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Sociopsychodrama: Social Matrix Structure and role theory

Moreno described child psychology developing in a series of matrices that go from the cosmic to the cosmic, through identity, family and social matrices.

Psychodrama and Sociodrama deal constantly with these structures within the individual protagonist and his environment.

Working for many years on the two fields: Psychodrama and Sociodrama it is feasible to understand that they belong together and create a unique method: Sociopsychodrama, that allows the psychodramatists to understand the individual process within the Social structure and also helps them understand the Social structure from the minimum atom of its constitution the "persona".

The actual challenge for a Sociopsychodramatist is to understand this interrelationship, to be able to work in groups and help Society better understand its mission in this moment of crisis.

Globalization has only put different groups with different structures in contact without giving them a tool to understand their differences and complementary aspects, the consequence has been a great growth in confrontations and wars instead of networking.

The financial crisis has to be understood in its profound roots as part of this whole process and not as an isolated phenomenon, it's a consequence, not the origin.

There is an example of the possibility of networking in a cooperative way given by the free software movement, whose members open up their knowledge to be shared and understood by every one, enriched by differences and not closed up by them. The networking of this group is similar to the way in which Moreno saw sociometry and human relations at a time in which those thoughts were looked upon as dreams from an over active mind.

In different realms these dreams have come true, inspired by his thought from far away but without a direct relationship with its techniques. In this regard it is evident that many of his ideas have gone over and beyond, expanding without even a recognition of his authorship as he proclaimed at his very beginning: Ideas do not have owners, they are in the universe to be picked up, developed and shared.

It is time for his own network to give them recognition..

The whole Psychodramatic movement still needs to understand its roots as a tool to help humankind, to reach a more spontaneous creative state. To accomplish this each one needs to include their relationships and their environment because there is no creativity without interrelations.

Even the Bible says that God NEEDED TO CREATE to share his creation.

Small groups have the possibility of changing the world in a creative way or in a destructive way.

When Psychodrama became just a technique used for and by the Psychotherapy world it lost the richness of the philosophical understanding and the social participation. So did sociometry when it became just a theoretical tool used for the understanding of a group or organization but separated from the healing process.

When the tools that Moreno created and the whole movement developed, are closed up in different dissociated little rooms, the enriching capacity of

its wholeness disappears.

Sociodrama is the less known proceeding of Moreno's method, he used it constantly to understand Psychodrama better or to help in a difficult Social situation.

Public Sessions were actually very powerful Sociopsychodramas.

Like when he worked in the theater in New York, in my presence, with a very young girl, Caucasian, beautiful blue eyes that had a beautifully colored baby with black eyes, that the family had rejected.

To present them to the group and work for its acceptance in the late sixties, was not only healing for her, it was a challenge for the whole group and to Society.

Another example, working with an Israeli lady, the war and her very deep need to protect her son from it when it was very badly seen in Israel to be against war.

At that time not so many people talked about environmental changes but he had his Institute outside New York in the Hudson Valley and every session was inside a theater, but to get in or out, mainly to be able to reach the balcony, the gods level or why not the cosmic matrix, it was necessary to go out, to be in contact with the outside, the sky, the woods and the constant movement of the Universe, from the snow to the most wonderfully brilliant sun.

So Sociodrama in his time was an integrating part of the whole, even if sometimes he used it with a very specific aim like to help somebody to face society after having been in a mental hospital.

It might be very important for Psychodramatists when they use Sociodrama to know that they can limit it to the smallest use, that is to understand an organization, like a hospital or a school and that this is going to be very useful, but that the bigger mission of Sociodrama is to be part of the Sociopsychodrama that has as a objective: Society as a whole and the different crisis it goes through.

The philosophy and theory that allows to understand the individual psychology in the psychodramatic healing process will help Sociopsychodramatists to heal and create new ways.

The Social matrix is part of the the cosmic development, it is necessary to understand that in order to live humankind needs to breath, it needs to realize that it is part of the environment, not as something from outside that needs to be taken care of but something that is part of our inner system, which is constantly in contact with the cosmos in the chemical level and exchanging its rich oxygenation and carbon molecules to continue to exist.

If this is understood then the breather role that Moreno describes as the first one in the individual development, the founding role of our creative capacity and the only possibility to survive on Earth, is also the founding role of the Social Matrix and its structure.

This role, beginning of the Identity matrix, starts to develop within the mother womb in a totally dependent way. When the Identity matrix starts then the possibility of independence begins. As an independent being we can choose to survive or not with the first creative act of human life.

This is later on completely forgotten and done automatically, which differs from the ways of our companions in this Earth the whales and Dolphins whom in order to survive need to remember to breath and have to

do it consciously thus maintaining their cosmic connection.

As a species we have forgotten that this is a social role as much as a particular role. Our survival depends on our understanding of our interdependence. So whenever we work in Psychodrama as therapy or a Sociodrama in a group this is the very root of our possibility to grow, change and understand.

As a group, humankind has lost the connection with its origin and only by recovering it will it be able to reconstruct its matrix.

The first matrix described by Moreno is not only a psychological feature, it is also a social reality. The cosmic matrix has to be understood as part of our inner structure and not as something that comes from outside and does not belong to the social matrix.

When the matrix of identity begins, the role of contact after the first breath takes place, the development of the contact among beings. Holding and sustaining is the most important attitude, founding the way in which persons develop trust and confidence from their personal point of view and also as small molecules in a bigger substance, they bring or get security and trust or insecurity and doubt within their network, structuring a complete different Social matrix depending on these very subtle differences on the response to the needs of a living being.

A Sociopsychodrama needs to take into account this important part to be able to work on a deep profound level of understanding and produce change if it is needed.

It is possible to take into account each of the roles that are developed on the Identity matrix, like the eater role and its relationship with the world around. It will be completely different to learn how to eat at the desert than at the Pampas and as this -each of the basic psychosomatic roles- is not born from a single individual or not even from a dyad, it is born in a profound relationship with everything that surrounds the first moments of life and its continuous development.

It is necessary in a world in deep crisis to reach a point in which the whole network is understood.

This basic references will give a Psychodramatist a way to think about its own role within society that is not only to heal but also to understand and prevent. He can only do this if he can admit and accept the differences as deep profound ways developed for survival during centuries and that judging and misunderstanding has given birth to the risk of destruction.

The development of the Identity matrix takes place within the family matrix with its basic understandings and only if the way in which the basic needs are met is taken into account will it be possible to understand a social structure. A Sociopsychodrama has to include these aspects of human development if it wishes to be useful in the future and it cannot divide the individual from the Social person.

The Social matrix is then made as Moreno said of small groups, formed by families, tribes and even formal institutions.

In a world of Globalization that tends to forget differences and subdue those values that are not the ones that belong to the more powerful social structures, the role of the Sociopsychodramatist will be to bring back to the field the need to get in touch with the most profound origins and allow them to be expressed.

It is necessary not to limit the Sociodrama tool to adapt people to a way of thinking or behaving, but understanding it as a Sociopsychodramatic process create spaces where it is possible to Be, to use creativity, develop the differences and learn from them creating an inclusive Social matrix rich and natural in its respect and understanding.

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