

## **IASA's 10-Year Celebration**

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### **Using the DMM to inform psychodrama psychotherapy techniques**

Clark Baim (UK and USA)

[cbaim@hotmail.com](mailto:cbaim@hotmail.com)

Topic: Clinical practice

This presentation describes how I integrate the DMM in my work as a psychodrama psychotherapist. The presentation is based on a chapter I have written for a book about how psychodrama can be integrated with a range of models, methods, techniques and theories of treatment. In this presentation, I will briefly describe some of the key aspects of psychodrama as an approach to individual and group psychotherapy. I will then outline how the DMM can be integrated into assessment, case formulation, treatment planning and informing the moment-by-moment perceptions, reflections and decision-making of the therapist.

#### **How it used the DMM**

I will offer several short examples from clinical practice about how the techniques and methods within psychodrama have been adjusted based on DMM-informed understandings of individual functioning and group processes.

#### **What it can contribute to the DMM**

The presentation contributes to the clinical evidence that the DMM is an essential model for assessing and formulating our understanding of the client and informing purposefully eclectic decision-making and treatment planning in many treatment modalities.