

zdrowia dorosłym dzieciom alkoholików na poziomie emocjonalnym i intelektualnym, fizycznym i duchowym.

Słowa kluczowe: psychodrama / dorosłe dzieci alkoholików / terapia

Anna Saroł-Kulka

Psychodrama techniques in the treatment of adult children of alcoholics

SUMMARY

Psychodrama according to Moreno is applied in the treatment of various mental disorders. In recent years numerous psychodrama techniques have turned out to be useful also in the treatment of adults, whose development and functioning in adult life was negatively affected by their parents' alcoholism. Characteristics of the family with the alcohol problem include chaos, inconsequence, feelings of tension and shame, as well as the central position of alcohol. A child's needs and feelings are definitely less important than these of his/her alcoholic parent are. Family members work out their own ways of adjustment in order to keep the family together as a whole. The alcoholic family system is closed and ruled by such principles as: do not trust, do not feel, and do not talk about the real problem. The child reared in a family of this type is lacking spontaneity, cheerfulness and ability to play, and often is incapable of expressing emotions. Psychodrama techniques allow the patient to recognize the alcohol problem in the family, ventilate alcohol-related emotions, change attitudes acquired in the childhood, and practice new behaviors. Psychodrama helps adult children of alcoholics to find their identity, their place in life, and facilitates their emotional, intellectual, physical and spiritual recovery.

Key words: psychodrama / adult children of alcoholics / therapy

PIŚMIENNICTWO

1. Black C.: *It will never happen to me*. Denver, Colorado 1981, M.A.C. Publishers.
2. Blume S.: *Psychodrama and alcoholism*. Annals New York Academy of Science 1974, 233, 123-127.
3. Bowlby J.: *The role of childhood experience in cognitive disturbance*. W: M. Maloney, A. Freedman: *Cognition and psychotherapy*. New York 1985, Plenum Press.
4. Brown S.: *Children with an alcoholics parent*. W: N. Estes, M. E. Heinemann: *Alcoholism: development, consequences and interventions*. St. Louis 1986, Mosby.
5. Brown S.: *Treating adult children of alcoholics: A developmental perspective*. New York 1988, John Wiley.
6. Brown S. Beletsis S.: *The development of family transference in groups for adult children of alcoholics*. International Journal of Group Psychotherapy, 1986, 36, 97-114.
7. Brown S., Beletsis S., Cermak.: *Adult children of alcoholics in treatment*. Orlando 1989, Health Communications.