

Book Review

***Sociodrama for Our Time*. By Rosalie Minkin. Self-published, 2013.**

Michael Silverman, EdD

Most books and manuals about group and individual psychological techniques are overlong and dense with background material about history and pioneers in the field. While professional practitioners need to be well trained and supervised to provide ethical and effective leadership, this introductory publication, which is down to earth and practical, serves best to motivate future trainers to seek further training. Rosalie Minkin's simple, step-by-step manual of sociodrama (which may be ordered from the author at rorobear@aol.com) will lead future practitioners to seek opportunities of direct experience with groups, supervised learning by doing.

As a teacher of psychology graduate students, I believe that the best training in individual and group treatment comes from direct group experience, the how-tos that accompany cognitive teaching. In Minkin's manual, she deliberately offers the how-to approach to excite and motivate professionals to read about actual sociodrama, followed by supervised experience and depth education in the field.

Minkin understands that many inexperienced psychology professionals practice techniques that they have not been trained appropriately to perform. *Sociodrama for Our Time* chooses to correct that practice. It provides the basic process, from warm-up to integration, and stories to accompany that process. Minkin's hope is that her manual will spur practitioners to study further and be ethically and professionally prepared to perform this powerful group-training model.

Everyone who works professionally with groups in public and private arenas, in therapeutic, educational, and business setting, will benefit from this accessible and exciting manual. University faculty, business consultants, and group therapists will be shown how to offer opportunities to solve problems and make choices or decisions in the present moment. Sociodramatic activity brings into powerful focus the key issues that promote or hinder group development and progress. Minkin has provided a tool that can be read and used over and over in group psychology and practice.