

# „How does Psychodrama Works“

By Vladimir Milošević



A book „How does Psychodrama Work“ is published in Slovenia under the title „Psychodrama – a Change Through the Action“ in 2018 and in Croatia in 2020. The book is a result of the search for the answer on which way psychodrama method „creates“ therapeutic change, what is a mechanism of intra- and inter-personal processes through

which psychodrama results with therapeutic improvement of the patient. How does the dramatization and play on the scene and interactions in the group increase therapeutic process.

In this book I approached to these questions from different perspectives, of other psychotherapeutic concepts (psychoanalysis, object relation theory, self psychology, group analysis), post-modern philosophical concepts of deconstruction and autopoiesis and achievements of neuropsychology and neuroscience. All theoretic concepts are illustrated with practical examples from my own psychodrama practice which makes understanding easier.

From the Recensent dr Gorazd Mrevlje:

„....We have a book which I can with a whole conscience and without exaggeration define as a psychodrama textbook. We can also add that the book is very demanding, and in this respect represents wide and deep knowledge of essential elements and origins of relevant psychotherapeutic methods. For the beginners it is demanding text, but I recommend the reading of this book also to them as well as to the others, which are interested in humanistic sciences. This text namely allows, together with own complexity, essential view what is psychodrama and removes all doubts regarding this method“.