

## Panel - **Psychodrama Practice Based Research II**

### *Experiential/EFT*

#### **Change process and therapeutic factors in psychodrama: From words to action, from individual to group**

Paula Lucas — ISPA - IU, António-José Gonzalez

In this presentation the authors reflect about an ongoing research study focusing on the change process and therapeutic factors in psychodrama. This research is taking place in a university based-clinic in Lisbon with a heterogenic adult psychodrama group. It is a naturalistic study using a single-case study design. The methodology is partly based in Robert Elliott's approach and the data are collected through qualitative and quantitative measurements and procedures, namely, the Helpful Aspects of Therapy (HAT) form, the Simplified Personal Questionnaire (PQ) and the Client Change Interview. The main goal described is the understanding and crossing of clients, therapists and researchers' perspectives on the therapeutic process. Clients and therapists' reports are complemented with the qualitative analysis made by the researcher, which allows a depth understanding on both words and action in the here-and-now of the sessions. The therapeutic factors identified are analyzed in terms of individual and group change and the specific effects promoted by each factor are identified. Finally, some discussion is made on some specific therapeutic factors and its influence in the change process. Thus, we focus in group dynamic and interpersonal phenomena and in some psychodrama techniques, like doubling, role reversal or symbolic realization because of its original contribution to the therapeutic process.

#### **Research in sociodrama as a training methodology**

Sofia Veiga — Escola Superior de Educação do Instituto Politécnico do Porto

The object of this study is Sociodrama as a training methodology within two subjects in the Social Education degree of the Higher Education School of the Polytechnic Institute of Porto. Using an investigation of a qualitative nature, it was meant to understand how this methodology contributes, over two academic years, to promote the personal, social and professional development of students. In the four groups that were studied, two of the second year and two of the third year, it was shown that the sociodrama methodology, by enabling openness to multiple perspectives, feelings and actions, and facilitating the creative search of solutions to deal with diverse situations, creates conditions for the development of flexibility and spontaneity, which are essential in the training and professional practice of any social educator. Through this methodology, students of Social Education have managed to acquire, experientially and by relating to others, a knowledge that becomes embedded in identity, action, and relations, and proves decisive for their personal, social and professional development.

#### **Psychodrama in obesity treatment: Assessment of a group intervention program to work with emotions**

Filipa Mucha Vieira — University of Porto, Sandra Torres, Gabriela Moita

This presentation reports a research study about psychodrama with obese patients. The main research question of this study is whether psychodrama approach is effective in improving the ability to regulate emotions and, consequently, in the reduction of eating disorder-related symptoms. To answer this question we propose analysing the process and outcome of a group psychodrama intervention. The sample consisted of 30 adult women who are under obesity treatment (BMI  $\geq$  30). The study follows a quasi-experimental design with two independent groups (experimental group and control group) with repeated measures. Participants of the experimental group will participate in the psychodrama intervention, delivered through 12 weekly sessions. The aim is to identify the changes in some outcome variables - alexithymia, emotional regulation, eating behaviour and subjective well-being - after the application of the intervention program. Additionally we will analyze the psychotherapy change process in order to produce a qualitative overview of what the patients perceived as helpful in the psychodrama therapy. This presentation will discuss some results and the design followed in the implementation of psychodrama sessions. We will also discuss about the therapeutic factors that contribute to the effectiveness of the program.