



SATURDAY April 21, 2012

6:45 am - 7:30 am Zumba with Mercedes B. Almazan
7:30 am - 6:30 pm REGISTRATION & EXHIBITS
7:30 am - 7:00 pm SILENT AUCTION – Bidding ends at 7:00

8:00 am - 9:30 am **KEYNOTE ADDRESS - ROBERT LANDY, PhD, RDT/BCT, LCAT**
Reaching for a Theater for Change

Dr. Landy is a Professor of Educational Theater and Applied Psychology and Director of the Drama Therapy Program at NYU. Dr. Landy will speak about and demonstrate concepts from his most recent book, *Theater for Change: Education, Social Action, Therapy* (2012).

If you were to envision a theatre for change what would it look like? Something like *The Normal Heart* or *Angels in America*, two apocryphal plays that raised profound questions about the politics and psychology of AIDS? Would it be a group of returning war veterans, working through their war trauma? Would it look like psychodrama or playback theatre enacted in the moment? Or would it look like the failed performance staged by J.L. Moreno after WWI in Vienna, when he entered onto the stage as a court jester, set with a single throne, and invited members of the audience to come up and take on the role of leader and prognosticate about the future of Europe? Dr. Landy will share his ideas about this Theatre for Change and will be inviting people to the stage to share theirs. This vision of a Theatre for Change - an integrated form of psychodrama, drama therapy and applied theatre, not so surprisingly, echoes Moreno's vision of a theatre for change.

1:00 pm - 3:00 pm **ANNUAL MEMBERSHIP MEETING** - (boxed lunch available – pre-order necessary)
6:15 pm - 7:00 pm **BOOK SIGNING / MEET THE AUTHORS**
8:15 pm - 10:30 pm **SATURDAY NIGHT ANNIVERSARY PARTY: "AS TIME GOES BY"** - Open Event

9:45 am - 12:45 pm MORNING WORKSHOPS

43 BODY-BASED INTUITION IN PSYCHODRAMA

Susan Aaron, BA, RMT, Canadian Psychodrama Certification, Susan Aaron Workshops; Paul Hyckie, Co-trainer Psychodramatic Bodywork
To encourage and expand body-based intuition, we must become more fully embodied. It is our grounded somatic connection that brings us into direct contact with our intuition. We will first connect to our bodies, learning how to recognize and respond to the various ways our bodies send us intuitive messages. We will experience the power and wonder of communally connecting to our intuitive messages in a psychodramatic enactment where all intuition is valued.

44 PSYCHODRAMA AS A PATH TO CREATING SAFETY ACROSS GENERATIONS

Veronica Bowlan, MSW, LSW, PAT, Faculty Psychiatry, Drexel Univ. College of Medicine
Establishing trust is the foundation for emotional safety. Destructive family processes often transcend generations. Participants will share examples of emotional safety and explore the internal and external experience. The workshop will use vignettes and psychodrama to explore these issues. Didactic discussion will focus on methods to establish emotional safety using role theory and action methods.

45 TRUSTING FAMILY DYNAMICS IN RECOVERY

Melinda A. Lawless Coker, PsyD, LMFT, PAT, Florida Atlantic University; Anne Remley, LCSW, NCAC II, CSAC, Winchester, VA
This workshop will be an exploration of how patterned family roles, rituals, and rules may shift as an individual steps into recovery. This will include an integration of family systems' practices along with the activation of learned cognitive schemas. Psychodramatic techniques will be implemented to ground oneself in trying out recovery-oriented roles, rituals, and rules.

46 ROLE PLAY IN SUPERVISION & TRAINING

George Biglin, LCSW, TEP, Private Practice
Role play is a very effective technique used in a variety of ways and in many fields. This three dimensional depiction clearly concretizes complicated psychological/behavioral issues into an easily comprehensible form. The use of role play in training, supervision, and treatment illuminates, intensifies, and brings insight to clients and colleagues alike.

47 WHY IS SPONTANEITY IMPORTANT FOR OUR SURVIVAL?

Anath Garber, MA, PhD, TEP, Institute for Applied Human Relations
We will introduce, define, and explore Moreno's concept of spontaneity, point out how it relates to mindfulness (spirituality) and body awareness (energy therapies), and why it is central in his teachings. Participants will be offered training in spontaneity via a series of structured warm-ups. A group-directed psychodrama may result. Discussion will follow. Suggestions for work with clients and self will be offered. Didactic and experiential.

48 PSYCHODRAMA & DRAMA THERAPY: A CREATIVE COLLABORATION

Heidi Landis, RDT-BCT, LCAT, PAT, Program Director, Creative Alternatives of New York

What is the difference between drama therapy and psychodrama? Can the two methods work together, and even help each other? This experiential workshop explores similarities and differences, showing innovative techniques for group work between sister modalities. We will explore how the metaphorical landscape of drama therapy creates a safe container for diverse and difficult thoughts and feelings and how techniques can be used as a basis for warm-ups and enactments leading to deep psychodramatic work.

49 SPIRITUALITY AS A RESOURCE FOR MENTAL HEALTH

Catherine D. Nugent, LCPC, TEP, Private Practice, Laurel, MD; Linda A. Ciotola, MEd, CET III, TEP, Healing Bridges, Grasonville, MD

Over the past few decades, researchers in diverse fields have studied the contribution spirituality can make to mental health. We will identify ways that spirituality can be a resource for healing, recovery, and wellness, as well as how spiritual beliefs can sometimes function as a barrier to mental health. Participants will have the opportunity to explore their personal understanding of spirituality and how this can be a resource in their work and their lives.

50 THE ART OF DOUBLING

Mary Anna Palmer, LICSW, LMFT, PAT, Director, The Psychodrama & Psychotherapy Center, MN

Doubling is a skill that develops both awareness of self and empathy for another person. This workshop teaches clinicians how to double. Clinicians will leave with skills to apply the technique of doubling to their work with individuals, couples or groups. Learning is done in dyad and triad experiential exercises and discussion

51 UNWINDING CODEPENDENCY

Jennifer Salimbene, LCSW-R, CDAC, CP, Lexington Center for Recovery; Regina Sewell, PhD, MEd, PC, Dutchess Community College, Outlook

Codependency causes us to lose ourselves. We focus our attention on someone else's needs and ignore our own. We enable other people to engage in addictive and hurtful behavior. Unwinding Codependency is designed to help participants and clients explore these patterns in their own lives. This workshop explores codependency in action to help participants identify the underlying experiences and beliefs that drive their behavior and to find new ways to be in relationship with others.



52 RELEASING PERSONAL AND INTERPERSONAL WOUNDS THROUGH FORGIVENESS

Jacqueline Siroka, ACSW, BCD, TEP, Clinical Director, The Sociometric Institute; Jaye Moyer, LCSW, TEP, Psychodrama Training Institute of New York

When we are unable to recognize and accept our wounding, resentments accumulate and block access to joy. We explore forgiveness so that we can acknowledge, investigate, and release suffering. Free of our fear, lack of spontaneity and mistrust perpetuate when we hold onto hurt. Join with us to be of mind and lose our hearts as we examine our relationship to forgiveness. This workshop will utilize Meditation, Sociometry, Psychodrama and Group Process.

53 CREATING WARM-UPS WITHOUT GORILLAS

Bill Wysong, MA, LPC, TEP, Aspen Counseling Center; Joann Wysong, MA, Aspen Counseling Center, Colorado Springs
"But I don't want to get on the floor and be a gorilla," represents the reason for this workshop. If the psychodrama/group session goes wrong, the problem can be traced to an improper warm-up. "The warming-up process is the operational expression of spontaneity." (J. L. Moreno.) Spontaneity engenders creativity and leads to positive actions. Several experiential warm-ups will be presented. Participants will gain tools to create structured warm-ups for interpersonal, therapeutic, occupational, and educational environments.

1:00 pm - 3:00 pm

ANNUAL MEMBERSHIP MEETING

Our open community meeting for members as well as those interested in becoming members. Meet your EC and learn about ASGPP's recent activities and plans for the future. Contribute your ideas and feedback as part of the ASGPP community.

OPEN EVENT

3:15 pm - 6:15 pm AFTERNOON WORKSHOPS

54 ROCKIN' PSYCHODRAMATIC HEROES: TRUST, RISK, EXPAND - DO RESEARCH

Erica Hollander, PhD, JD, TEP, Hollander Institute

Project into your future by demonstrating what actually works in your practice. You will learn key ingredients for evaluation and an evidenced based practice. While few of us do it, we actually have an ethical mandate to evaluate the effectiveness of our work! The group will be a rockin' research lab helping each participant to create a simple research project that they will use this year in their practice. Maybe present? Same time next year?

55 CREATIVE PROBLEM-SOLVING: A SOCIOMETRIC EXERCISE

Azure Forte, LMHC, LMFT, CP-PAT, Private Practice

Bring in the new by way of the old. Each participant is welcome to attend seeking a new solution to an old problem. The only requirement is the inclusion of the old. Through sociometric action methods we will: Form a community of helpers - Expand on creative problem-solving findings, developed by a team of astrophysicists - Explore through Action, Discussion, and Presentation of scientific research in creativity.

56 SOUL MOTION™ AND PSYCHODRAMA: MOVE AND ATTUNE

Karen Drucker, Psy D, TEP, LaLuna Center, Naropa University; Jean M. Campbell, LCSW, CET III, TEP, Action Institute of California
"Soul Motion," according to teacher Zuza Enger, "is a meeting with self that is deeply nourishing, creatively intelligent, emotionally savvy, heart-breaking, soulmaking, spirited and transforming." It integrates moving fluidly in the world while being attuned to others and staying true to your own dance. In this experiential workshop, we will utilize movement and rhythm, music and stillness to connect deeply with ourselves and others, then move into a psychodramatic vignette to expand the process.

57 USING NEURAL INTEGRATION TO BUILD SECURE ATTACHMENTS

Estelle Fineberg, LCSW, LMFT, TEP, Private Practice, Ft. Lauderdale, FL; Lin Considine, MS, LMHC, PAT, Brown & Considine Counseling & Consulting

Many clients have trouble in relationships due to traumatic events which create insecure attachments. Lifespan Integration is a gentle mind/body modality developed to help participants deeper to integrate them into a new and healing narrative of one's life. Psychodramatic techniques will be used to teach practical safe protocols of Lifespan Integration which help regulate affect, self-soothe and strengthen the core self. Both didactic and experiential methods will be explored.

This is a 2012 Award Winner's Workshop

58 SPEAKING THE TRUTH: STANDING IN POWER

Antonina Garcia, EdD, LCSW, TEP, Private Practice; Dale Richard Buchanan, PhD, TEP, Private Practice

Attending and attuning to our soul and spirit connects us to our inner truth. Speaking and standing in that truth with authenticity and respect guarantees us potency and piece of mind. This training will focus on how to help clients discover their essential truths and embody them in everyday life.

59 SELF-DISCOVERY: SEEING OURSELVES AS OTHERS IN THE GROUP DO

Gregory MacColl, LCSW, FAGPA, Private Practice, Manhattan & Forest Hills

Most of us find it so difficult, at times, to express ourselves freely to others in group. In this experiential workshop, we will become aware of our thoughts and feelings to others, especially those areas we are blocked off from. Our goal will be to become more sensitive to the ways we come across to others in groups! It will have a didactic and discussion section.

60 FINDING THE SHARED CENTRAL ISSUE

Nancy Sondag, RDT/BCT, LCAT, Menorah Center for Rehabilitation and Nursing Care

Often the challenge for the sociodrama facilitator is finding the shared central issue of the group. The process of going from warm-up to enactment can be daunting. This experiential workshop will make sociodrama more user-friendly for the therapist or trainer by providing participants the opportunity to clarify the shared central issue and techniques to use for identification of it.

6:15 pm - 7:00 pm
Book Signing / Meet the Authors

61 ADDING DRAMA TO PSYCHODRAMA

John Olesen, MA, PAT, Shanti; Louise Lipman, LCSW-R, CGP, TEP, Psychodrama & Creative Arts Therapy, NYC

Theater techniques can help to facilitate staging, develop character, guide auxiliaries to expand their roles and find objectives. Theatrical principles can also help to create story and enhance the tension between the protagonist and antagonist in a psychodrama. The presenters who originally came from the world of theater will use their expertise to help directors enhance their skills using tools and techniques from the world of theater, and have some fun!

62 A DAY OF PLAY – REDISCOVERING THE KID IN YOU

Carol Frank, MA, LPCC, RN, Private Practice, Albuquerque NM; Sue Shaffer, MA, LPCC, TeamBuilders Counseling Services, Santa Fe, NM

Come play! Created specifically to encourage connection to the "kid in you", we will examine the neurobiological underpinnings to play, spontaneity and creativity through action methods and psychodrama. Research shows adults who have "lost" their playfulness demonstrate social, emotional and cognitive narrowing, are less able to handle stress, and often experience depression. Simply put, play is good for you! Encourage your spontaneity; create new experiences of play and have some fun in the process!

63 THE FACES OF TRAUMA

Arlene K Story, LMHC, CSAT-S, TEP, The Refuge, A Healing Place

Trauma wears many faces in our lives including substance abuse, process addictions, PTSD, OCD, and many other co-occurring disorders. Healing from trauma is a process that must: Unravel the Trauma Story - Understand the Addiction Story – Create the Recovery Story. Through a brief didactic presentation and a psychodrama demonstration, participants will see and experience this healing process that occurs through telling these stories in psychodrama.

64 BUILDING GROUP COHESION VIA COLLABORATIVE STORY BUILDING AND TELLING

Letitia Traviglini, MA, University of Maryland, Baltimore County; Tom Treadwell, EdD, TEP, West Chester University; Tara Lynn, MA, Luzerne Co. Community College; Christine Seaver, MS, Family and Community Services of Delaware Co; Maegan Staats, West Chester University

This experiential workshop builds cohesion among group members through collaborative story building and telling. Group members engage in a collaborative sharing process of individual stories to construct a group narrative utilizing psychodramatic and cognitive behavior techniques. Members are divided into sub-groups to create group narratives, and share their stories at the end of the workshop. It is expected that CSBT will help group members more thoroughly engage in group processes and further develop group cohesion.

8:15 pm - 10:30

Saturday Night Anniversary Party
"As Time Goes By"

An anniversary party celebrating 70 years of ASGPP. Live entertainment, DJ and dances from the decades. Costumes/clothes of your decade are welcome. **OPEN EVENT**