

## Zoom into Puppet - The three-dimensional model of the puppet: Therapeutic aspects

**By:** Smadar Cooper-Caesari, Drama Therapist specializing in Puppet Therapy, M.A. Bar-Ilan University, Coordinator and lecturer in the "Puppet Theatre as a Therapeutic Tool" studies program at Holon's Puppet Theatre School, staff member of the ICSPC Institute, specializing in trauma situations and resiliency development.

This article presents the "**Three Dimensions of the Puppet**" model, intended to serve therapists who use puppets in their work, and its goal is to help therapists make a wise selection when choosing which puppet to use, based on the various dimensions of the puppet. The model helps to better understand the different qualities of the puppet and how to optimally exploit it, considering two psychological aspects: identification and projection.

The puppet's **physical dimension** links to the material and visual aspects of the puppet: flexibility, the material from which it is built, the size, the color and additional attributes which affect the patient. The puppet's **symbolic dimension** is linked to the puppet's ability to represent and enhance reality through visual means. The puppet holds the aspect of concrete personality as well as a general aspect, as a representation of a "type". It awakens the inner knowledge of the patient to what it symbolizes in his/her culture.

The puppet's **spiritual dimension** contains two components: **animation**, which signifies the meaning the patient attributes to the artistic outcome, and charges the patient with the ability to influence and delegate power and strength, in order for him/her to be able to handle the subject-matters troubling him/her in a secure manner. The other component is the **kinetic** component, which refers to the actual physical operation of the puppet, as an object that "comes to life". The ability of the puppet to transform can help the patient to connect with creativity, vitality and the feeling of being in control.

The article presents two examples which demonstrate how the model can help the patient: analyzing the choices a patient makes and how to choose the proper puppet for intervention.

**Keywords:** Puppet, creative arts therapies, intervention, evaluation, the three dimensions of the Puppet Model.

**Corresponding author:** Smadar Cooper-Caesari, smadar@kookila.net