

## サイコドラマと私：偶然の出会いが必然に

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Psychodrama and myself  
—from the accident to the fatality—

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In this article, the author describes his history of the relationship with psychodrama as the process from the accident to the fatality of his life. In the first the author happened to encounter with this special method in one psychiatric hospital where psychodrama was performed accidentally. So this was only the case of by accident. However, the author himself to have had interested in this special group-psychotherapeutic method, and studied of that afterwards, And through this existential selection of the author, he became to make encounter with so many psychodramatists in the world, and thus he was able to make the basis of systemic introduction of this methodology to Japan. As the consequence, for this author, the happening became to the fatality for his life.