



Healing Eating Disorders with Psychodrama & Other Action Methods

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Psychodrama

The method developed by Dr. J.L. Moreno and his wife Zerka T. Moreno to explore problems, conflicts and other situations through improvisational action.



Action methods

A catch-all term for methods that use **action to explore our inner world**. These methods are experiential in nature and may include guided imagery, art making, movement, the creative arts and other modalities where the primary focus involves action rather than talk.

Eating disorders

Eating disorders are **complex behavioral and emotional conditions** that are characterized by persistent disturbances in eating behaviors accompanied by distressing thoughts and emotions. They typically affect our **physical, psychological and social functioning** and can be dangerous to physical health. Types of eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, other specified feeding and eating disorder, pica and rumination disorder.

Sociometry (exploring relational connections)

Knows psychodrama?

Knows other experiential methods?

Works with eating disorders?

Works with addictions?

Works with body image obsessions?

Knows and does yoga?

Has experienced personal struggles with disordered eating, food, body image?

Etc...

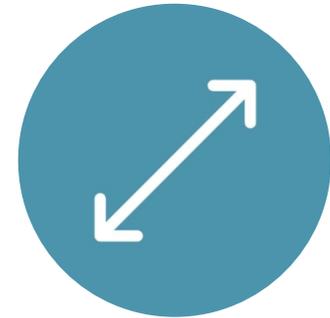
How psychodrama and action methods move beyond the silence and the fury



ENGAGING BRAIN &
BODY



GIVE VOICE TO WHAT
HAS NOT BEEN SPOKEN



EXPANDING WINDOW
OF TOLERANCE

Introducing strengths (Therapeutic Spiral Model of psychodrama)



INNER
(PERSONAL)



OUTER
(INTERPERSONAL)



UPPER
(TRANSPERSONAL)



Our relationship with food begins at birth.

Where do we
get our “ideal”
body image?



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The Compassionate Witness |

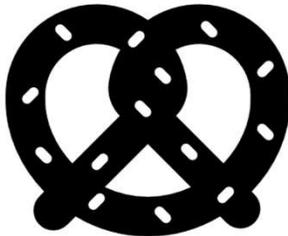
Compassionate Witness

The role that observes you with **compassion, kindness, without judgment**. This role, when developed, is an **antidote to the “critical voice”** that so many of us have contained and activated through the years.



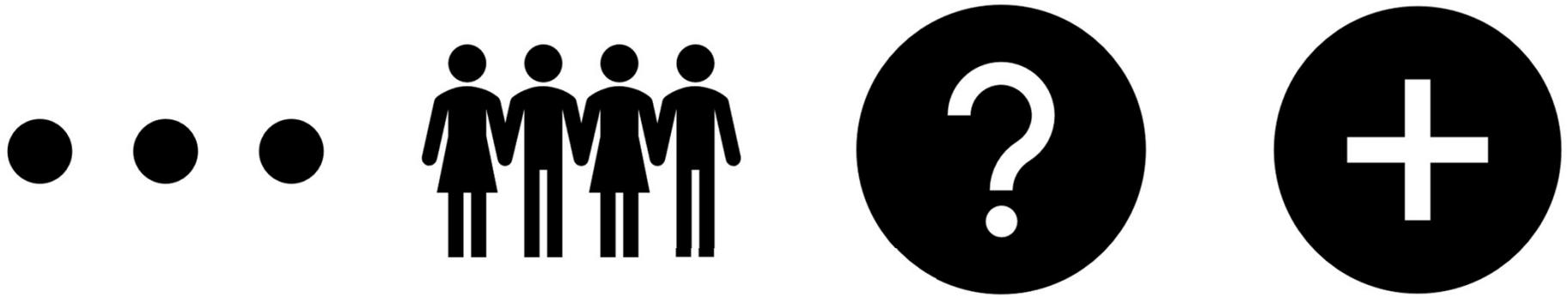
Jessica's food atom

The food atom

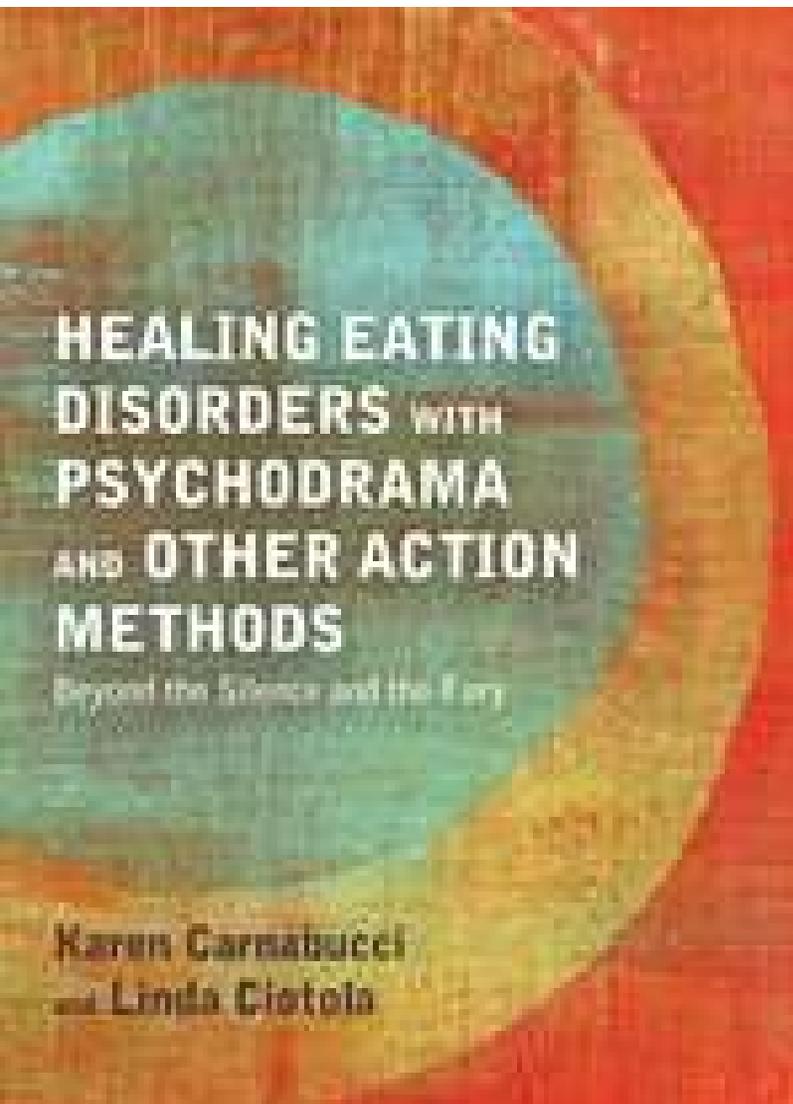




The Warrior



Locogram



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AND OTHER ACTION
METHODS**

Beyond the Science and the Fery

**Karen Carnabucci
and Linda Ciotola**

Healing Eating Disorders with Psychodrama and Other Action Methods

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Thank you for
attending!
