

# **Study of the Influence on Domestic Violence Women in Group Psychotherapy through Doubling of Psychodrama- Therapeutic Spiral Model**

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## **Abstract**

This study was mainly based on two participants' subjective experiences to explore the influence on Domestic Violence Women in Group Psychotherapy through Doubling using the Psychodramatic methods of the Therapeutic Spiral Model interventions of the Body and Containing Doubles. This research consisted of three parts: Firstly, to construct the analysis of life stories by adopting "holistic-content" and "holistic-form" of narrative study. Secondly, to introduce the group structure and the participants' group experiences. Thirdly, to respond the research issues by adopting "categorical-content" analysis and obtain the research results as follows:

1. The subjective experience of domestic violence woman toward the Body Double, including: Treating as - besides the supportive role, the body and spiritual protector and caretaker; practice learning from group experience into daily life, helped relax, stabilize emotions, self-explore, face obstacles and avoided-issues. Sensing as – helped to express self with consciousness, guided to explore different body experiences, relaxed to be with self and used body sculptures to concretize and clarify abstract, complex concepts, also known calmly to see the truth of facts. Responding as – connecting with the current environment, practicing to embody the sense of reality, and viewing the perspective of self-integration.

2. The subjective experience of domestic violence woman toward the Containing Double, including Treating as – helper of expressing inner and suppressed feelings, besides the role of the supporter, caretaker and service provider, seeing the different layers and sources of self emotions. Sensing as – reminded to internalize self characteristics and respect self value, be respected, be allowed to say no, not to be abandoned, to practice self faith, conquer internal weakness and withdrawl ; When thinking too much, helped to embody emotions, When overwhelming, helped to infuse thinking. Responding as – be brave, confident to be self, do not follow blindly but back to reality sense, use action to experience different scenarios, self experiment to establish new route, be flexible, and be spiritually connected.

3. The influence of local TSM group psychotherapy on the Taiwanese domestic violence women, including: Emotional Aspect – aiming self experience specifically in: anger companionship, self-awareness of competition, and jealousy, discovered the suppressed urge and expectation to be hugged and touched, upset feelings of being unable to cry, understanding to allow to cry, tears belonged to past love and pain, feelings about others feelings; aiming others specifically in self experience : The need and satisfaction of being cared for, the fear of being suppressed by power, the nervous anxiety and helplessness when facing criticism. Cognitive Aspect - self experiences specifically in: to continue with effort in maintaining group norms, facing life independently , understanding self limits, being someone capable of giving feedback, believing in and driving self competency, grasping the here and now each day, not allowing the negative emotions in the past interfering with current life, reminding self not to commit the same mistake twice, faith in making self better, the appearance of observing ego, self recognition and integration; aiming others specifically in self experience: the group’s peer pressure to improve self, understanding social boundaries and group norms, not being responsible for other’s emotions, changing mindset, learning to say no, from needing to be embraced by others to embracing self, understanding the trauma roles of victims and perpetrators. Behavioral Aspect – self experiences specifically in: confronting the sharp group member, expressing self emotions bravely, planning for the future and gaining other’s respect, self control in removing negative internal voice and images, controlling emotions to stop illness initiation; aiming others specifically in self experience: turning supportive actions into power, staying away from victims role by asking, transforming to changing power through practices and resolutions. Influences on Life Aspect – able to express true feelings with a peaceful attitude, understanding the current environment’s resources and limits in order to face life healthily, exploring life perspectives and correct life attitudes externally through parenting relationship internally, finding meaning in trauma experiences, integrating personal unique experiences into self identity in new life.

Finally, according to above results, this dissertation offered suggestions to counseling practitioners and researchers of future related issue.

Key words: domestic violence women, group psychotherapy, psychodrama, doubling, narrative analysis, Therapeutic Spiral Model