

ABSTRACT

The research aims for finding how the experiences of the social dialogue happened in Playback Theatre help enhancing the psychological resilience within an individual. From the humanistic prospective, an individual suffers from mental health difficulties is mainly because of the incongruences formed by the great discrepancy between the ideal self and the real self. Through telling their own stories and witnessing how others enact, improvise or interpret their own stories in Playback Theatre performance, the tellers can form a dialogue between their self and others. Through experiencing this social dialogue, the discrepancy between the ideal self and the real self may be narrowed because of the re-discovery of one's self, second chance of experiencing unconditional positive regard, and a closer step towards self-actualization. Moreover, the teller, the actors and the audience involved in Play Theatre performance can enhance their psychological resilience through building up their self-regulation, experiencing more positive affect and equipping different coping strategies in order to overcome difficult and stressful situations. The shared experience in Playback Theatre helps in developing a connection among the three parties which is the fundamental element for an individual to form a new equilibrium between self-other relationship. In the end of the research, there is an exploration of the opportunity in doing the research in a quantitative method and the importance of enhancing psychological resilience in Hong Kong nowadays.