

WHAT IS SOCIODRAMA?

Sociodrama is an action method that examines collective issues or themes and provides practice in solving problems of human relations in a safe and supportive environment. It is a living laboratory for a group to securely practice new and more satisfying ways to approach problems, explore values, express feelings and try on new behaviors. Unlike psychodrama, in sociodrama it is the group narrative rather than an individual's personal story that is in focus. With the group as protagonist, sociodrama highlights what people have in common, and brings to the surface the thoughts and feelings, hopes and fears, conflicts and misunderstandings of the group who, through a flow of spontaneity and creativity, come to a new understanding of themselves, each other and the world around them. The impersonal group focus makes it possible to explore highly sensitive issues with greater distance and objectivity. It is an effective way to explore the highly charged issues of race, gender, politics and religion.