

PSYCHO DRAMATURGY

Practices and Resources

exploratory:

The Rorschach Method

Hermann Rorschach
Psychodiagnostik
Z.A. Piotrowski
Perceptanalysis: The Rorschach Method
Fundamentally Reworked, Expanded and
Systematized

James Braid
Magic, Mesmerism, Hypnotism, etc.,
Historically & Physiologically Considered
Dave Ellman
Hypnotherapy

Hypnosis

Dream Interpretation

Arnold Mindell
24-Hour Lucid Dreaming
Dalai Lama
Sleeping, Dreaming, and Dying
Greg Sarris
Mabel McKay: Weaving the Dream
(Portraits of American Genius)

Holotropic Breathwork

Stanislav Grof
Holotropic Breathing: A New Approach to
Self-Exploration and Therapy
The Adventure of Self-Discovery:
Dimensions of Consciousness and New
Perspectives in Psychotherapy and Inner
Exploration

The Tarot

Rachel Pollack
Seventy-Eight Degrees of Wisdom: A Book
of Tarot
Mouni Sadhu
The Tarot
C.C. Zain
The Sacred Tarot

Automatic Writing

André Breton
Manifesto of Surrealism, "Secrets of
Magical Surrealist Art"
Barry Cohen, Mary Michola Barnes, and
Anita B. Rankin
Managing Traumatic Stress Through Art:
Drawing from the Center

restorative:

Deep Listening

Judith Becker
Deep Listeners: Music, Emotion, and
Trancing
Jonathan Goldman
Healing Sounds: The Power of Harmonics
Helen Bonny
"Music Psychotherapy: Guided Imagery
and Music"

Zen Kōan

John Daido Looi (ed.)
Sitting with Koans: Essential Writings on
Zen Koan Introspection
Steven Heine & Dale S. Wright (ed.)
The Koan: Texts and Contexts in Zen
Buddhism
Barry Stephenson
"The Koan as Ritual Performance"

Ritual

Victor Turner
From Ritual to Theatre
Richard Schechner
Between Theater and Anthropology

Psychomagic

Alejandro Jodorowsky
Psychomagic: The Transformative Power
of Shamanic Psychotherapy
Manual of Psychomagic