the responses of the audience are as extemporaneous as the patient’s responses.

For the very isolated patient his world is made up of delusions and hallucinations, the accepting and understanding audience is very helpful. On occasion the patient may help the audience as he reenacts the collective problems of audience members. This is the second purpose of the audience.

What is the purpose of psychodrama? Moreno states that Freud and Breuer were ignorant of the therapeutic implications of the Greek drama. He states that he rediscovered this dramatic technique to effect mental catharsis. He has reversed the drama by stressing the initial phase rather than the end phase.

Since every form of human activity is believed to be the source of some form of catharsis. Moreno has attempted to find the different sources of catharsis and what catharsis represents. He as stated that: “his aim is to define catharsis so that all forms of influence which have a demonstrative cathartic effect can be shown as positive steps within a signal total process of operation.” (1946).

The common principle which produces catharsis is spontaneity, according to Moreno who also states:

The treatment of audiences has become an important alternative to individual treatment. The relationship of the audience to itself in a psychodramatic session, being treated by its own spokesman on the stage, gives us a clue as to the reasons of cathartic effect of psychodrama.

After briefly noting the history of the Greek drama, Moreno states that he has “put the psyche itself on the stage. The psyche which originally came from the group – after the process of reconversion on the stage- personified by an actor-returns to the group- in the form of psychodrama”. (1946, 1951, 1953).