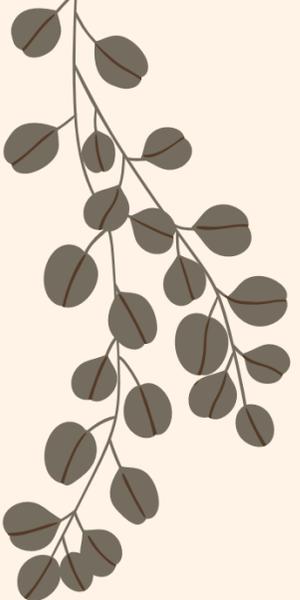
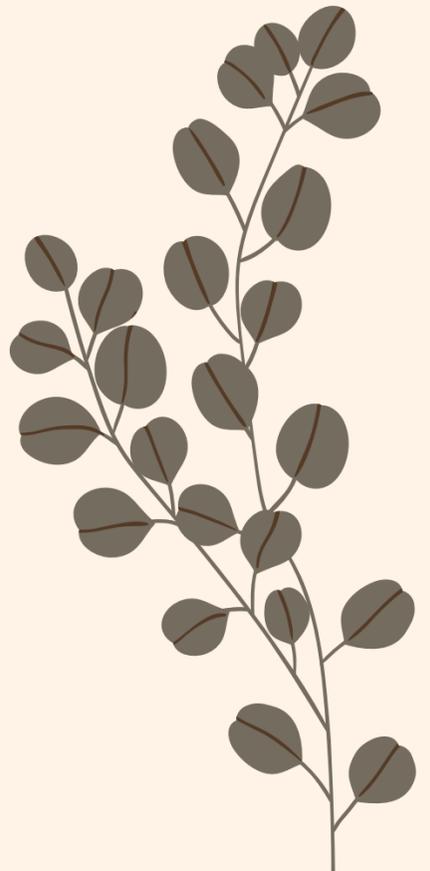
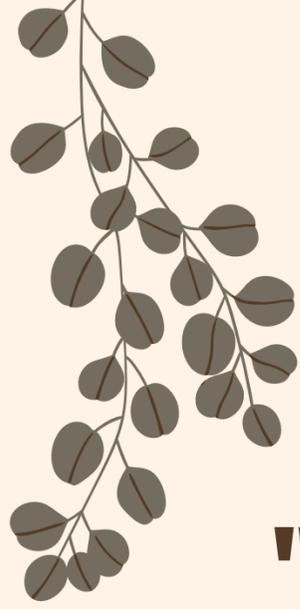


Tapping for Psychodrama

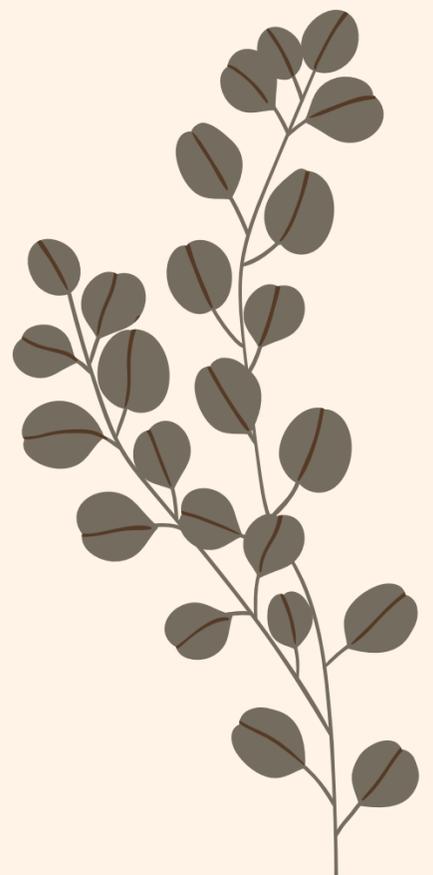
MARY KALBACH
EMERGENT HIPPIE COLLABORATIONS, LLC





"When all your energies are brought into harmony, your body flourishes. And when your body flourishes, your soul has a soil in which it can blossom in the world. These are the ultimate reasons for energy medicine—to prepare the soil and nurture the blossom."

— DONNA EDEN (ENERGY MEDICINE: BALANCING YOUR BODY'S ENERGIES FOR OPTIMAL HEALTH, JOY, AND VITALITY)



"Mankind needs to be educated; education means more than intellectual enlightenment, it isn't emotional enlightenment, it isn't insight only, it is a matter of the deficiency of spontaneity to use the available intelligence and to mobilize his enlightened emotions. "

JL Moreno, The Future of Man's World





What is Psychodrama?

Psychodrama is an action method in which clients use spontaneous dramatization, role playing, and dramatic self-presentation to investigate and gain insight into their lives.

**Sometimes Wikipedia actually does say it best!



Benefits of Tapping with Psychodrama

(my personal clinical observations)

- ✦ Respond to interventions with a more regulated nervous system
- ✦ Achieve spontaneity quickly
- ✦ Avoid dysregulation/abreaction



More! Benefits of Tapping with Psychodrama



- ✦ Move more quickly through developmental stages
- ✦ Grounding from dissociative states
- ✦ Increase access to all levels of resources - interpersonal, intrapersonal and transpersonal



Helpful Tapping Elements

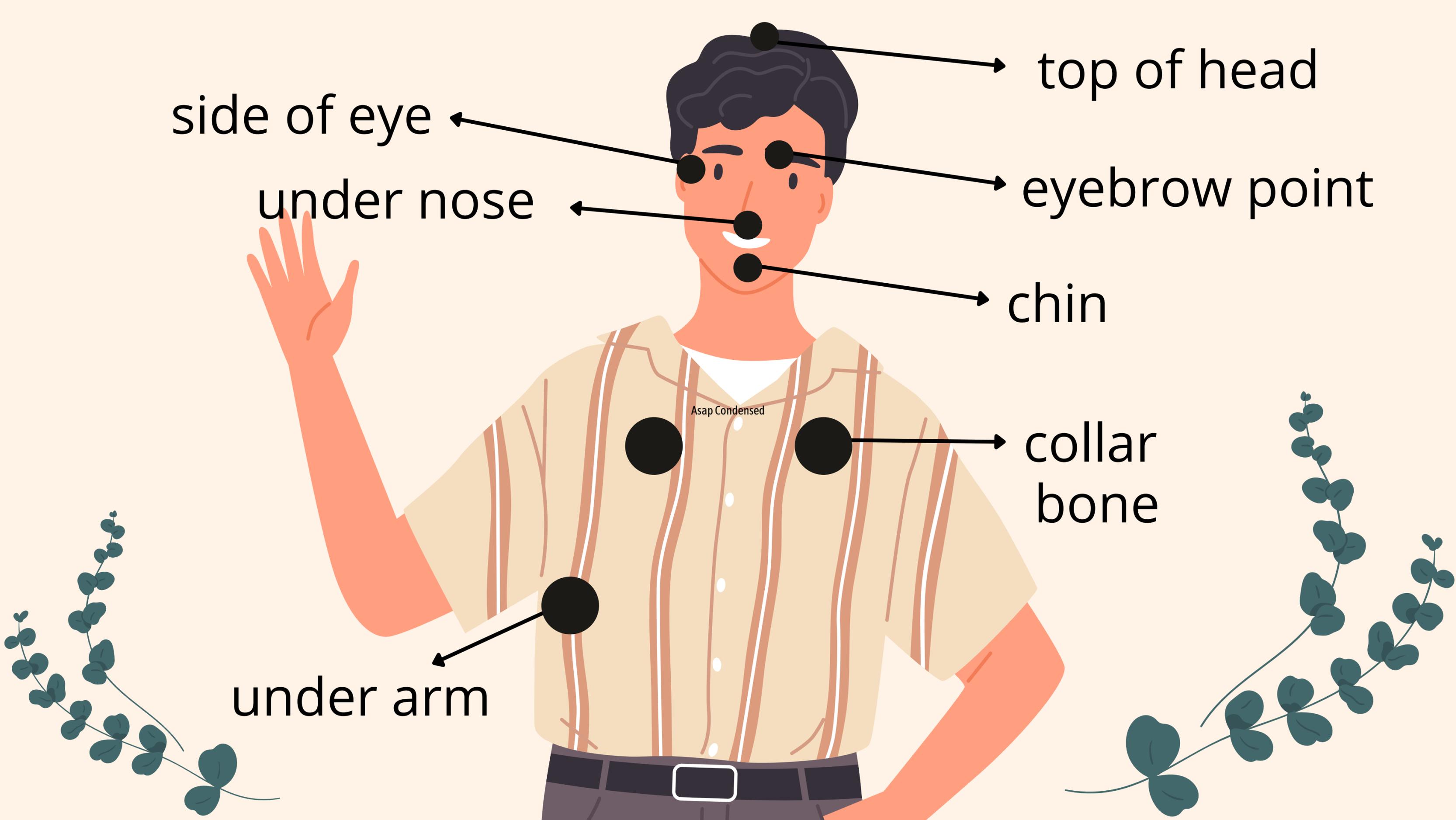
SUD Level - Before and After - provides a handy way to assess effectiveness (of any therapeutic intervention)

Tapping on Accupressure Points for organic release of stress response

Stopping to Breathe - Deepens the work into the body

Nine Gamut Procedure for "Stuck" Clients





top of head

side of eye

eyebrow point

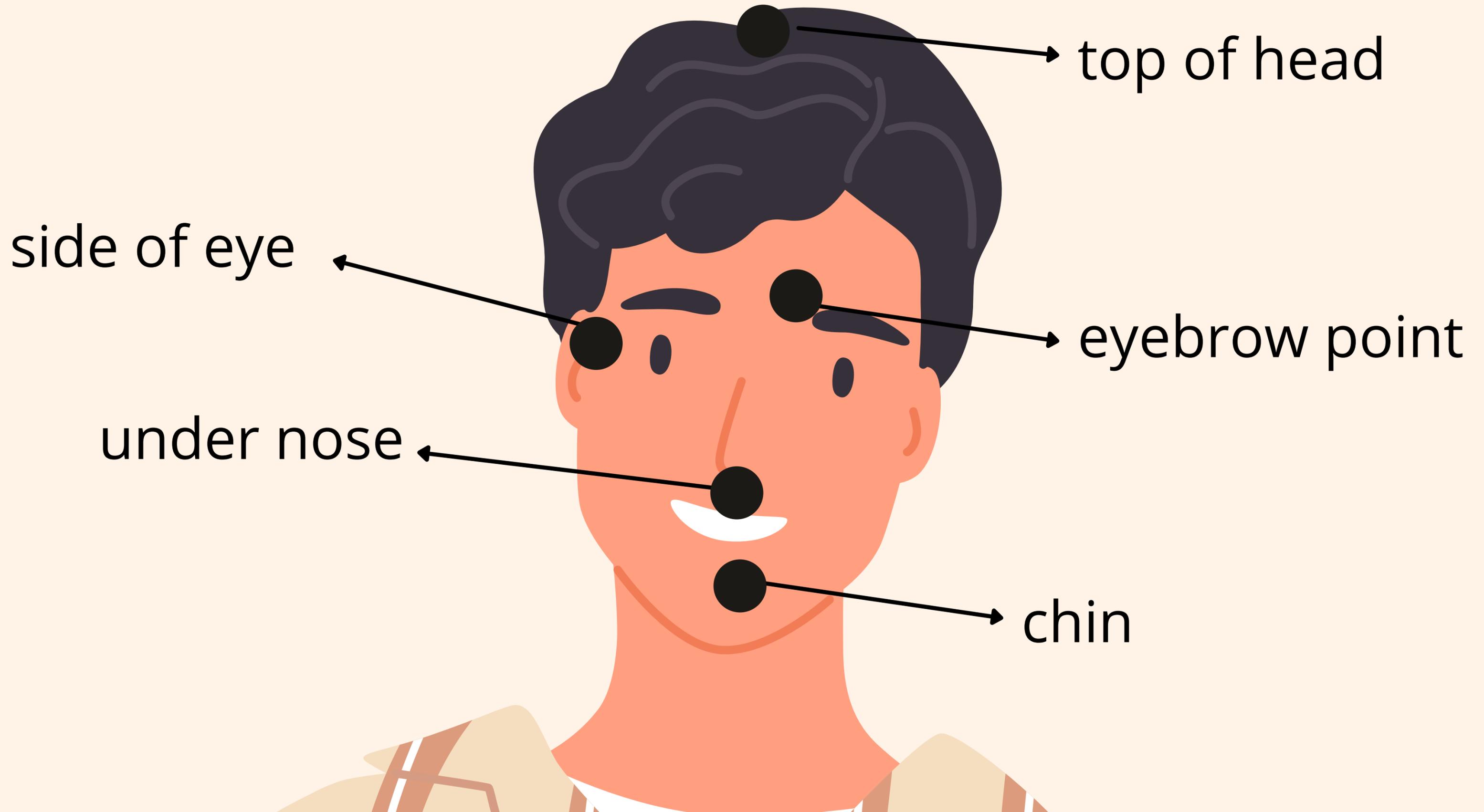
under nose

chin

Asap Condensed

collar
bone

under arm



top of head

side of eye

eyebrow point

under nose

chin

Tapping Points
Aligned with
*Polyvagal
Nerve System
(10th cranial
nerve)
function

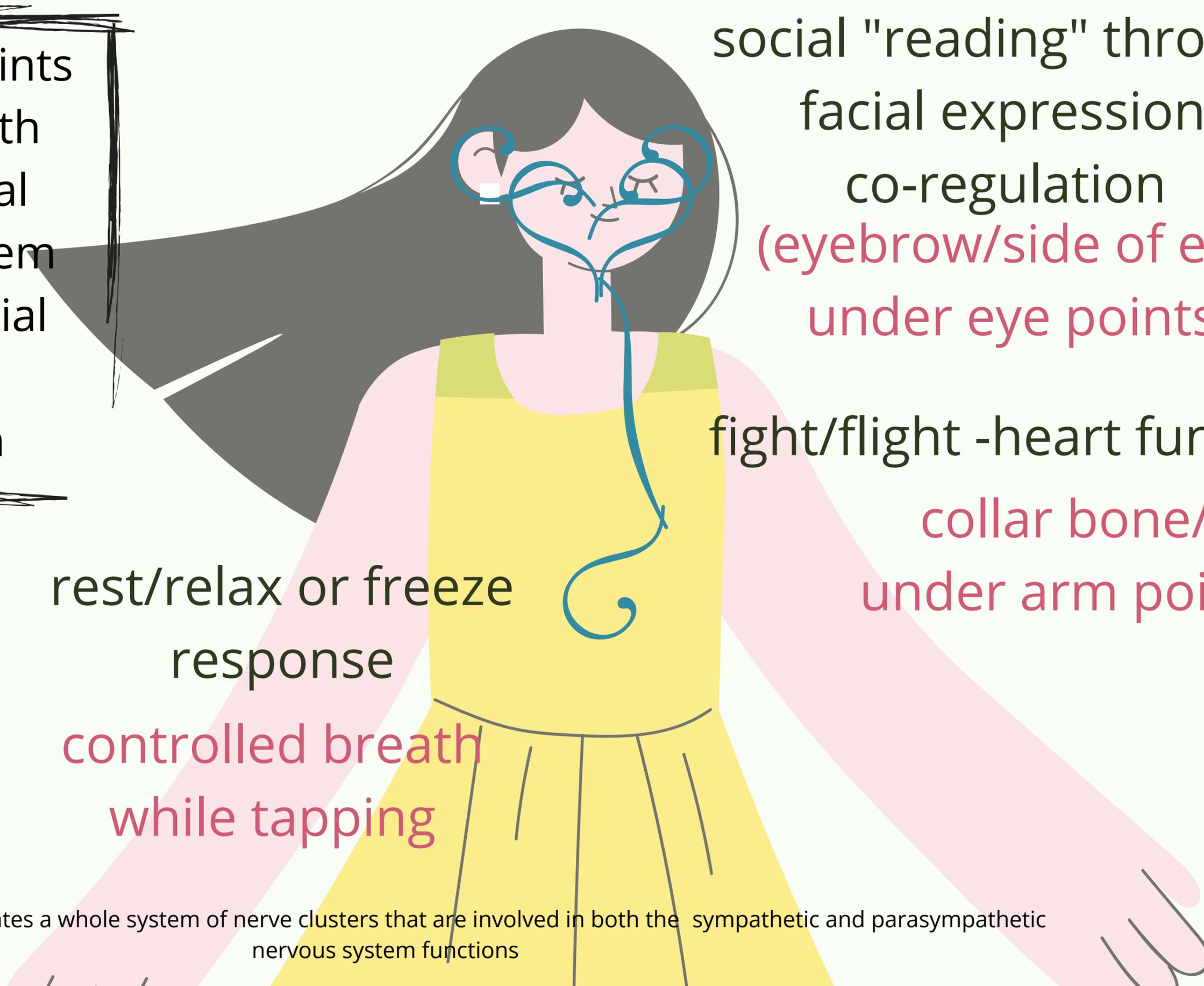
social "reading" through
facial expression/
co-regulation
(eyebrow/side of eye/
under eye points)

fight/flight -heart function
collar bone/
under arm points

rest/relax or freeze
response

controlled breath
while tapping

**Note the blue line indicates a whole system of nerve clusters that are involved in both the sympathetic and parasympathetic nervous system functions



SUD

Subjective Units of Distress



- ◆ Scale from 0 -10
- ◆ Assess at beginning and end of intervention
- ◆ Pause, Breath, Check in Internally, Then Assess
- ◆ Be sure you are assessing in the present moment
- ◆ If starting SUD is 8 -10 - try tapping alone until it goes down
- ◆ If SUD increases, you may have hit a new trigger
- try to narrow the focus to contracted work
- ◆ Use 9 gamut for very high SUD or dissociated protagonist having trouble connecting to the work

Suggested Session "Flow"

Introduce tapping points - Tap, Rest, Breathe, Notice, Tap



- Talk & Tap ("Data Dump" Soliloquy)
- SUD level - (How activated are you after this soliloquy?)
- Doubling Statements
- Establish Contract (Role to "try on" in a Role Reversal)
- Role Reverse w/Interviewing and/or frequent reversals
- De-role
- Reassess SUD level
- Sharing/"Takeaways" Soliloquy



Soliloquy

The protagonist gets an opportunity to think out loud. The soliloquy expresses the inner thoughts and feelings of the speaker in the present moment.

You might utilize a protagonist soliloquy or a director's soliloquy (client or practitioner) to share and reflect on inner experience.



Doubling



"I" Statements made by another that will help the protagonist move forward.

The protagonist always has a choice to accept, reject or change the statement.

Some types of doubling statements might be:

- Validating or Deepening the Feelings Expressed
- Self-Observation
- Verbalizing Non-Verbal Cues

Adapted from Psychodramatic Doubling by Paul Lesnick and Pamela Goffman, 2009

Role Reversal



Protagonist gets to "try on" a role
from the other's perspective



Have protagonist create
another space or chair for
the other role.

The protagonist switches
from their own role to the
other role by physically
moving to the other
space/chair and speaking
from the new role.





**Explore
the
Research!**

Find a list of studies on tapping here:

<https://www.eftuniverse.com/research-studies/eft-research>

Find a list of studies on Energy Psychology here:

<https://www.energypsych.org/researchdb8c71b7>

Find a list of studies on Psychodrama here:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0212575>

Let's Stay in Touch!

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