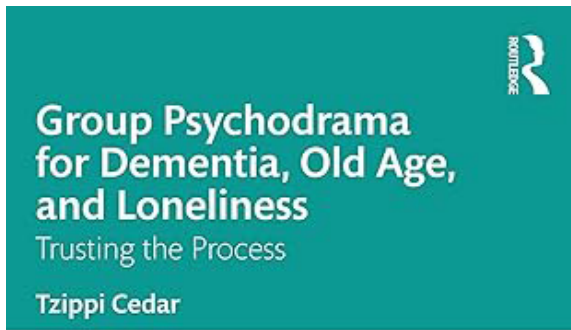**Book Review**

The Journal of Psychodrama, Sociometry, and Group Psychotherapy

Group Psychodrama for Dementia, Old Age, and Loneliness
By Tzippi Cedar
(Routledge, 2023)

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With the aging population growing globally, addressing loneliness and cognitive decline has never been more urgent. In *Group Psychodrama for Dementia, Old Age, and Loneliness*, Tzippi Cedar offers a transformative guide for using psychodrama to connect with older adults and rekindle their sense of purpose and dignity. This book presents an innovative approach to tackling the emotional and social challenges of dementia, old age, and loneliness through experiential group processes.

Cedar divides the book into eight well-structured chapters, each presenting essential insights and practical tools. The narrative begins with a compelling introduction to psychodrama as a tool for releasing the inner world of participants. From there, readers are guided through detailed processes for building trust, fostering group cohesion, and addressing emotional and physical challenges older adults face.

STRENGTHS OF THE BOOK

One of the book's standout features is its accessibility. Cedar simplifies complex psychodrama techniques such as role reversal, guided imagery, and mirroring, making them adaptable for diverse populations. Her vivid vignettes bring these methods to life, offering clear illustrations of how psychodrama can transform the lives of people struggling with cognitive and emotional decline.

The chapters on initiating and adapting group processes are particularly strong, providing a wealth of practical exercises and tools. For instance, the creative use of objects like colored scarves and puppets facilitates expression and inspires spontaneity and connection among participants. Including Heinz Kohut's self-theory further enriches the theoretical foundation, emphasizing the importance of empathy, mirroring, and twinship in fostering social cohesion.

Cedar also addresses modern challenges, dedicating an entire chapter to adapting psychodrama sessions to online platforms like Zoom during the pandemic. This demonstrates her methods' versatility and relevance in today's world.

LIMITATIONS

While the book provides valuable insights, some limitations arise from the specific context of the research and observations on which it is based. Cedar's work focuses on a small group of elderly residents within an institutional setting at a particular Melabev center in Jerusalem. This setting, which may cater to a higher-income demographic, could limit the applicability of the findings to underprivileged populations or those in less resource-intensive environments. Furthermore, as Melabev's model reflects Israel's cultural, religious, and societal dynamics, its direct application to culturally diverse or international settings may require adaptation.

Additionally, while the methods described are well-suited for institutional long-term care environments, the book offers a limited exploration of how these techniques might be adapted for individuals aging at home or in less formalized care settings. Practitioners working in diverse socioeconomic or cultural contexts

may encounter challenges in fully implementing Cedar's methods without additional guidance tailored to these unique environments.

AUDIENCE AND RELEVANCE

This book is a resource for experienced psychodramatists, group therapists, and social workers who work with older adults. It also offers inspiration to those exploring innovative ways to support individuals experiencing loneliness, dementia, or age-related challenges. However, practitioners new to psychodrama might benefit from supplementary materials or training to fully grasp and implement Cedar's methods.

CONCLUSION

Group Psychodrama for Dementia, Old Age, and Loneliness is a testament to the transformative power of creativity and connection. Tzippi Cedar's work bridges the gap between theory and practice, offering a unique approach to improving the lives of older adults. While the book has its limitations, it serves as both a practical guide and a source of inspiration for those dedicated to enhancing the well-being of vulnerable populations. For practitioners seeking innovative approaches to elder care, Cedar's book stands out as a vital contribution, addressing a significant gap in an often-overlooked field.

REFERENCE

Cedar, T. (2023). *Group Psychodrama for Dementia, Old Age, and Loneliness.* Routledge.