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Nota di contenuto	Intro -- Series Preface -- Foreword -- Foreword of the Second Edition German Language -- Preface -- Reference -- Contents -- 1 What is Psychodrama? -- References -- 2 Mentalization-Oriented Metacognitive Theory of Psychodrama -- 2.1 The Creative Process as the Basis of Life -- 2.1.1 The Structural Aspect of the Process of Self-organization -- 2.1.2 The Process of Energetic Exchange -- 2.1.3 The Aspect of Action in Creative Processes -- 2.1.4 The Functional Aspect -- 2.2 The Creative Process of Mentalizing and Its Management via Intuition -- 2.3 The Interrelationship Circuit Between the Tools of Mentalizing and the Eight Core Psychodrama Techniques -- 2.4 Defenses, Spontaneity, and the Resolution of Different Types of Defenses Using Psychodrama Techniques -- 2.4.1 Disturbances in Internally Representing the Conflict System -- 2.4.2 Disturbances

in Inner Interacting -- 2.4.3 Disturbances in Internal Rehearsing --
2.4.4 Disturbances in Internal Integrating -- 2.5 The Attunement
and Agreement Process Between the Patient and the Therapist During
Psychodramatic Play -- 2.6 Developing the Modes of Mentalization --
2.7 The Neurophysiological Foundations of Psychodramatic Play -- 2.8
The Diagnostic Psychodramatic Conversation -- 2.9 Psychodramatic
Self-Supervision and Supervision -- 2.10 Disturbances
in the Therapeutic Relationship, Transference, Countertransference,
and Resistance -- 2.11 Group Dynamics, Transference,
Countertransference, and Resistance in Group Psychotherapy -- 2.12
The Implications of Mentalization-Oriented Theory for Psychodramatic
Work -- 2.12.1 Psychodrama is More Than a Method of Group Therapy
-- It is a Form of Psychotherapy -- 2.12.2 The Interrelationship Circuit
Between the Patients' Mentalizing and Their Psychodramatic Play Must
not Be Interrupted -- 2.12.3 The Use of Psychodrama Techniques
Becomes Easier.
2.12.4 The Therapist Thinks in a Systemic and Process-Oriented
Manner -- 2.12.5 The Group is to Be Understood as a Self-organizing
System -- 2.12.6 The Mentalization-Oriented Theory Strengthens
the Effects of Psychodrama Therapy and Counseling -- 2.13
Comparison Between the Self-Image-Focused and System-Focused
Style of Directing Groups -- 2.14 Similarities and Differences Between
Mentalization-Oriented Theory and Other Theories of Psychodrama
Therapy -- References -- 3 The Pathogenesis of Mental Illnesses,
Diagnostics, and Therapy Planning -- 3.1 Symptom-Based Diagnosis
and Process-Based Diagnosis -- 3.2 The Disturbances in Mentalization
and the Resulting Conflicts -- 3.3 Diagnosis and Planning
in Counseling -- References -- 4 Personality Disorders, Narcissism
and Borderline-Organization -- 4.1 What Are Personality Disorders? --
4.2 Particularities in the Treatment of People with Personality Disorders
-- 4.3 Particularities in the Treatment of People with Borderline
Personality Disorder -- 4.4 Structural Disorder as a Fundamental
Problem and Additional Diagnosis for People with Personality Disorders
-- 4.5 An Overview of the Different Steps of Treatment -- 4.6
Doppelganger Technique in a 'Normal' Psychodramatic Play -- 4.7
Representing the Working of the Ego-States Using Chairs -- 4.8
Psychodramatic Approach to the Dominant Defense Pattern -- 4.9
Resolution of Defenses Through Splitting in People with Borderline
Personality Disorder -- 4.10 Resolving the Fixation in a Whole Defense
System -- 4.11 What Can Psychodrama Offer to Schema Therapy? --
4.12 Integrating Inner Change into Inner Relationships' Images -- 4.13
Self-Development of Therapist and Psychodramatic Responding -- 4.14
Disturbances in the Therapeutic Relationship and Negative Therapeutic
Reaction -- References -- 5 Trauma-Related Disorders -- 5.1 What is
Special About Trauma Therapy?.
5.2 Definitions of a Trauma-Related Disorder and a Traumatizing
Situation -- 5.3 Symptoms of Trauma-Related Disorders -- 5.4
Dissociation as a Central Characteristic of Trauma-Related Disorders --
5.5 The Therapist Witnesses the Traumatization and the Dissociating --
5.6 The Seven Phases of Psychodramatic Trauma Therapy -- 5.7
Trauma-Specific Diagnosis -- 5.8 The Initiation of Trauma Therapy --
5.9 Self-Stabilization and Associated Techniques -- 5.10 Trauma
Processing -- 5.10.1 Processing Trauma Experience Through Acting
into a Coherent Story -- 5.10.2 The Four Functional Workspaces
for Trauma Processing -- 5.10.3 Trauma Processing with the Help
of Auxiliary Therapists -- 5.10.4 The Information and Control Space --
5.10.5 The Safe Place -- 5.10.6 The Observation and Narration Room
-- 5.10.7 The Interaction Room Between the Victim and the Perpetrator

-- 5.10.8 Processing the Reaction to the Trauma Processing Session --
5.10.9 The Contraindication of Reversing Roles with the Perpetrator --
5.10.10 Trauma Processing Using the Table Stage in Individual Therapy
-- 5.10.11 Trauma Processing in Group Therapy -- 5.11 Integrating
Inner Change into Everyday Relationships -- 5.12 Secondary
Traumatization -- 5.13 The Natural Self-Healing System in Humans --
5.14 Coping Fairy Tales as a Technique for Trauma Processing -- 5.15
The Shaping of the Therapeutic Relationship -- 5.16 Secondary Trauma
and Burnout in Therapists -- 5.17 Concepts of Psychodramatic Trauma
Therapy by Other Psychodramatists -- 5.17.1 Peter Felix Kellermann
(2000, pp. 23-40): The Therapeutic Aspects of Psychodrama
with Traumatized People -- 5.17.2 Marcia Karp (2000, pp. 63-82):
Psychodrama of Rape and Torture: A Sixteen-Year Follow-Up Case
Study -- 5.17.3 Eva Roine (2000, pp. 83-96): The Use of Psychodrama
with Trauma Victims.
5.17.4 Anne Bannister (2000, pp. 97-113): Prisoners of the Family:
Psychodrama with Abused Children -- 5.17.5 Clark Baim (2000,
pp. 155-175): Time's Distorted Mirror: Trauma Work with Adult Male
Sex Offenders -- 5.17.6 Jörg Burmeister (2000, pp. 198-225):
Psychodrama with Survivors of Traffic Accidents -- References -- 6
Anxiety Disorders -- 6.1 The Social Conditions of Fear -- 6.2 What Are
Anxiety Disorders? -- 6.3 The Self-Protective Behavior in Patients
with Panic Attacks as an Obstacle in Therapy -- 6.4 Initiation
of Treatment in Patients with Panic Attacks -- 6.5 The Different Steps
in Metacognitive Therapy for People with Panic Attacks -- 6.6 The
Disorder-Specific Therapy of a Patient with Social Phobia -- 6.7 Crisis
Intervention for Performance Anxiety -- 6.8 Other Psychodramatic
Approaches in the Therapy of Anxiety Disorders -- 6.8.1 The Therapy
of a Patient with Social Phobia by Moreno -- 6.8.2 The Treatment
of Specific (Isolated) Phobias -- 6.8.3 Other Psychodrama Therapists'
Approaches to Panic Attacks -- References -- 7 Obsessive-Compulsive
Disorders -- 7.1 Obsessive Thoughts, Compulsive Acts, and their
Psychodynamic Function -- 7.2 The Disorder-Specific Treatment
of Compulsive Behaviors -- 7.3 The Treatment of Obsessive Thoughts
Without Compulsive Actions -- 7.4 Self-stabilization and Ego-
Strengthening Through Role-Playing -- References -- 8 Depressive
Disorders, Masochism and Suicidal Crises -- 8.1 What is Depression?
-- 8.2 The Different Forms of Depression -- 8.3 Therapy
for Depression in Current Conflicts -- 8.4 Therapy for Depression
Caused by Neurotic Conflict Processing -- 8.4.1 The Basic Principle
of Psychodramatic Therapy for Depressed People with Neurotic Conflict
Processing -- 8.4.2 The Seven Steps of Psychodramatic Dialogue
in Neurotic Depression.
8.4.3 The Integration of Improved Self-actualization in Relationship
Images from Childhood -- 8.4.4 The Therapist's Participation
as a Doppelgänger and an Auxiliary Ego in the Psychodramatic
Dialogue -- 8.4.5 Psychodramatic Group Therapy for Patients
with Depression -- 8.4.6 Therapy for Depression in Separation
Conflicts -- 8.4.7 Therapy for Prolonged Grief Reactions -- 8.5
Therapy for Masochism and a Pathological Superego -- 8.6 Therapy
for Severe Depression Bordering on Psychosis -- 8.6.1 Vicarious
Mentalization in the Therapeutic Relationship -- 8.6.2 The Activation
of a Sense of Self-regulation in the Symptom of Suicidal Fantasies --
8.6.3 Rebuilding the Inner Fantasy Space in Everyday Life -- 8.6.4
Symbolizing in Nocturnal Dreams as an Amplification
for Understanding the Patient's Self-regulation in Everyday Life -- 8.6.5
The Doppelgänger Technique in Self-injurious Thinking -- 8.6.6 The
Integration of Improved Self-actualization into the Inner Relationship

Images -- 8.6.7 Limitations in the Therapy of People with Depression -- 8.7 Treatment with Psychopharmacology -- 8.8 Suicidal Crises -- 8.8.1 Fundamentals of Suicidal Crises -- 8.8.2 Constricted Thinking in the Pre-suicidal Syndrome -- 8.8.3 Criteria for Assessing the Risk of Suicide and the Need for Therapy -- 8.8.4 The Encounter with Death as a Wake-Up Call and an Impetus for a New Beginning -- 8.8.5 Therapeutic Interventions in the Event of Risk of Suicide -- References -- 9 Psychotic Disorders -- 9.1 The Historical Development of the Treatment of People with Psychosis -- 9.2 Blockages in the Therapeutic Relationship in Psychiatric Treatment of Psychosis -- 9.3 Mentalization Disorders as the Cause of Delusional Production -- 9.4 The Psychodynamics of Psychotic Decompensation -- 9.5 Moreno's Secret in the Psychotherapy of Psychoses. 9.6 Moreno's Metacognitive Approach in the Psychotherapy of Psychoses.

Sommario/riassunto

Explains the practical approach in psychodrama with the help of multidisciplinary theories of self-development, mentalization, play, and psychosomatic resonance. These theories help to structure the therapeutic experiences of Moreno and other psychodramatists and to compare them with experiences and theories of other psychotherapy methods. Against this background, the author develops models of a disorder-specific psychodrama therapy for people with personality disorders, borderline organization, trauma disorders, anxiety disorders, obsessive-compulsive disorders, depression, grief reactions, suicidal crises, masochism, psychoses, addiction disorders, eating disorders, and behavioral addictions. The therapy models convey a deep understanding of these disorders and sometimes open up new ways of treatment. They can be used both in individual and in group therapy. The methods are explained with the help of more than 120 case examples. The theoretical explanation makes the psychodramatic action methods accessible and applicable to therapists from other schools of therapy as well as in counseling and coaching. This makes the practical work therapeutically more effective and creative.
