

Zvonko Džokić

**THE
POWER
OF
PSYCHODRAMA**

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Translated by
Ljudmila Dzokic & Marija Jones

Proofread by
Matthew Jones

Cover design by
Natali Nikolovska & Zvonko Dzokic

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***AS LONG AS PLAY EXISTS,
WE SHALL EXIST TOO!***

My friend Goce, in the role of the messenger
of an unknown author

FOREWORD

This book is written for all those who are interested in encountering the practical magic of psychodrama. That is why the title is 'The Power of Psychodrama'. It is written for beginner psychodramatists and experienced practitioners, trainers as well as students, postgraduates, psychiatrists, psychologists, managers, screenplay writers and directors. Nevertheless, it is mainly written for the wider audience of readers, for the 'ordinary' men and women who will, I hope, be enabled through the contents of this book to use the power of 'the magic of psychodrama' in their everyday life.

When I published my first book 'Psychodrama' in Skopje in 1995, the first of its kind in this field to be written in the Balkans, I thought that I had given a fundamental and final contribution to this field. I thought in this way because in the following period I was dedicated to the development of other, quite diverse projects in my creative work. As that book was intended for the beginners, students and non-professionals, it was written in simple and understandable language. Soon after

it had been published it became a reference book at many universities and was sold out. In the meantime, other books in this field, dedicated to certain theoretical and applicable aspects of psychodrama, have appeared in the region and in the world.

After twenty years of constant use in several areas of professional engagement, I have come to realize that the experience I have acquired in the practical application of psychodrama over this period constitutes valuable material that should be shared with others. This is even more the case in view of the fact that, due to certain circumstances, I have used psychodrama in very different situations and projects—sometimes controversial to the accepted logic.

This is the reason for the selected topics in this book having been mainly divided into two parts: theory and practice. There are chapters in the theoretical part which I think every book striving to be a standard, introductory and comprehensive work on psychodrama must contain. Texts from the previous book are used in this part. The second, practical part contains chapters aimed at introducing the reader to psychodramatic practice in order to see its applicable value in those fields where I think its power is most striking. Thus in this second part I provide examples and expert comments on the application of psychodrama to fear disorders, suppressed anger, in dealing with traumas, transference relations, character shields, psychosomatic disorders, working with children, in sociodrama, human re-

source trainings in business and governmental sectors and, as a special value, its application as a healing art. I hope the reader will not be bothered by the occasional use of my knowledge and experience in the fields of clinical psychiatry, psychoanalysis, stress management, curing traumas, communicational skills in my expert comments of practically performed sessions which have the sole purpose of rendering a more comprehensive insight. In general, this is my integrative approach to psychodrama.

I leave the reader the freedom to be the judge of such a concept through reading and experiencing this book. I hope that by reading this book the reader will reach the moments that Marcia Karp described (1994) in the foreword of my first book: *'Each new book on psychodrama opens life improvement to non-professionals and professionals alike. I envy anyone who reads it for the first time. To be inspired by the practical magic of psychodrama is a joy to behold.'*

I am thankful to psychodrama for what it has given me in these twenty years, enriching my personal life, professional opportunities and my creative opus.

The Author