

Sharing as a Space for Self-Expression, Support and Relatedness: A Case Study of a Psychodrama Therapy Group in a Psychiatric Inpatient Ward

Dr. Yiftach Ron

Dr. Yiftach Ron, holds a Ph.D. from the Hebrew University of Jerusalem. He serves as the Head of the M.A.A.T program in Psychodrama therapy at the Kibbutzim College and teaches at the School of Creative Arts Therapies at the Kibbutzim College and at the M.A. Program in Conflict Research at the Hebrew University. His current work examines narrative approaches in therapy, the Morenian language as a potential alternative to other therapeutic languages, and therapy in settings of intergroup conflict.

This paper seeks to provide a framework for understanding the potential of group sharing in dealing with the experience of loneliness and distress, and to serve as a space for self-expression, support and relatedness in psychodrama group therapy.

A case study of an inpatients psychodrama group in a psychiatric hospital in Israel demonstrates the role of group sharing in creating an accommodating space of self-expression, mutual support and relatedness, which offers a relief of the distress of psychiatric inpatients. Within the inpatients group presented in this case study participants used sharing to distribute the burden among the group members along with the resources to cope with it.

The paper seeks to illuminate the unique contribution of a therapeutic tool rarely dealt with by the existing literature - the psychodramatic sharing, in dealing with situations of acute mental distress.

Keywords: Psychiatric hospitalization, Self-expression, Relatedness, Psychodrama, Sharing

Corresponding author: Dr. Yiftach Ron yiftach.ron@smkb.ac.il , yiftron@gmail.com