

The dramatic reality: characteristics and therapeutic framework

By: Susana Pendzik, PhD, RDT is a senior lecturer at the Graduate Program in Drama Therapy at Tel Hai Academic College, lecturing also at the Theatre Studies Department of the Hebrew University of Jerusalem and the Dramatherapy Institute, Switzerland. She is drama therapist and supervisor in private practice, does extensive international work, and is the author of many publications in the field.

Dramatic reality is a key concept in drama therapy, and perhaps, it is the field's most unique contribution to psychotherapy. All drama therapists engage with dramatic reality in one way or another, both in clinical practice and in theoretical thinking. The present article examines the idea of dramatic reality from a conceptual angle. First, it defines the scope of the concept in comparison with similar notions, contextualizing it in light of the notion of *performance activities*, as defined by Schechner (2005). It then describes the main characteristics and properties of dramatic reality, focusing on their impact in the therapeutic framework. Finally, the article suggests four main tasks that the drama therapist is required to perform in connection with dramatic reality.

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Corresponding author: Susana Pendzik pend@netvision.net.il