



Drama, Psychotherapy and Psychosis

Dramatherapy and Psychodrama with People Who Hear Voices

John Casson

Foreword by Zerka Moreno

Afterword by Sue Jennings

"Trainers in all the artistic and performative therapies, especially those who are training dramatherapists or psychodramatists, should place this book on the essential reading list. Students will be reassured that they can undertake placements within psychiatry and really understand why they are applying dramatherapy. It is also an important book for psychological medicine of all orientations." - From the afterword by Dr Sue Emmy Jennings, Consultant Dramatherapist and Author, Glastonbury, UK and Zarnesti, Romania.

Drama, Psychotherapy and Psychosis explores the use of drama and theatre with people who hear voices, focusing especially on survivors of abuse and those diagnosed as suffering from schizophrenia. In examining the often baffling and frightening world of psychosis the book offers alternative models of madness and the self, which form the basis for therapeutic interventions.

Illustrated by case histories and practical examples, the book includes chapters covering:

- historical perspectives on psychosis and hearing voices
- individual psychodrama
- dramatherapy with groups

Drama, Psychotherapy and Psychosis demonstrates how creative action methods can be helpful to those who hear voices. It provides guidelines for good practice, essential to all those interested in promoting the safe use of these methods in therapy.

John Casson, PhD, is a psychotherapist and supervisor in private practice, and is a senior trainer in the Northern School of Psychodrama. He works part-time as a psychodrama psychotherapist and dramatherapist at the Bowness High Dependency Unit (NHS), Prestwich Hospital, Manchester, UK.

Contents: Zerka Moreno, Foreword. Introduction. Psychosis and Hearing Voices 1: A Historical Perspective. Psychosis and Hearing Voices 2: Making Sense of Voices. Psychosis and Hearing Voices 3: Models of Madness. Theatre, Madness and Healing. The Twentieth Century: Theatrototherapy, Psychodrama and Dramatherapy. Dramatherapy with Individuals: Finding a Voice and Telling Stories. The Wave and the Whelm: Distance and Empowerment. Individual Dramatherapy. The Theatre Model of the Self. Group Dramatherapy. Individual Psychodrama. Group Psychodrama. What is Helpful and not Helpful in Dramatherapy and Psychodrama. Guidelines for Good Practice. Dr. Sue Jennings, Afterword.

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