



# Psychodrama with Trauma Survivors: Acting Out Your Pain (Arts Therapies)

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## Psychodrama with Trauma Survivors: Acting Out Your Pain (Arts Therapies)

In a world where natural, social, and political disasters are a daily reality, the therapist is increasingly called upon to find rapid and effective methods of treating the survivors of trauma, including sexual abuse, torture, war-related trauma, addiction, depression, and bereavement. The contributors to this book provide persuasive evidence of how psychodrama can safely be used to create paths of change for even the most severe traumatization and they also discuss the possible transmission of trauma patterns across generations. Research following World War II, neurobiological studies and other recent research into PTSD has shown that many trauma symptoms are unconscious, non-verbal, right-brained experiences which cannot be accessed through talk therapy. Psychodrama creates a place to act out unprocessed trauma within the containment of therapy, in order to stop the obsessive repetition of the past.

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