

Psychodrama in Counselling, Coaching and Education

Volume 1

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The series situates psychodrama studies and research in Asia and beyond in a global context. It provides a unique and innovative resource for the latest developments in the field, nurturing a comprehensive and encompassing publication venue for humanistic psychodrama and sociodrama in therapy and coaching. The series publishes peer-reviewed volumes related to therapy, psychotherapy, counselling, coaching, HRD, team development and education including training. The series reflects on cultural creativity and new developments beyond J L Moreno in the second century of the existence of Psychodrama. The editor, with the assistance of distinguished scholars from Asia and elsewhere specializing in a variety of disciplinary and thematic areas, welcomes proposals that are related to the above-mentioned wide-ranging psychodrama studies. The series promotes the understanding of psychodramatic tools which are relevant in education, coaching, and team development. The series will appeal to researchers, clinicians/practitioners, and graduate students in the behavioral, social, medical, psychological and MBA sciences as well as leaders in Education, Corporate world and politics. It accepts monographs, edited volumes, and textbooks.

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Scott Giacomucci

Social Work, Sociometry, and Psychodrama

Experiential Approaches for Group
Therapists, Community Leaders, and Social
Workers

 Springer

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ISSN 2662-5490 ISSN 2662-5504 (electronic)
Psychodrama in Counselling, Coaching and Education
ISBN 978-981-33-6341-0 ISBN 978-981-33-6342-7 (eBook)
<https://doi.org/10.1007/978-981-33-6342-7>

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The registered company address is: 152 Beach Road, #21-01/04 Gateway East, Singapore 189721, Singapore

*To the future generations of psychodramatists
and social workers*

*may the contents of this book enliven your
practice*

and enhance the lives of those you serve

Series Preface

We are pleased to introduce you to this New Springer Nature psychodrama book series titled, *Psychodrama in Counselling, Coaching and Education*, edited by Jochen Becker-Ebel and by Scott Giacomucci (who is also the author of the first book in the series).

The series situates psychodrama practice and research in Asia and beyond in a global context. It provides a unique and innovative resource for the latest developments in the field, nurturing a comprehensive and encompassing publication venue for humanistic psychodrama and sociodrama in therapy, coaching, and education. The series publishes peer-reviewed volumes related to therapy, psychotherapy, counselling, coaching, human resource development, organizational dynamics, education, and training. This series will annually publish two monographs, edited volumes, and/or textbooks.

The rich tradition of Dr. Moreno's methods, including sociometry, psychodrama, and sociodrama, has been primarily disseminated through private post-graduate training institutes over the past 100 years of its existence. This academic book series brings the creativity and innovation of these experiential approaches more fully into academia with publications included in academic databases freely accessible to thousands of individual students, researchers, and professors.

The series reflects on cultural creativity and new developments beyond Dr. Jacob L. Moreno in the second century of the existence of psychodrama. The editors, with the assistance of distinguished scholars from Brazil, Germany, Indonesia, India, Taiwan, Turkey, and USA specializing in a variety of disciplinary and thematic areas, welcome proposals that are related to the above-mentioned wide-ranging psychodrama studies. Books in this series will also emphasize the unique histories and methodologies emerging in international psychodrama communities. The platform created by this series highlights psychodrama practice wisdom from around the world in the English language, making it more accessible for a wide audience. Additionally, this book series will include books that systematically integrate psychodrama philosophy and practice into other established fields of group psychotherapy, social work, counseling, psychology, coaching, trauma theory, education, and organizational development.

The series promotes the understanding of psychodramatic and sociometric tools which are relevant for counselors, supervisors, trainers, educators, creative arts therapists, group workers, and community or organizational leaders. The series will appeal to researchers, practitioners, and graduate students in the behavioral, social, medical, psychological, and business sciences as well as leaders in education, the corporate world, and politics.

As series editors, we would like to extend our gratitude to Springer Nature, Mrs. Satvinder Kaur, and her team, for believing in the creativity and strength of psychodrama. This series will serve to promote the methods of sociometry and psychodrama in multidisciplinary contexts to ultimately enhance the provision of social services, psychotherapy, education, scholarship, and research throughout the world.

Chennai, India/Hamburg, Germany
Philadelphia, USA
January 2021

Jochen Becker-Ebel
Scott Giacomucci

Foreword

Ours is a nation built upon trauma. We are a nation of immigrants. The original trauma of all immigrants who voluntarily come here is that they wrenched themselves from their families, communities, and countries. Many immigrants traveled here with only their hopes and dreams of creating a better life for themselves and their descendants.

One such immigrant was Dr. Jacob L. Moreno who migrated from Vienna to New York City in 1925, bringing with him new ideas of sociometry, psychodrama, and a vision of healing society. Zerka Toeman Moreno was also an immigrant who migrated from the Netherlands, via London to New York City in 1939. They both championed the isolated and rejected. His causes were the destigmatization of prostitutes, prisoners, and delinquents; hers were gay, lesbian, bisexual and transgender persons, and later those living with HIV and AIDS.

The original colonists established this great country by inflicting unspeakable trauma that continues even today upon the indigenous Native Americans. Our country's greatest wealth was created on the back, blood, sweat, and tears of slaves (1619–1865). After the Civil War and until the civil rights movement in the 1960s, most African Americans still lived in a nation of systemic oppression and legalized discrimination. Today, we still find vestiges of systemic oppression and social injustice in the ways in which we treat our African American citizens. These past traumas may have been denied or repressed from our conscious minds, but the pernicious and persistent aftershocks of these traumas live on in our unconscious, our bodies, and the body politic. This book offers a variety of action-based tools to address trauma with individuals, groups, and communities.

Now, the winds of change, fanned by the COVID-19 pandemic, and social, political, economic, and environmental unrest, are rapidly sweeping across our nation and the globe. Some have exploited these dramatic changes to achieve or retain power. They sow discord and distrust. Some have used their words and deeds to demean and demonize others and even to marginalize and criminalize minorities. When people are fearful, ignorant, and prejudiced, they are more likely to believe anti-science, anti-Semitic, political, racial, and religious conspiracies that create divisions within families, communities, and countries.

These divisions and separations are largely caused by a social phenomenon that Moreno terms “the sociodynamic effect” which underlies social inequality in society.

The reversal of the sociodynamic effect and movement toward social justice are tasks of utmost importance at this specific point in history.

Social workers and psychodramatists embody the hope that “A truly therapeutic procedure can have for its objective no less than the whole of mankind.” Together we can bridge the divides that separate us and, once again, respect and honor the differences between us. We agree that what binds us together is greater than what separates us. We all hope for a brighter future, a happy and healthy family, a good job with good pay, and an opportunity for our children to have a better life than we have had.

Jacob Levy Moreno, M.D. (1889–1974), along with Jung, Freud, and Adler, was one of the last great psychiatrists of the twentieth century. Dr. Moreno is the founder of psychodrama and sociometry and one of the co-founders of group psychotherapy and role theory.

Dr. Moreno and his colleagues and followers since his death have created and refined a complex and comprehensive body of knowledge encompassing a philosophy of spontaneity and creativity, a theory of human development, a theory of personality, a body of historic and voluminous scientific research (1920–1970), current worldwide research, and over 800 assessment, intervention and evaluation tools and techniques. It is quite remarkable that so few have contributed so much and have had such an enormous impact on the social sciences.

Dr. Scott Giacomucci, DSW, LCSW, BCD, FAAETS, PAT, is at the forefront of the next generation of Moreno’s followers, and he spans the intersection of social work, group work, trauma treatment, and psychodrama, sociometry, and group psychotherapy. He is uniquely positioned to teach and train others how to mend the cleavages of gender, race, religion, gender, socio-economic status, and cultures. He has developed his gifts of intellect, courage, curiosity, and charisma into talents that he has faithfully and consistently used on behalf of the isolated, forgotten, marginalized, and oppressed. He has boundless affection, love, and fealty to the family of humans and not just for the family of his birth.

Dr. Giacomucci is also that rare and exceptional academic author with a deep reservoir of clinical practice who weaves history, theory, research, best practices, and practical applications into a cohesive narrative that is clear and practical. One book does not lead to mastery of any field, but this book launches us on a journey that inspires us, imbues us with passion and purpose, and provides us with strategies and tools to move forward. While this book is best read from cover to cover, the sections stand alone and offer specific guidance for history, theory, assessment, intervention, and evaluation. As you read this book, you may find that some of the terms, theoretical constructs, and intervention tools are familiar to you and many more that offer new, exciting, and practical ways to heal relationships.

The Reverend Dr. Martin Luther King, Jr., reminded us that the arc of history bends toward justice. Yet the arc cannot bend unless there are sufficient people dedicated to bringing about that change. Social workers and psychodramatists can help make the arc of history bend toward justice. When we are trained in the art, science, and craft of creativity and spontaneity, we can bring healing and reconciliation to our families, our communities, our country, and the world. As Dr. Moreno once asked,

“How can we expect there to be peace in the world when there is not peace within in our own social and cultural atoms (networks)?”

In the final pages of this book, Dr. Giacomucci shares his future vision of social work, psychodrama, and sociometry. He does this by combining several psychodrama techniques, “The Letter,” “Role Reversal,” and “The Future Projection Technique.”

Now, I ask you the reader to future project to the end of your professional career and write a letter from your future self to your present self. In the letter, list some of the most important lessons you learned on your way and some positive results of having learned those lessons. End your letter with telling your present self one thing that you did today that made it possible for your best future self to come true.

Dr. Giacomucci has shared his vision. You have shared your vision.

At this moment and every moment, your world is at an intersection. Which path will you choose?

Dale Richard Buchanan, Ph.D., L.I.C.S.W., T.E.P.
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Washington, DC, USA

Acknowledgements

The completion of this book requires acknowledgments to many who have supported me in the writing process. The warming-up process for this book began with my psychodrama training and graduate social work education. My foundational understanding of Moreno's methods is attributed to my training with Edward Schreiber, David Moran, and Kate Hudgins. I would like to recognize the faculty at the University of Pennsylvania and Bryn Mawr College for the superb graduate social work education and scholarly mentorship that I received as a student—and later as an adjunct professor at Bryn Mawr College. The initial idea for this book emerged in the summer of 2019 after completing my DSW program—a small portion of this book is republished from my dissertation. I owe much gratitude to my dissertation committee for their guidance—Marcia Martin, Sari Skolnik, and Cathy Nugent.

The writing process of this book has been largely influenced by Jochen Becker-Ebel who has offered much encouragement, guidance, advocacy, editing, and insight. Jochen's contributions have helped me refine the book text, enhance its international readability, and navigate the publishing process. I also extend my appreciation to Satvinder Kaur and Springer Nature for their publishing support and promotion of psychodrama through this new book series. I would like to also recognize Georgie Klotz for her many of hours of work producing the beautiful images and figures throughout this text. The historical photographs within the book have been made available for reprint (from The JL Moreno Memorial Photo Album) due to the careful historical research conducted by Sérgio Guimarães and with the permissions of Zoli Figusch and Jonathan Moreno. I also extend my gratitude to Leticia Nieto for generously helping with editing and proofreading, while also helping me to see the importance of this book being accessible to all—which warmed me up to the idea of publishing open-access.

The inspiration that fueled my writing came from my admiration for leaders in the social work, group work, and psychodrama communities—especially Jacob and Zerka Moreno. I am indebted to Adam Blatner who helped me to frame writing as an act of creating through the lens of Moreno's Canon of Creativity—this insight created an internal shift from which the role of writer emerged within me. My brief encounter with Zerka Moreno in April 2016 resulted in a deep commitment to help carry psychodrama to the next generation. Motivation for this project has come in

large part from my current clients, students, and trainees at the Phoenix Center for Experiential Trauma Therapy, Mirmont Treatment Center, and Bryn Mawr College. Witnessing them access their own internal autonomous healing centers, spontaneity, and genius through psychodrama fortifies my commitment to help ensure Moreno's methods are available for future generations of students and clients.

Finally, I'd like to acknowledge my family, especially my wife Maria, for their support throughout my writing process. The production of this book proved to me much more than I expected and has regularly occupied my thoughts and discussions at home for many months. Maria has engaged with me in countless conversations about the book content and the emotional highs and lows of the writing process. Her patience, grace, and insights as a partner and fellow social worker have in large part created the holding environment from which this book has emerged.

Acknowledgement Sections of content throughout this book were initially published in the author's dissertation: Giacomucci, S. (2019). *Social Group Work in Action: A Sociometry, Psychodrama, and Experiential Trauma Therapy Curriculum*. Doctorate in Social Work (DSW) Dissertations. 124. https://repository.upenn.edu/cgi/viewcontent.cgi?article=1128&context=edissertations_sp2.

Praise for *Social Work, Sociometry, and Psychodrama*

“Scott Giacomucci has written an excellent and very important book locating psychodrama, sociometry and sociatry alongside social work. This book lays out the history, philosophy, and practice of Moreno’s triadic system clearly for the reader offering a more complete understanding of not only the methods but the mission behind them. This is truly an important contribution to the literature that firmly establishes the connection between Moreno’s triadic system and the social work field today.”

—Tian Dayton, Ph.D., TEP, *Senior Fellow at The Meadows, Director of The New York Psychodrama Training Institute, Developer of the Relational Trauma Repair Model (RTR), and author of fifteen books including, Neuropsychodrama (2015) and The Living Stage (2005)*

“This wonderful book brings Moreno vividly back to life in front of us! I got hooked and could not put it down until the very last page. It presents a panoramic view on the broad and unlimited possibilities of psychodrama, while placing it within cultural and systemic perspectives.”

—Nien-Hwa Lai, Ph.D., TEP, *Professor, Department of Psychology and Counseling, National Taipei University of Education*

“This book is aptly dedicated to the future generations of psychodramatists and social workers. It is the most comprehensive book to recount in meticulous details the history, philosophy and underlying theories of both psychodrama and social work. This scholarly work should be required reading for both faculty and students of these disciplines, and will be the best resource for psychodrama trainees studying for their certification exam. The book is well-written, its style is accessible, making it a page-turner, which not a common phenomenon in academic writing.”

—Jacob Gershoni, LCSW, CGP, TEP, *Co-Director of the Psychodrama Training Institute at The Sociometric Institute, New York, NY; Editor of Psychodrama in the 21st Century (2003)*

“Dr. Scott Giacomucci’s book takes a much-needed new look at the intersection between psychodrama, sociometry, and social work that will be of great interest to practitioners, students, trainers, and researchers. He presents the theory and practice of psychodrama in depth and provides a comprehensive account of contemporary applications in individual, group, and community settings. State of the art research findings are discussed clearly and insightfully throughout. This innovative book will certainly be a timely and invaluable resource for readers in many human service fields.”

—Hod Orkibi, Ph.D., *Tenured Senior Lecturer and Researcher, Psychodrama and Dramatherapy Graduate Program, School of Creative Arts Therapies, University of Haifa, Israel*

“This book takes psychodrama beyond the therapeutic consultation room, to the crossroads where it meets social work and community practice. It explores and integrates the theory and philosophy underpinning these disciplines, and offers an experiential perspective of using action methods, psychodrama and sociometry within these settings, with particular focus on trauma work. A great addition to the library of all professionals working in any of these areas!”

—Zoli Figusch, *British psychodrama psychotherapist/trainer, Series Editor at North-West Psychodrama Association, Editor of two texts on Brazilian psychodrama—Sambadrama (2005) and From One-to-One Psychodrama to Large Group Socio-psychodrama (2009/2019)*

“When Bruce Springsteen’s album, “Born to Run” was released, critics wrote that Springsteen was the ‘future of rock and roll.’ Dr. Giacomucci’s text will be required reading for generations of group therapists to come. This book conveys to the reader—experienced or novice, the fundamentals that are elusive to capture, but can clearly be understood and utilized by everyone. Scott Giacomucci is this generation of group therapists’ Bruce Springsteen.”

—Richard Beck, LCSW, BCD, CGP, FAGPA, *President, International Association of Group Psychotherapy and Group Processes; Lecturer, Columbia University School of Social Work; Lecturer of Social Work in Psychiatry (Voluntary), Weill Cornell Medicine*

“Dr. Scott Giacomucci has taken the task of integrating the essentials of the history, practices, and complex theories of Dr. J. L. Moreno—incorporated with a similarly complex set of ideas, theories, practices of Social Work. Through extensive research, diligence, and skill Scott has succeeded in offering a new view of Moreno’s work within the context of Social Work. This book serves to advance both fields in a scholarly and remarkable way. I intend to use this book as a core text for the Psychodrama class I teach at Lesley University in Cambridge, MA.”

—Edward Schreiber, DD, Ed.M, MSW, TEP, *Director of the Zerka Moreno Foundation; Co-Editor of the Autobiography of a Genius by Jacob Moreno, The*

*Quintessential Zerka and To Dream Again by Zerka Moreno; Adjunct Professor,
Lesley University Drama Therapy Program*

“Dr. Scott Giacomucci is a real pioneer and revolutionary with great creativity and productivity. This is a brilliant and quite interesting book that provides innovative resources for social work, sociometry and psychodrama. His creativity for experiential approaches cultivates an important culture of therapy and leadership which gives courage to trainees, practitioners, and educators in the field to go forward for a better world.”

—Caner Bingöl, MD, Ph.D., TEP, LCFT, LCTP, *Founding member of Dr. Ali Babaoğlu Psychodrama Institute; Istanbul, Turkey; Interim Chair of Trauma/Disaster Task Force, International Association of Group Psychotherapy*

“This scientific book is comprehensive, easy to read, and depicts the state of the art of social work and psychodrama. Chapters include practical content for direct use in social work, psychodrama, and beyond. This book is an essential read and is valuable for a variety of fields.”

—Jochen Becker-Ebel, Ph.D., *Owner PIB Germany and Adj. Prof. f. Psychodrama, Medical Faculty, Yenepoya University, India*

“Dr. Giacomucci has been committed to integrating psychodrama into social work. This well-written book is not only grounded in theory, but also very practical. The book content is excellent, insightful, and surely a milestone in the process of the integration of psychodrama and social work. With the rapid development of social work in China, sociometry and psychodrama have great potential application in competence-based social work education.”

—Xiaohui Wang, Ph.D., *Associate Professor, China University of Labor Relations*

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