



## **“Step into the Shoes of a Trauma-Informed Helping Professional Using Psychodrama and Sociodrama”**

Presenter: Daisy Martinez-DiCarlo, LMHC, CP, PAT

### **Goals**

1. Identify at least three (3) of the six (6) trauma-informed principles.
2. Apply at least two (2) trauma-informed principles in your professional work.
3. Demonstrate at least one (1) psychodramatic method and one (1) sociodramatic technique in your professional work.

### **Objectives**

- **Warm-up Objective:** During the sociodrama warm-up, Daisy will support the group members to cool down from their private roles and to decide upon what the community issue enacted in the sociodrama will be in which trauma-informed principles will be applied to professional skills. In a psychodrama warm up, Daisy will support the group members to warm up to their strengths and central concerns in which trauma-informed principles will be applied to professional skills.
- **Action Objective:** During the sociodrama enactment, Daisy will support the group to address the shared community concern; to help participants to express feelings about the concern and to rehearse new ways to deal with it applying the trauma-informed principles to professional skills. During a psychodrama, an individual will be selected by the group to enact their private story.
- **Sharing Objective:** After the sociodrama, Daisy will facilitate the sharing stage which will give group members an opportunity to share effective professional solutions in their work applying the trauma-informed principles. After a psychodrama, Daisy will facilitate the sharing stage in which group members share with the protagonist how they related to their drama.

### References:

S. Giacomucci (2023), Trauma-Informed Principles in Group Therapy, Psychodrama, and Organizations: Action Methods for Leadership

P. Sternberg and A. Garcia (2000), Sociodrama: Who's in Your Shoes