

An Objective description (usually 4 or 5 short sentences):

The setting where this happens.

The setting itself.

The purpose for the group or session or situation.

Where this session fits in a larger process. For instance is it an ongoing therapy or a series of groups or an ongoing group.

Where in the session this takes place (After lunch on the third day or first up in the evening).

The number of people present.

The layout of the space. (Chairs, stage, size of room etc)

What happened (Usually a paragraph or two) - use language free of interpretation, inference, values. Avoid adjectives or other forms of undue emphasis. If you notice yourself using interpretative language then ask yourself what you base your interpretation on and write down that material.

The next section (A sentence or two covering the following areas): This section is where you include your inferences and interpretations and what you think is going on. Whatever you write here needs to be related directly to the description.

So what (which means “What have you noticed and why do you consider it important as against all the other moments in the session). Try and use psychodrama theory or concepts such as the following:

1. Discuss the sociometry (It should be able to be inferred from the description of what happened)
2. Discuss the roles (This should be one interpretation of what has been described in ‘what happened’ earlier)
3. Discuss the spontaneity (This should be inferred from the description of ‘what happened’ written earlier)
4. Other psychodrama or group theory - if it relates or adds to the description.

A few short sentences about what you are concluding or learning about:

- a. your protagonist
- b. your directing
- c. your learning

And a few possible next steps for the protagonist, or other people focused on, in the session, if not already covered. These could relate to work you might do with them or general work you interpret they need to attend to.