, J. L. & Moreno, Z. T. (1959). Psychodrama Vol. II: Foundations of psychotherapy. Beacon, NY: Beacon House. Especially chapter II, Interpersonal Therapy, Group Psychotherapy and the function of the Unconscious, pp. 47-87, chapter IV, The Discovery of the Spontaneous Man with Special Emphasis Upon the Technique of Role Reversal, pp. 135 – 186.
3. Moreno, J. L. & Moreno, Z. T. (1969) Psychodrama Vol. III: Action therapy and principles of practice. Beacon, NY: Beacon House. Especially chapter II. Psychodrama of children and Adolescence, pp. 33- 60, chapter V, Overview of Psychodramatic Techniques, pp. 233 – 246.
4. Moreno, J. L. , Moreno, Z. T. , & Moreno, J. (1964). The first psychodramatic family. Beacon, NY: Beacon House.
5. Stanford, G. & Roark, A. E. (1974). Human interaction in education. Boston: Allyn and Bacon.
6. Lederman, J. (1973). Anger and the rocking chair: Gestalt awareness with children. New York: McGraw Hill.
7. Blatner, A. (1996). Acting in: Practical applications of psychodramatic methods (3<sup>rd</sup> ed.). New York: Springer.
8. Moustakas, C. (1975). Who will listen? Children and parents in therapy. New York: Ballentine.
9. Powers, D. (1980). Creating environments for troubled children. Chapel Hill: North Carolina Press.
10. Williams, A. (1989). The passionate technique: Strategic psychodrama with individuals, families, and groups. New York: Tavistock/Routledge.
11. Holmes, P. & Karp, M. (Eds.). (1991). Psychodrama: Inspiration and technique. New York: Tavistock/Routledge.

12. Hoey, B. (1997). Who calls the tune: A psychodramatic approach to child therapy. New York: Tavistock/Routledge.

REQUIRED READINGS:

ARTICLES

SECTION I

CHILDREN

1. Geiser, R. L. (1971). An experimental program of activity therapy in a child care center. Child Welfare, 1, 290 – 297.
2. Moreno, Z. T. (1954). Psychodrama in the crib. Group Psychotherapy, 7, 291-302.
3. Lippit, R. & Clancy, C. (1954), Psychodrama in the kindergarten and nursery school, Group Psychotherapy, 7, 262 – 290.
4. Bodwin, R. F. (1954). The use of psychodrama in the psychiatric clinic. Group Psychotherapy, 4, 222 - 226.
5. Bruch, M. (1954). An example of the use of psychodrama in the relieving of an acute symptom in a psychiatric children's clinic. Group Psychotherapy, 6, 216 – 221.

SECTION II

ADOLESCENCE

1. Ward, J. L., Rubenfeld, S., & Swellow, R. (1956). Countertransference as a factor in the delinquents' resistance to group psychotherapy. Group Psychotherapy, 11, 229 – 245.
2. Rowan, P. (1973). Psychodramatic treatment of death fantasies in adolescent girls. Handbook of International Sociometry, 7, 94 – 98.
3. Eliasoph, E. (1955a). A group therapy and psychodrama approach with adolescent drug addicts. Group Psychotherapy, 8, 161 – 167.
4. Eliasoph, E. (1955b). Concepts and techniques of role playing and role training, utilizing psychodramatic methods in group therapy with adolescent drug addicts. Group Psychotherapy, 8, 308 – 315.
5. Eliasoph, E. (1958). A group psychotherapy program at Berkshire Industrial Farm. Group Psychotherapy, 11, 57 – 62.
6. Friedman, S. (1968). Role playing in a youth employment office. Group Psychotherapy and Psychodrama, 23, 21 – 26.
7. Willis, S. T. (1991). Who goes there? Group analytic drama for disturbed adolescents. In P. Holmes, & M. Karp (Eds.), Psychodrama: Inspiration and technique. New York: Tavistock/Routledge.

### SECTION III

#### FAMILIES

1. Moreno, J. L. & Moreno, Z. T. (1969). Psychodrama in a well baby clinic. In Psychodrama Vol. III: Action therapy and principles of practice (pp. 33 –38). Beacon, NY: Beacon House.
2. Starr, A. (1953). Psychodrama with a child's social atom. Group Psychotherapy, 5, 222 – 225.
3. Twitchell-Allen, D. (1954). Psychodrama in the family. Group Psychotherapy, 7, 167 – 177.
4. Shugart, G. & Loomis, E. A. (1954). Psychodrama with parents of hospitalized schizophrenic children. Group Psychotherapy, 7, 118 – 129.
5. Starr, A. (1959). Psychodrama with a family. Group Psychotherapy, 12, 27 – 31.
6. Compennolle, T. (1981). J. L. Moreno: An unrecognized pioneer of family therapy. Family Process, 20, 331 – 335.
7. Dodson, L. S. (1983). Intertwining Jungian depth psychology and family therapy through use of action techniques. Journal of Group Therapy, Psychodrama, and Sociometry, 35, 155 - 164.
8. Gray, M. A. & Rozema, H. J. (1987). Stimulus activities for family communication. Journal of Group Psychotherapy, Psychodrama and Sociometry, 40, 37 – 42.
9. Guldner, C. A. (1982). Multiple family psychodramatic therapy. Journal of Group Psychotherapy, Psychodrama, and Sociometry, 35, 47 – 56.
10. Guldner, C. A. (1983). Structuring and staging: A comparison of Minuchin's structural family therapy and Moreno's psychodramatic therapy. Journal of Group Psychotherapy, Psychodrama, and Sociometry, 35, 141-144.
11. Hollander, S. L. (1981). Spontaneity, sociometry, and the warming up process in family therapy. Journal of Group Psychotherapy, Psychodrama, and Sociometry, 34, 44 – 53.
12. Remer, R. (1986). Use of psychodramatic intervention with families: Change on multiple levels. Journal of Group Psychotherapy, Psychodrama, and Sociometry, 39, 13 – 30.

### SECTION IV

#### SCHOOL

1. Stanford, G. & Roark, A. E. (1974). Chapter 6: Role playing and action methods in the classroom. In Human interaction in education (pp. 171 – 208). Boston: Allyn and Bacon.

### SECTION V

## SOCIOMETRY

1. Vander May, J. H. (1974). A perceptual social atom sociogram. Group Psychotherapy, 27, 128 – 134.
2. Hollander, S. (1968). Social atom: An alternative to imprisonment. Group Psychotherapy and Psychodrama, 23, 173 – 183.

## SECTION VI

### MISCELLANEOUS

1. Rojas – Bermudas, J. G. (1960). The intermediary object. Group Psychotherapy, 22, 149 – 154.
2. Ennis, J. M. (1974). The dynamics of group and action processes in therapy: An analysis of the warm up in psychodrama. In I. A. Greenburg (Ed.), Psychodrama theory and therapy (pp 111-117). New York: Behavioral Publications.
3. Leveton, E. (1992). Chapter 4, The Double. A clinician's guide to psychodrama (2<sup>nd</sup> ed.). New York: Springer.
4. Cornyetz, P. (1947). Action catharsis and intensive psychotherapy. Sociatry, 1, 59 – 63.
5. Bolen, J. K. (1971). Easing the pain of termination for adolescents. Social Casework, ??, 519-527.
6. Rowan, P. J. (n.d.) Warm ups and techniques to be used with children and adolescents. (Available from the author, Lesley College Graduate School, 29 Everett St., Cambridge, MA 02138)
7. Garland, J. A., Jones, H. E., & Koloday, R. (1978) A model for stages of development in social work groups. In S. Bernstein Explorations in Group Work. ??: Charles Rivers.
8. Hollander, C. (1978). A process for psychodrama training: The Hollander psychodrama curve. Denver: Snow Lion.