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Psychodrama in therapeutic communities for drug addiction: A study of four cases investigated using idiographic change process analysis

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Highlights

Abstract

Many psychotherapeutic models, including psychodrama, have tried to address the problem of drug-addiction and alcoholism within, and outside, therapeutic communities (TCs). The dearth of literature related to the application of psychodrama in TCs means that significant efforts are needed to show its effectiveness. This article derives from a TC in northern Italy and presents a study of four cases, which analyzed the results of a 6 month psychodrama research intervention that adopted the Person Centered Approach (PCA). The effects were measured through an idiographic change process with a mixed method design. The qualitative part of the assessment consisted of the Client Change Interview

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