



THURSDAY, April 15, 2010

8:00 am - 5:00 pm REGISTRATION & EXHIBITS

9:30 am - 5:30 pm PRE-CONFERENCE TRAINING WORKSHOPS

Pre-Registration is strongly encouraged. Space is limited. Additional Fee Required.

6:00 pm - 7:30 pm President's Reception

9:30 am - 5:30 pm FULL DAY PRE-CONFERENCE WORKSHOPS

1 EMBRACING DIVERSITY USING PSYCHODRAMATIC BODYWORK®

Susan Aaron, BA, RMT; Creator/Trainer, Psychodramatic Bodywork®; Recipient, ASGPP Innovator's Award; Worked extensively with Canadian Native communities, GLBT communities and most recently psychodramatists in war torn Serbia; Jean M. Campbell, LCSW, CET III, TEP; Fellow, ASGPP; Director, Action Institute of California; Specializes in working with addiction, trauma, bodywork and spiritual expansion.

There are times in all of our lives when our uniqueness is not appreciated. These experiences negatively impact the body. We carry these memories and, through time, accumulate more, especially when we are a member of an oppressed minority group. Only through working with the body can we truly heal these traumas. In this workshop, we will remember times we were hurt because of our differences. We will work as a community to heal these wounds.

2 FROM TALK TO ACTION: PSYCHODRAMA TRAINING FOR MENTAL HEALTH PROFESSIONALS

Jacob Gershoni, LCSW, CGP, TEP; Co-Director of the Psychodrama Training Institute in New York; On Staff at Columbia Presbyterian Medical Hospital; Editor of *Psychodrama in the 21st Century*.

Psychodrama is compatible with other psychotherapeutic theories, and its techniques are applicable to many methods (e.g. Psychodynamic, Systemic, Gestalt etc). For non-psychodramatists this workshop will demonstrate, in action, how psychodrama can deepen, enrich and enliven the work with clients and groups. For attendees who are trained in psychodrama the goal is to inspire reaching out to offer training in Action Methods. Workshop is open to all regardless of level of experience or theoretical orientation.

3 TRAINING DRAMAS

Ann Hale, MA, TEP; Past-president, ASGPP; Recipient, ASGPP J.L. Moreno Award; Author, *Conducting Clinical Sociometric Explorations*. Beginning psychodrama directors are able to build confidence via these partially structured director training exercises. This workshop includes the basic design, a detailed description of at least five formats and gives practice opportunity to trainers and new directors. Persons new to psychodrama will be able to gain insight into how the methods can be learned.

4 HEALING COLLECTIVE TRAUMA

Eva Leveton, MS, MFT; Has taught psychodrama and family for the past 45 years, here and abroad. She has published widely. Her current interest is in helping to bring opposing groups into productive relationships and in relieving the pain of experienced collective trauma and its legacies.

We will be dealing with the reconciliation of opposing groups and collective trauma, drawing on sociometric and socio-dramatic techniques developed for working with indigenous groups, with African tribes, Germans and Jews, the Chinese one-child family, and Bangladesh hurricane victims by the authors of a new book: *Healing Collective Trauma with Sociodrama and Drama Therapy* (E. Leveton, ed.) After a short lecture, participants will work actively to explore these techniques.

5 PSYCHODRAMA, PERFECTIONISM AND THE ADDICTED POPULATION

Carole Oliver, MEd, LPC, TEP; Has been conducting workshops and training in New Jersey and Manhattan for twenty years. Carole teaches Action Methods at Montclair State University. She conducts training at the Caron Foundation, New York University, N.Y.U. Dental School, Montclair Board of Education, and many other schools, organizations and corporations.

Perfectionism is prevalent in ACOAs and the addictive person. Often times, psychodrama works well with the defended behavior that is present in addicts. Perfectionists look for approval wherever they are, are quick to judge others as well as themselves, thus rejecting many potential sociometric connections that would enrich their lives and perhaps that of others. Perfectionism is a belief system that asserts "I am never good enough". The goal of the workshop is to learn specific techniques when working with perfectionists to shift their belief system from perfectionism to striving for excellence and developing healthy self-nurturing behaviors.

6 DIALECTICAL BEHAVIORAL THERAPY IN ACTION

Susan Woodmense, MS, OTR, TEP; Has completed Marsha Linehan's Behavioral Tech Intensive DBT training and was primary developer of in and out-patient DBT programs in Denver; Rebecca Walters, MS, LCAT, LMHC, TEP; Co-Director of Hudson Valley Psychodrama Institute, is currently running four DBT In Action groups with teenagers at Four Winds Hospital in NY.

DBT, developed by Marsha Linehan, PhD, for working with Borderline Personality Disorders is now being utilized extensively in the behavioral health field for work with addictions, eating disorders, mood disorders and anxiety disorders. This workshop offers participants experience in integrating the use of psychodramatic and experiential techniques to enhance and increase learning of the DBT skills of mindfulness emotion regulation, stress tolerance and interpersonal effectiveness.

This is a 2010 Award Winners Workshop

9:30 am - 12:30 pm
MORNING PRE-CONFERENCE
HALF-DAY WORKSHOPS

7 THE ORIGINAL TSM TEAM IN SPIRIT

Kate Hudgins, PhD, TEP; Therapeutic Spiral International, LLC, International Expert on Stress; Recipient, ASGPP Scholar & Innovator's Award; Author, *Stories from the Frontline: Clinical & Community Action Around the World with TSM*; Trained in Mohawk tradition of shamanism; **Mimi Cox, LCSW, PAT;** Private Practice; Co-Developer & Team Leader of TSM, Family Counseling Center for Recovery, "Learning to Remember: TSM Applications to Addiction"; **Colleen Baratka, MA, TEP;** Director, CATHARSIS Drama Therapy Consultants & Psychodrama Training Institute; Havertown, PA; **The Renfrew Center, Philadelphia, PA; Cathy Wilson, MEd, MSN, CP.** In this experiential healing session, the original Therapeutic Spiral Model™ team comes together to direct a Prescriptive Role drama safely. You will see the spirit of the spiral woven together with grace and containment as we use clinically modified psychodrama, clinical psychology, and the energy of shamanism for true healing of trauma.

8 GIVING VOICE TO THE UNSPEAKABLE: HEALING TRAUMA

Georgia Rigg, LCSW, TEP; Recipient, ASGPP 2008 Innovator's Award for her work in creating the blended model of psychomotor therapy and psychodrama; She creates and implements training groups in the Pacific Northwest; **Jack Shupe, ND, Lac, TEP;** Jack creates and implements training groups in the Pacific Northwest, adding the wisdom of Oriental Medicine to the understanding and practice of psychomotor therapy and psychodrama.

Regardless of culture, creed, sex, ethnicity or economic status, the effects of trauma often leave the person "speechless". The healing processes of this blended model of psychomotor therapy and psychodrama restore words and meaning to the trauma survivor(s). Participants will acquire both knowledge and the skills needed for immediate use of the model in psychodrama practice.

9 CREATING COMMUNITY: REUNITING MALE AND FEMALE

Deborah Shaddy, MS, LMSP, LCPC, CP; Deborah combines her love of psychodrama, expressive arts and body work in her work as a consultant, campus counselor and private practitioner.

The first and most fundamental separation is between the masculine and feminine. Uniting the power inherent in each, within the individual and in the community, unleashes previously unknown possibilities for healing communities. This workshop will use experiential methods, didactic teaching, and discussion to assist participants in healing the separation within themselves and explore new possibilities for their communities.

2:30 pm - 5:30 pm
AFTERNOON PRE-CONFERENCE
HALF-DAY WORKSHOPS

10 DIS-ORIENTATION: RESTORING A FELT SENSE OF PLACE

Kate Cook, MA, LPCC, TEP; Fellow, ASGPP; Resides in Santa Fe, New Mexico where she conducts a private practice, provides training and consulting locally and nationally; A graduate level faculty member and founding director of the Psychodrama and Action Methods Certificate Program at Southwestern College.

Moreno believed, and brain research substantiates, we develop in relationship. Our basic felt sense of place, 'orientation', emerges in relation to an 'other' and shapes 'role development'. Psychodrama/sociodrama can effectively cultivate/restore the 'orienting response'; anchoring one's felt sense of place in relation to self, to major life events, and to the world. Through some form of drama, we will practice tracking, cultivating and utilizing the somatic awareness of feeling and sensation. We will discuss the parallel process between director, group and protagonist through the lens of interpersonal neurobiology.

11 READY FOR POSITIVE CHANGE IN YOUR LIFE

Daniel Tomasulo, MFT, PhD, TEP; Trainer, NJCU Faculty, Former Princeton Fellow; Recipient, ASGPP Scholar and Innovator's Award; Author, *Healing Trauma, and Confessions of a Former Child: A Therapist's Memoir.*

Research from the budding field of Positive Psychology has direct implication for clinical and community work. Come learn immediately usable techniques based on the latest research findings from the happiness frontier. Material from work on the use of gratitudes, positive portfolios, and optimism will be included.

12 THE PSYCHOSPIRITUAL IN PSYCHODRAMA: THE 4TH ROLE CATEGORY

Natalie Winters, EdD, CHT, DAPA, TEP; A psychologist practicing in Cary, NC; She runs day-long psychodrama training groups in NC as well as a bi-monthly training group in Tampa, FL; Recipient, ASGPP 2003 Innovators Award and the 2007 Hannah Weiner Award.

Moreno developed 3 role categories, psychosomatic, psychodramatic and socio-cultural. In 2003, a 4th role category was added, psychospiritual, since spirituality was becoming a significant aspect of therapy. In this workshop you will learn how to incorporate a 4th role category into your practice through the use of a new model, *The Cosmic Spiral of Creativity™*. We will focus on the principals, techniques and applications used in the 4th role category. Participants will learn how to ascend the *Spiral™* on the healing journey to co-creativity and integration. Each participant will receive a copy of the published article.

This is a 2010 Award Winners Workshop

6:00 pm - 7:30 pm — PRESIDENT'S RECEPTION

This reception serves as a thank you to all those who are attending the conference, and to presenters, volunteers and session assistants who give so generously of their time, their creativity, and their spontaneity. All conference participants are invited and encouraged to attend.