

Application of the Principles and Techniques of Psychodrama in Social Work with Different Groups of Users

Summary

This paper aims to present the possibility of applying the principles and techniques of psychodrama in social work with different groups of users and social work education. The basic principles, elements and course of psychodrama are presented in the introduction, and some important points of the convergence between psychodrama and social work are highlighted. Then, professional experiences and research results of psychodrama application in different groups of users are presented: people with mental health problems, people addicted to psychoactive substances, survivors of trauma and adolescents (with and without disorders in behaviour). The positive changes that are induced in users through participation in psychodrama groups, such as the development of social skills, recognition and development of personal strengths and potentials, processing of traumatic experiences, mental health enhancement and increased subjective well-being of users are described.

The final part describes the possibility of psychodrama application in the education of social work students and highlights the many advantages of integrating the psychodrama principles and techniques into the professional practice of social workers.

Key words: *psychodrama, social work, different groups of users, positive changes*