

**February, 2013 Tucson Area Professionals' Networking Breakfast
Presented by Sierra Tucson and Prescott House**

**Building Connections: Using Sociometry to Expand Support Systems
Adena Bank Lees, LCSW, LISAC, BCETS, Certified Imago Relationship Therapist
Dr. Marlo J. Archer, CP, PAT**

INTRODUCTION THROUGH ROLE REVERSAL

NETWORKING USING SOCIOMETRY

Sociometry is the study of the psychological structure of a society or a group, which is rarely visible on the surface and consists of complex interpersonal patterns studied by qualitative and quantitative procedures. Sociometry examines the affinities people have for one another. Sociometric techniques can then be used to move people from one pattern of interaction to another, generally the hope is from one level to a higher level of functioning and connectedness.

SOCIAL ATOM – ASSESSING SUPPORT SYSTEMS

the smallest component of society having the properties of a society
you and all the people you're connected to
you can be positively, negatively, or neutrally connected to people
your social atom changes as people come and go
the number and type of relationships helps you determine your identity, not your value
you don't have full control over your social atom
every human on the planet has a unique social atom
social atoms form psychological networks that form communities that form society
the quality and quantity of interconnections impacts the larger group

(Sample Social Atoms are on Page 3)

ROLE REVERSAL – PUTTING THE SOCIAL ATOM INTO ACTION

In role reversal, Individual A takes the part of Individual B. He stands as B, moves as B, speaks as B, and attempts to feel as B, to build empathy for B, to inspire A to act differently towards B, to provide A a deeper understanding of B's situation, to foster acceptance of B, and to deepen emotions.

We have individuals reverse roles with the members of their social atom to identify supportive resources, or toxic connections, to highlight areas in which the he/she could use improvement as well as spotlight areas where things are going well. Role reversing provides insights that may not be experienced in one's own role, sometimes allowing for difficult truths to come to the surface that are resisted when one is in his or her own role.

Adena Bank Lees
www.adenabanklees.com
520-404-8466

Marlo J. Archer
www.AzPsychodrama.com
602-456-1889

REFERENCES

Moses, W. A. (1985). *Psychodrama, sociometry, and group psychotherapy dictionary and reference guide*. Retrieved from <http://www.psychodramacertification.org/docs/glossaryofterms.pdf>

Thomas, M. (2004). *Personal village*. Bothell, WA: Hara Publishing.

Thomas, M. (2006). *Personal village workbook: Six steps to build your personal community*. Seattle, WA: Lakeridge Press.

BIBLIOGRAPHY

Moreno, J. L. (1937). Inter-personal therapy and the psychopathology of inter-personal relations. *Sociometry*, 1, 9-76

Moreno, J. L. (1939). Psychodramatic shock therapy: An approach to the problem of mental disorders. *Sociometry*, 2, 1-30.

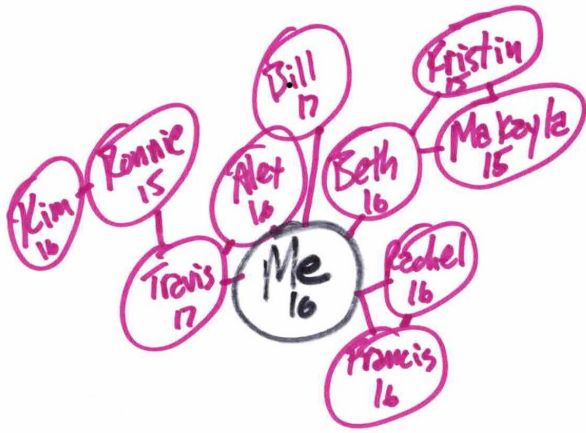
Moreno, J. L. (1941). Foundations of sociometry: An Introduction. *Sociometry*, 4, 15-35.

Moreno, J. L. (1943). Sociometry and the cultural order. *Sociometry*, 6, 299-344.

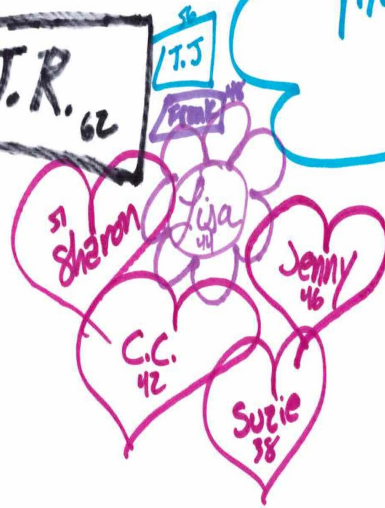
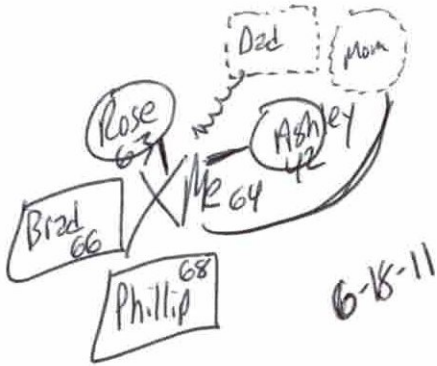
Moreno, J. L. (1945). The two sociometrics, human and subhuman. *Sociometry*, 8, 64-75.

Moreno, J. L. (1947). Contributions of sociometry to research methodology in sociology. *American Sociological Review*, 12, 287-292.





Jan 21
2012



4-2-12

