



Project PHD²

Lifelong Learning Programme-
Grundtvig. Multilateral Projects

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Education and Culture DG

Lifelong Learning Programme



Aspects of Interest

. Lifelong Learning Programme-
Grundtvig. Multilateral projects

. Type of Operation: Training

. Budget Total: 399.007 €

. EU Contribution: 75%

. Duration: 24 months
December 2008 - December 2010

. Partners:

Centro Studi e Formazione
Villa Montesca (Italy)
Health Psychology Management Or-
ganisation Services (UK)
Fundación Comunidad Valenciana-
Región Europea (Spain)
Mancomunitat de la Ribera Alta
(Spain)
Institút Zamestnanosti (Slovakia)
Department of National Minorities and
Lithuanians (Lithuania)
Public Institution Roma Community
Centre (Lithuania)
Education Centre and Social Support
for People with Disabilities (Greece)
Provincia di Perugia (Italy)
Ricerca e Cooperazione (Italy)
Nessuno TV (Italy)

The PHD² Project (Personal and Human Development, Psychodrama to Help Disadvantaged) develops through different seminars the psychological methods of video therapy and psychodrama on persons with physical or mental disabilities or in risk of social exclusion to foster their integration or reintegration into society and the workplace.

In this manner, the project aims for this people to re-discover relationship and communication competences (through psychodrama workshops) as well as to acquire specialised skills (by means of audio/video production workshops) which can be used for the integration or re-integration into a working context.

The project, co-funded by the European Commission through the Grundtvig subprogramme included in the Life Long Learning Programme, is led by Centro Studi e Formazione Villa Montesca (Italy) and develops its activities from December 2008 to December 2010 with partners from the United Kingdom (Health Psychology Management Organisation Services), Slovakia (Institút Zamestnanosti), Lithuania (Department of National Minorities and Lithuanians, and Public Institution Roma Community Centre), Greece (Education Center and Social Support for People with Disabilities), Italy (Provincia di Perugia, and Ricerca e Cooperazione), and Spain (Mancomunitat de la Ribera Alta, and Fundación Comunidad Valenciana-Región Europea).

The first phase of the project is now finished, and consisted in a study research by experts, trainers, psychologists and film makers, on psychodrama re-education techniques in relation to disadvantaged subjects, on psychodrama techniques used in the participating countries, and on the level of assisted methods with art-therapy used in the above countries (in particular video-therapy) in order to favour social integration of disabled, disadvantaged or immigrants.

At this moment, the project is in its second phase, consisting in setting up verbal and non-verbal communication labs (psychodrama labs including talking about oneself and listening to others, using voice, mimics, body and the knowledge of oneself through video). The targets of disadvantaged subjects are to build group experiences characterised by dramatising everyday life in order to acquire more confidence in their own resources.



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Psychodrama and video therapy
 Methods of the PHD² seminars

Methodology

The PHD² project intends to experiment an integrate video-therapy and psychodrama method within a context in which a number of users with different degrees and levels of social disability, disadvantage and social exclusion can re-discover relationship and communication competences (psychodrama workshops) as well as acquiring specialist skills (audio/video production workshops) which can be used for the integration or re-integration into a working context.

Video-therapy together with psychodrama is a valid tool to carry out the aim of the project. Moreover, it can be therapeutic for disabled and disadvantaged subjects as a way to overcome relational barriers and at the same time acquire new professional competences.

Together with the participating countries, this project aims at using all those activities related to setting up a show –screenplay, stage, design, dance, interpreting a role, acting, singing, directing- in order to give and consolidate relational and communication competences needed for building effective relationships among disabled people.

The work is done in two transversal stages:

Video-therapy: Acquisition of practical competences through video-therapy in order to strengthen the ability, experimenting as able subjects.

Psychodrama: Transferring practical action to everyday situations, stimulating socialization and autonomy in relation to the subjects' future social work through the regaining of their relational and social abilities and the professional competences acquired.

Results of the Research Phase

The investigations have shown that nowadays, this technique is applied in different fields:

- Therapeutic Intervention: individual, group, child teenager, couple family
- Education: teachers, children, and teenagers, parents
- Social work: disadvantaged sectors or with a social exclusion risk
- Organizational consultancy: psychodrama provides support to enterprises
- Human Resources training
- Training for health professionals: psychologists, pedagogues, teachers, medical assistants, etc.)
- Practicum University: last year students are offered a pre-professional training programme.





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 Web site PHD²

Psychodrama Advantages

The main advantages detected by the specialists are:

- Involves people in an emotional and intellectual way
- Psychodrama does not require many dialectical resources to express oneself
- The emotional discharge provoked by Psychodrama makes main character to experience again past situations of their life
- It develops conscience: as a person can realize of their own thoughts, feelings, motivations, conducts and relations
- It improved empathy and also capacity for comprehension of situations
- Psychodrama allows training, learning or preparing to act more proper conducts or answers
- Psychodrama can be applied to solve nowadays problems or situations
- Psychodrama allows a structured development of spontaneity
- Psychodrama techniques can be used in any field requiring an exploration on psychological dimensions of a problem

Psychodrama Inconvenients

On the other hand, it has some weakness:

- It provokes strong emotional situations
- It is important to take into account overly dramatic people
- In principle, psychodrama can be applied to everybody, but in fact it is necessary a previous selection
- Psychotherapists are required to participate as a main character or as public in psychotherapy sessions in order to become good psychotherapists
- Among professionals, there is a terminological confusion in the use of terms
- Psychodrama techniques required a vast knowledge and training





PARTNERS' LINKS

Centro Studi e Formazione
Villa Montesca
www.montesca.it

Health Psychology Management
Organisation Services
www.hp-mos.org.uk

Provincia di Perugia
www.provincia.perugia.it/formazione

Mancomunitat de la Ribera Alta
www.manra.org

Fundación Comunidad Valenciana-
Región Europea
www.uegva.info

Institút Zamestnanosti
www.iz.sk

Department of National Minorities and
Lithuanians
www.tmid.lt

Public Institution Roma
Community Centre
www.roma.lt

Education Centre and Social Support for
People with Disabilities
www.1597.syzefxis.gov.gr

Ricerca e Cooperazione
www.ongrc.org

Nessuno TV
www.nessuno.tv

The UK PhD² Research Report

Background

Health Psychology Management Org. Services PhD² research report provides a review of research written about psychodrama and art therapy in the UK. The report was conducted as part of the Personal and human Development: Psychodrama to help Disadvantaged (PhD2) project. Combining the expertise and experiences from different European countries, the project seeks to explore a new learning approach based on the integration of psychodrama and video therapy for the marginalised population. Hence, it was essential to highlight and gather information about the psychodrama and art therapy experiences realised at a national level (in the UK). This allows for the appreciation of the existing gaps and competencies. A literature review was therefore carried out.

Scope

The research parameters of the psychodrama and art therapy journal articles and research included:

- a) UK based
- b) concerned with adults (including all socially disadvantaged or excluded groups)
- c) dated 1999 or later

Findings

The finding of the report is based on 20 pieces of literature on art therapy and 14 on psychodrama. In order to supplement the limited number of published literature in the field, relevant information was sought by means of desk based research (contacting practitioners on the ground via telephone and online questionnaire). Out of 24 psychodrama practitioners, 10 responded but only 5 of them were valid entries. The information is pooled with the 34 documents reviewed. This gives a total 39 records for the analyses. It is assumed that the information gathered, though still somewhat limited should be fairly representative of the state of the art in the UK.

Conclusion

It was found that majority of the published articles in this review are concerned with art therapy and psychodrama programmes that were rolled out by the UK large organisations such as NHS, HMP and other hospitals. The subject population are diverse but are usually consisted of different individuals with mental health needs, e.g. older adults with dementia, deaf individuals with mental health problem and offenders who experienced trauma. Most art therapy and psychodrama interventions yielded positive outcomes. Many authors adopted qualitative method and described the individuals' context and processes that led to the outcome.



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