

Donell Miller, PhD, TEP

A university course in **PSYCHODRAMA, BASIC THEORY AND PRACTICE**

We shall focus on the present state of the art, while acknowledging the historical debt to Jacob L. Moreno, MD. Elaborations, such as those deriving from Zerka T. Moreno, have been chosen to exemplify the classical form today. We do not rely on formal lectures but primarily on commentaries suggested by the ongoing experiences in which we've become involved. The main text required is Anthony Williams' **The Passionate Technique (=WMS)**. Supplementary material will be found in **Psychodrama, Volume 2 (=V2)**. I have listed my own monographs below in their appropriate contexts. More readings are supplied free or below cost. The bibliography has not been arranged alphabetically but according to topic. It is inevitable that in a course like this some students come with considerably more relevant previous experience than others, and not everyone will be reading the same material. Therefore we do not grade on the curve but on perceived progress from whatever baseline you began the course. No one will have sufficient time to cover all the readings. We hope that the references below may continue to guide your study long after the course is done. In order to mature students as rapidly as possible, we supply detailed accounts of patient psychodramas as required readings for every session.

The numbers at the left margin refer to a previous bibliography, no longer available. The exact references may in nearly every instance be found in James M. Sacks, Marie-Therese Bilaniuk, Jeanine M. Gendron **Bibliography of Psychodrama, Inception to Date Renewable Database**, with the exception of most of my own work, which may be obtained directly from me at nominal cost (roughly 15 cents a page + postage): Write: Beacon Reminders, 1610 Helena Lane, Redlands, CA. 92373. Phone (909) 798-2765

First session: Introduction, sociometry, processing, demonstrations.

Second session: WMS 1 and 2. Overview of psychodrama, sociodrama and group psychotherapy.
Basic Technique/A Passion for Action

Collateral reading: See D. Miller: **Mary Smith is Missing**, a tutorial novel, Beacon Reminders 1996

Third session: WMS 3. V2: 1. Focusing Passion: the Contract

104) JLM. Psychiatry...20th century: Universalia. XIX (1966 3-4)

1) JLM. Spontaneity, Creativity and Cultural Conserves, NYU Bulletin, Arts & Sciences, Vol LXVI, No. 4, (7/24/66)

2) D.Miller: Is Psychodrama Scarey? 1988. Australian-NZ Newsletter

3) D.Miller: Becoming a Psychodrama Director. 1988. "

4) D.Miller: How to Get the Most out of a Psychodrama Demonstration

5) D.Miller: Psychodrama, Description and Definition. 1977, 1981.

Fourth session: 101) Williams, Anthony Forbidden Agendas, 3 and 4.

Social Atom and the Self/Focusing Conflict

V2: 3 The significance of the Therapeutic Format and The Place of Acting out in Psychodrama

Collateral reading: D.Miller, Generic Psychodramas for Students and Teachers, Beacon Book Reminders '96.

TACTICS AND TECHNIQUES:

6) Zerka T. Moreno: Psychodramatic Rules, Techniques and Adjunctive Methods. (Monograph and P.D. V3)

7) Z.Moreno: A Survey of Psychodrama Techniques. GP Vol XXI.

8) Doug Warner: Auxiliary Ego Tips (in Psychodrama Training Tips).

9) Adam Blatner: The Double (from Acting-in).

10) J.L. Moreno: Psychodrama, Volume I, pp 250-262.

11) Leon Fine: The Fine Art of Doubling (Federation Newsletter, 87)

12) David Kipper: Clinical Role Playing, pp 73-122,136-175,138-211.

- 13) D. Miller: Questions Students Ask, 1977. (lecture at Beacon, NY)
- 14) D. Miller: Psychodrama Techniques in Academic Settings, 1967.
- 102) D. Miller: Directing Auxiliary Egos and Doubles
- 103) D. Miller: A Director's First Steps
- 104) D. Miller: Intermediate Level Directing

Fifth session: 101) Williams, A **Forbidden Agendas**, 5. Resolving Conflict.
V2: pp 135-158 Role Reversal

CATHARSES:

- 15) D. Miller: A Context for Anger in the Psychodrama Process, 1980.
- 16) Zerka Moreno: Beyond Aristotle, Breuer and Freud. 1971.
- 17) Ildri Ginn: Catharsis: Its Occurance in Aristotle, Psychodrama, and Psychoanalysis, 1973.
- 18) Felix Kellerman: The Place of Cartharsis in Psychodrama, 1984.
- 19) Adam Blatner: The Dynamics of Catharsis, 1985.
- 20) D. Miller: The Catharsis Option, 1991.
- 21) David Kipper: On Spontaneity, 1967.
- D. Miller, **Catharsis and Closure**, 2001b

Sixth session: **WMS 4. Interviewing for a Role**
V2: pp 163-187. Role Reversal continued/children/spontaneity

STRATEGY:

- 22) Dale Buchanan, **The Central Concern Model**, GP 1980.
- 23) Tom Schramski, **A Systematic Model of Psychodrama**, GP 1979.
- 24) D. Miller: **Sequences of Scenes in Psychodrama**, 1987, 1989.
 Australian-New Zealand Newsletter.
- 25) D. Miller: The Psychodrama Mirror from an Interpersonal Perspective, 1985.

Seventh session: **WMS 5. Strategic Psychodrama**
WMS 6. Structural Intervention

Eighth session: **V2 V. pp 191-203 Adolf Hitler JLM: Psychodramatic Treatment of Psychoses.**
40) JLM A Case of Paranoia Treated Through Psychodrama
 (Psychodrama Monographs, No. 13)

DREAMS, NIGHTMARES, PSYCHOSES

- 32) D. Miller: Psychodramatic Ways of Coping with Potentially Dangeous Situations in Psychotic & non-psychotic groups, 1972.
- 33) D. Miller: Psychodrama of the Dream (Reprinted in **Collision Course**).
- 34) D. Miller: **Collision Course, Mary Smith is Missing**, a tutorial novel. Beacon Book Remainders, 1996
- 35) D. Miller: Dealing with a Psychotic Patient. 1991
 Australia/New Zealand Newsletter.
- 105) D. Miller: A Psychodramatist Looks at Anxiety
- 106) D. Miller: Shame, Humiliation, and Guilt
- 107) D. Miller: Safety First for Psychodramatists (1994)
- 43) John Nolte: Psychodramatic Production of Dreams, Group Psychotherapy, Psychodrama and Sociometry, **XXX**, 37-48

Nineth session: **Role Theory and Practice**

WMS 7 The Systemic Nature of Roles

Collateral reading: D. Miller, **Celebrating Role Transition**, Beacon Book Remainders, 1996

- 26) Radecki, John: Sociodrama and Role Stress, 1980.
- 27) Alton Barbour & Zerka Moreno: Role Fatigue, 1980.
- 28) J.L. Moreno: Functions of the Social Investigator, 1973.
- 29) J.L. Moreno: Sociodrama (In **Psychodrama, Vol 1**, pp315-366)
- 30) A. Paul Hare: Moreno's Contribution to Social Psychology, JGPPS, 1986.
- 31) D. Miller: Burnout, 1991.
- 41) Zerka Moreno: The Function of the Auxiliary Ego with Specific Reference to Psychotic Patients, GPP, 1978, pp 163ff.

Tenth session: **Developmental**
WMS 8 The Problem-Solution Cycle

- 36) JL Moreno and Florence Moreno: **Spontaneity Theory of Child Development** (in **Psychodrama, V1**).
- 37) Grete Leutz: Correspondence Between Psychodramatic Theory of Child Development and Therapeutic Goals...1982.
- 38) JL Moreno and Zerka Moreno: The First Psychodramatic Family.
- 39) Zerka Moreno: The Significance of Doubling and Role Reversal for Cosmic Man. GPP, Vol 28, pp 55-D.
- Miller, **Generic Psychodramas for Students and Teachers**, 1996c
- D. Miller, **Celebrating Role Transitions through Psychodrama**, 1998a
- D. Miller, **A Healer's Spiritual Odyssey**, 2001a

Series on Teens:

- D. Miller, **Teens Connect in Psychodrama**. (replaced by 'Psychodrama for Youth' 2004b, below)
- D. Miller, **Teens Connect with Adults**, 2000a
- D. Miller, **Teens Connect with the Self**, 2003a
- D. Miller with Steve Lowe, **Psychodrama for Youth at Risk**, 2004b

Eleventh session: **WMS 11** Psychodramatic Applications in Family Therapy
V2: 2 Interpersonal Therapy... Tele and Transference:45ff

MARRIAGE, COUPLES, FAMILY and FAMILY THERAPY.

- 49) JL Moreno: Psychodramatic Treatment of Marriage Problems (in **Psychodrama, V1**, pp 328-347).
- 50), 51), 52), 53) JL Moreno in **V3**, pp 61-177. (including **Psychodrama of a Marriage, A Motion Picture**).
- 54) Adeline Starr: Psychodrama as Marital Therapy, 1977.
- 55) Howard Seeman & DJ Wiener: Comparing and Using Psychodrama with Family Therapy, JGPPS, Winter, 1985.
- 56) Rory Reemer: An Approach to Difficulties Caused by Family Expectations, JGPPS, Summer, 1985.
- 58) Claude Guldner: Structuring and Staging: A Comparison of Minuchin's Structural Family Therapy & Moreno's Psychodrama.
- 59) Carl Hollander: Comparative Family Systems of Moreno & Bowen.
- D. Miller, **Couples Minus One**, 2005a
- D. Miller, **Couples Plus One**, 2005b
- D. Miller, **To Make Half Couples Whole**, 2006c
- D. Miller, **Across Generations**, 2007a.

Twelfth session: **WMS 9** Transference Aroused

SPECIAL PROBLEMS

- Collateral Reading: D. Miller, **Changing the Past**, Beacon Book Remainders, 1997
- 60) D. Miller: Dealing with Death, 1991.
- 61) Monica Callahan: Use of Psychodrama in Individual Therapy.

- 62) Felix Kellerman: Resistance in Psychodrama, JGPPS, Spring 84.
 63) Linnea and Hector Sabelli: Reality Perception and Reverse Roles JGPPS, Winter 1984.
 64) Carson-Sabelli: Role Reversal--A Concept Analysis and Reinterpretation of the Research Literature. JGPPS, Winter, 1989.
 66) Adam Blatner: Comments on Some Commonly Held Reservations about Psychodrama, GPP, Vol 21, No. 1, March 1968, pp 20-25.
 D. Miller, **As Depression Fades**, 2002a

Thirteenth session: **WMS 10 Transference Redirected**
V2: 6 Existentialism, pp 207-236

PHILOSOPHICAL: EXISTENTIAL, AESTHETIC, ETHICAL, RELIGIOUS.

Collateral Readings: D.Miller, **The Presence**, Beacon Book Reminders, 1997

D. Miller, **Doers of the Word, How Stories Come to Life Through Bibliodrama**, Beacon Book Reminders, 1997

D. Miller, **Parables of Jesus**, 1999

D. Miller, **The Parable Sampler**, 2000c

D. Miller, **Job and J.B., The problem of Evil**, 2002b

D. Miller, **Bibliodrama of Job**, 2002c.

D. Miller, **Spontaneous Healing**, 2005c.

D. Miller, **Spiritual Growth in Psychodrama**, 2007b.

76) D.Miller: Reality and Illusion in Psychodrama, the As-if Avenue to Art and Science. 1985.

77) D.Miller: **The Benevolent Presence in Psychodrama and Group Psychotherapy**, 1991.(invited address at Horsham Clinic).

78) D.Miller: Questions of Value for Psychodramatists.
 Federation Newsletter, 1987.

D.Miller: **Changing the Past**, Beacon Book Reminders, 1996

79) Zerka Moreno: JL Moreno's Concept of Ethical Anger, JGPPS,38,4.

80) Zerka Moreno: Religion's Heritage to Science, GPPS, 31, 1978.

81) Adam & Alee Blatner: The Metaphysics of Creativity as Reflected in Moreno's Metapraexie, Vol 40, No. 4, Winter 1988.

82) Adam Blatner: Moreno's Process Philosophy, JGPPS,38, No.3. 1985.

83) Christopher Kraus: Psychodrama for Fallen Gods. JGPPS,37,2. 1984.

84) JL Moreno, **The Words of the Father**.

85) John Oman: A Theology for Psychodrama, In Memory JLM. 1974.

86) John Nolte: Role Reversal with God, Vol XXVIII, 1975.

87) Joseph Powers: Moreno and the God Controversy, Ibid.

Jonathan Moreno: Scholasticism without God: Martin Heidegger,
 Group Psychotherapy, Psychodrama & Sociometry, **XXX**, 135-137.

Fourteenth session: **SOCIOMETRY WMS 12 Heading for the Exit**

67) JL Moreno **Sociometric Reader**, Free Press, 1960.

68) JL Moreno **Who Shall Survive?**

71) JL Moreno **Sociometry and the Cultural Order**, Sociometry Monograph 2.

69) Barbara Seaborne: **The Action Sociogram**, GPP, 1965.

74) Ann Hale: **Conducting Sociometric Exploration**, 1985.

94) Robert Haas: **Psychodrama & Sociodrama in American Education**.

JL Moreno, **Sociometry, the Experimental Method, and the Science of Society**.

Fifteenth session: **FINAL CLASS MEETING**