



PSYCHODRAMA, SOCIAL ATOM AND DEATH

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Death Education For Palliative Psychology



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Abstract

This presentation will address the idea of J. L. Moreno of social death. Social atom is considered as the smallest social unit with people we have a relationship feeling with attractions and rejections. The interpersonal relationships may be dead or alive, real or in fantasy but are essential to the client's daily living. If someone dies, the before and after social atoms will look different. It is not always possible to substitute him or her - you will lose a part of yourself. A genosociogram uses a transgenerational perspective on this.

Included in the discussion are: a brief review of the history of sociometry and the social atom inventory, a sample questionnaire, clinical case examples and guidelines as well as precautions for clinical application.



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Competences

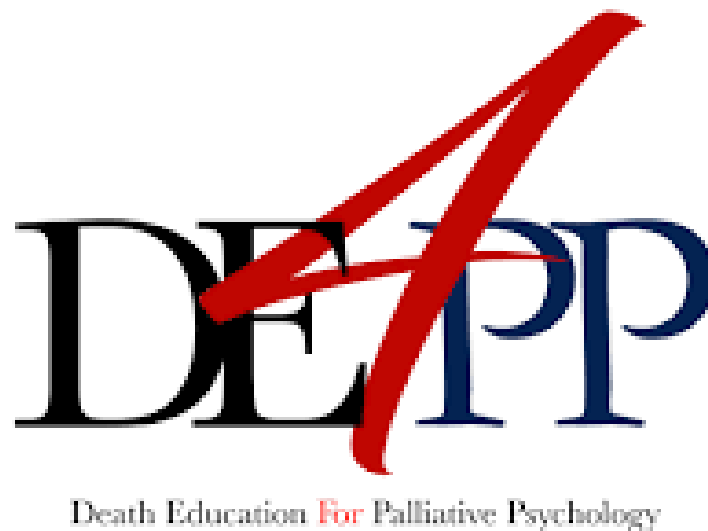
Competences to be achieved:

- Define the concepts of social atom, genosociogram and social death
- Explain the background of social atom, genosociogram and social death
- Implement the social atom and genosociogram with psychodrama and to handle the practical realization
- Explore and evaluate the social atom of the client and to find ideas to “treat a social atom disorder”



Background

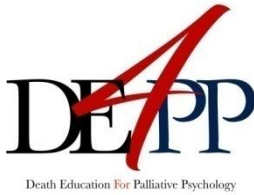
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Psychodrama

- Psychodrama = action and its exploration, process of learning by experiencing (Blatner, 2019)
- Method of psychotherapy, counseling, education and social research
- Developed by Doctor Jacob Levy Moreno (1889-1974) in Vienna and New York
- For more information please see topic 1
- How does it work in practice?

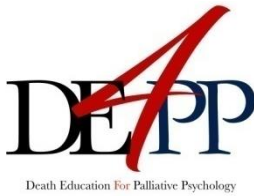


<https://www.youtube.com/watch?v=OdvErKtIVUE&t=30s>



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Social Atom

- Smallest social unit (its representation in the mind of the client)
- Emotional relationships with attraction and rejection
- Interpersonal relationships can be "warm" or "cold", real or imaginary; these are essential for the daily life of the client
- Living and dead persons can be represented



Social Atom

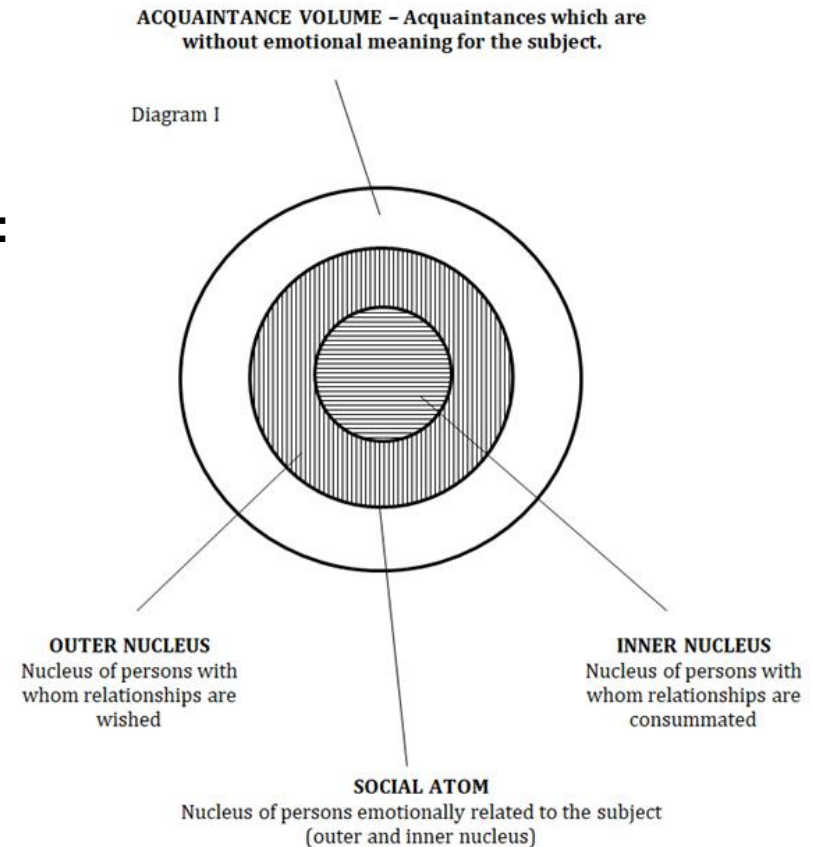
Brief review of the history of sociometry:

- originally began as a therapeutic science
- grew into a general science of the group

Goals:

- research into the composition of the group; the selection of patients suitable for treatment
- to find the syndromes that are characteristic for the group and methods to treat groups and individuals successfully









(Original figure: 1936 *Sociometric Review* 1)



Social Atom

- Social atom inventory: family of origin, present-day, future projection, parent-child atom (Dayton, 2005)
- Sample questionnaire:
<http://grouptalkweb.org/scales/00SNI.htm>
- Related concepts in psychodramatic counselling:
 - atom of social resources
 - safe place/inner helpers (Stadler, 2014, pp. 58-65).

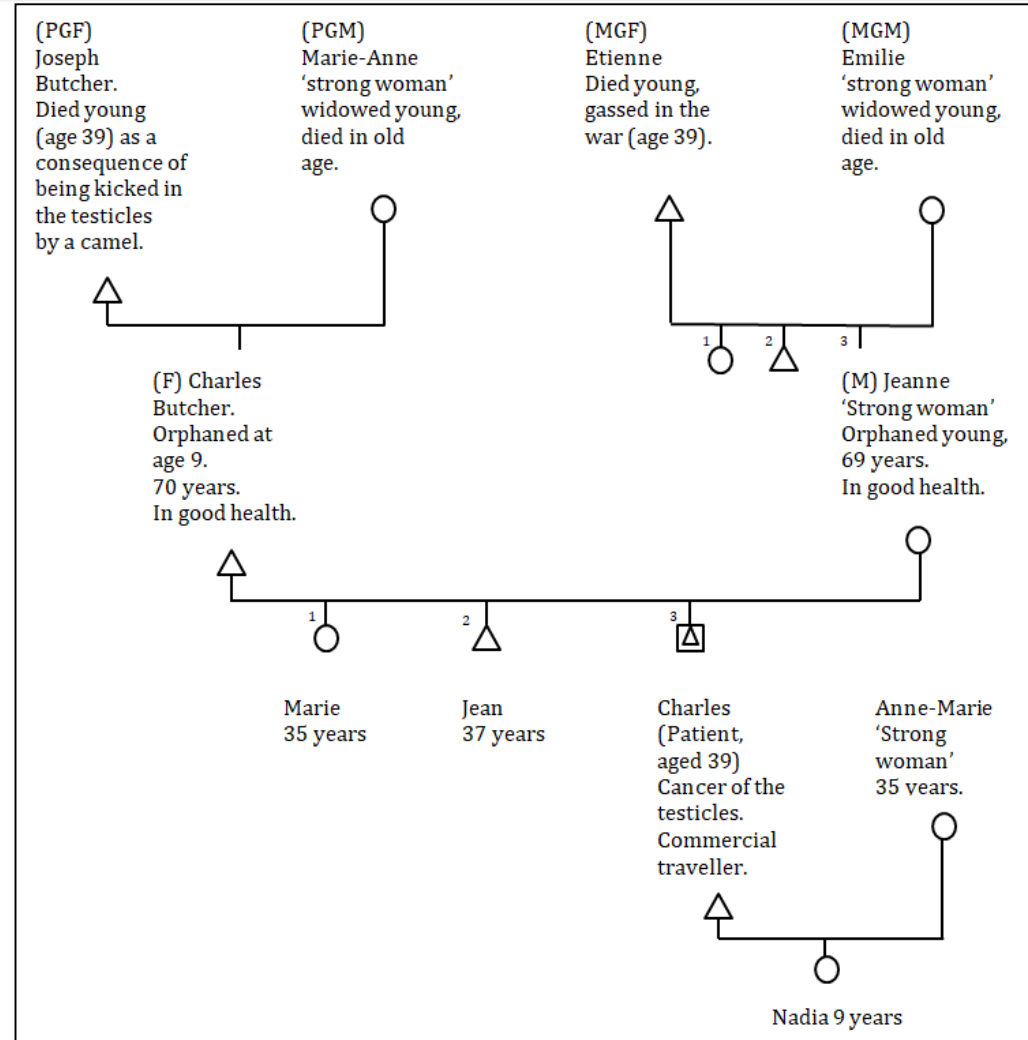
Notational System For Social Atoms

	= female
	= male
	= genderless (to represent institutions, careers, large groupings, etc.)
	= deceased female
	= deceased male
	= mutual attraction
	= mutual rejection
	= mutual indifference

Social Atom and Death

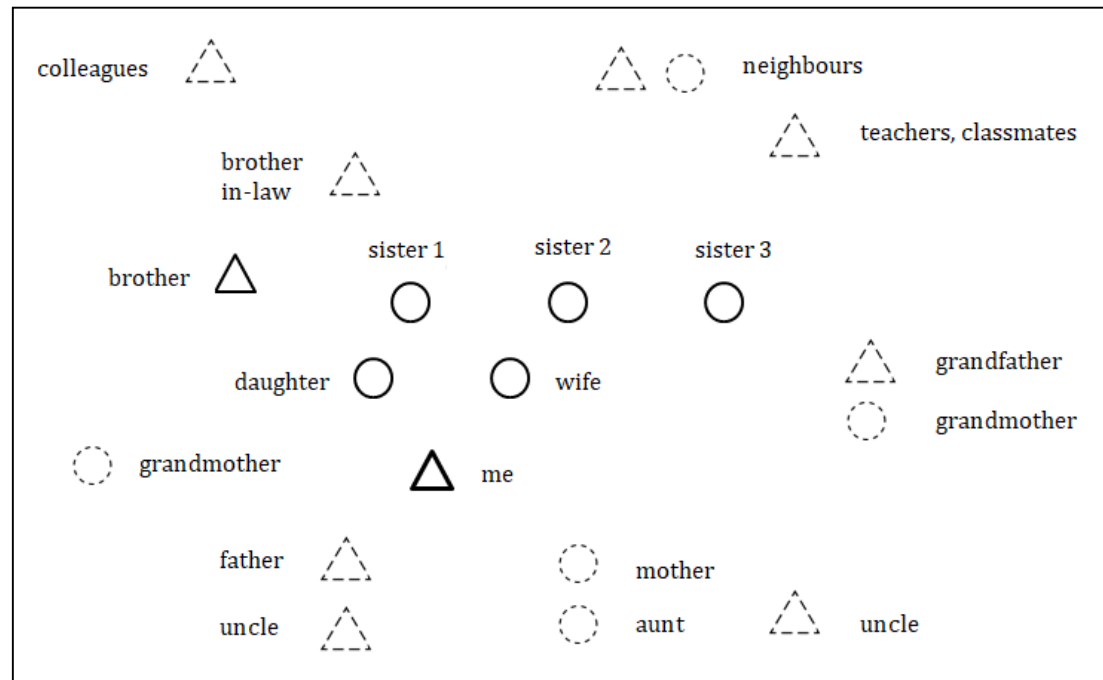
- When someone dies, the social atom before and after looks different (social death)
- It is not always possible to replace the person who passed away, you lose a part of yourself and need "death catharsis" (Moreno, 1947, p. 83)
- Genosociogram → transgenerational perspective

(s. figure Ancelin-Schützenberger, orig. Vouloir Guérir, 1985)



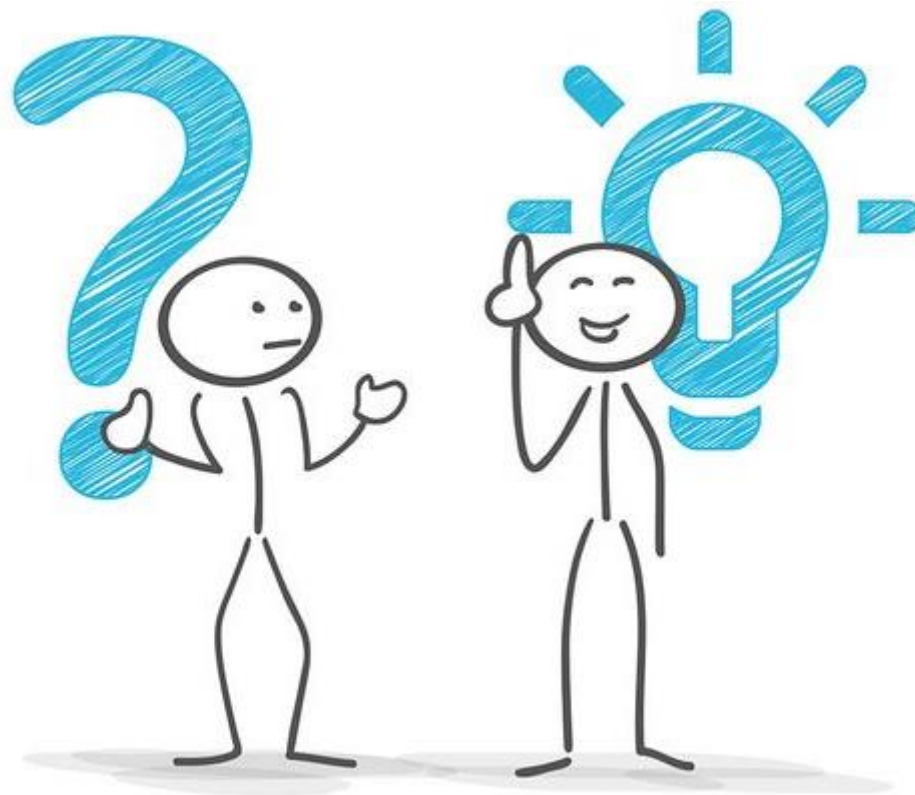
Social Atom and Death

- Clinical case examples
Bring flowers to a "non existing"
grave in Auschwitz, accepting that
the brother is not alive any more
(Abraham, 1972, pp. 88-90);
The confrontation; The Judgement;
The Rebirth (Siroka &
Schloss, 1968, pp. 203-205)
- Guidelines and precautions for
clinical application:
 - "What would you like to
change?"
 - Informed consent of the client



Discussion

Any questions or
comments?





Thanks for your attention!

If you have any questions please contact:

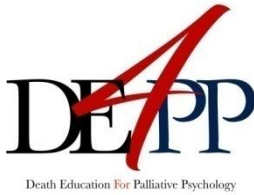
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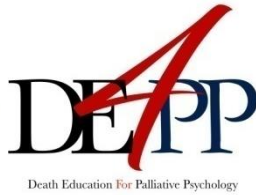
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Picture Sources

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