

Part IV

Sociometry and Psychodrama in Social Group Work

Part IV devotes itself to the practice of sociometry and psychodrama in clinical social work with groups. The previous parts (Parts II and III) focused on philosophy, theory, and research of sociometry and psychodrama while the following collection of chapters will focus on practice. The chapters to come will describe various elements, interventions, and experiential processes with groups while also offering depictions of how these processes are used in social work practice. Examples from the author's social work practice experience will be offered to demonstrate the utilization of these experiential tools in action. With each experiential process, we will also explore its therapeutic benefits and limitations while offering practical suggestions and guidelines for social work practitioners to consider when employing sociometry and psychodrama into their practice.

Before we begin, it is important to acknowledge that experiential tools, especially psychodrama, can be unexpectedly powerful and impactful. They have the potential to promote great healing—and also the potential for inflicting serious harm for clients. This section on the practice of sociometry and psychodrama is meant to provide an introduction to these methods in social work practice but will not prepare readers to competently facilitate a full psychodrama process. Many students note that after reading about the various experiential sociometry processes and seeing them in action, they are able to implement them safely into their own groups. At the same time, it is not recommended that any practitioner attempt to facilitate a psychodrama until they have received sufficient training and supervision by a qualified psychodramatist.

There are multiple ways to find a certified psychodrama trainer near you; the simplest is to access the directory of your regional psychodrama credentialing body. Following is a list of some of the larger psychodrama credentialing bodies and professional societies along with their websites (although websites are not available for each association, many have active Facebook pages)—training institutes and individual trainers have not been included. There also appears to be no formal psychodrama society or association in any country in Africa, though psychodrama training groups meet regularly in Egypt and South Africa:

Trans-continental

- Ibero-American Forum of Psychodrama—www.iberopsicodramauy.com

- International Association of Group Psychotherapy and Group Processes, Psychodrama Section—www.iagp.com
- Federation of European Psychodrama Training Organizations—www.fepto.com

North America

- American Board of Examiners in Sociometry, Psychodrama and Group Psychotherapy—www.psychodramacertification.org
- American Society of Group Psychotherapy and Psychodrama—www.asgpp.org
- Association of Psychodrama, Sociometry, and Spontaneous Theater of Costa Rica—www.asistecostarica.jimdo.com
- Mexican School of Psychodrama and Sociometry—www.psicodrama.wixsite.com/emp/inicio

South America

- Argentine Psychodrama Society (SAP)
- Association of Psychodrama and Sociometry of Ecuadorian (APSE)
- Brazilian Association of Psychodrama and Sociodrama—www.abps.org.br
- Brazilian Federation of Psychodrama—www.febrap.org.br
- Paraguayan Association of Psychodrama and Group Psychotherapy
- Venezuelan School of Psychodrama (EVP)

Europe

- Psychodrama Association for Europe E.V.—www.psychodrama-for-europe.eu/
- Albanian Association for Psychodrama
- Association for Psychodrama in the Netherlands and Belgium—www.psychodrama.nu
- Association of Group Psychodrama and Psychotherapy (Spain)—www.assg.org
- Austrian Psychodrama Section—<https://www.psychodrama-austria.at/>
- Balkan Association in Psychodrama, Sociometry, and Group Psychotherapy—www.balkanpsychodramaedu.com
- British Psychodrama Association—www.psychodrama.org.uk
- Bulgarian Society for Psychodrama and Group Therapy—www.psychodrama-bg.org
- Danish Society of Psychodrama and Action Therapy—www.dp.dk/decentrale-eheder/dansk-psykodrama-selskab/
- Estonian Psychodrama Association—www.fepto.com/estonia
- German Psychodrama Association—www.psychodrama-deutschland.de
- Hungarian Psychodrama Association—www.pszichodrama.hu
- Italian Association of Morenian Psychodramatists—www.aipsim.it
- Nordic Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy—www.nbbe.eu
- Polish Psychodrama Association—www.psychodrama.pl
- Portuguese Psychodrama Association—www.sociedadeportuguesapsicodrama.com
- Psychodrama Helvetia (Association of Interest of Swiss Psychodramatists)—www.pdh.ch/de/
- Psychodrama Society in Norway—www.psykodramaforeningen.no/
- Romanian Association of Classical Psychodrama—www.psihodramaclasica.ro

- (Romanian) Psychodrama Society “Jacob Moreno”—www.old.psihidrama.ro
- Russian Academy of Psychodrama and Spontaneous Training—www.academy-psychodrama.ru
- (Russia) Southern Regional Association of Psychodramatherapists—<https://psychodrama-srpa.ru>
- Spanish Association of Psychodrama—www.aepsicodrama.es
- Swedish Psychodrama Association—www.psykodrama.nu
- (Switzerland) Psychodrama Helvetia PDH—<https://www.pdh.ch/de/>

Africa

- Egypt—though there is no national psychodrama association, there is an active psychodrama section of the Egyptian Association for Group Therapies and Processes (EAGT)—www.eagt.net

Asia

- Chinese Psychodrama Association
- Hong Kong Psychodrama Association
- Israeli Association for Psychodrama—www.iafp.org.il
- Japan Psychodrama Association—www.psychodrama.jp
- Korean Association for Psychodrama and Sociodrama—www.kpsychodrama.com
- Taiwan Association of Psychodrama—www.taptaiwan.com.tw/
- Union of Turkish Psychodrama Institutes

Australia

- Australian and Aotearoa New Zealand Psychodrama Association—www.aanzpa.org