

## Not Rehearsal

This prose poem arose from an experience at the end of a day in a psychodrama training workshop in 1985. The leader closed the day talking about psychodrama being rehearsal for life. [I discovered later that Adlerian Psychodramatist Adeline Starr titled her book on psychodrama “Rehearsal for life”.] I went away, knowing that there is more to psychodrama than that. That evening I wrote:-

*We do not replay the past to bring it to present attention. We do not open the future for rehearsal or speculation.*

*We are all here now and together. We will reveal our individual and interactive experience to each other and ourselves.*

*It is the present you and the present me, here and now, who open ourselves to extend, expand and evolve our own reality.*

*Real is not simply what did happen, is happening or will happen. Nor even is it what seemed to happen or has the probability of coming about.*

*Real is also the surplus reality: the “might have been”; the compilation of past present future in one moment; the present change moments and the countless possibilities.*

*The psychodramatic stage is not an opportunity for recapture or rehearsal. It is the place of the opening of our souls to the living reality of ourselves; to the cosmos, to our own universes and to each other.*

*Don Reekie 1985*