

Levels of warm up in Sociodrama adapted from Warren Parry's teaching

Warm up

- Warm up is like casting a net so that you catch certain things and let others go. You set the warm up with words and motions. Everything you do has an effect on the warm up. For instance if you come into a group and say *'I am so upset I just got a ticket for speeding'* you will warm the group up to all sorts feelings in relation to authority figures. As sociodramatists we want to warm groups up to certain things. We need to choose how broad based the warm up will be.
 - Warm up is quite often incongruent. To get a congruent warm up you need to fill yourself up with a single purpose.
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Level 1 stereotypes

- Stereotypes rarely exist in the real world. They are mainly based on projection of a collective definition. They have a lot to do with socially constructed ideas and little to do with the self or the 'I'. The level of disclosure is the least at this level.
 - For instance our minds can create a picture of a typical skipper, typical surgeon, or a typical Australian – but none of these stereotyped people actually exist in time and place.
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Level 2 Typical

Examples

- *Here we have a typical farmer in the McKenzie country living on a farm back from the main road.*
- *Here is a typical teenage about the face exams*
- *Today we are meeting a typical woman who has been looking after children for 7 years and is about to enter the workforce*

The spontaneity in the group at this level is usually high as the group can project some real characteristics onto this person that come from their real life experience. The disclosure here is less than level 3. Once a group member brings their own experience in at this level eg *my experience as a teenager is ...* you have immediately gone to level 3

**Level 3
You as**

Examples

You as a parent entering the workforce

You as a teenager entering exams

You as a manager wanting more personal effectiveness

There is much more identification of the self than at level 2

- This level is very congruent with the functioning of organisations and community groups.
 - Once a group considers this level it is not easy to go back up the levels as people tend to want to continue at the deepest level of warm up you have created. To go back to level 2 or Level 1 will create a 'cut' in the emotional warm up and will produce resistance
 - Lets say you are at this level and are discussing *you as mothers parenting for the first time (level 3)* and you then make a comment such as *thats so typical of 1st time mothers – they are over protective (level 2)*. Here you are attempting to take the warm up to a level where there is less disclosure – which wont work.
 - If you say *'what do you want to achieve today? (level 4)* you are immediately taking the warm up to level 4. However if you say *'as teachers we are here today to discuss the motivation of boys – within that frame what do you want to achieve today?* Then you are operating at level 3 – you as teachers and creating a congruent warm up.
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**Level 4
Here now in
the group**

Example

Lets see what is coming up for you as you sit in this group today warming up to one another

- You in the 'here and now' in this group. This includes all of your functioning in this group to do with the task or purpose , sociometry, values, attitudes, sub groups
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**'Level 5
You and your
life or you and
your social
atom**

Examples

- *How are you feeling*

- *What do you want to bring forward today*

are both congruent with this level of functioning in a group

- This is the area of largest disclosure – it includes outside relationships and all your functioning. It is the level where there is most expression of self and is often used in experiential psychodrama and sociodrama groups. It brings in you're here now social atom and you original social atom.
 - Another level may be called 'you and your social atom'
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**Archetypal
level**

- This is the level of myth, magic, the unconscious, powerful symbolic stories, universal stories (eg the garden of Eden) , metaphor, traditional stories.

Moving between levels

It is easier to move down the levels than work up the levels eg it is easy to go from less disclosure eg typical to more disclosure eg you and your life.

- *I am here to work with you (level 5)* produces a different warm up to *I am here to work with you as a manager (level 3)* . In the second case you go into your whole self.
- Let say you start a group by saying *what do you want?* or *how do you feel?* or *what do you expect?* (level 5) You are warming the group up to a wide range of possible human behaviour. These are congruent with level 5. Then imagine you say *so now lets get on with our task of teaching you as managers to improve performance in your staff (level 3)*. You have tried to move up a level and you have taken something away from the group at the emotional level and you may get conflict in the group. You have created a wide warm up at level 5 and then you are attempting to reduce it and narrow it down to a much smaller range of behaviours. This kind of mixed warm up produces resistance, fragmentation and a closed learning system. Often the learner gets blamed then for lack of attention, resistance, or inability to concentrate

Summary using an example

- Level 2: Typical: *What difficulties does a typical tutor at the institution face*
- Level 3: You as: *What difficulties do you as a tutor face here*
- Level 4: Here and now – *what difficulties do you experience in this group*
- Level 5: You: *What difficulties do you have teaching groups*

Purpose relates to levels

Once you have decided on best level then you can set

1. The purpose
2. How do I achieve this purpose? – what level of warm up is my focus
3. What form will best achieve my purpose – eg demonstration, video, role training, hands on practice

Acknowledgements

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