

WHAT ARE ACTION METHODS?

Action methods are therapeutic, healing and wellness processes that involve dramatic action and the participation of a group in a confidential, secure and supportive atmosphere. The group includes a director, an audience, a protagonist who is chosen from the audience, and a stage where the action takes place under the supervision of the director. A standard 2-3 hour session consists of three parts: First, the warm-up to increase the group's spontaneity and creativity; then the "action" segment which features one or more protagonists acting out the "truth" of their life situation on stage. This is what differentiates action methods from improvisation and other forms of drama. Finally, there is a "sharing" in which the group, in support of the protagonist(s), shares their inner experience of the drama. Action methods can be applied to many different situations and issues. Psychodrama and group psychotherapy are usually therapeutic and are used for mental health, personality integration, dependency recovery, or family issues; but together with bibliodrama they can also be used more broadly for personal growth, maturation and spiritual development. Sociometry, sociodrama and culture-drama, on the other hand, are used for exploring and dealing with collective social and cultural issues through action. Here the group itself is the protagonist.