



## SATURDAY May 4, 2019

6:00 am - 6:45 am Sunrise Exercise Activity  
7:00 am - 7:45 am 12-Step Meeting / Chapter Committee Meetings  
7:30 am - 7:00 pm REGISTRATION & EXHIBITS  
7:30 am - 8:00 pm SILENT AUCTION – Bidding ends at 8:00

7:45 am - 9:30 am **PLENARY ADDRESS: EDWARD SCHREIBER, DD, EdM, LADC, TEP**  
***Sociatry Offers Added Wisdom***

At the very center of the method called psychodrama is a little known direction: "Awakening of the Autonomous Healing Center Within" a group and an individual. It is a mystic practice that corresponds to the understanding that humanity is as one organism with forces impacting the whole and its many parts, forces underlying groups, organizations and society. To know these forces and to attend to the awakening of the Autonomous Healing Center is called "Sociatry: the healing of society". This is the introduction to Sociatry for the Plenary.

Learning Objectives. After attending, participants will be able to:

1. Understand the basic ideas of Sociatry;
2. Recognize the mysticism inherent to our method.

1:00 pm - 2:30 pm **ANNUAL MEMBERSHIP MEETING, LIVE AUCTION, SPECIAL DRAWING**  
8:30 pm - 11:00 pm **LET'S HAVE A BALL - Open Event**

### 9:45 am - 12:45 pm MORNING WORKSHOPS

#### 34 WHAT IS SOCIATRY? PERSONAL AND SOCIAL TRANSFORMATION

**Ed Schreiber, DD, EdM, TEP, CTPT, Zerka T. Moreno Foundation, Lesley University; Sarah Kelley, MA, Drama Therapy, Lesley University**

This workshop introduces J.L. and Zerka Moreno's ideas about the healing of society. A special instrument, The Social Microscope, will be demonstrated and taught. The Social Microscope reveals the essence of sociatry for both personal and social transformation.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the Morenean ideas for healing society;
2. Recognize the instrument of the social microscope as a tool for personal and social healing.

#### 35 CHANNELING DR. SEUSS RE ENACTING "STAR BELLIED SNEETCHES" AND DEALING WITH GROUP INCLUSION VS. EXCLUSION

**Margo Fallon, PhD, Artful Interventions of Kansas City; Nancy Kirsner, PhD, CPP, TEP, S. Florida Center for Psychodrama, Action Training & Groupwork**

Using a combination of expressive arts techniques, participants will experience how these can be used to enhance warm ups and enactments. Dr. Seuss' "Star Bellied Sneetches" tale regarding inclusion vs. exclusion in groups will be explored, ending with creating a healing circle and personal talisman. Demonstrations, experiential activities, group and individual processing, and question/answer session will be included.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply expressive arts techniques to the warm-up process;
2. Demonstrate how expressive arts techniques enhance the processing of group experiential empathy activities such as role reversal.

#### 36 ACTING YOUR INNER MUSIC: MUSIC THERAPY AND PSYCHODRAMA

**Joseph Moreno, MT, MA, MME, Santa Fe, NM, Prof. Emeritus, Maryville University, Saint Louis, MO**

This workshop will open with a lecture on the sources of the integration of the creative arts therapies, music, art, dance and drama in the traditional healing practices of indigenous cultures around the world, supported by slides, music, and video excerpts. This will be followed by a group experience in music and imagery as a psychodramatic warmup technique, and the workshop will conclude with group experience in the application of instrumental music improvisation as support for psychodramatic enactments.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply the technique of music and imagery as a psychodramatic warmup technique;
2. Apply techniques of instrumental music improvisation as a support in psychodramatic enactments

#### 37 LOOK THROUGH THE JOHARI WINDOW USING THE LENS OF PSYCHODRAMA

**Scottie Urmey, LCSW, TEP, Psychodrama New Jersey, Monmouth University**

The Johari Window is a simple tool for improving self-other-awareness within groups. Blending the concept of the Johari window with the interventions of psychodrama and sociometry enhances and deepens the group psychotherapy experience.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the concept of the Johari Window model;
2. Identify how psychodrama and sociometry interventions facilitate the efficacy of the Johari Window model.

## 38 THE FOUR WARM-UP CONCEPTS OF J.L. MORENO: DEFINITION, APPLICATION, AND REFINEMENT

**Peter Howie, BSc, MEd, TEP, Australian and Aotearoa New Zealand Psychodrama Association, Inc.**

Jacob Moreno imported many ideas into psychodrama from the theatre, with 'warm-up' being one of them. Examples of the uses of warm-up ideas are in his writings from "Who Shall Survive" through to "Psychodrama Volumes I-III." The most familiar is the warm-up phase in traditional psychodrama sessions, though this is the least theorised application of his writings. The four principle uses of the term will be experientially demonstrated and explored.

### Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate the four warm-up concepts and how they are used in psychodrama;
2. Demonstrate individual and group warm-ups.

## 39 NEUROBIOLOGY INFORMED ACTION: TRANSFORMING RELATIONAL TRAUMA TO EARNED SECURE ATTACHMENT

**Soozi Bolte, LPC, CP, Private Practice, Psychological Counseling Services, Promises Scottsdale; Grayce Gusmano, CP, Private Practice: Grayce Counseling Psychological Counselings Services Promises Scottsdale**

Attachment trauma impacts all aspects of life. Many current therapeutic modalities address these relational ruptures through the lens of Neurobiology. We will review several of these modalities as we present the idea that Moreno was informed by Neurobiology before it had a name. We will explore how the psychodramatic stage has been a place of exploring and integrating healing by naming directorial choice points and interventions that impact the development of earned secure attachment.

### Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize and explore the 4 attachment styles and the value of "Bottom Up" processing associated with theories influenced by Neurobiology;
2. Identify the symptoms of attachment trauma and learn how to direct relational repair that promotes a felt sense of earned secure attachment.

## 40 USING SOCIODRAMA TO DISCOVER NEW WORLDS IN THE SOCIOMETRIC CYCLE

**Martica Bacallao, PhD, TEP, University of Alabama School of Social Work, NC Center for Youth Violence Prevention**

Sociodramas embedded in the sociometric cycle have potential to resolve resistance that gets us stuck. The sociometric cycle is a map that guides us in exploring current space and changing positions. These explorations advance personal transformations by connecting us with others and deepening our connections. Sociodramas will compliment the movement within the 4 quadrants of the sociometric cycle.

### Learning Objectives.

After attending this workshop, participants will be able to:

1. Distinguish the 4 quadrants;
2. Apply sociodramatic techniques to the sociometric cycle.

## 41 THE JOURNEY OF A LIFE TIME: SOCIODRAMA, SOCIETY, AND THE AGING OF A GENERATION

**Jacqueline Fowler, MA, CP, The Center for Sound Relationships**

Through action sociometry and sociodrama, we will explore the ways that aging-related issues impact all of our lives, from societal assumptions about "the graying of America," to private fears of cognitive and physical impairment. We will consider the biology of the aging brain, current thoughts on "healthy aging," and exciting advances in Alzheimer's research. Together we will gain embodied insight about the aging experience, and share strategies and interventions for working sociodramatically with aging-related issues.

### Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize the extent to which societal assumptions about aging impacts individuals' perception of self and others;
2. Distinguish between sociodramatic and psychodramatic methods, and identify two sociodramatic strategies for redirecting auxiliaries who slip into revealing personal material.

## 42 WORKING WITH TRANSGENERATIONAL TRAUMA ▲ ■

**Peter Haworth, MSc, British Psychodrama Association, Oxford School of Psychodrama and Integrative Psychotherapy, Oxfordshire and Buckinghamshire Complex Needs Service**

This workshop will use sociodrama to show how messages related to trauma are transmitted through generations. Participants will explore their own family history to see how messages are transmitted and how these can be explored using psychodrama with the protagonist in the role of their ancestors. We will draw on the presenter's experience of working with Zerka Moreno and Anne Schutzenberger and from his work in the former Yugoslavia.

### Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize the power of transgenerational messages to influence our decisions;
2. Demonstrate how sociodrama can be a powerful warm up do deep personal work through psychodrama.

## 43 DISCOVERING ECHOES AND INSIGHTS THROUGH A REFLECTIVE MIRROR OF JONAH'S STORY ▲ ■

**Tamar Pelleg, MA, CP, Private Practice**

In this Bibliodrama, the focus will shift from Jonah the profit, who runs away from his mission, to the participants. We will work with the archetypal level of the story to find out and look at questions like: Am I following my path or running away from it? Where do I stand regarding letting go of being "right?" How do I relate to forgiveness toward myself and others?

### Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the story of Jonah on both the surface level and the archetypal level;
2. Identify the meaning of the archetypal level for themselves (on a personal level).

**44** I DON'T WANNA, YOU CAN'T MAKE ME:  
WORKING WITH RESISTANCE

**Rebecca Walters, MS, LCAT, LMHC, TEP, Hudson Valley Psychodrama Institute**

This workshop is for those working with adolescents, the chemically dependent, and other "reluctant" clients. We will explore what resistance is, how it gets in the way, how it serves people and how action methods can help our clients move beyond it. Learn psychodramatic interventions that "go with the resistance," honor defenses, and are attuned to sociometry, creating the safety that helps change barriers into open doors and encouraging individual and group warm-up to spontaneity, healing and change.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe and practice two sociometric structures to warm up groups;
2. Identify the differences between sociodramatic and psychodramatic empty chair work.

**1:00 pm - 2:30 pm**

**ANNUAL MEMBERSHIP MEETING,  
LIVE AUCTION, SPECIAL DRAWING**

Our annual open community meeting for members as well as those interested in becoming members. Come and meet your Executive Council and learn about ASGPP's recent activities and plans for the future. Contribute your ideas and feedback as part of the ASGPP community. You will also have the opportunity to participate in a Live Auction facilitated by an Auctioneer. A surprise drawing is available to all who attend.

**OPEN EVENT**

**2:45 pm - 4:15 pm**  
**90-MINUTE WORKSHOPS**

**45** EXPLORING THE EMPEROR'S NEW CLOTHES:  
DISCOVER WHAT HAPPENS AFTER REVELATION?

**Julie Wells, LCSW, CP, TEP, Suncoast Psychodrama Training, Journey Into Wellness Counseling**

Hans Christian Andersen's fable will transport us into a Sociodramatic experience focusing on how we bring change in our lives after wrestling with important revelations. How do we move truth into action? What gets in our way of making this the world we want to live in? Come explore action steps to take after gaining new insights and "try on" which roles you identify with, and which role(s) hold the healing you need.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate between the different components (contract, roles, sharing, and goals) of a Psychodrama and a Sociodrama;
2. Identify the Central Concern of the group and how this applies to the Sociometry of the Group.

**46** EXPRESSIVE ARTS THERAPY WARM-UPS  
FOR PSYCHODRAMA GROUPS

**Juliana Fort, MD, MPH, MBA; Clyde Knox, Eleanore Knox, UTSW; Marcie Burkart, LCSW**

Psychodramatists can benefit from integrating tools and techniques from the expressive arts to help their clients creatively explore a deeper relationship to their struggles and lend voice to their pain. By facilitating warm-ups and closures that allows for the bodily expression of the emotions through the use of art, creative writing, movement, sounds (such as drums), and drama, the therapist can empower the development of coping resources and new roles through a shared process in group.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify expressive art therapy modalities and basic techniques such as distancing and aesthetics. Discuss the benefits of utilizing expressive arts therapy tools for facilitating creative expression, deepening the mind-body connection and helping patients to recognize commonalities with other groups members;
2. Apply expressive art therapy techniques that incorporate visualizations, movement, sound and dramatic expression during warm-ups and closings to create group cohesion and connections.

**47** CONNECTING, COLLABORATING, AND CO-CREATING

**Linda Ciotola, MEd, CET III, TEP, Certified TSM Trainer, Healing Bridges; Nancy Alexander, LCSWC, Private Practice**

In this workshop, participants will learn and explore the basic elements of connecting, collaborating, and co-creating across various fields of expertise to maximize the potential of co-created projects. Guiding principles, role definitions and delineations, values identification, and other factors of cross-collaboration will be explored in discussion and brief action structures.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify at least 3 possible areas of collaboration between psychodramatists and other professionals and identify at least 3 values that collaborators need to share for a successful partnership;
2. Define at least 3 roles required between collaborators.

*This is a 2019 Award Winner's Workshop*

**Marcy Pollitt, LCSW-R, SEP, EMDR, CP, Joyfully Becoming Family Therapy**

This workshop will introduce participants to some of the essential concepts of Somatic Experiencing (SE) and how to weave them into the psychodrama through doubling. Learning to listen into the body and facilitating the natural process to discharge activation will deepen the double's effectiveness. SE helps to keep the client in an embodied state, which allows the nervous system to release the tensions held in the body. This workshop will use didactic and experiential learning as an invitation into the healing method of SE.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe didactic and experiential learning about the body's natural healing process through the trauma vortex and healing vortex;
2. Apply the gentle SE process by participating in a practice session in dyads after a warm up.

**Siyat Ulon, MD, MA, Formosa Institute of Psychodrama and Depth Psychology, Far Eastern Memorial Hospital; Liwen Molly Mo, TEP, Formosa Institute of Psychodrama and Depth Psychology, Taiwan; Yun Jen Hsieh, Adjunct Lecturer, Fu Jen Catholic University, Taiwan; Yi-chun Yeh, National Taiwan University Hospital**

This workshop will demonstrate how to apply different psychodynamic theories including psychoanalysis, analytical psychology, and attachment theory to cultivate a new generation of psychodramatists. Different psychodynamic approaches permeate through trainees gently by encountering varied trainers who come from different gender, ethos, cultures, political identities, and psychotherapy training backgrounds. Weaving different perspectives of related fields into psychodrama, sociometry, and group psychotherapy helps further integration and generate a new insight of our multiple cultural worlds.

Learning Objectives.

After participating in this workshop, participants will be able to:

1. Demonstrate how to apply wisdoms of psychodrama and related psychodynamic approaches to warm up and to conduct a group simultaneously;
2. Identify the way in which four trainers weave different psychodynamic approaches into the practice of psychodrama, sociometry and group psychotherapy cooperatively and co-create an appropriate way to learn and to appreciate everyone's particularity.

**Katherine M. Amsden, LCSW, ACHP-SW, CP, Central Maine Medical Center, Androscoggin Home Care and Hospice**

Facing serious illness or what might be the closing chapters of our lives can be fraught with existential crises, complex medical decisions and heartbreaking emotional and psychosocial suffering. This workshop will demonstrate how action methods can explore the core of what matters most and transform despair into hope.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply methods of action sociometry and role theory to explore issues of advance care planning and health care decision making;
2. Identify and explore the major difficulties when facing serious illness and end of life choices.

**Scott Giacomucci, LCSW, CTTS, CET III, CP/PAT, Mirmont Treatment Center, Giacomucci & Walker, LLC; Maria Jose Sotomayor-Giacomucci, Pennsylvania Immigration & Citizenship Coalition, La Puerta Abierta**

This workshop will introduce J.L. Moreno's immigration story. We will acknowledge the experience of migration as a personal trauma/loss and focus on generational strengths and resilience. Through sociometry, participants will uncover shared experiences, identities, and values with a focus on personal family immigration stories. Finally, a brief psychodrama process will take place, oriented around honoring a family member, mentor, community leader, and/or ancestor who played a supportive role in that individual's development or family immigration story.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain J.L. Moreno's own history of immigration as it relates to the development of sociometry, psychodrama, and group psychotherapy;
2. Recognize applications of sociometry to explore the personal immigration history within a group.

**James Pennington, MA, LPC, Dream Again Therapy, LLC**

The workshop will explore gender identity and expression, and how gender expansive identities are shifting the conversation surrounding gender.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate between gender identity and gender expression;
2. Identify at least one way that their gender identity or gender expression deviates from traditional binary norms.

**53** I DREAM OF RESEARCH:  
TAKING ACTION WITH NIGHTMARES

**Marlo Archer, PhD, TEP, Arizona Psychodrama Institute, Down to Earth Enterprises; Cristine Toel, LPC, Psychological Counseling Services (PCS)**

An advanced psychodrama student will direct a warm-up, short action piece, and integration around nightmares between administrations of the pre- and post-tests our community is using to move psychodrama into the realm of evidence-based treatments for which insurance companies reimburse. Registration for, and attendance of, this session constitutes your permission to participate in a brief research study on using psychodrama to work with nightmares that will be written up for publication.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify and apply the pre- and post-test instruments the psychodrama community is employing to collect data to support our work as an evidence-based practice;
2. Describe a brief action structure for working with client nightmares.

**54** FATHER SKY/MOTHER EARTH: ACHIEVING BALANCE WITHIN

**Sara R. Butler, LCSW, The Organization for Therapeutic Treatment, Education, and Recovery, LLC**

This workshop will explore how to use cultural traditions to enhance the warm-up process with both individuals and groups. In Native American teachings, every being is made up of two energies: Father Sky and Mother Earth. These energies help align our analytical and intuitive mind to achieve balance. Using Native American animal medicine and Psychodramatic techniques, participants will discover their individual Father Sky and Mother Earth energy and explore ways to move into achieving balance.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate how to run an effective warm-up using Native American (or other) cultural traditions and teachings;
2. Identify two action methods that facilitate and deepen the warm-up process for both individuals and groups.

**55** AMERICAN BOARD OF EXAMINERS CONVERSATION HOUR ▲ ■

**Catherine D. Nugent, MS, LCPC, TEP, Laurel Psychodrama Training Institute; American Board of Examiners**

Elected Directors of the American Board of Examiners will be present to answer questions and address issues raised by participants. The Board will also share information concerning critical issues and future directions of the Board. A special invitation is issued to those individuals who are considering becoming certified and the challenges and concerns that they encounter with the certification process.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define the purpose of the American Board of Examiners;
2. Explain the criteria for CP and TEP certification.

**4:30 pm - 7:30 pm**  
**AFTERNOON WORKSHOPS**

**56** A NEW PERCEPTION FROM THE OLD DRAMA ▲ ■

**Ning-Shing Kung, MPS, Adjunct Therapist, St. Clare's Hospital**

Our body is the storage of the old memories, where the old dramas have their roots. Through the large blind-drawing, lines/shapes reveal the significant memories that are associated with the current issue just like ghost hunting. By weaving the concept of compulsive repetition, which owns the power of the death instinct, into the action of psychodrama; a journey, from past to now into future, finds its path to a new psychological world.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply the concept of compulsive repetition from Freud's theory when directing psychodrama;
2. Apply two types of art-making, structure and non-structure, during different stages of psychodrama.

**57** A NARRATIVE PATHWAY TOWARD ENHANCING FAMILY WELL-BEING ▲ ■

**Adam Chi-Chu Chou, PhD, EdD, TEP, Feng Chia University, Taiwan**

This workshop demonstrates an interdisciplinary framework in which a household production conceptualization in family economics is used as theoretical basis for working with family. The participants as role-played family members will co-construct strength-based family sculpture and family script in action. The families are guided in identifying and empowering strengths and journeying through various pathways toward a co-constructed new identity and meaning of a home.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify pathways toward enhancing family well-being with family story and script;
2. Apply the techniques of Strength-Based Family Sculpture when working with family.

**58** COSMIC FORGIVENESS AND RECONCILIATION

**Patrick Barone, JD, CP/PAT, Michigan Psychodrama Center; Elizabeth Corby, PhD, CP/PAT, Michigan Psychodrama Center**

How is it possible to forgive others even when others don't deserve it? Using a story ripped from pages of Genesis, you will step into the ancient world to co-create then personally experience cosmic forgiveness and reconciliation. Bibliodrama's "midrash" and "white and black fire" will be explored as you learn Bibliodrama interventions including, voicing, concretization, and group characterization. Participants might feel a new sense of connection with the ancient text.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize how exploring the universal truths contained in the Bible can serve as a compelling warm up to personal psychodramatic work;
2. Identify yourself as part of this biblical "world," and feel yourself to be an element in its structure of universal history.

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**59** DIVINE TIMING: THE STRENGTH TO SURRENDER,  
THE PATIENCE TO PERSEVERE

**Antonina Garcia, EdD, LCSW, TEP, RDT/BCT, Private Practice, NYU**

When major challenges arise in our lives, it becomes essential to meet them with dignity, acceptance and humor and marshal trust in our own resilience. We must gain clarity to know when and how to surrender and persevere. This training will demonstrate how to assist clients in accepting adversity and moving forward with fortitude and a belief in their own internal strengths.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify one method for assessing character strengths that can assist clients who face challenges;
2. Describe one action intervention that assists clients in developing resilience.

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**60** TRANSFORM WITH THE TROLLS:  
USING PSYCHODRAMA TO RE-CLAIM YOUR SPARKLE!

**Katrena Hart, LPCS, CBT, ATA, TEP, Bridging Harts Psychodrama Training Institute**

This workshop will use the 2016 movie "Trolls" as a warm-up towards doing a psychodrama. The movie addresses emotions, relationship conflict, and inner apathy. It includes music and connection to create a bridge towards positivity and hope. This workshop intends to use a fun and creative movie to assist transformative reflections and re-direction of life choices. The Hollander Curve applications will be applied.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate a full Psychodrama from Warm-up to Sharing;
2. Recognize and define the Hollander Curve.

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**61** DESTIGMATIZING SEXUALITY, EMOTIONAL INTIMACY AND  
EROTIC ENERGY IN GROUP THERAPY

**Rick Tivers, MSW, LCSW, Rick Tivers and Associates;  
Steven Durost, PhD, LCMHC, REAT, C.R.E.A.T.E! Center for Expressive Arts, Therapy and Education**

This workshop engages in a frank, open and transparent discussion about sex, sexuality, romance, sensuality, and emotional intimacy. For many people these are taboo topics causing high anxiety and even triggered responses. Aimed at reducing shame, destigmatizing sexuality, and exploring non-traditional sexual expression, the interventions will be provocative and respectful. Participants should expect to be challenged, honest, uncomfortable, and safe, as we move towards a unified being which includes healthy emotional intimacy and sexual expression.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate treatment interventions that will help clients understand and honor their own sexuality and cravings for emotional intimacy;
2. Establish safe environments to explore healthy erotic energy, alleviate shame and understand the transference and counter-transference that can accompany it.

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**62** DIRECTOR'S OPTIONS FOR STRUCTURING A SOCIODRAMA

**Rosalie Minkin, MSW, TEP, LCAT, ATR/BC, East West Psychodrama Institute**

There are 4 Sociodrama structures: Each structure addresses who creates the sociodrama role, who creates the themes, issues, and setting. The workshop introduces 4 structures with emphasis on when to use each of the 4 structures.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply the 4 sociodrama structures;
2. Recognize the theory and practice of the 4 structures.

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**63** THE WORLD OF COMPASSION IS TRANSFORMATIONAL

**Jacqueline Siroka, LCSW, TEP, Sociometric Institute; Jaye Moyer, TEP, Sociometric Institute, Institute for Meditation and Psychotherapy**

Learning to see and experience the world through a compassionate lens takes, practice, patience and role traing. We learn to quiet the heart/mind/body and bring caring attention to difficult emotions, experiences, and unwanted parts of ourselves. "The Handshake Practice" is one of the compassion practices brought from the East to the West. This practice was brought by Tsoknyi Rinpoce, a renowned Tibetan teacher. Join us as we demonstrate and teach the interplay between meditation, sociometry and psychodrama action.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate the interplay of the handshake practice with the triadic system;
2. Identify the process of moving from meditation to psychodramatic action.

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**64** WAY OVER THE RAINBOW: DIVERSITY AND INCLUSION

**Estelle Fineberg, LCSW, LMFT, SEP, TEP, Private Practice;  
Stephen Kopp, MS, CAS, TEP, Saint Luke Institute, dreamer2doer**

As millions of raindrops expand sunlight into rainbows, we each have our own spectrum- parts of ourselves we celebrate, hide, deny. These are influenced by the pressure we often feel to reflect back only the hues held by "the group:" family/work/social. With increased polarization, there's a mentality of "voting them off the island" if we don't conform. Using colors as metaphor, this workshop explores ways to claim our unique colors in the midst of others.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify three tools for helping clients identify their disowned or unacknowledged resources;
2. Apply two action structures for helping protagonists and group members strengthen cohesion and safety.

**Lorelei Joy Goldman, MA, TEP, The Psychodrama Institute of Chicago; Cynthia Freeman-Valerio, MA, LPC, Creative Therapy Unlimited, ARTSOUL, Inc.**

Music is often hope. In this workshop, participants will experience musical lyrics that can broaden and amplify the role of the double. The education of music as a co-creator in extending and amplifying the protagonist, auxiliaries and the group will be demonstrated. We will be musical improvisers in service of a classical Psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply role playing musical lyrics in the role of double;
2. Demonstrate a new aspect of doubling to energize and deepen the role of the protagonist.

**Canel Bingöl, MD, PhD, TEP, Marmara University, Ali Babao lu Jungian Psychodrama and Sociodrama Institution; Turabi Yerli, MD, PhD, TEP, Ali Babao lu Jungian Psychodrama Sociodrama Institution Beykent University**

Dream work will be presented in the group context with borderstories of group members and participants will learn the dream-work of Mesopotamia, Asia Minor and Anatolia, with psychodrama, sociodrama, and expressive group therapy techniques.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe how to work with people having borderstories by using psychodrama, sociodrama, and expressive art therapy techniques;
2. Apply dream work through stories, utilizing psychodrama, sociodrama and expressive art therapy techniques.

**8:30 pm - 11:00 pm**

**Let's Have a Ball**

Come one, come all, let's have a ball expressing ourselves and dancing with the stars! Dress up or down or all around and be sure to join us for an evening of music, fun, dancing and "surprise" selfie scenes...play together with new and old friends.

**OPEN EVENT**

