# Contents

Contributors xiii Preface xvii Acknowledgments xxvii

# PART I: TRAUMA IN AMERICA 1

1 Healing With Action Methods on the World Stage 3

#### **Antonina Garcia**

Author's Profile 3

Moreno's Legacy: Sociodrama and Psychodrama 4

Sociometry 7

Role Theory 14

Spontaneity/Creativity Theory 15

Sociodrama 16

Psychodrama 17

2 Narradrama With Marginalized Groups: Uncovering Strengths, Knowledges, and Possibilities 25

### Pam Dunne

Author's Profile 25

An Introduction to Narrative Therapy 26

Narradrama 27

A Five-Part Process Based on Narrative Therapy and

Narradrama Action Techniques 29

Discovering and Honoring of Special Knowledges

Through Definitional Ceremony 29

Discovering and Honoring of Special Knowledges

Through Re-Membering Conversations 38

Externalization of Problems 42

Developing Group Rituals 47

Inviting a Contribution 50

Conclusion 52

**3** Performing Absence: The Limits of Testimony in the Recovery of the Combat Veteran 55

#### **David Read Johnson**

Author's Profile 55

Introduction 55

Absence 57

Vietnam Veterans 59

Challenges for Applied Theater and Drama Therapy 61

The Limits to Testimony 63

Production of The Last MIA 64

Procedure 64

Synopsis 65

Narratives 66

The Effect of the Performance 72

Performing Absence 73

The Rat Piece 75

Otherness in the Trauma Testimony 78

**4** The "H" in "HIV" Stands for "Human": Action Approaches to an Ongoing Global Crisis 81

#### Mario Cossa

Author's Profile 81

Introduction 82

Combating Compassion Fatigue 84

Strategies for Prevention Education 87

Working With Infected and Affected Individuals 92

Staying Healthy 92

Enhancing Communication Within Sero-Discordant Couples 94

Working in Developing Nations 95

Combating Impediments to Treatment and Prevention Efforts 96

Supporting Infected Individuals and Those Who Serve Them 97

In Conclusion 100

**5** Look Behind You: Using Anti-Oppression Models to Inform a Protagonist's Psychodrama 103

#### Leticia Nieto

Author's Profile 103

Introduction 104

Anti-Oppression Models 105

Exercise: Truth and Reality 108

Contents ix

```
Agent Skill Sets and Target Skill Sets 109
    The Agent Skills Model 110
         Indifference 110
         Distancing 111
         Inclusion 111
         Awareness 112
         Allyship 112
     The Target Skills Model 113
         Survival 113
         Confusion 113
         Empowerment 114
         Strategy 115
         Re-Centering 115
     Groundwork: A Psychodramatic Warm-Up Using the Rank Model 116
    Example of Psychodramatic Work: Gina 117
         Gina's Work on Gender and Her Maternal Ancestors 118
         Gina's Father, Her Adolescent Self, and Issues of National Origin 121
     Concluding Thoughts 123
    Healing the Wounds of History: Germans and Jews Facing the
     Legacy of the Holocaust 127
    Eva Leveton and Armand Volkas
    Authors' Profiles 127
     The HWH Process 131
         The Techniques 132
         Case Example 1: Aaron Blum 134
         Case Example 2: Fritz Balzer 140
     Conclusions 144
PART II: INTERNATIONAL APPLICATIONS 147
    The Performance of Body, Space, and Place:
    Creating Indigenous Performance 149
    Thomas Riccio
    Author's Profile 149
    Introduction 150
     (Re)Creating Indigenous Performance 152
    Body in Space 153
    Body 154
     The Circle 157
```

Exercise: The Mountain 157

Rhythm 158

Exercise: Diaphragm Breathing 158

Gifting and Skills Exchange 161

Space 163

Spot Journey Exercise 163

Three Movements Exercise 164

Performance 166

Exercise: Cultural Archetypes 166

Exercise: Creating Elemental Forms 167

Ritual Preparation 168

Ritual Preparation: Zambia 173

Ritual Preparation: Alaska 174

Conclusion 175

# **8** Empowering the Oppressed and Their (Oppressed) Helpers in Bangladesh and India 179

## Herb Propper and Sabine Yasmin Saba

Authors' Profiles 179

Introduction 181

Therapeutic Strategies 182

Training Examples 183

Full-Group Multi-Scene Sociodrama: Terrorism 192

Workshop With Cyclone-Affected, Traumatized Bangladeshi

Children Age 5 to 12 Years 197

Playback Theater Training: Cyclone Sidr Workshop,

Conducted by Jennie Kristel 199

Case Example: The Hijras Project, New Delhi, India 202

Conclusions 205

#### 9 Re-Reconciling Culture-Based Conflicts With

"Culture-Drama" 207

#### Jon P. Kirby and Gong Shu

Authors' Profiles 207

Introduction 209

Desert Island Scene: Drawing Together 210

The Bus Scene 210

History of Culture-Drama 212

Cultural Pathways in Conflict 212

The Common Room Scene 213

хi

```
The Analysis 214
    Social Contexts of Hospitality 214
    The Hospitality Ritual 215
    The European View 216
     Cultural Meanings and Communal Harmony 216
     The Northern Conflict 217
     Chiefly Versus Non-Chiefly Peoples 217
     The Ghanaian Workshop 219
         The Chief Scene 219
         The Marriage Dispute Scene 220
         The Market Scene 223
         The Earth Shrine Scene 225
     Cultural Transformation: Building a New World Together 227
         Return to the Desert Island 229
     Sociodrama and Culture-Drama 229
    Moving Toward a "Peace Culture" 231
   Teaching Family Dynamics Using Sociodrama and Psychodrama
     at Sichuan University, Chengdu, China 235
    Alan Leveton, Eva Leveton, and Martin Newman
     Authors' Profiles 235
     Introduction 236
     The Chinese Family: Three Generations of Rapid Change 238
     Psychotherapy in China 240
     The Leaders: Workshop #1 241
         Case Examples 241
     2 Years Later 244
         The Class Work 245
         A Note on Methods 245
         The First Meeting of the Class 246
         The First Story 248
         The Students' Responses 250
         Closure 254
     Conclusion 255
Afterword 257
     Eva Leveton
Index 263
```

