

## A drámajáték és a pszichodráma technika felhasználási lehetősége a szociális felsőoktatásban

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**Abstract:** This article is comparing drama pedagogical and psychodramatical role-playing techniques, by the perspective of their efficiency in the social training. The techniques of psychodrama was developed by a Viennese psychologist Jacob Moreno, This method requires a protagonist – whose problems are being acted out; auxiliary egos – the group members who assume the roles of other people in the protagonist's life; an audience – other group members who observe and react to the drama; and a director – the therapist. The protagonist selects an event from his or her life and provides the information necessary for it to be re-enacted. The therapist, acting as facilitator and director, assists the protagonist in orchestrating the scene, offers emotional support, enlists the audience's response, and helps the protagonist gain new insights from the experience. Immediately preceding the re-enactment is a warm-up period designed to prepare all the participants for the experience by motivating them and establishing a safe and trusting atmosphere. After the re-enactment, members of the audience discuss their reactions to the re-enactment, including ways that it touched on their own experiences. Encouragement and support is offered to the protagonist, as well as suggestions for responding to the problems dealt within the re-enactment. Role playing is sometimes employed in a combination of techniques in other types of therapy.

**Keywords:** role playing, psychodramatic and drama pedagogic techniques, protagonist, personality training, social training.