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Empowering Therapeutic Practice: Integrating Psychodrama into other Therapies

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This book explores the exciting areas of overlap between psychodrama and other therapeutic schools and presents opportunities for their creative interaction and integration.

Psychodramatists, to varying degrees, integrate the ideas and philosophies of other forms of psychotherapy into their clinical practice. Similarly, other therapists make use of the action methods of psychodrama. This edited volume contains contributions from a variety of dual-trained therapists qualified in psychodrama and trained in another therapeutic modality, including dramatherapy, occupational therapy, art therapy, family therapy, cognitive behavioural therapy (CBT), and more. Each chapter considers a different model of interaction and integration between therapeutic schools and explains how they can enhance and enrich a therapist's professional practice. In doing so, this book reveals an understanding of the core commonalities of the therapeutic process.

With clinical case studies illustrating enhanced practice through creative interaction of the therapeutic schools, this book will be of interest to psychodramatists and all other therapists who integrate action techniques into their clinical practice.

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