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Workshop Presentation

Psychodrama in Adults and Adolescents with Epilepsy

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Abstract

Introduction: Adults and adolescents with epilepsy suffer from emotional, cognitive, behavioral, motor and learning problems and these problems can have negative effects on their life. Well-being, self-esteem and self-confidence will be affected and also secondary psychological problems such as anxiety and depression will be observed in these clients. Art therapy and specially psychodrama which are a kind of psychotherapy can help to improvement of these problems. **Conclusion:** In psychodrama therapist can apply the projective techniques such as warm-up, empty chair and confrontation for better involvement of clients. Applying these techniques can help to integration of "ego" which is destroyed. Psychodrama techniques can be applied individual or in peer group. The goal of these techniques is to increase the self-esteem, self-confidence and self-actualization in these clients. Sometimes application of light music and theatre (drama) together can have the best outcomes in these clients.

Keywords: Epilepsy, Psychodrama, Ego.

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