

FEAR OF CHANGE AND FIDELITY TO SUFFERING

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Summary

Psychodrama will be used in order to explore “the fear of change”, looking into the fantasies that incapacitate us, that limit us. During this process of investigation we will explore the ways in which we sustain our own fears and in turn perpetuate our limitations. Hand in hand with fear comes “fidelity to suffering”; to reiterate one’s own hurt usually gives us a sense of loyalty, loyalty to our own history and our own myths. Relational and biographical myths constructed along with many others in defense that it protects us when it is actually hurting us.

This workshop will follow the structure of the classic phases of a psychodrama session, warming nonspecific, warming specific, action, and sharing.

Workshop

Workshop presentation by the Group Coordinator.

Warming Non-specific:

Objective: Explore the group latency

Group Round: “The other introduces me from my own expectations.”

Motto: What has incited your curiosity or interest in this workshop? Are there some words which have had a more intense impact on you?

In action:

We are going to walk around this room looking for a spot where we feel as if we are directly confronting change. This group space acquires three meanings:

- A feared situation
- A desired situation
- A “once dreamed of” situation

Once arranged in these subgroups, we will each share why we have chosen these specific spots.

Next, we will continue walking around the room, in order to come to another decision. How many of the changes in my history, my life, have been “chosen” or “imposed, “I was not consciously aware of what caused me to change”.

We will continue filling with significance this group space with each of our two chosen spots. We will again share with each other what has influenced us when picking such spots.

Here, we will choose a protagonist.

Warming specific

Motto: before beginning this workshop we have allowed that the spirit of change inundate this room, in such a manner that you will notice on one another your own desire to meet or recognize that person who lives in each and every one of you, the one we have established as Change.

Protagonist's choice. If more than one, there is a sociometric choice of the protagonist.

Warming specific: we invite the protagonist perform a "dramatic game"; explore in himself how his/her mode of coping with Change was formed.

Also, we ask them to bring into play his family of origin, and/or if they wish the members of his/her actual family, and/or those members relevant to him/her during their life.

Once brought forth, we assign roles to each member of the group, who will become auxiliary ego the roles the protagonist chooses.

Once different characters have been brought into play, we ask for them to group them "in relation to fear and suffering against change" or "in relation to change as a way of living and guiding one's own life".

Once these auxiliary ego have been grouped, the protagonist will be asked to introduce them to us "from a role", the coordinator will interview the characters in order to get to the action part and listen to the two groups....Chooses the order in which he wishes to listen to each. He can interact with different characters if desired.

Action

Two members will later be chosen. One that will “incarnate the character of change”. The other that will act as a double. Will use mirror technique, the "change" and its double. They will be asked to play the role of “change” and it’s “double” in order to represent the methods in which until this moment they have confronted “changes”.

Then, they will be asked to look at their characters “grouped either in the fearful section or the coping section as just one more “of life’s difficult components”.

They will be asked whom they want to be “loyal to”...some of them, to some of them... Next they will be asked to look at their “double” and to be “loyal to himself”, to propose: “here and now how do you want to face change”.

Sharing

After the dramatic representation has been finalized, we will turn to Sharing. Gathering the resonance, the experiences, and the things learned/felt from the time lived.