



# **Healing Collective Trauma Using Sociodrama and Drama Therapy**

*Eva Leveton MS MFC*



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Psychodrama and Socio-drama are new concepts of therapy to resolve mental health issues in Bangladesh. Mental health professionals in Bangladesh who had been able to absorb the technique created by integrating socio-psychodrama have been greatly benefited from this intervention in the healing process... "

--**Mehtab Khanam, PhD**

Professor of Psychology  
Dhaka University  
Bangladesh

When large groups of people become victims of political upheavals, social crises, and natural disasters, it is often challenging to allocate appropriate resources to deal with the stress that ensues. Of the methods employed to address post-traumatic stress syndrome and collective trauma, sociodrama and drama therapy have had a long-standing history of success. Group therapists and counselors will find this book to be an indispensable resource when counseling patients from trauma-stricken groups.

This book travels across geographic and cultural boundaries, examining group crises and collective trauma in Asia, Africa, Europe, and the U.S. The contributing authors, many of whom are pioneers in the field, offer cost-effective, small- and large-group approaches for people suffering from PTSD, socio-political oppression, and other social problems. The book extends the principles and practices of psychodrama and sociodrama to include music, painting, dance, collage, and ritual. In essence, this innovative book illustrates the proven effectiveness of sociodrama and drama therapy. **Key topics:**

- The difficulties of developing trust in victimized or opposing groups
- Initiating warm-ups and therapeutic strategies with both groups and individuals
- Narradrama" with marginalized groups
- Using anti-oppression models to inform psychodrama
- Re-reconciling culture-based conflicts using "culture-drama"



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