

WHAT IS SOCIOMETRY?

Sociometry is a method for uncovering through action the underlying structure of a group—those innate attractions, antipathies and neutralities we have for one another in communities, family and the workplace. Questions are posed to participants such as “who in this group would you like to know? Go to that person and put your hand on his/her shoulder.” Within a short time the unspoken relations between the members of the group are dramatically mapped out. These silent configurations are at the heart of a group’s working relations. They can foster the wellbeing of the group or they can seriously undermine its wellbeing and working effectiveness. Once participants are aware of these patterns, they can be helped to modify their connections in ways that will minimize conflict, maximize communication and restructure the group for harmonious interaction, respect and mutual support.