

The Shadow and the Mask

Or

What would Dracula Do?

To enlarge role development and explore a range of possible courses of action



- Client discusses a dilemma about somebody who annoys them and they are not sure what to do. e.g.
 1. A dentist who hurts them
 2. An ex- partner
 3. Someone bumps the back of your car
 4. Not being served in a shop etc.
- Using the masks discuss/ demonstrate how each of the masks would respond to the situation.
- Other than masks, sand-tray archetype figures could be used here. E.g. Princess, Darth Vader, Handsome prince, Boadicea, Lion etc.
- Explore the clients usual response
- Decide on a preferred response and now role play what is going to happen.