



SOCIO-DRAMA
TACKLING AGEISM,
PREVENTING ABUSE

2015-1-IE01-KA204-008632



Erasmus+

The Respect to Prevent Workshops

HOW DO THEY WORK?



THE GAIETY SCHOOL OF ACTING
THE NATIONAL THEATRE SCHOOL OF IRELAND



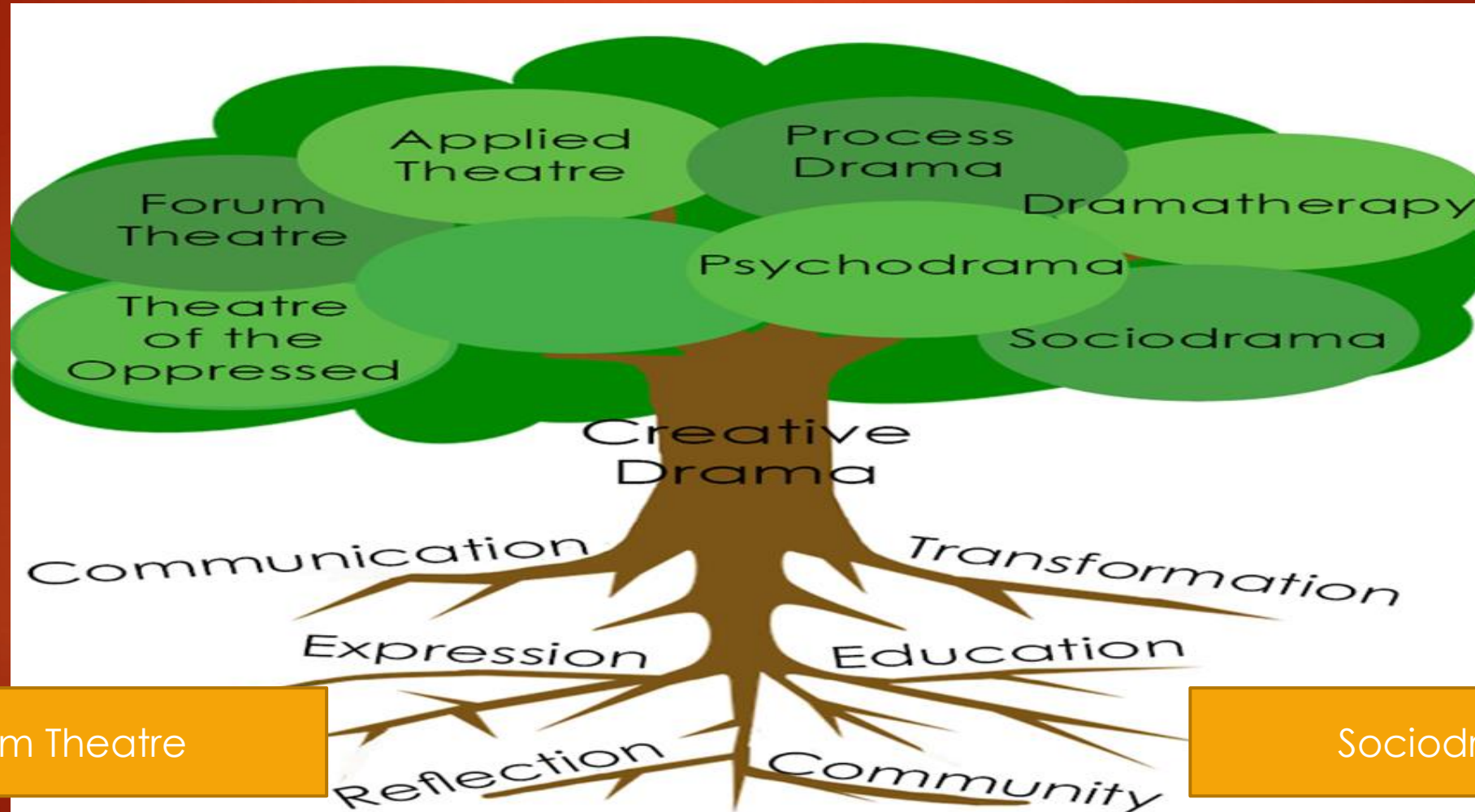
How are the workshops informed?

- ❑ Drama techniques and Sociodrama – Creative Process
- ❑ Pre-piloting interviewing – Older Adults, Formal Carers/Health Professionals
- ❑ Hierarchy of Human Needs (Abraham Maslow 1954) & Human Rights
- ❑ Pre-piloting Workshops
- ❑ Train the Trainer
- ❑ Sociodrama – In action

Drama techniques & Sociodrama – Creative Process

- ▶ The 'Respect to Prevent' workshops envisaged by the project will offer a modality of learning through experiential process
- ▶ Creative Drama is an exploratory tool used with other multi-disciplinary methods to promote and achieve change.
- ▶ Creative Drama, in its development, has expanded to meet the needs and demands of our ever changing social and cultural climate.
- ▶ Social Drama is now a developing and fundamentally important tool in increasing social awareness.

What strands will be used in the development, implementation and delivery of the S.T.Age Programme?



SOCIODRAMA is based on the work of Dr Jacob Levy Moreno (1889-1974), who is also known for his creation of psychodrama

Sociodrama

- ❑ Focuses on individuals in the process of interaction
- ❑ A group action dealing with relations
- ❑ The subject is the group
- ❑ Grouped by social, cultural and professional roles e.g. Carers/Older Adults

Focusing on spontaneity operating in the present. Propelling the group toward an adequate response to a new stimuli or a new response to an old one

Psychodrama

- ❑ Focuses on the internal interactions of one person
- ❑ Attention on the individual and their private problems
- ❑ Unfolded before a group
- ❑ Individual centred and concerned with a group of private individuals

A therapeutic intervention based on the client's personal historical experience with the intention of bringing personal catharsis and insights.

Workshop 1

INFORMATIVE

'Empowerment
through Education'

Workshop 2

TRANSFORMATIVE

Empowerment through Human
Rights Activation

The Transformative Workshops 2 & 3

Follow a prescribed route to raise awareness amongst older people of their Human Rights, empowering them to exercise these rights & challenge ageist attitudes.

Building Empathy amongst health & social care professionals to 'walk in older peoples' shoes' (Generational Intelligence).

Workshop 3

TRANSFORMATIVE

Nurturing Empathy

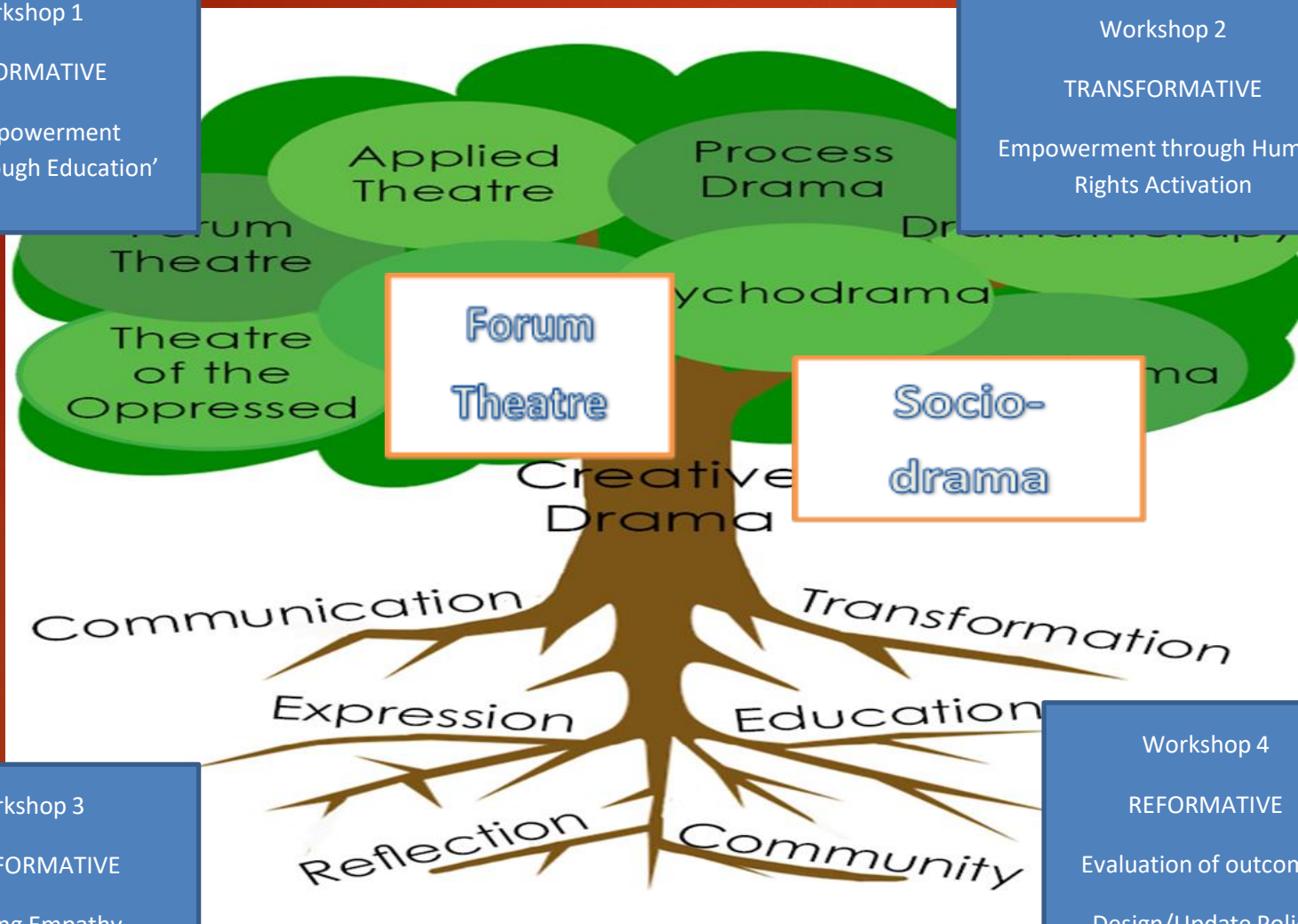
Promoting Self-Care

Workshop 4

REFORMATIVE

Evaluation of outcomes

Design/Update Policy



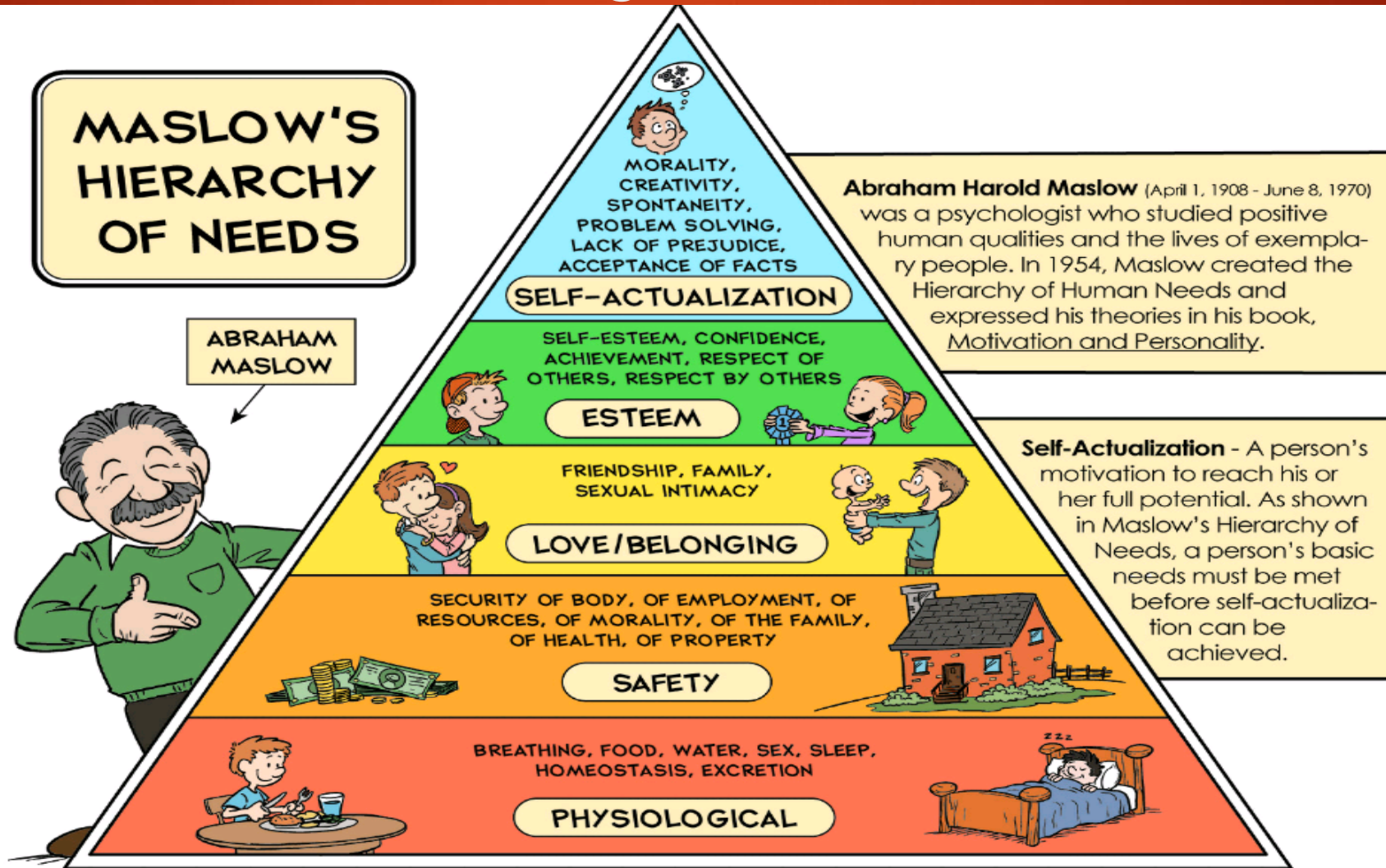
Pre-piloting explorative interviews: Qualitative Research

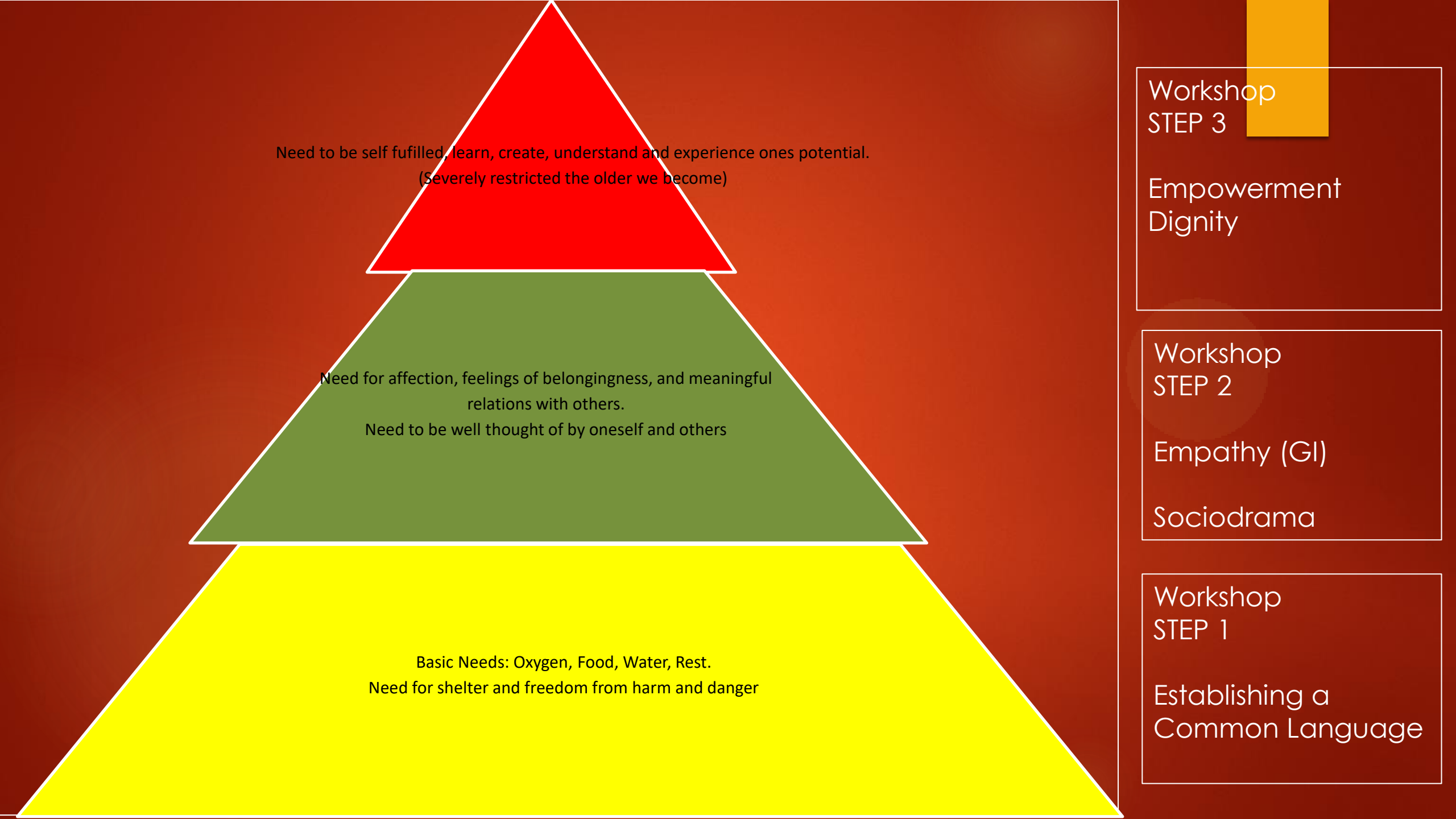
Over 40 older people and health/social care professional were interviewed to ascertain a consensus of opinion and level of understanding within 4 main areas;

- ▶ Human Rights
- ▶ Empowerment
- ▶ Empathy
- ▶ Well-being & Self-care

A common language on Human Rights

Where Human Needs & Rights meet





Need to be self fulfilled, learn, create, understand and experience ones potential.
(Severely restricted the older we become)

Need for affection, feelings of belongingness, and meaningful
relations with others.
Need to be well thought of by oneself and others

Basic Needs: Oxygen, Food, Water, Rest.
Need for shelter and freedom from harm and danger

Workshop
STEP 3

Empowerment
Dignity

Workshop
STEP 2

Empathy (GI)

Sociodrama

Workshop
STEP 1

Establishing a
Common Language

The Pre-piloting Workshops

- ▶ Workshops took place in July 2016

FEEDBACK

OLDER ADULTS

- 'Helped me speak up for myself and still be able to agree with others.'
- 'I really enjoyed the session. Good to get so many points of view.'
- 'I learned more about old age and ageism. I understand more now.'


FEEDBACK

CARERS & HEALTHCARE PROFESSIONALS WORKSHOP

- 'Everyone should be encouraged to experience this training as it is very helpful. It is going to be beneficial for both residents and staff. An excellent form of team building.'
- 'I thought it was really interesting and everything makes sense. The facilitators were great and explained everything really well. They made us feel comfortable immediately.'
- 'I felt the training was excellent and is very important for my work. The roleplay with the trainers was excellent too. We, as carers could stop them when we felt they were not being respectful to the residents' needs. Very enjoyable workshop.'
- 'Very enjoyable and educational for my role as a healthcare assistant. Fun way of training.'
- **TRAIN THE TRAINER**
- **WHAT NEXT?**

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- ▶ **SOCIODRAMA** is a form of social theatre based on action techniques in which each participant assumes and dramatizes a variety of roles, usually focusing on problems and conflicts arising in group situations

Types – ‘Crisis’, ‘Diversity’ & ‘Political’

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- ▶ **Forum Theatre** (Agusto Boal) empowers the audience to actively explore different options for dealing with shared problems and motivates them to make positive changes in their own lives. It is a shared experience that stimulates debate, communication and understanding of different perspectives in word and motion

EXAMPLE – Sociodrama & Forum Theatre in action



The Respect to Prevent Workshops

HOW DO THEY WORK?

PRESENTED BY SEAMUS QUINN (GSA)