

The background is a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several circular and semi-circular graphic elements. A prominent feature is a large circular scale on the left side, with tick marks and numbers ranging from 140 to 260. Other elements include smaller circles, some with arrows indicating direction, and dashed lines forming arcs. The overall aesthetic is technical and modern.

# MAKING MAGIC HAPPEN: LEARN MAGIC SHOP AND MAGIC VISION BOARD

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## PSYCHODRAMA

An action method developed by Dr. J.L. Moreno and Zerka Moreno that involves enacting situations, problems and issues rather than simply talking about them. Psychodrama has a philosophy and methodology and is the “parent” of what we call role play today.





## MAGIC SHOP

An action structure based on psychodrama that is typically used specifically as a warm-up to bring forth a protagonist. The shop owner barter with customers for qualities they want – such as courage, self-esteem, etc. – and asks customers to give up a not-helpful part of self, such as fear of failure, negative self talk, impulsiveness, etc. Through the years, it has been adapted for many populations.

# WHAT IS THE CHARACTER OF YOUR SHOPKEEPER?

- Grumpy flea market vendor?
- Mother Earth or Mother Nature?
- Wise elder?
- Fairy?
- Gnome?
- Pawn shop guy?
- Jester?

(These roles will determine how to open shop – dusting, inventory, sweeping)



## WHAT PROPS WILL YOU ADD FOR YOUR CHARACTER?

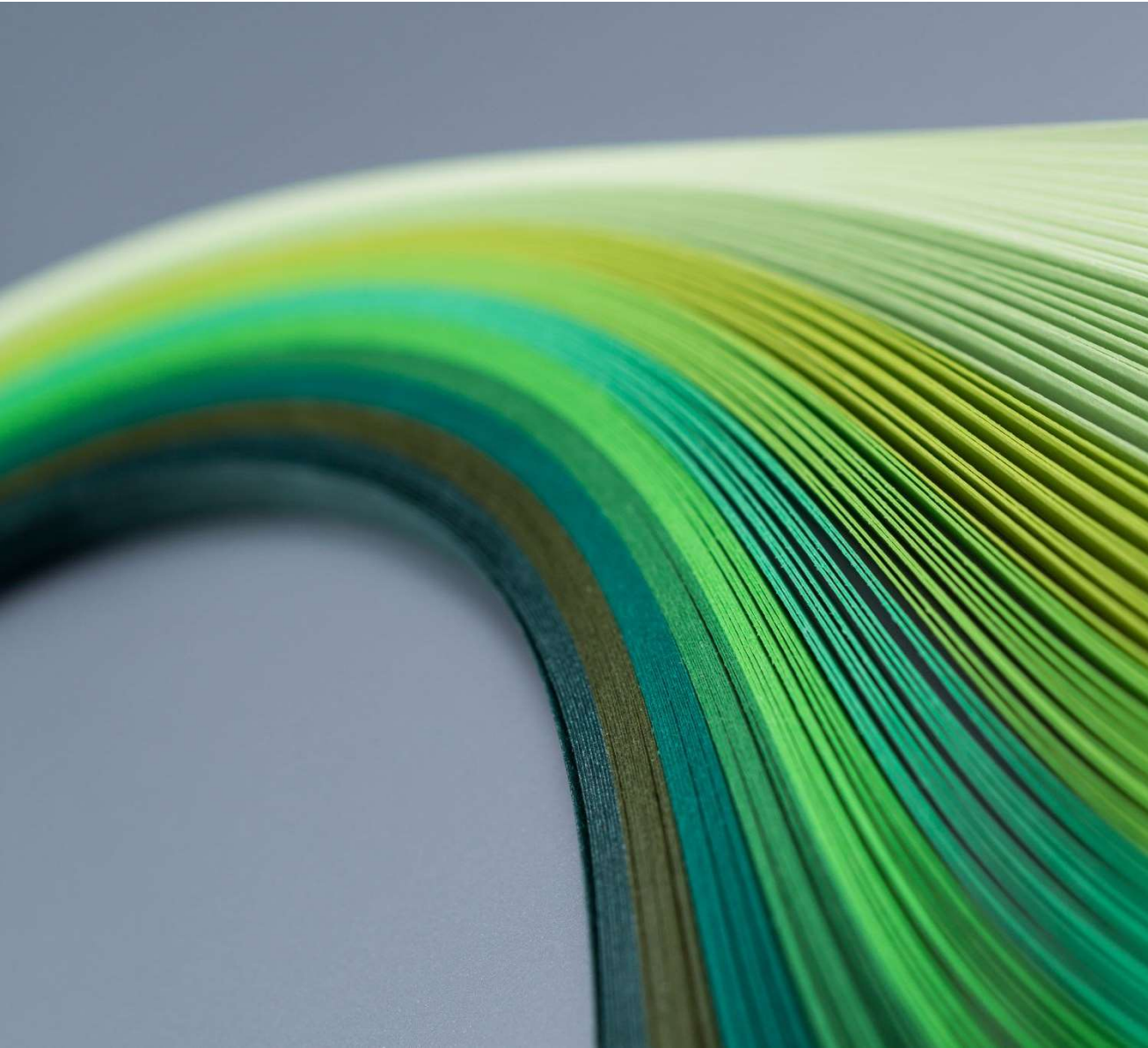
- Funny hat
- Glasses
- Scarf
- Jacket or poncho
- Turban
- Magic wand

(But always remember the power of the imagination!)



## WARM UP

Warm up is an activity or a series of activities that warms up the person or the group to authentic action.



## HOLLANDER CURVE

The name for the three-part process of warming up to action, producing the action experience and finally integrating the learning from the action. Named after Carl Hollander, an early student of Dr. J.L. Moreno.



## FUTURE PROJECTION

A psychodramatic technique that involves imagining a future self or future events (or both) in action.



## ROLE REVERSAL

Role reversal involves exchanging roles with a significant “other” in the drama. The “other” may be a person, pet, object or whatever.



## DOUBLING

The classic double speaks as the protagonist's inner voice, expanding on the role. Through the years, other kinds of doubles have been developed.



Where there is hatred let me sow love  
Where there is injury, pardon  
Where there is doubt, faith  
Where there is despair, hope  
Where there is darkness, light  
And where there is sadness, joy.  
  
O Divine Master, grant that I  
may not so much seek  
to be consoled as to console;  
to be understood as to understand;  
to be loved as to love;  
for it is in giving that we receive;  
it is in pardoning that we are  
pardoned and it is in dying that  
we are born to eternal life.  
  
—A prayer written in the spirit of St. Francis of Assisi

**PEACE AND JOY IN OUR WORLD**  
  
Live with Intention!  
Be a voice not an echo.  
Set a goal that makes you want to jump out of bed in the morning.  
  
May we open our hearts and reveal the love, the truth, and the grace of our highest essence.  
  
SEANE CORN  
**Gratitude**  
is born in a joyful heart.

**HEALTH** The Lightness Of Being  
**RESTORING THE SOUL**  
Root Down, Rise Up  
Wisdom  
Helping Others Rise to Independence  
Life-changing Meditation  
Two things define you. Your patience when you have nothing, and your attitude when you have everything.

Let us use our time to discover our timelessness.  
**MOJI**  
Paris 2021  
INTERNATIONAL & DOMESTIC TRIPS  
Looking forward to traveling

# LINDA'S VISION BOARD





# KAREN'S VISION BOARD



# Show and Tell Psychodrama

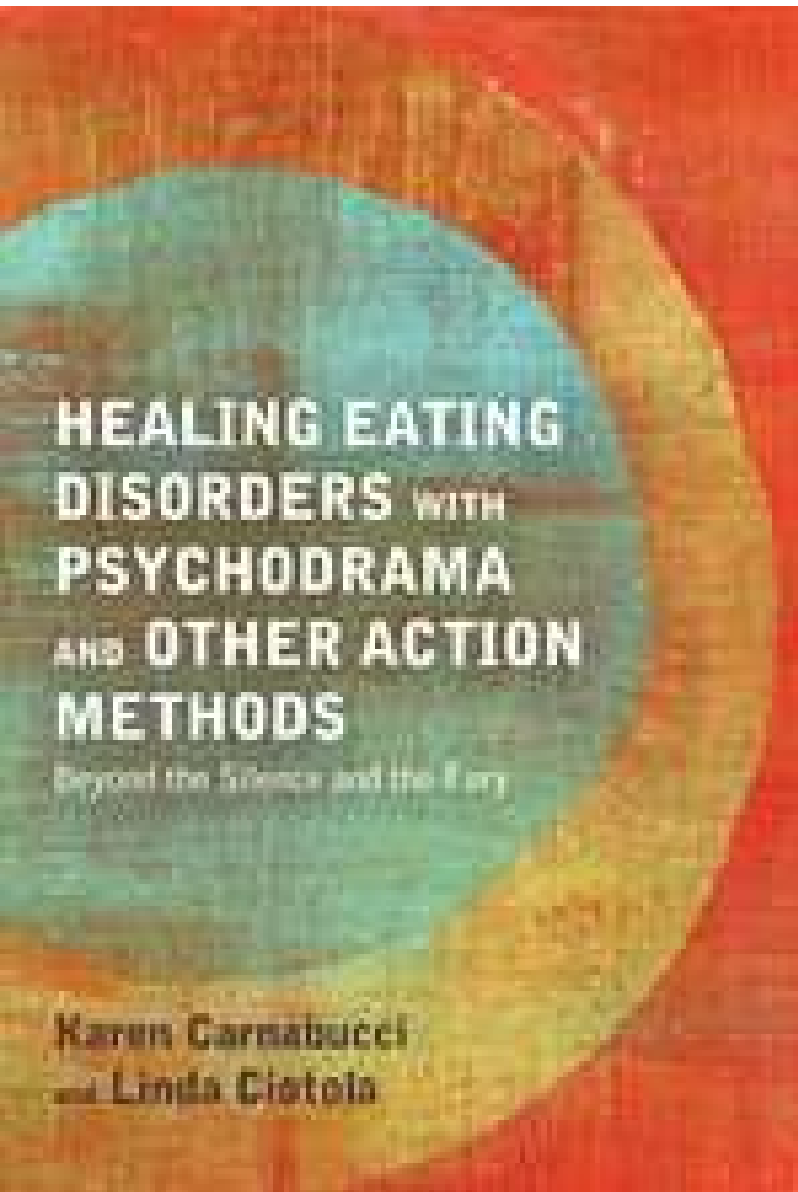
SKILLS FOR THERAPISTS,  
COACHES, TEACHERS, LEADERS

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SHOW AND TELL PSYCHODRAMA:  
SKILLS FOR THERAPISTS, COACHES,  
TEACHERS, LEADERS

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# HEALING EATING DISORDERS WITH PSYCHODRAMA AND OTHER ACTION METHODS: BEYOND THE SILENCE AND THE FURY

By Karen Carnabucci and Linda Ciotola

THANK YOU FOR ATTENDING!

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