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The Philosophy, Theory and Methods of J. L. Moreno

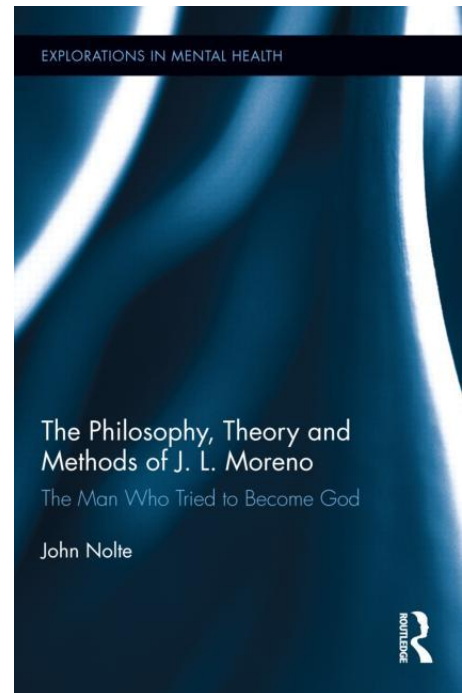
The Man Who Tried to Become God

By **John Nolte**

Series: Explorations in Mental Health

J. L. Moreno, M.D., is recognized as the originator of sociometry and psychodrama, and was a prodigious creator of methods and theories of creativity, society, and human behavior. The methods and techniques he authored have been widely adopted; the theories and philosophy upon which the methods are founded have not, as they are frequently couched in language which is not easily understood. Moreno's ideas about group psychotherapy have been nearly forgotten, and what he considered his greatest contribution, sociometry, gets paid superficial attention by most psychodramatists. Group psychotherapy and psychodrama are both widely practiced but often based on non-Morenean theory, likely due to the inaccessibility of Moreno's work.

This book outlines Moreno's early years (his religious phase), the philosophy on which the foundation of his methods are based, and a description of the three major methods Moreno originated: psychodrama, sociometry, and group psychotherapy. It provides a systematic presentation of Moreno's work and presents his philosophy and theory in a clear, understandable manner.



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ABOUT THE AUTHOR

John Nolte has a doctorate in clinical psychology from Washington University, and was trained in psychodrama by J. L. and Zerka Moreno. He served as Director of Training for the Moreno Institute after Moreno's death. He was a training consultant and staff member of Trial Lawyers College in Dubois, Wyoming, USA from 1994 to 2008.

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