



AMERICAN BOARD OF EXAMINERS IN PSYCHODRAMA, SOCIOMETRY AND GROUP PSYCHOTHERAPY

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A truly therapeutic procedure can have for its objective no less than the whole of mankind. — J.L. Moreno, M.D. (1889-1974)

GLOSSARY OF TERMS

The "Psychodrama, Sociometry and Group Psychotherapy Dictionary and Reference Guide" was written and created in 1985 by William Moses, Ph.D. Dr. Moses was a certified psychodramatist until 2000. Dr. Moses originally wrote this document as partial fulfillment of the Psychodrama residency requirements while he was a stipended Psychodrama resident at the Saint Elizabeths Hospital Psychodrama Training Program (United States Government, Department of Human Services, Alcohol, Drug and Mental Health Administration, Saint Elizabeths Hospital). Therefore, this document is within the public domain.

Acquaintance Volume

Acquaintances which are without emotional meaning for the subject. (J. L. Moreno, 1943b, p. 322)

The number of acquaintances which an individual has at the time of testing has been called by me his "acquaintance volume". A person may remember about many of these individuals only that he has met them or talked with them. Most of them, however, do not matter to him, do not mean anything personal to him. And he doesn't matter to them; he doesn't mean anything to them, at least at the moment. But among these acquaintances there is a small group who mean something personal to him, in some degree and in respect to some criterion; he is attracted to them or he rejects them. There may be in this group, whether he knows it or not, individuals to whom he means something, who are attracted to him or who rejected him. But the general demarcation line between the nucleus of emotionally related individuals which I termed the "social atom" and the rest of the acquaintance volume will be very clear. (J. L. Moreno, 1947c, p. 287)

Act Hunger

Hunger for expression is act hunger before it is word hunger.

The infant is so immersed in the act that he has no memory of it after it has been consummated. As the intensity of the act hunger syndrome decreases, the ageing of the child increases. (J. L. Moreno, Z. T. Moreno & J. Moreno, 1956, p. 432)

Also see Memory.

Action Tests

The subject is seen in an action of his own; not only as in an interview answering questions or talking about himself vis a vis an interview -- but working out situations with actual partners as he lives them in life itself. (J. L. Moreno, 1950c, p. 152)

Adequacy

In my definitions of spontaneous behavior, I preferred the reference to adequate or masterful responses instead of to appropriateness and/or competence. Appropriateness implies obedient, obliging, conforming and adjusting behavior -- competence implies technological efficiency and mechanical skill.

Catharsis--(Continued)

As practically every human activity can be the source of some degree of catharsis the problem is to determine in what catharsis consists, in which way it differs for instance, from happiness, contentment, ecstasy, need satisfaction, and so forth, and whether one source is superior in the production of catharsis to another source; indeed, whether there is an element common to all sources which operates in the production of catharsis. Therefore my aim has been to define catharsis in such a way that all forms of influence which have a demonstrable cathartic effect can be shown as positive steps within a single total process of operation. I discovered the common principle producing catharsis to be: spontaneity. (J. L. Moreno, 1954a, p. 13-14)

The greater the difference between the actual and the change situation the greater is the frustration of the protagonist and the deeper the catharsis evoked by the psychodramatic test. (J. L. Moreno, 1954c, p. 166)

Action Catharsis

The greater catharsis achieved through action is undeniable. The patient is able to express kinesthetically many feelings for which he has no words. These feelings may be expressed through gestures, changes in posture, more active body movements, and inarticulate sounds. He develops emotional insight regarding himself and his relationships without its necessarily becoming verbalized. This insight is demonstrated through improvement in role function. Deviate behavior becomes more in tune with the situation. In many cases new and more adequate interaction with his social atom becomes evident, even though verbalizations of an insightful nature may be absent. (J. L. Moreno & J. M. Enneis, 1950, p. 13)

Mental Catharsis

By a warming up process to full living out the individuals liberate and purge themselves from a mental or cultural syndrome. (J. L. Moreno, 1948a, p. 435)

Mental catharsis is here defined as a process which accompanies every type of learning, not only a finding of resolution from conflict, but also of realisation of self, not only release and relief but also equilibrium and peace. It is not a catharsis

Catharsis--(Continued)

of abreaction but a catharsis of integration. (J. L. Moreno, 1948b, p. 195) [J. L. Moreno, 1956, p. 278 definition modified by inclusion of phrase "every type of therapeutic learning"]

One of the effects of warming up and spontaneity training is mental catharsis. Mental catharsis has attained a new meaning with the development of psychodrama. It differs from Aristotle's, which was aroused in the spectators by drama conserves of the Greek theater and from Breuer's hypnocathartic method: (1) acting out, action insight, action change, action training; (2) catharsis of the actor versus the catharsis of the spectator; (3) in contrast with a catharsis of abreaction, a catharsis of integration; and (4) catharsis through acting out following up by self-interpretation in contrast to catharsis through free associations followed up by interpretation of the therapist. (J. L. Moreno, 1964b, p. 161)

Chain

In a sociogram [there] are the people who form unconsciously a chain or a network. They are the carriers of rumors, of prejudice or, on the other hand, of hope and fantasies. They are often related and tied to each other without knowing each other face-to-face; they influence the conduct of the group by indirect communication. (J. L. Moreno, 1968a, p. 96)

Cluster Effect

Roles are not isolated; they tend to form clusters. There is a transfer of s [spontaneity] from unenacted roles to the presently enacted ones. This influence is called cluster effect. F. B. Moreno & J. L. Moreno, 1945, p. 440)

Co-Conscious and Co-Unconscious States

The advances of interpersonal therapy have made it imperative to define and study the phenomena "between" persons and between groups and with this to hypothecate the existence of co-conscious and co-unconscious states. The hypothesis of co-unconscious states has great methodical value; it enables us to study unconscious states within an experimental setting. (See my Psychodrama, Volume II).

The "first" encounter between two individuals who are destined to form an intimate ensemble is the starting point of co-conscious and co-unconscious

Protagonist-Centered Psychodrama--(Continued)

particular set-up of his bedroom and the events which took place in it on a certain night. He is the primary resource person. Unless he exposes them, no one can invent them. (J. L. Moreno, 1964a, p. 11)

Psychodance

It is a synthesis of spontaneous dance with Psychodrama, the synthesis of all other forms of art, as sculpture, painting, creative writing, etc. with Psychodrama open the ways for action as well as group methods. (J. L. Moreno, 1948a, p. 436)

Psychodrama

The psychodrama is human society in miniature, the simplest possible setup for a methodical study of its psychological structure. (J. L. Moreno, 1937, p. 9)

A therapeutic situation similar to the social situation of a patient. The patient is asked to relive a former experience by expression through gestures, words, and movements, and if necessary, to act with a group of auxiliary egos who represent to the patient certain roles played by members of his social atom. (J. L. Moreno, 1939b, p. 2)

Psychodrama is a form of the drama in which the plots, situations and roles -- whether real or symbolic -- reflect the actual problems of the persons acting and are not the work of a playwright. It has been found that psychodramatic procedure is accompanied by profound forms of mental catharsis. The psychodrama, as originally conceived, is carried out in a quasi-theatrical setting, with a stage and a selected audience.

Psychodrama, in the wider sense in which the word is used today, is an exploratory approach to the conserved and the improvised forms of the drama, reevaluated on the basis of psychodramatic concepts. (J. L. Moreno, 1940a, p. 241)

Psychodrama is the therapeutic counterpart of the drama, it contains all the sub-forms of psychotherapy. A mental catharsis can be reached by monologue, dialogue, or dramatic methods.

Psychodrama--(Continued)

A well-conducted psychodramatic session uses, among others, the following elements: a) the psychiatric interview with every member in the group participating, b) a lecture on topics carefully chosen to meet the interests and requirements of as many among them as possible, c) discussion, d) psychodramatic actions on the stage with the assistance of a staff of auxiliary egos, e) analysis of the acted out events to which each member of the group may make a spontaneous contribution, f) participant observers in the audience who register the reactions of each spectator, g) verbatim recordings of the total session. These are the basis for a total analysis and for preparatory steps leading up to the next session. (J. L. Moreno & Z. Toeman, 1942, p. 191-192)

Psychodrama is an attempt to breach the dualism between the fantasy and reality, and to restore the original unity. (J. L. Moreno, 1943a, p. 435 and J. L. Moreno, 1944c, p. 2)

The dramatic deep action methods are divided into two categories, the psychodrama which deals with inter-personal relations and private ideologies.

Psychodrama -- as well as sociodrama -- provides all the trappings of a human society in miniature, the people in the audience represent public opinion, the world. The people on the stage represent the protagonists. The director is the research leader -- behind his new mask of the director the old masks of the observer, of the analyst, of the participant group member and of the actor are hidden, but still functioning. He is himself a symbol of balanced action, orchestrating, integrating, synthesizing, melting all the participants into a group. (J. L. Moreno, 1943b, p. 331,332)

There are several versions of psychodramatic procedure. 1) A session can be designed to treat a single individual. The director and his staff of auxiliary egos plan the session on the basis of the history and the patient's present situation. The preparation of the subject consists in conferences with him leading up to a key situation, and continuous notation of all events concerning and utterances by the

Psychodrama--(Continued)

subject, from hour to hour. The nurses and auxiliary egos operate as participant observers. The reports are finally given to the psychodramatic director. As a result, full spontaneity of expression is permitted to the subject. He does not rehearse in advance, his actions and role-taking emerge on the spur of the moment. As the director has his own plan of the session, however, the patient's spontaneity is often guided. The therapeutic value lies in action catharsis and, following the director's analysis, in post-action catharsis. 2) A session can be so designed that the individual treated does not act himself, but is a spectator sitting in the audience; his own problem is portrayed on the stage by a double, a professional auxiliary ego. The therapeutic value here comes from spectator catharsis. The planning of the stage action can be as highly organized as the subject requires it. It can be entirely spontaneous, or it can be rehearsed like a theatrical production. As the subject is not taking part, it is his spontaneity as a spectator upon which the therapeutic effect is based. 3) In yet another version it is not a single individual, but a large number of patients who are treated at the same time. The audience of patients is so organized that they have the same mental syndrome in common. The production on the stage is then planned by the director with professional auxiliary egos portraying the mental syndrome in a series of key-situations. The therapeutic effect is expected from spectator catharsis. In this version the psychodramatic presentation on the stage results in group psychotherapy for the audience. 4) In a similar version such a psychodramatic production is filmed. The chief task is then in the selective grouping of mental patients who may draw the greatest benefit from seeing one or another psychodramatic film. Obviously, a poorly selected film can be harmful. (J. L. Moreno, 1944a, p. 315)

There are three factors at work in every session: a) the action on the stage between patients and auxiliary egos; they influence in turn every member of the audience; b) the action in the audience; one audio-ego can be a therapeutic agent to every other audio-ego; as they are influenced by the action on the

Psychodrama--(Continued)

stage, they in turn, counter influence the actor-patient and auxiliary egos during the stage process, in the pauses between scenes, immediately after each scene and at the end of the session, by their reactions; c) the director, he exerts his influence upon the actor-patients on the stage and the audio-egos in the audience, and last but not least, by his analysis and comments. (J. L. Moreno, 1944b, p. 238)

Drama is a transliteration of the Greek Spapa which means action, or a thing done. Psychodrama can be defined, therefore, as the science which explores the "truth" by dramatic methods.

The psychodramatic method uses mainly five instruments -- the stage, the subject or patient, the director, the staff of therapeutic aides or auxiliary egos, and the audience. (J. L. Moreno, 1946, p. 249)

A term coined by Moreno. It means full psycho-realization. Under this term are included all the forms of dramatic production in which the participants, either actors or spectators, provide: a) the source material, b) the production, and c) are the immediate beneficiaries of the cathartic effect of the production. Every session is a cooperative, communal act: No part of the production is supplied and produced by outsiders.

Three principle forms are differentiated: 1) the totally spontaneous psychodrama, 2) the planned psychodrama and 3) the re-rehearsed psychodrama. In the first form, the spontaneous psychodrama is at least consciously, fully unprepared; a conflict is present around which the members of the group can develop a session assisted by a director and his auxiliary egos. Although extemporaneous, the directorial unit is usually carefully organized and trained to handle the situations. The second form, the planned psychodrama is extemporaneous at the moment of presentation, however very careful planning of the members of the group and of the staff of egos may have taken place for days, weeks and even months in advance. There are many "degrees" of partial planning, the subjects may be left entirely out of the planning, being exposed to the situation without previous preparation. On the other

Psychodrama--(Continued)

hand, the director, egos and informants, may plan the details concerning the forthcoming session and prepare themselves as to their possible behavior. In another form of partial planning the subjects and the audience are unprepared, the only planning and prepared unit is the staff, subject and audience are taken by surprise. In still another form the audience is a part of the planning procedure, often a co-producer, the subjects themselves being left out. There is a difference between planning and rehearsing. The rehearsed form gives an accurate reproduction of what has been co-produced by the entire group previous to the performance itself. Nothing new is created in the moment of presentation. In the third form, the rehearsed psychodrama, a specific mental syndrome of a subject or patient is worked out in detail, in dialogue form, written up and finally assigned to be acted out by the subject with the assistance of a few therapeutic actors, the balance of the group becoming the receiving ends of the production; outsiders do not take any part in the performances, neither as actors nor as spectators. The acting out of a play idea of an individual playwright with the assistance of the cast, finally writing and rehearsing it with them, is not psychodrama. Similarly a psychological drama "written" by a playwright as Ibsen or O'Neill is not psychodrama. Psychodrama can be exploratory, preventive, diagnostic, educational, sociological and psychiatric in its application. (J. L. Moreno, 1948a, p. 436-437)

This is what psychodrama and its allied methods and techniques propose to do for people: to provide them with the science and skills of living, a "life practice." (J. L. Moreno & J. M. Enneis, 1950, p. 1)

Psychodrama is action psychopathology, action psychotherapy and action research pertaining thereto, including role playing, situation playing and sociodrama as branch forms. It can be used in the treatment of an individual alone, without a group, as an improvement upon psychoanalysis, or it can be used within a group setting, or combined with a group. Psychodrama is not a form of group psychotherapy just as group psychotherapy is not a form of psychodrama. (J. L. Moreno & M. J. Enneis, 1950, p. 56)

Psychodrama--(Continued)

By whatever name we call this living and creating in the moment, psychodrama is the method of our last stand, into which we pack all our resources, magic and scientific, physiological, pharmacological, sociological, cultural, and cosmic, so as to successfully encounter and answer the demands of life in this moment, the here and now. (J. L. Moreno, 1964b, p. 171)

The objective of psychodrama, was, from its inception, to construct a therapeutic setting which uses life as a model, to integrate into it all the modalities of living, beginning with the universals -- time, space, reality, and cosmos, -- down to all the details and nuances of life and reality practice. (J. L. Moreno, 1966a, p. 146)

Psychodrama (Confessional)

The object of these psychodramatic procedures was to treat a group of spectators or a particular individual. The people present were encouraged to act out their own problems truthfully on the stage, or to discuss the proceedings as they pertained to their own problems. The usefulness of these techniques has been described on different occasions. (J. L. Moreno & Z. Toeman, 1942, p. 193)

Psychodrama (Non-Confessional)

Here the actions on the stage are produced, instead of by actual subjects, by a staff of auxiliary egos. The members of the audience are permitted to discuss the proceedings as if they would have no bearing on their own. This form of psychodrama can be called the Non-confessional type. Non-confessional psychodrama is characterized by the following three steps: the interview of every subject who is to participate in a session -- the careful analysis of these materials -- and the classification of every subject according to his dominant mental syndrome or problem. On the basis of these classifications the group for every session is organized so that they may attain the greatest possible benefit from the treatment. For instance, certain types of alcoholics may be put into one group, certain types of matrimonial problems into another group, etc.

Psychodramatic Shock Treatment--(Continued)

as it was in the original psychosis. The psychodramatic shock is the only method which shakes the patient so deeply that the lost psychotic world is reborn before our eyes. The patient acting on the stage shocks himself, his "auto"-tele, and his social atom until it gives way to the pathological constellations of his psychotic state. (J. L. Moreno, 1939b, p. 5, 7)

Psychodramatist

The psychodramatist is a "Bearer of Truth."....

The psychodramatist must be, at the time of conducting a session, the supreme embodiment of truth. He must create an atmosphere of truth around him, wherever he appears, in ordinary surroundings, on the street, in a house, but especially in the theatre of psychodrama. All participants must be caught into his experience of total honesty and reciprocate with the same....

Bearer of truth, as I define it, is different in meaning from the German "Wahrheitszeuge," which means literally, "witness of truth." It is at least confusing to say "witness." The bearer is a heroic, existential performer, not only a witness; the witness has too much of the observer in it and too little of the actor and warrior....

A bearer of truth is not necessarily the instrument of a godhead or of any particular religion, although he may be related to a particular religion (as in the case of the Christian). The bearer of truth does what he does because of his innermost desire to establish the truth and justice and love of humanity regardless of consequences. If his action has any affect and stops the crime, he will feel justified, but he does not expect it as a condition. If he would be killed as a consequence he couldn't care less. He does what he does because it has to be done. It is a moral imperative. He does not want such acts to be permitted to be perpetrated without protest and correction. The outstanding thing about bearers of truth is that they are intervening in a situation in the here and now, a situation which needs a corrective. That he intervenes with his own person, directly without expecting an official court of law or a jury or any other form of authority to intervene. He has to intervene himself, it is his responsibility. (J. L. Moreno, 1963b, p. 227, 229)

Sociatry

It is from "sociatry", a pathological counterpart of such a science [sociometry] that knowledge can be derived as to abnormal organization of groups, the diagnosis and prognosis, prophylaxis and control of deviate group behavior. (J. L. Moreno, 1946, p. 251-252 and J. L. Moreno, 1954a, p. 13)

Sociatry, the science of social healing. (J. L. Moreno, 1955, p. 88)

Sociatry derives from two roots: socius -- "companion" and iatreia -- "healing." Sociatry is remedial sociometry, the science of social healing. It is concerned with sick societies. (J. L. Moreno, 1957c, (Preface))

Social measurement, with sociometry as its exponent, established the first solid bridge beyond psychiatry into sociology. It proposed "sociatry," a concept of healing which transcends psychiatry. Sociatry aims at a science of the normality and pathology of large masses of individuals, of entire communities and nations, and perhaps, someday in the future, of the entire mankind. Psychiatric concepts such as neurosis and psychosis are not applicable to group and mass processes. A group of individuals may become "normotic" or "sociotic" and the syndromes producing this condition have been called "normosis" or "sociosis." (J. L. Moreno, 1964b, p. 153)

Sociodrama

The true subject of a sociodrama is the group. It is not limited by a special number of individuals, it can consist of as many persons as there are human beings living anywhere, or at least of as many as belong to the same culture. Sociodrama is based upon the tacit assumption that the group formed by the audience is already organized by the social and cultural roles which in some degree all the carriers of the culture share. It is therefore incidental who the individuals are, or of whom the group is composed, or how large their number is. It is the group as a whole which has to be put upon the stage to work out its problem, because the group in sociodrama corresponds to the individual in psychodrama. But as the group is only a metaphor and does not exist by itself, its actual content are the interrelated persons composing it not as private individuals but as representatives of

Sociodrama--(Continued)

the same culture. Sociodrama, therefore, in order to become effective, has to essay the difficult task of developing deep action methods, in which the working tools are representative types within a given culture and not private individuals. (J. L. Moreno, 1943a, p. 437-438)

Sociodrama, the dramatic deep action method, which deals with inter-group relations and with collective ideologies. (J. L. Moreno, 1943b, p. 331)

A term coined by Moreno is similiary subdivided as psychodrama. It is differentiated from a "social drama," the brain product of an individual playwright only vaguely related to the audience and the playwright himself. Otherwise the sub-divisions are spontaneous sociodrama, planned sociodrama and rehearsed sociodrama. The difference between psychodrama and sociodrama is one of structure and objective. Psychodrama deals with a problem in which a single individual or a group of individuals are privately involved. Whereas sociodrama deals with problems in which the collective aspect of the problem is put in the foreground, the individual's private relation is put in the background. The two cannot, of course, be neatly separated. (J. L. Moreno, 1948, p. 437)

The sociodrama is an instrument by means of which social truth, truth about social structure and conflicts can be explored and social change transacted by means of dramatic methods. It may operate like a town meeting with the difference that only the individuals involved in a social issue are present and that decisions are made and actions are taken which are of basic importance to their own community. The production and solutions in a sociodrama grow out of the group. The choice of the social issue and the decision of its implementation come from the group and not from a particular leader. (J. L. Moreno, 1949b, p. 138-139)

Sociodynamic Effect

A greater concentration of many choices upon few individuals and of a weak concentration of few choices upon many individuals skews the distribution of the sampling still further than takes place in the chance

Sociometric Test

From the point of view of the subject, this is not a test at all: it is merely an opportunity for him to become active in matters concerning his life-situation. (J. L. Moreno, 1941a, p. 385)

Sociometric tests have not been invented for their own sake -- for the increase of the knowledge of social relations -- but for improving the social status of the individuals living in groups.

A sociometric test is first of all an action and behavior test of individuals in a group. (J. L. Moreno, 1942, p. 301)

The requirements of a good sociometric test are: (a) that it reaches and measures two-way relations, (b) that the participants in the situation are drawn to one another by one or more criteria, (c) that a criterion is selected to which the participants are bound to respond, at the moment of the test, with a high degree of spontaneity, (d) that the subjects are adequately motivated so that their responses may be sincere, (e) that the criterion selected for testing is strong, enduring and definite and not weak, transitory and indefinite. (J. L. Moreno, 1943b, p. 327)

Sociometric tests show in a dramatic and precise fashion that every group has beneath its superficial, tangible, visible, readable structure an underlying, intangible, invisible, unofficial structure, but one which is more alive, real and dynamic than the other.

A sociometric test does not merely require a subject to give a verbal response to a verbal quest. It tries to mobilize the subject, to arouse in him an action response, an action response however which he may have denied himself but which is the deepest, present expression of his spontaneity. Every sociometric test attempts to warm up the subject to act in behalf and in accord with his subjective reality level. It encourages him to act out, to be himself; it permits him to have a goal, a goal for himself, a goal of his own. (J. L. Moreno, 1947d, p. 268, 269)

The sociometric test explores only one factor, attraction, rejection or tele. (J. L. Moreno, 1949b, p. 117)

Sociometric Test--(Continued)

The sociometric test is rather an experiment than a test and consists in determining the active social feelings which people have for each other in respect to a certain criterion. The crux of the experiment is, first, how to start it rather than how to analyze the results; second, how vital the criterion is. (J. L. Moreno, 1950e, p. 173)

Any study which tries to disclose with less than maximum possible participation of the individuals in the group the feelings which they have in regard to one another is near-sociometric. (J. L. Moreno, 1950g, p. 66)

Sociometry

Sociometry is a study of the actual psychological structure of human society. The structure is rarely visible on the surface of social processes; it consists of complex inter-personal patterns studied by quantitative and qualitative procedures. One of the procedures used is the sociometric test which determines the affinities of individuals for one another in the various groups to which they belong. A psychological structure of inter-personal relations is disclosed by the test which often differs considerably from the relations which they officially have in the groups. On the basis of these findings a technique has been worked out which moves the individual from his maladjusted position to a position in the same group or to another group which promises to benefit him. The leads for this change are given by the individuals towards whom the individual is spontaneously attracted, or who are attracted to him. If the change of position is made on the basis of a thorough-going quantitative and structural analysis of the groups in a given community the procedure is called sociometric assignment. (J. L. Moreno, 1937, p. 19)

There are methods in which the investigator elects from the subject verbal or non-verbal responses in regard to their inter-personal relations or can use observational methods for their study. In these instances, the test groups, that is, the sum of individuals composing them, remain in a research status. Such methods fall under the general category of a research sociometry.

Sociometry--(Continued)

They have to be differentiated from other methods in which the subjects' responses and desires are made active and put into operation. Because of the fact that the individuals forming the group know in advance the meaning of the procedure and accept it, they can make it their plan of action, they are identical with it. They are in full consciousness operators in their own behalf. Such methods fall under the general category of operational sociometry.

The most characteristic feature of sociometric procedure in its operational form is that it tries to warm up the individuals to the experimental setting, until the experimental setting and the life pattern of the individuals have become one and the same thing. (J. L. Moreno & H. H. Jennings, 1938, p. 344-345)

Sociometry is primarily a theory of society in which inter-personal relations are given the dominant role -- a role which they have always had, implicitly, since the origin of the social sciences. Sociometry has made this proposition fully explicit and overt. In this sense sociometry is not only a fresh attack upon the territory covered by sociology; it is also an attack upon the territory covered by anthropology, economics and psychiatry -- in fact, of every science in which the factor of personal relations, in its most literal sense, has been neglected. (J. L. Moreno, 1942, p. 299)

Sociometry studies the human group as a totality. It studies every part with a view to the totality and the totality with a view to every part. (J. L. Moreno, 1943b, p. 317)

The sum total of all methods, procedures and tests of sociometry has a supreme aim, to explore, test and measure the present cultural order. (J. L. Moreno, 1943b, p. 342)

Sociometry is an objective approach to community organization. (J. L. Moreno, 1945c, p. 180)

Sociometry can therefore be called a microsociology, a sociology of the microscopic dynamic events, regardless of the size of the social group to which it is applied, small or large. The result of the

Sociometry--(Continued)

sociometric development has been that the investigation of the smallest social aggregates has become more interesting than the large ones; and that pint-size revolutions, for instance social changes produced in a classroom, have become more interesting than efforts at a world-wide revolution. It has developed methods by whose means it is possible to deal with current events and immediate situations positively and directly without falling into the scylla of political socialism (Marx), or in the charybdis of utopian reformism (Comte). (J. L. Moreno, 1945d, p. 118)

Sociometry is the mathematical study of psychological properties of populations, the experimental technique of and the results by application of quantitative methods. (J. L. Moreno, 1948a, p. 437)

The chief methodological task of sociometry has been the reorientation of the experimental method so that it can be applied effectively to social phenomena. Sociometry has been defined as "the mathematical study of psychological properties of populations; the experimental technique of and the results obtained by application of quantitative methods"; also as "the inquiry into the evolution and organization of groups and the position of individuals within them"; the "measurement of person to person, person to group and group to group relations." As the "science of group organization", "it attacks the problems not from the outer structure of the group, the group surface, but from the inner structure," the group depth.

Since its conscious inception it has developed three departments of research, (a) dynamic or revolutionary sociometry -- when the new sociometric order replaces the presociometric order; this procedure is all-embracing, it combines social change, diagnosis and measurement; (b) diagnostic sociometry -- when the new sociometric order may or may not be put into operation as being impracticable in a particular social setting; it excludes social change for this reason but it includes measurement as a matter of course; and

Sociometry--(Continued)

(c) mathematical sociometry -- sociogram, sociomatrix, action matrix, and their generalized mathematics. The three divisions overlap and some workers have made contributions to each department. (J. L. Moreno, 1948c, p. 121, 123)

Sociometry aspires to be a science within its own right. It is the indispensable prologue and preparatory science for all the social sciences. It has several subdivisions like microsociology, microanthropology, microeconomics, microsociatry, microecology and animal sociology. It is not merely a slogan indicating a special type of research, a single method or a number of techniques. Its present stage of development is still embryonic and scattered but there can be no question as to the potentialities of the new science. For the future progress of the social sciences it is of the greatest importance that a science of sociometry is set up and delineated, and its relations to other social sciences defined. Its range and boundaries, its operations and objectives are already more sharply visible than the same references in sociology or anthropology. It does not supplant and it must not overlap with anthropology or economics, for instance, but their findings on the overt, macroscopic level may receive a new interpretation from the point of sociometric research. (J. L. Moreno, 1949a, p. 250)

The chief methodological task of sociometry has been the revision of the experimental method so that it can be applied effectively to social phenomena.... The definition of sociometry was thus in accordance with its etymology, from the Latin, but the emphasis was laid not only on the second half of the term, i.e., on "socius" (meaning companion). Both principles had been neglected, but the "socius" aspect had been omitted from the deeper analysis far more than the "metrum" aspect.... Sociometry as a science.... has developed three departments of research: (a) dynamic, or revolutionary sociometry.... (b) diagnostic sociometry.... and (c) mathematical sociometry.

Sociometry has taught us to recognize that human society is not a figment of the mind, but a powerful reality ruled by a law and order of its own, quite different from any law or order permeating other parts of the universe.

Sociometry--(Continued)

It deals with concrete, observable data, with small social systems. (J. L. Moreno, 1949b, p. 108-109, 113, 114)

That part of sociology which deals with the mathematical study of psychological properties of populations, the experimental technique of and the results obtained by application of quantitative methods is called sociometry.

Sociometry is the science of socius measurement, an architectonically structured system of social measurements with sociometric tests at its base (which cannot be bypassed); it is not quantitative sociology but the socius quantified, the emphasis is upon socius first, metrum second. (J. L. Moreno, 1955, p. 88)

The aim of sociometry is to help in the formation of a world in which every individual, whatever his intelligence, race, creed, religion or ideological affiliations, is given an equal opportunity to survive and to apply his spontaneity and creativity within it. The aim is to be pursued through revolutionary action. The psychiatrist may evaluate it as a "therapeutic society" engulfing all mankind, a sociologist might evaluate it as well integrated "cooperative" society in which all parts, small and large, are functioning harmoniously, so as to give all individuals a share in living and in pursuit of socially constructive aims. Such a "value" is Utopian as long as the enterprise is started with the end-stage trying to transform entire communities or the entire mankind by means of a single revolutionary scheme, but it is plausible and attainable if the experiment is begun from the grass roots up with the social atoms and gradually carried further by developing the sociometric consciousness of the people. (J. L. Moreno, 1956, p. 275)

Sociomicroscopic Configurations

By sociomicroscopic configurations we do not mean only the informal small groups, but the dynamic social units of which they are comprised, the pattern variants of social atoms, the clustering of social atoms into larger associations invisible to the eye of the human observer (social molecules), psychosocial networks, the clustering of numerous such networks into more comprehensive formations: finally the study of dyads, triangles, quadrangels, pentagons, and chains of

Spontaneous Subjectivity--(Continued)

and there is no other existence inside of him. It is all one thing, at least until it is proved otherwise, until the first dreads and barriers to his "all-one" existence come into his path. (J. L. Moreno, 1963b, p. 217)

Also see First Universe.

Star

See Sociodynamic Law.

Starters

See Warming Up Process.

Surplus Reality

Psychodrama consists not merely of the enactment of episodes, past, present and future, which are experienced and conceivable within the framework of reality, -- a frequent misunderstanding. There is in psychodrama a mode of experience which goes beyond reality, which "provides the subject with a new and more extensive experience of reality, a surplus reality."

I was influenced to coin the term "surplus reality" by Marx's concept of "surplus value." Surplus value is part of the earnings of the worker of which he is robbed by capitalistic employers. But surplus reality, is in contrast, not a loss but an enrichment of reality by the investments and extensive use of imagination. This expansion of experience is made possible in psychodrama by methods not used in life -- auxiliary egos, auxiliary chair, double, role reversal, mirror, magic shop, the high chair, the psychodramatic baby, soliloquy, rehearsal of life, and others. These methods have been frequently described, but it may be of value here to point out their meaning in terms of surplus reality.

An "auxiliary ego" is usually defined as a person portraying an absentee, but in terms of surplus reality he can transcend boundaries of sex, age and death. In psychodrama, therefore, a man can play a woman, and vice versa. There is no sex in psychodrama. An old

Surplus Reality--(Continued)

man can play a child, a child can be an old man. There is no age in psychodrama. A dead person can be brought back to life. There is no death in psychodrama. It is literally the return of magic into science. Hence, psychodrama brings the entire cosmos into play. (J. L. Moreno, 1965, p. 212-213)

Tele

Tele is defined as a feeling process projected into space and time in which one, two, or more persons may participate. It is an experience of some real factor in the other person and not a subjective fiction. It is rather an interpersonal experience and not the affect of a single person. It is the feeling basis of intuition and insight. It grows out of person-to-person and person-to-object contacts from the birth level on and gradually develops the sense for inter-personal relationships. The tele process is considered, therefore, the chief factor in determining the position of an individual in the group. (J. L. Moreno, 1937, p. 16 and J. L. Moreno, 1939b, p. 1)

Positive tele occurs in any relationship between two or more persons which is produced by the affinity between some real factor in one person and some real factor in another person; negative tele, in any relationship between two or more persons involving repulsion based on some real factor in one person and some real factor in another person. If a person is attracted towards a certain person, and if this person is far from him, in another group, the moving of this person towards him produces an experience in both which is therapeutic tele. This is the case even if the persons do not know each other. If they are true correspondents able to fulfill a mutual need, therapeutic tele is possible. (J. L. Moreno, 1937, p. 19)

A complex of feelings which draws one person towards another and which is aroused by the real attributes of the other person -- individual or sociometric attributes -- such as process is called a tele-relationship. (J. L. Moreno, 1937, p. 72)

The tele relation can be considered the general interpersonal process of which transference is a special psychopathological outgrowth. (J. L. Moreno, 1937, p. 75)

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