

# Editorial

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This publication shapes one of the reasons that gave rise to this journal, this is to share the results of Psychodrama in the clinical intervention.

The first article “Psychodrama in a psychotherapy unit” from the authors Francisco Gómez Holgado and Juan José Belloso Roperó presents a psychodrama’s intervention, from their theoretical and procedural conception, working with patients suffering from a serious mental disease in a department of the psychiatric area from the Doce de Octubre hospital in Madrid. The authors share with us their journey from psychodrama’s epistemology as co-builders of changing process describing both patients and their own experience. They label with different epigraphs conflicts tackled during therapy sessions that makes us realize the universality of human suffering “fear to be rejected, perfectionism”...

The second reading belongs to Isabel Cabrera, a young and brave woman in her professional practice, called “Minor’s psychological attention victims of gender violence through psychodrama”. She states that children suffering gender violence need to be considered victims, not only observers; violence destabilize so much their emotional life that they have to adapt and survive to it. Isabel presents an intervention where Psychodrama matches tenderness, turning into a healing and recovering process.

It is not correct to define psychotherapy as a risk profession but is widely accepted that it’s tests therapist’s emotional life, and many self-protection skills are developed. Marisol Filgueira, in the third article, mentions many of them, from therapist’s own therapy until supervision. However nobody can warrant therapist’s mental health and many times the price to pay is very high.

The next article, “Considerations about acting out in Psychodrama and Psychoanalysis”, refers back to our own identity and our place in the psychotherapy history. Mariela Michel clarifies differences between Psychoanalysis and Psychodrama theory for the “acting out” concept. This is an old debate; Moreno’s naming “acting out” to performance or putting into action wasn’t very fortunate, especially to those who wanted to see the action not as conflict resolution but as a primary defensive behavior. Mariela clarifies and contributes to dissipate conceptual and historical confusion. Time has passed since psychodrama therapist we were view with positivism disdain and linear epistemology. Now we are seen, and poorly sometimes imitated, by our co-responsible and interpersonal epistemology, which is showed and developed through drama.

In our sharing spirit this edition has four collaborations. The first one is a reading from an integrator psychotherapist whose way to challenge knowledge is not exempt from rigor and intellectual creativity. Jose M<sup>a</sup> Caballero shares his work “Wounded forever: children death and grief against nature”, a proposal intervention for one of the hardest fields, where, as therapist, we need to hold the hardest human pain in our hands, tears and desperation slipping among our fingers, reminding how unkind life can be.

A further contribution comes from Adam Blatner’s generosity who allowed us to translate and include his article in our journal. He explains the use of many Psychodrama’s techniques when working with families. Shakespeare’s quote “the world is a scene and man and woman are mere actors” is an excellent starting point. Familiar conflicts can be redirected

to a meeting position through drama and other psychodrama techniques. He clearly reveals selection criteria and advantages of each technique.

The last two readings of the sharing spirit are two books. The French one from our colleague Carolina Becerril who sends us her publication for its presentation. As Ramiro Bustos pointed out, learning is knowledge re-creation. In this work Carolina re-creates Psychodrama from her own research and her professional experience.

Finally and obviously very dear to me is the presentation of the book “Children’s psychotherapy and Psychodrama”. The reading, among whom I count myself as an author, along with Lorena Silva and María Herranz, shows the work of many years shaping a way of understanding and making children psychotherapy. It’s a book intentionally clear so that the reader can understand how to intervene with children and why this intervention.

As usual, welcome to those of you readers of the magazine and thanks to all who have contributed to this third issue comes to light.

*Teodoro Herranz*

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