

I am forming a group (max 8 balanced gender) that will meet on thurs eve's 6:30 – 8pm.

This group would be real helpful for those who experience repetitive relationship problems ie, make poor relationship choices and have repetitive conflict patterns and for those seeking to get unstuck from unproductive life patterns

I have been frustrated with the limits of ONE/ONE – often wishing I could help clients experience/interact with significant others in their lives past/present eg, create a psychodrama wherein they could choose a group MEMBER to play a significant other whom they've had or have a conflict with eg, parent, spouse, ex-spouse, girl/boy/friend, their angry self, their ambivalent self, their critical guilty self, etc.

With my direction - role reverse so you become that person – yes switch seats!!– now you're modeling - coaching this chosen member on how to play your significant other – you are creating an interactive learning platform – continued role reversals are then used to hone/shape this role (train this member surrogate to the protagonists' satisfaction) - teach your fellow member how to be this significant other – especially how to trigger the conflicts - then in role reversals - move in and out of self thereby experiencing/appreciating the impact of the significant other and how you reacted – how you adapted - the PLUM of all therapy – “interpersonal learning” – then in group work on new ways of dealing with those significant emotions.

Powerfull primary relationships often have great impact on us in our formative years – we must adapt – that adaptation is what we live by and cope by today – extreme problems REQUIRE extreme solutions and extreme solutions often become extreme problems.

Each group will begin with such a drama (ie, after catchup talk) – member(s) would step-up to do the drama – if more than one member wants to start we would flip for it to see who the protagonist would be –

at end of mini drama protagonist would FIRST receive feedback from members re their observations and how that drama affected them personally. This is a powerful learning experience for the protagonist and serves as a powerful WARM-UP for members and the remainder of the group session (often setting the theme).

Groups typically go on discussing/interacting about the drama – members often discover strong personal emotional connections and are able to explore the historical roots thereof. The Payoff – insight concerning one’s problematic behavior and catharsis – venting pent up emotions and working through – ie, correcting historical distortions and working on more adaptive ways of responding.

Dick Flaherty LICSW
Salisbury Psychological
978 465 9139