Healing Collective Trauma Using Sociodrama and Drama Therapy

When large groups of people become victims of political upheavals, social crises, and natural disasters, it is often challenging to allocate appropriate resources to deal with the stress that ensues. Of the methods employed to address post-traumatic stress syndrome and collective trauma, sociodrama and drama therapy have had a long-standing history of success. Group therapists and counselors will find this book to be an indispensable resource when counseling patients from trauma-stricken groups.

This book travels across geographic and cultural boundaries, examining group crises and collective trauma in Asia, Africa, Europe, and the U.S. The contributing authors, many of whom are pioneers in the field, offer cost-effective, small- and large-group approaches for people suffering from PTSD, socio-political oppression, and other social problems. The book extends the principles and practices of psychodrama and sociodrama to include music, painting, dance, collage, and ritual. In essence, this innovative book illustrates the proven effectiveness of sociodrama and drama therapy.