



# **The Essential Moreno: Writings on Psychodrama, Group Method, and Spontaneity**

*Jonathan Fox*

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**The Essential Moreno: Writings on Psychodrama, Group Method, and Spontaneity** Jonathan Fox  
The best and most important writings of J.L. Moreno are collected in this concise and accessible volume, originally published by Springer Verlag. This unique collection explores Moreno's thoughts in developing psychodrama and sociometry, with his strong emphasis on spontaneity and creativity. Both basic and advanced concepts and techniques of psychodramatic treatment are also discussed. Jonathan Fox introduces this collection with a brief overview of Moreno's life and ideas and places this seminal figure in the context of his time and in the field of psychotherapy.

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