

## Instruction

### for the online workshop with video participation

# Psychodrama, Social Atom and Death

written by

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Each member is asked to prepare white paper (A4 or larger), a pen and colored pens.

**Psychodrama, Social Atom and Death** – The workshop is an opportunity to familiarize participants with the practical aspects of psychodrama acting, sociometry, and the social atom in the context of death and loss.

## A. Introduction/Warm-up (25 minutes)

### 1. Welcome participants and explain the format of the workshop:

"We are welcoming you to the workshop. We will spend three academic hours together. The workshop will be experiential. Please consider this experience as part of your training. In that sense, we will experience various techniques here, in order to study and practice them. The techniques are based on your personal experiences relating to grief and loss. However, we will not be able to process those experiences during this workshop, but only to share them for the sake of academic and practical learning. Thus, we truly recommend sharing and working with loss and grief experiences that happened in the distance circle relationship and not in the close circle of family and friends. We ask that you share your experiences and emotions ONLY to the extent that you feel comfortable doing so. You don't need to share or practice the techniques if you don't feel comfortable. In case of need, please contact to the University psychological support clinic (add your university psychological support clinic information)."

## 2. Explain the topic, objectives, and rules of the workshop:

"We/I assume that you have watched the video materials uploaded on the Moodle platform on the topic of the module (if not, please do so soon). In this lecture we have given a theoretical introduction to the topic of psychodrama, the social atom and its relations to death. During the workshop, you will have the opportunity to practically continue what you have learned by being invited to draw your social atom for deep, meaningful experiences."

"We propose to begin our work with a brief discussion of the rules that can help us spend this time together effectively and safely. First, we would like to ask for your promise to keep all shared personal information confidential. If you wish, you may use acronyms or pseudonyms as nicknames instead of your name. Please do not use your last names. The emotional climate of trust and acceptance is important, so please do not be critical or judgmental of others. If you would like to make other comments or suggestions that will help us work effectively, please feel free to do so."

"We will write the group rules **(such as confidentiality, acceptance, time frame, self-care, self-responsibility and other rules if they are suggested during the discussion)** in the chat. Please look at them at the end of our exchange and express your agreement with the *thumbs up* icon (you can find the button at the bottom of your screen)" **(the trainer can also suggest any other ritual for the group contract).**

"Please remember that you are responsible for yourself."

"Do you have any other comments or questions?" **(the trainer will discuss them as needed)**

## B. Action: Working with Social Atom - Part I (40 minutes)

### 1. Invite the participants:

"I propose to begin our work with a short exercise that can help us understand what is involved in psychodrama. Please use your gestures to express your current mood or attitude about your participation in the workshop.... Try to be as creative as possible. Who would like to begin?"

If necessary, you can propose the round and specify the order of self-presentation.

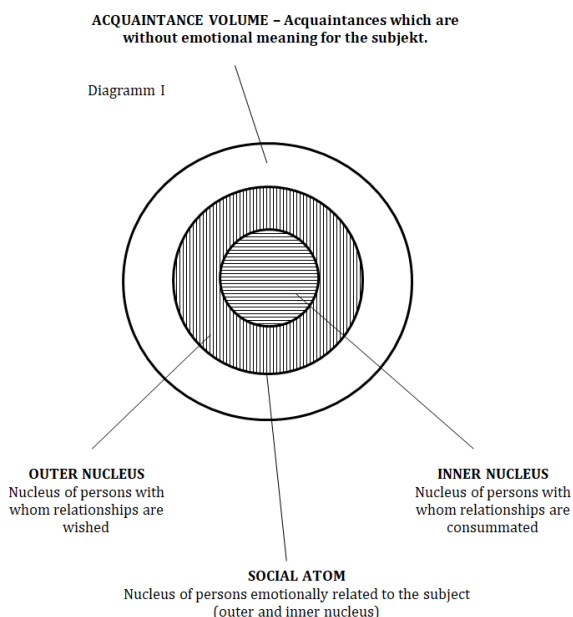
**2. After the round is over, invite all participants to share:**

"The term psychodrama is composed of two words: "psycho" and "drama". "Drama" means "action", and its exploration (according to Blatner). It is a process of learning through experience. What have we learned from these experiences?"

"Who would like to share their experiences and observations related to this exercise?" "How did you feel about the actions and observations of others in the group? What was interesting and new to you, and are there differences between sharing with words and with actions of the body?"

**Social Network / Sociogram**

**3. Present a social network using Moreno's Sociogram. The trainer will now share his/her screen with the group.**



Social Atom. (Original figure: Moreno 1936, Sociometric Review 1 )

"Let me remind you that the drawing by Jacob Moreno published above illustrates his concept of the social atom. As you can see, the circle in the center represents the inner core - **Inner Nucleus**. Here you can draw in all the people you have relationships with, live with, and have ongoing emotional relationships with."

"In the second nucleus (**Outer Nucleus**) you can plot the people you would like to be in a relationship with. If you would like to have a close relationship with a person, but it is not activated (it is only your desire), you can draw it here. Another option is to draw a person or persons here who would like to have a relationship with you but haven't yet."

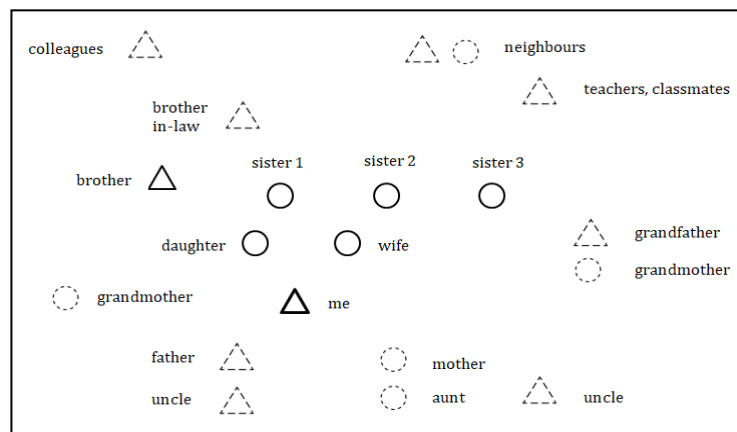
"The third clear circle is the place for acquaintances. Here you can depict people who are not as emotionally important to you, such as neighbors, co-workers, or other types of acquaintances. All of these three circles make up the social atom."

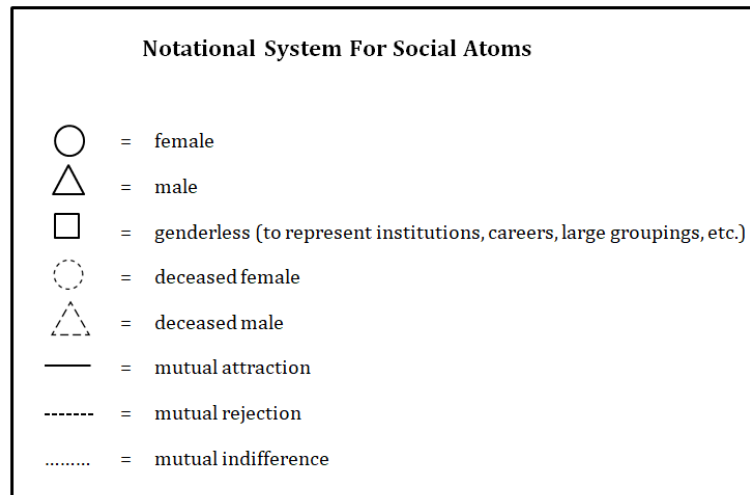
**Ask participants:** "Do you have any questions?" **and discuss them if necessary or desired.**

### Draw your Social Atom

**4. All participants will be asked to draw their social atom using the video conferencing platform. The trainer will remind the group of the notation system for social atoms.**

"We will now begin to draw our social atoms. I want to remind you of the notational system for social atoms - you can see it on your screens."





"You can use these icons to draw your Social Network."

### How do you draw a social atom?

"Now we can start drawing our social atoms."

"Please draw on a white sheet of paper a symbol that represents you, or you can also use WhiteBoard or Paint or any other software to draw, if you like. Please write next to this symbol the word "I". For space reasons, it is advantageous to start your drawing in the middle of the sheet."

"Then please add other elements to your symbol to represent all the people and things you have an emotional connection with. These will also be symbolized."

"For simplicity, please symbolize women with a circle and men with a triangle. Third gender, groups or things of the network are designated with a square. However, there are no limits to your imagination when choosing symbols. Pay attention to the order of your drawings: Enumerate all the symbols. Use the number "1" for the symbol placed first, "2" for the second symbol, and so on. Also, each symbol gets a short label of who or what it stands for."

"Please remember to use acronyms, role names, and pseudonyms to maintain confidentiality."

"Emotional closeness or distance from the source person can be indicated by the distance between the symbols. The size of the elements says something about their meaning. The respective symbols are connected to the main character by lines or dashes. A thick line stands for a mutual attraction. A dashed line represents a mutual rejection."

"You can decide on the temporal perspective of your image. You can draw your past social atom, related to your family of origin, for example, as well as the present or future."

"Now we are ready to begin. We will meet back in the group in 15 minutes, so please turn off your cameras and microphones while you work. If you have any questions, please feel free to contact me/us through your camera at any time."

**5. After 15 minutes, ask all participants to turn on their cameras and suggest to continue working with social atoms in small groups of 3.**

**The trainer can say:**

"Now you have 20 minutes to share and reflect on your sociograms. Please show them to your colleagues and explain who is on your sociogram and why. You may consider your Inner Core as well as your Outer Core. Consider who is alive and who is deceased from the people pictured, and how this is represented in your drawing. You can also consider who is closest to the central person and who is furthest away from them? Who makes you feel stressed, sad, happy, or gives you strength?"

**Please divide your time evenly among all group members.**

"After the 20 minutes, we will take a 15-minute break, so we will return to the whole group in 35 minutes."

**Work in small groups (20 minutes) and 15-minute break**

## B. Action: Working with Social Atom - Part II (45 minutes)

### Sharing of group experiences (20 minutes)

#### 1. Ask the group to share:

"What interesting or meaningful facts did you find while working in your groups? What do you understand better about your social networks and how death and loss are represented?"

"Now we could make your social atom more vivid using the psychodrama stage and a role play. Who would like to show their social atom? You can share your screen with us."

#### 2. Ask a volunteer to show and explain her/his drawing, and then suggest starting the role play with it.

"What would you like to elaborate on from your experience? Please choose the people who can play the roles of the objects represented in your social atom."

**Depending on the protagonist's ideas and needs, the trainer can guide her/him to use role play, role reversal, and doubling to explore the relevant roles and relationships represented in the atom.**

**As a trainer, you should guide and support the protagonist to express important words and key messages and experience them through the roles. This can also activate inner resources and surplus reality. After the game, please guide role feedback, unrolling and sharing in the group.**

## C. Sharing/Closure (20 minutes)

#### 1. The trainer announces to the participants:

"We are now at the end of this workshop, but we still have 15 minutes for sharing and reflections on the entire event, and 5 minutes for general questions about the workshop and the presentation."

### Questions for reflection:

- What experiences did you have during the workshop?
- What was helpful for you and what was a hindrance for you?
- What did you learn, discover, notice and what new things do you take away from it?

"You can share and/or post your thoughts in the chat."

### 2. After 15 minutes, the trainer can make a suggestion:

"This is a time for general questions. Please feel free to ask."

### 3. The trainer informs the participants about further contact possibilities:

"If questions arise later, I can always be reached on the Moodle forum or by E-mail."

"Thanks for your participation and involvement!"