

Psychodrama is:

*discovering your own spontaneity;
experiencing yourself without trying.*

In psychodrama you can:

*return to your family of origin,
discover some beginnings of life
patterns that now are;
and straighten out things
that should never have been bent.*

*In psychodrama you can settle old scores,
heal old sores, find new shores
of creativity and ingenuity.*

With psychodrama:

*you can enter the theatre of surplus reality
and find new roles to play
and enjoy the freedom to extend
your own imagination, fantasy and beauty.*

Psychodrama introduces you

*To ordinary people,
whose life stories you come to share.*

*In psychodrama you meet old friends
at entirely new depths of understanding.*

*To survive we need spontaneity, creativity and genius.
Jacob Moreno created psychodrama so that each of us
would be able to expand those qualities fully.*

(Don Reekie, PINZ Newsletter and ANZPA Newsletter, 1983).