

# Psychodrama: Spontaneity, Group Work and Creativity

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*We cannot 'Google' our way into self-  
knowledge: we need a method that will allow  
us to work from the inside out and the outside  
in... Tian Dayton 2005:9*

Want to know  
what  
psychodrama is?



<https://youtu.be/wNUfOpsL3NY>



J.L. Moreno 1889-1974  
Romanian, Austrian,  
American Psychiatrist.

“I attended one of Freud’s lectures. He had just finished an analysis of a telepathic dream. As the students filed out, he singled me out from the crowd and asked me what I was doing. I responded, ‘Well, Dr. Freud, I start where you leave off. You meet people in the artificial setting of your office. I meet them on the street and in their homes, in their natural surroundings. **You analyze their dreams. I give them the courage to dream again.** You analyze and tear them apart. I let them act out their conflicting roles and help them to put the parts back together again.’”

The Autobiography of J. L. Moreno, M.D. (Abridged), J. L. Moreno, Moreno Archives, Harvard University, 1985.



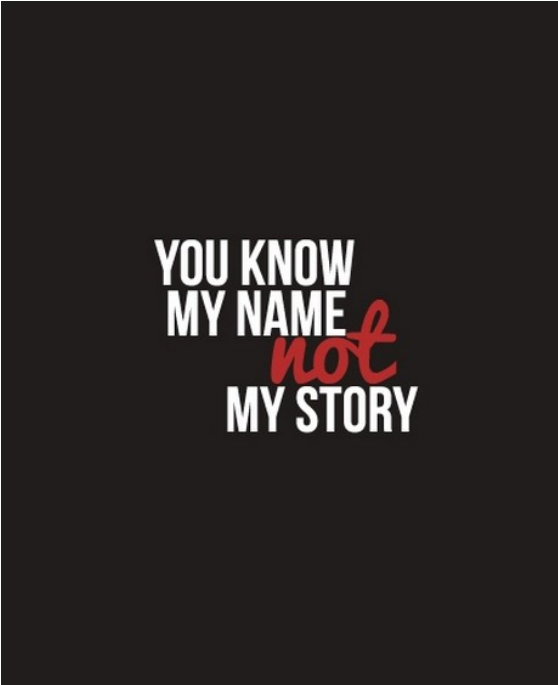
Moreno's ancestral home in Plevna, Bulgaria



ДЖ. Л. МОРЕНО  
J. L. MORENO  
18.V.1889 - 14.V.1974

СЪЗДАТЕЛ НА ПСИХОДРАМАТА  
THE FOUNDER OF PSYCHODRAMA

ПЪТЯТ ЗАПОЧВА ОТ ПЛЕВЕН  
THE ROAD STARTS FROM PLEVEN



YOU KNOW  
MY NAME  
*not*  
MY STORY

Our lives suffer when we lose the ability to be creative and spontaneous in the moment. When we are ruled by *cultural conserves* rather than living in the here and now, we lose access to our personal sense of empowerment.

Psychodrama places at the centre of his own drama so that he is empowered to show and to tell his own story, restoring him to the position of creator.



“The man who  
brought  
laughter to  
psychiatry”  
(Epitaph)

1. **Spontaneity and creativity are the propelling forces in human progress**, beyond and independent of libido and socioeconomic motives that are frequently interwoven with spontaneity-creativity, but [this proposition] does deny that spontaneity and creativity are merely a function and derivative of libido or socioeconomic motives.
2. Love and mutual sharing are powerful, indispensable working principles in group life. **Therefore, it is imperative that we have faith in our fellow man’s intentions**, a faith which transcends mere obedience arising from physical and legalistic coercion.
3. That a super-dynamic community based upon these principles **can be brought to realization** through new techniques. (Moreno, 2011, p. 61)

Moreno, J. I. (2011). The theatre of spontaneity (4th ed). U.K.: North-West Psychodrama Association



**Spontaneity** can be defined as a force operating in the moment that leads a person to make an adequate response to a given situation or context, which can also lead to a new response to an old situation. As mentioned earlier, spontaneity for Moreno is un-conservable. It operates in a person in the moment as a readiness to action, and it changes from moment to moment. Moreno's concept of spontaneity included adequacy in relationship to the context in which a person or group is acting. Moreno did not intend a simplistic reduction to "doing your thing" or "acting out," which might better fit colloquial usage, even if the distinction is hard to make in practice.

<http://moreno.com.au/philosophy-life-j-l-moreno%E2%80%99s-revolutionary-philosophical-underpinnings-psychodrama-and-group-psychot>

13/11/20

**Creativity** according to Moreno, the end result of a warming up process whereby a person increases his or her capacity to be spontaneous (1954). Spontaneity acts through a person as creativity, ranging from the simple novelty, such as a variation on a piece of performed music, through to original and significant developments of ideas in areas of science, philosophy or the arts, the renewing or creating relationships where once there were none, new understandings (such as internal appreciation of self, of others, or of life), or the creation of new art, music, or performance. Moreno was clear that there is a significant difference between the creator and the creation, through both are a product of creativity. He wrote that the creator's evolution is more important than that of the creation (Moreno, 1946). Moreno also wrote that he saw human beings as co-creators along with god, so creativity is no simple concept in his cosmology.

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One example of  
Creativity in a  
Psychodrama Session

Protagonist takes the  
role of his unfinished  
PhD thesis



<https://youtu.be/VQUtxDK5V-w>

## Participant Observation



“Moreno developed a new research paradigm more closely related to the subsequent approaches taken by modern sociologists and anthropologists: that of the participant researcher in a group. **This immediately placed psychodrama outside the positivist/empiricist tradition, which is part of the enlightenment tradition.** The enlightenment tradition, and its offshoot, the positivist approach, refers to the advocacy and support for the rational approach to argument, discourse and discussion as the superior way of intellectual operation and essential for progress, as well as a belief in the improvability of man and woman through this use of rationality, science and education (Anchor, 1967; Rorty, 1982). The positivist tradition believes in a knowable world, in objectivity as way to discover enduring truth, and in minimizing subjectivity (Usher et al, 1997). “

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## Zerka Moreno Tower of Bable or Babble?

“Morano said things happen between humans on a primordial level lying below language and that’s what I want to tap. It’s the language of the body and the psych. Its action and interaction”.  
(Zerker Morano)

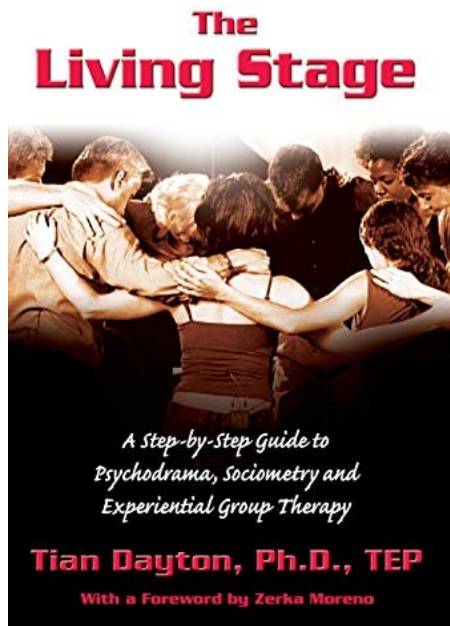
Language is NOT the Royal Road to the psyche...



<https://youtu.be/XAJfzeXDrA>

## Some Classical Psychodrama Basics: Role training (Group Work)

Tian Dayton



[https://youtu.be/61OiXWM\\_xmU](https://youtu.be/61OiXWM_xmU)

Can Psychodrama work be done in 1-2-1 settings?



<https://youtu.be/WeuMZ0Lr124>