

Abstract

Title:

**Do we need an Emotion theory for Psychodrama?
Scenic-creative therapy and supervision in discourse with current
emotional psychology and embodiment research.**

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In this thesis for the advanced training as a psychodrama therapist at the Hamburg Institute for Social Interaction (ISI), the research question is whether and how an emotion-theoretical location can be helpful for psychodramatic theory formation and praxeology.

The starting point is to think and to develop hypotheses out of a humanistic attitude and perspective. Therefore, the psychodynamic explanatory models to emotion theories are not taken fully into account in this work.

The reader is first taken on an "expedition" through the complex landscape of current emotional psychology and embodiment research and the extensive theories are summarized and discussed.

In a phenomenological discourse, the question of how feeling and body are connected is dealt with. The origin and location of emotional experience in the body, i.e. on the psychodramatic dimension, is explained and then placed as a basal level in the context of psychodramatic work.

Neuroscientific research is regarded with a view of the body as the stage of emotions as well as the regulation of emotional processes and their disturbances.

In a second step, the concept of the emotional field is developed on the basis of three case studies from supervisorial and psychotherapeutic practice. The psychodramatic work with complex emotional situations is described in a differentiated way and theses derived from it are developed and formulated.

The points of contact between emotional psychology, psychodramatic concepts and Moreno's works are taken up and explored in a third step. Here, reference is made to central psychodramatic concepts such as the social atom, emotional expansiveness, tele and the process of warming up.

In the final discussion psychodrama is identified as a highly topical procedure, particularly on the basis of emotion theory and embodiment. An emotion-theoretical integration is therefore considered necessary. Additionally, a new research question will be formulated: How can not only an emotion theory but also the circular mutual causality and relationship of an individual and its sociality be localized in psychodramatic theory formation?