

Psychodrama (Training) Session Outline

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Shepherd's Staff Training in Psychodrama

Warm-up: the director's warm-up, the group warm-up, the sociometric choice.

Action: contract, periphery to the core, catharsis, ending in the present, role training.

Sharing: deroling; no questions, advice, analysis, how you resonated with the protagonist, issues raised for you, "love back," sharing from roles played/self.

Processing (a training phase): director's experience and evaluation; protagonist's experience, feedback, and evaluation of the director; auxiliaries' experience, feedback, and evaluation of the director; audience/group experience, feedback, and evaluation of the director; questions about the process and use of the method; and trainers' teaching points.