

VIDEOTAPE REVIEW

Psychodrama: A Training Tape.

Produced by Elaine Eller Goldman, PhD, Delcy Schram Morrison, MA, CP, and Mark S. Goldman, MA.

\$85 (add 2.25 shipping). Available from Eldemar Corporation, 5812 North 12th Street, #32, Phoenix, AZ 85014 (USA). (Check payable to Eldemar Corp.)

Elaine Eller Goldman, one of the most eminent directors in the field, has extensive clinical experience and is amply qualified as an exemplar of the psychodramatic method. She produced this video in 1987, and it is a useful vehicle for both beginning and intermediate students. It communicates the professionalism and systematic theoretical foundation that underlies the use of this powerful psychotherapeutic modality.

After presenting a brief comment on the method and its originator, J. L. Moreno, M.D., the video continues with an actual psychodrama. A patient with a drinking problem is helped to relate his blocks in relationships, his retreats from his own fears of closeness, and his early childhood experiences. The catharsis of abreaction of feelings of fear and (more repressed) anger is followed by a catharsis of integration in which he can begin to discover his healthy potential for taking action in the face of his fear. Interspersed with the actual drama is a commentary regarding the dynamic strategy that Dr. Goldman developed, "the psychodramatic spiral." (This concept is presented in Goldman and Morrison's 1984 book, *Psychodrama, Experience & Process*, which has been revised and expanded since then and is also available from the same source for \$15 + \$1.25 shipping.)

Dr. Goldman's program reveals a variety of important principles that are restated in a complete transcript of the session, which is included with the videotape. What is not in writing, though, is perhaps even more important: the director's broad repertoire of responses that range from matter-of-fact, comforting, soft, and challenging to crisp, excited, and encouraging. These and other attitudes serve as a wonderful model of outstanding directing. Just watching her is useful to psychodramatists.

In this video, the director uses both untrained auxiliaries (from the group) and trained auxiliaries, her colleagues Delcy Schram Morrison and Mark Goldman. The behavior of her associates, especially, demonstrates the power

of having trained or experienced co-therapists as auxiliaries, and they present a model of how a trained auxiliary can intensify the action by courageous spontaneity.

Dr. Goldman also uses a variety of techniques that are not widely known, such as having some special object within a scene that serves as a source for symbolic relevance, expressing each feeling with the protagonist's whole body, and characterizing people and relationships with just one or two words.

This professionally produced video is a nicely edited summary of a fairly typical psychodrama and should be a part of any student's introduction to the method. More than that, it remains a useful teaching tool to return to because it contains a rich variety of specific techniques that can help the intermediate (and even advanced) students acquire more subtle methods for directing psychodrama.

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