



2014 ASGPP Conference
Saturday Keynote Address:

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*Dare to be Happy: Psychodrama
and the Power of Positive Psychology*

Thank you so much for giving me the opportunity to present a keynote at the 72nd annual ASGPP meeting in San Francisco on April 5, 2014. Having Bob and Jacqui Siroka, my trainers, friends and role models introduce me was a special treat.

It was an opportunity for me to bridge my old passions as a psychologist, psychodramatist and writer over the past 30 years with the new passion of positive psychology. It also gave me an opportunity to connect with Jonathan Moreno and the fine work he has done in putting together a book about his father, JL.

While weaving the tapestry for this keynote I was particularly struck by the breath of JL's work. From the development of his work in psychodrama, sociometry, group psychotherapy, sociodrama, social network theory and sociatry, through his ripple of influence in the arts and education, each profound and visionary inspiration was distinguished by a strong positive attitude and vigor that made his work exceptional. For me this wellspring of influence rested on his articulating the essential elements of spontaneity and creativity as the driving forces of human nature. The spiritual grounding of his theories and methods highlight these forces in a dynamic, yet organic way. I believe if he were around now J.L would be a positive psychologist. Not one of the many followers, but a leader in the field because of his distinctive ideas and approach.

In carrying out what he started I think we are in a position to enhance the work being done by other researchers in the field of positive psychology, as well as examine the efficacy of our techniques as well as the effectiveness of groups as they function in the real world.

In donating \$1,000.00 to ASGPP I am eager to have the H.O.P.E. Award, Honoring Our Positive Emotions, be established to be given to researchers outside of our community for the work they have done that has the potential to be applied to our methods, and a second award for our members conducting research on techniques that involve the activation of positive emotions. I've asked Erica Michaels Hollander, JD, PhD, TEP, Vice President of ASGPP, to provide information to those interested in doing research and keeping up with the work going on in our field. Her contact information is below.

Since the keynote I have received numerous cards, emails, phone calls and texts of appreciation. Thank you for these and thank you for the opportunity to talk about these passions in my life and work. I look forward to being part of this dynamic transition in our field and working with the ASGPP membership as we move forward.

Positive psychology aims to make the products of research in psychology accessible and pertinent to ordinary people living ordinary lives, not just to a few social scientists and academics. Learning about how to live well and what works to solve problems is the grist for its mill. Long ago Psychodrama began with the notion that people can share their knowledge and their world views to good effect, with helpful results. The feelings and common chords shown and heard in action open pathways and hearts to compassion and understanding.

For psychodramatic work to be appreciated fully for what it offers, we must keep track of what it does and document its results. Manuals of practice are needed. Analyses of results are important and useful.

We have a responsibility to share what we have seen repeatedly by presenting our outcomes in organized and well thought out papers and books. The practices that serve us should be written up and distributed to others. As we define limits we must delineate those, too. We can only work with so many people in person—we can reach many more by means of the internet and writing.

To do these things, we will do well to work cooperatively and collaboratively. If you are interested in joining this effort, you can participate in discussions via ASGPP's research blog and listserv. Simply send a statement of your interest to ericahollander@comcast.net with your email address.

I am happy to provide the slides (below) and links to the three videos used.

Paul Zak on the Future of Storytelling: <https://www.youtube.com/watch?v=DHeqQAKHh3M>

The Science of Character: <https://www.youtube.com/watch?v=U3nT2KDAGOc>

Johathan Moreno: http://youtu.be/YH77ly4iw_0

Additional information about Jonathan's Book:

<https://itunes.apple.com/us/book/impromptu-man/id826813882?mt=11>