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A meta-analysis of integration as a psychological concept in dramatherapy

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Abstract

This research places a lens on the process of psychological integration in dramatherapy. Two prominent approaches, namely Robert J. Landy's Role Method and Renée Emunah's Integrative Five Phase Model are used to analyze how the concept of psychological integration is conceptualized and implemented in the theory and practice of dramatherapy. A qualitative meta-analysis, using secondary data from published case studies, is applied to this study with the following structure. A mete-theory analysis will concern itself with each of the approaches conceptualization of the self and ideas of how clients move towards psychological integration. A meta-method analysis aims to better understand the two models under examination. A meta-data analysis follows key moments in each case study considering how the three elements of the client, drama and therapist can assist clients in moving towards greater psychological integration. This process culminates in the creation of a meta-synthesis, the final part of a meta-study, which intends to determine how the two approaches differentiate and where they find linkage.

The findings of this analysis indicate that each approach differs in terms of their comprehension of the self and psychological integration as well as the particular model and structure used in dramatherapy. There appears to be linkage between the two approaches in their use of the three elements of the client, drama and therapist working together to achieve greater psychological integration. Central to this process appears to be the development of the therapeutic relationship as well as an extrapolation of the therapeutic potential within the dramatic medium. Two other emerging themes that appear common to both approaches is the use of aesthetic distance and the connections made between the fictional world and the external reality of the client thus preventing dramatherapy from becoming a split off experience. This study concludes by affirming its hypothesis that the two approaches can find integration rather proliferation.

Key words: Dramatherapy, psychological integration, therapeutic relationship, Robert J. Landy, Renée Emunah, qualitative meta analysis