Books

Psychodrama Group Therapy with Children

Originally published in German this highly effective method of psychodrama with children in groups developed by Alfons Aichinger and Walter Holl, Germany, has been demonstrated and shown by Stefan Flegelskamp at several meetings of FEPTO. Since February 2017 the English edition of the main book by Aichinger/Holl is available as e book as well as in paper.

**Title: Group Therapy with Children - Psychodrama with children**

**ISBN: EBook 978-3-658- | Print 978-3-658-**

In symbolic dramatic play, children express their inner lives through play and action. Through play, they can find access to resources that allow blocked developments to be reactivated in order to reconstruct a shattered world and self-image. They are encouraged to engage in supportive relationships, an important factor in resilience. The group is used as a social reality in which social competence and performance can be developed. Cooperative mutual help works as a significant factor in healing.

Peer groups have a great significance in children’s development. Since children express their problems through play and action, Alfons Aichinger and Walter Holl have developed the basic ideas and intervention possibilities of psychodrama for group therapy work with children in a process spanning over 37 years. Using vivid examples, they describe the appropriate composition of a group of children, the structure of a group therapy session, the group process, disorder-oriented and group process-oriented interventions and the demands placed on the leaders of these groups.

**Content**

- Preparing for the Group
- The External Framework
- The Structure of a Psychodrama Session and Therapeutic Technics
- The Complete Group Process
- Special Interventions with Individual Children
- Group Process Oriented Interventions
- Demands on the Therapists
- Operating in Networks
Books

Target Groups
Specialised professionals who work with children in a pedagogical or psychotherapeutic context, such as child and adolescent psychotherapists (psychologists and physicians), mental health and social workers, teachers and educators.

The Authors
Alfons Aichinger: Head of the Caritas Association’s Psychological Counselling Centre for Parents, Children and Youth in Ulm, Germany for 37 years; Supervisor and Head of Advanced Training at the Moreno Institut in Stuttgart and the Szenen Institut in Cologne, German.
Walter Holl: Child and adolescent psychotherapist in Ulm, Germany and Head of Advanced Training at the Moreno Institut in Stuttgart, Germany.


The book has been thoroughly proof read by our colleague Dorothy Langley, UK.

Agnes Dudler, Bonn