

PSYCHODRAMA FOR THE OPTIMIZATION OF THE QUALITY OF LIFE

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Abstract

Quality of life is a multidimensional concept involving changes in every sector of individual's life (economics, finance, profession, relationships and personal development). Created by Bucharest-born psychiatrist J.L. Moreno, psychodrama is employed today as a method of therapy, education and personal development, being by all these involved in optimizing quality of life. Psychodrama theory has a number of common points with qualitative research paradigm, and as application its process is close to action-research. The authors used psychodramatic methods in support groups with mothers of children with autism and Down syndrome to the purpose of optimizing quality of life at family level. The intervention constitutes the object of an action-research for a Ph.D. thesis in psychology.

Keywords: *quality of life, psychodrama, psychodramatic methods*

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