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PSYCHODRAMA AND GROUP PSYCHOANALYTIC BIOENERGETICS THERAPY AND BODY WORK COURSE

NAME OF PARTICIPANT: Mia Nystrom - Östlin
NUMBER OF YEARS: 3 years
NUMBER OF HOURS: 480 hours

BRIEF DESCRIPTION OF THERAPEUTIC METHOD:

1. FAMILY EXPLORATION: A tri-level analysis of each members family was made using family sculpting, role-play and psychodrama. The three levels were:-

A. THE FAMILY OF ORIGIN: How the dynamics of this internalized family influences members in their present life attitudes and behaviors.

B. THE PRESENT FAMILY: Dynamics of present family, work and social network. Analysis of constructive & destructive behavioral patterns repeating themselves from the childhood family of origin.

C. THE "HERE AND NOW" FAMILY OF THE GROUP: The roles and behavioral patterns members assumed in relation to the group and the leader. The significance of these when compared to roles assumed in the family of origin i.e. multiple transference within the group and towards the leader. Group analysis of significant group phenomena (structure, process and content).

2. BODY WORK AND BODY DYNAMICS: Bioenergetic exercise classes, paired body work (one member acting as client, the other as therapist) and body examination were used to sensitize members to characterological defenses in the body blocks, tensions and limitations of movement and expression).

3. THE THERAPEUTIC METHOD: Consisted of an integrated approach of the following therapeutic methods:-

A. PSYCHODRAMA. Role-play. Monodrama. Therapeutic Psychodrama. Sociodrama. The auxiliary-ego. Doubling. The warming up. The action or dramatization. Working through. Behavioural practice. Sharing. Feedback. Closure.

B. BIOENERGETICS. Characterology. The body dynamics, psycho dynamics of the schizoid, oral, psychopath, masochist and rigid characters. Charge, discharge, flow, movement and blocking of energy. Grounding and Centering. Reality and Illusion. A general view of stress. Self-expression and survival. Sexual expression.

C. GROUP ANALYTIC THERAPY. Structure, process and content (both manifest and latent). Transference, multiple transference, counter-transference. Focal conflicts, themes, group solutions (enabling & restrictive) and group culture. Cross reference of the "there & then" dynamics (childhood transference's) to "here & now" dynamics (General Systems Theory).

4. OBJECTIVE OF THERAPY:

A. PERSONAL THERAPY. Through an integrated approach of Psychodrama, Group Analysis and Bioenergetic Analysis.

B. EXPERIENTIAL LEARNING AND SKILLS TRAINING. To increase the resources (ego strength, internalized modeling, learnt techniques & skills) for people in the helping professions so that they can perform their work with greater proficiency, self-awareness and sensitivity.

COURSE LEADER & THERAPIST

Carlos M. Chan

Carlos M. Chan 25 Nov. 1996 STOCKHOLM.