



Adelheid-Stein-Institut für
Sozialtherapeutisches Rollenspiel e.V.

Social- Therapeutical Roleplay

**for
psychosocial
work**

Impressum:

Socialtherapeutical roleplay for psychosocial
work

Editor:

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What is social-therapeutical roleplay (STR)? Where and for whom was it developed?

Social-therapeutical roleplay is an independent method for work in groups. It promotes group members' self-awareness and social competencies. This is achieved through imaginary pictures as well as sharing and feedback circles. With the help of structured conversations and roleplays it is possible to analyze and work through current group situations as well as problems taken from the life circumstances of the participants. Aspects of the STR can be used for individual and family work as well.

Social-therapeutical roleplay was developed by Professor Dr. Adelheid Stein at the Catholic Academy for Social Work in Munich. Originally intended for the rehabilitation work with addicted people, it has now long gone beyond the social-therapeutical application area. It has been successfully applied in many fields of psycho-social work. In the realm of pastoral work, there are additional role plays and separate training groups available.

What does social-therapeutical roleplay work with?

STR is based on the resource-oriented vision of human beings typical for contemporary psycho-social work. We assume that in difficult situations each individual aims at mastering his or her difficulties him/herself. That is the reason why we consciously rely on a person's ability to help him/herself, and build on his/her strengths.

The STR uses the group as a social microcosm. In the group, the social relationship patterns of the participants are mirrored, they can be recognized and worked through. The group gives each individual resonance and support. The wealth and variety of input in a group is valuable in the solution of problems as well.

Last but not least, we rely on the "play" itself. As children, we get involved with the world through play. Much of this elemental creativity is later lost. STR reawakens these hidden resources with its unique process.

What areas of application is STR appropriate for?

Based on our past experiences, there is no psycho-social area that has to be excluded. STR has already proven itself successful in the areas of:

- youth and family work,
- social-therapeutical work,
- adult education,
- in schools and professional training,
- health services,
- self-help and civil activism,
- consultation among colleagues and supervision.

When focusing on the specific needs of the **life stages**, STR is well suited for

- children and youth,
- adult life and the professional accompaniment of its challenges,
- as well as for older people who intend to tackle their biography.

What do we "play" during STR?

There are three basic roleplay formats that can be differentiated:

Perception-centered roleplays let scenes from life stories come alive during the "experiential" roleplays and render them workable.

During the "empathic" role plays, focus is on a comparison between the perception of self and other.

Through the "fantasy" pictures, each individual can take off, relax, and get to know his or her desires.

Group-oriented roleplays concentrate on the experiences, conflicts, and the roles of participants of prior groups as well as in the current roleplay group. The roleplays stimulate the exploration of the variety of different life realms.

Problem-oriented roleplays work on concrete, everyday and general life situations of the group participants. They consciously include the subjective experience of critical situations and make the attempt to empower the competency to act in those group members who formulated the problem.

What effects can be achieved through STR?

With STR as a "tool" one can introduce various new subject areas exceedingly well.

In order to go deeper into these subject areas, one can:

- reactivate personal experiences,
- playfully make facts accessible,
- gather experiences and knowledge,
- conceptualize solutions,
- explore new behavior in role play.

The central effect:

Stimulation of holistic and personalized learning.

The group leaders receive important information about resources and problems, about hopes and the spiritual anchoring of the participants for continued attention.

Continued participation in roleplay work improves communication and heightens the ability for social resonance.

Many roleplayers might spontaneously respond that playing is simply fun and provides energy for change.

For whom is the training in STR intended?

Training is intended for specialists in the psycho-social area who have completed their respective degree or corresponding training.

- In the **social area**, that includes certified social pedagogues, certified social workers, certified psychologists, etc.
- in the areas of **education and pedagogy**, certified pedagogues, teachers, educators, etc.
- In the area of **health and related services**, physicians, nurses, and geriatric caretakers, etc.

Also, for trainees in the above mentioned areas, participation in STR training is possible. They will receive their certificate as soon as they can provide the Adelheid Stein Institute with their diploma or certification.

The respective regional offices make decisions about acceptance into training groups.

How is the training structured?

The training is structured into three segments that build on each other. A segment consists of twenty-five units of six hours each.

Participants experience the process and effect of the roleplays on themselves.

Training Segment I:

The basic training enables graduates to apply STR in their professional fields.

Certification:

STR practitioner (ASIS)

Training Segment II:

Focus of this segment is on practicing and expanding roleplay competency. The integration of STR into the professional fields of the participants is accompanied by supervision.

Certification:

STR Group Leader (ASIS)

Training Segment III:

The training enables participants to utilize the symbolic language of fairy tales and myths during STR.

Certificate:

STR Group Therapist (ASIS)

What else can the training offer? Who is offering it?

The training is performed independently by the regional offices of the Adelheid-Stein-Institute. In addition to regular training groups, there are offered

- seminars that introduce the method,
- block units,
- thematic seminars (for example STR and the use of violence prevention)
- "Feedback days" (for the exchange of practical experiences).

For the graduates of training segment II, the following additional trainings (six training units each) are available:

- STR for children and youths;
- STR for the biography work with older people;
- STR for pastoral work.

Additional information about training and programs can be obtained by the following regional offices:

Regional Offices

AK Bamberg: Maria Münzel,
Zollnerstr. 56, D-96052 Bamberg
Fon (0951) 93 70 188

AK Bensheim: Helga Janowitz,
Platanenstr. 1, D-64653 Lorsch
Fon (06251) 5 53 30

AK Berlin: Heinrich Ahlers-Kremer
Nachtigallenweg 6, D-49525 Lengrich
Fon (05481) 22 31

AK Brixen-Bozen: Prof. Siegmund Juen,
Stockmayerstr. 11, A-6410 Telfs (Austria)
Fon 0043 - 5262 - 66 112

AK Budapest: Herbert Huber,
Neideckstr. 49, D-81249 München
Fon (089) 87 12 98 48

AK Dresden/Leipzig: Hannelore Kahle,
Mendelssohnallee 1, D-01309 Dresden
Fon (0351) 31 00 765

AK Erfurt: Maria Münzel,
Zollnerstr. 56, D-96052 Bamberg
Fon (0951) 93 70 188

AK Essen: Egbert Wisser,
Bachweg 29 c, D-56072 Koblenz
Fon (0261) 2 13 55

AK Innsbruck: Prof. Siegmund Juen,
Stockmayerstr. 11, D-6410 Telfs (Austria)
Fon 0043 - 5262 - 66 112

AK Luzern: Jeannine Schälin,
Luzerner Str. 36, CH-6037 Root (Switzerland)
Fon 0041-41-4 50 24 80

AK München: Herbert Huber,
Neideckstr. 49, 81249 München
Fon (089) 87 12 98 48

AK Regensburg/Passau: Hedi Pruy-Lange,
Holzgartenstr. 79, 93059 Regensburg
Fon (0941) 42 520

The Adelheid-Stein-Institute (ASIS)

ASIS supports the development and dissemination of STR and accompanies training and practice with practice-oriented research.

Practitioners of STR who would like to exchange experiences and be informed about new developments are offered the possibility to become a member of the Adelheid-Stein-Institute.

Publications about STR (selection):

Stein, Adelheid:

Das Sozialtherapeutische Rollenspiel,
Neuwied (Luchterhand) 1999, 3. Edition

Huber, Herbert/ Schild, Walter:

Praxis des Sozialtherapeutischen Rollenspiels.
Sozialtherapie - Selbsterfahrung - Supervision,
München (Don Bosco) 1996.

Aschenbrenner-Egger, Huber, Pruy-Lange,
Schild, Stein:

Das Sozialtherapeutische Rollenspiel mit
Märchen und Mythen.

Books on Demand GmbH, ISBN 3-8334-1384-4



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