

# Editorial

---

Our second edition is hot of the press much to the happiness and hard work of everyone who is part of this project. We hope to share this happiness with you, who read it.

This edition includes the work of **Adam Blatner**, with his article "*theoretical foundations of psychodrama*". It is an honor for us to have this contribution from Adam Blatner; the theory of psychodrama and its promotion owes a lot to him. On this occasion, apart from presenting the basic concepts of psychodramatic work, he puts forward a particular point of view. He focuses his attention on a "meta cognitive vision" and suggests thinking about psychodrama as a "meta world" that works as a facilitator and modifier of our cognitive and emotional processes. Also, from a theoretical point of View but with a different approach, we have the work of **Cesar A. Garcia Beceiro** "*Countertransference. Cinderella, princess or the other way around. Suggestions for the use of countertransference in psychodramatic work*". Moreno had the greatness of letting his theory and technique be developed without limits; since then, other psychological models have used psychodrama as a noun which is used as an adjective, such as psychoanalytical psychodrama or cognitive psychodrama. If Moreno could agree with that, I won't put a limit where he put freedom. The Garcia Beceiro's work, with a haunting title, leads us to one of the historical topics of psychology, countertransference, the original "black beast" of psychoanalysis, that was and will always be a topic in constant study and growth. I think that this growth will be contentious because it focuses on who does the task instead of the task itself.

I wonder if the therapist's health is a prerequisite to do psychotherapy. If the deepness and quality of the therapy depends on the level of health of the psychotherapist. I remember with admiration and affection the words of Pedro F Villamarzo "the best tool of analysis is the deepness of the psychoanalyst's analysis". On the other hand, I have in mind other authors that completely underestimate the personal therapy of the therapist and therefore elements such as countertransference are unknown and unnecessary in the intervention. Garcia Beceiro reviews the idea of countertransference from a psychoanalytical approach but includes its use in psychodrama. I agree with the author on one idea "the requirement of knowing the therapist's limits as a required requisite to do psychotherapy". Health, same as life, is not a done thing, we keep doing it, living it. If we can translate this into psychodrama, we will have in countertransference a tool, as the author shows us.

The last three articles are an example of a clinical intervention from an integrated use of psychodramatic techniques. These works have the greatness of the inclusion of the therapeutic sequence, which means valid information for clinical psychologists.

After this, we include the work of **Javier Sempero y Claudio Fuenzalida** "*Interfamiliar work: from family therapy to therapy between families. Analysis and promotion of the therapeutic model*". Recently, I had the chance to meet the authors and I attended a workshop where they showed the application of their ideas. The origin of these ideas, are founded in the "multi family" concept of Garcia Badaracio but these authors go deeper and promote this theory in our country. His work, named as psychodramatic shares with psychodrama a very close vision about Health and cure. For example, when Garcia Badaracco says "any psychic Change must go through emotion before it is psyched up" (Garcia Badaracco, 2000: 98) and also when he presents therapy as a therapeutic encounter where the person is known in his social and family context. It is more what keeps us closer than what separates us and this article is a invitation for integration.

The third article presented has a name descriptive and explanatory at the same time: *"The other gaze of aggressiveness or an approach to psychosomatic field"*. Its author, **Vega Candelas**, starts with a question "where has the aggressiveness gone which is not expressed in children?". Her answer shows her approach to the psychosomatic field, takes into account the original identity conception from Moreno "the psychosomatic roles", and then adds Pierre Marty's position about "psychosomatic personality". In her work, Vega shows us how she integrates the last two positions in her clinical practice with bipersonal psychodrama.

I agree with the author on the following statement : if there is a place where fantasy can not be repressed , this place is the "As if of the psychodramatic scene". If aggressiveness and fantasy can find a way of expression outside the body, then the child might protect himself from psychosomatic symptoms. The psychodramatic action gives him the capacity for psychic metabolism for what he can express in a somatic way.

In our sharing spirit, this edition is full of collaborations; we have two reviews of books. One is from Ramon Florenzano, about the text : *"the scene bleeds : psychodrama, therapy of trauma and grief"* by our friend and member of the editorial board , Pedro Torres Godoy.

The other review is about the book *"Rodapes psicodramaticos, subsidios para ampliar a leitura de J.L Moreno. São Paulo: Agora"* from Wilson Castello de Almeida. I don't know him personally but I have had the pleasure and fortune of re-learning and re-reading Moreno's work from his intellectual deepness. Wilson Castello de Almeida has been very kind in providing us with his work and I'm sure that his readers will thank him "Gentileza gera gentileza".

We have a further two contributions; I won't even try to categorize them or even name them as I wouldn't do them justice . One of the works is from our psychodramatist and friend, I'd even say he is a poet (as apart from his extended work about psychodrama he has published a book of poems "roemas"). His contribution stands from the link between his ability to "tell stories" and his "therapeutic thought".

The second work is from Dr. Lucas Bruno *"Mitomania Pitomana"* which joins "a way of thinking" with "a way of doing". This is a suggestive and provocative work that invites us to consider; an action which might orientate us in reading his work "I don't want to live in an invented world, I want to live inventing worlds".

We also present two clinical cases *"without the right to wish: surviving the blame in a sexual abuse case"* by Silvia Monzon. The author shows us how to recover the right to wish in children who have suffered some kind of sexual trauma.

The other clinical case is *"psychotherapy and/or religious life: psychodrama"*, where I wonder about a question that is always present in therapeutic work in either an explicit or unconscious way. When a religious person goes to psychotherapy, then should she choose another way of life to be psychologically healthy?

We look for the answer in Cluster's theory, a developmental and interpersonal theory, from where we look at religious life as an option that supports health and not as a way of maintaining suffering.

We finish with 2 workshops *"Fear of change and fidelity to suffering"*, presented in the pre-congress Fepto. April 13th 2013. Santander, (T. Herranz), where we offer a psychodramatic work , the purpose of which is to facilitate to the participants the recognition of how they are caught up in their suffering; this fact is supported by a "supposed" thought about being loyal to their history, to others, to expectations...

The second workshop is *"therapist of children"*, done at the Escuela de Psicoterapia y Psicoadrama" (April, 2013. Herranz. T ). It is a trip through lack of affection ; a therapist must always, but

especially if he works with children, repair and look at these issues. This workshop starts from " the narrative of basic emotional needs" (Clusters' theory) and then promotes a psychodramatic action that repairs and prepares us for our work with our little patients.

*Teodoro Herranz Castillo*  
*Director*