



SUNDAY May 5, 2019

6:00 am - 6:45 am Sunrise Exercise Activity
 7:00 am - 7:45 am 12-Step Meeting / Research Committee Meeting
 7:30 am - 6:00 pm REGISTRATION AND EXHIBITS
 8:00 am - 9:30 am ENVISIONING THE CREATIVE ARTS THERAPIES

6:45 pm - 7:30 pm CLOSING CEREMONY
 Closure in action. Share your conference highlights and say goodbye to new and old friends.
 Warm up to the 2020 Conference.

8:00 am - 9:30 am

ENVISIONING THE CREATIVE ARTS THERAPIES

Saphira Linden, RDT-BCT, LCAT, TEP
 and Panel of distinguished experts in their field

We know as Group facilitators that the 'whole is greater than the sum of its parts' and yet, we stay as separate entities. The Creative Arts Therapies' would be stronger and more effective working together to truly make a difference. Let us envision and dream together about what this would look like...all the new possibilities to transform our lives and communities.

OPEN EVENT

9:45 am - 12:45 pm
MORNING WORKSHOPS

**67 PSYCHODRAMA, JUNGIAN PSYCHOLOGY, AND ALCHEMY:
 ROLE OF THE NUMINOUS IN TRANSFORMATION**

Sue Shaffer, MA, LCMHC, CP, The Adams Center for Mind and Body, Celebrations of the Soul

Presentation of doctoral research looking at psychodrama and Jungian psychology through an alchemical lens. Exploring in action how the prima materia and Philosopher's Stone in alchemy is understood and recognized through C.G. Jung and J.L. Moreno's ontological and epistemological frameworks. Particular focus on role of the numinous, surplus reality, spontaneity, and creating first universe experiences. Consideration of interpersonal neurobiology in context of these themes will also be presented.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify how role reversal engages Jung's transcendent function and the significance of that in healing trauma, reducing anxious symptoms and "healing the whole of mankind";
2. Describe differences between C.G. Jung and J.L. Moreno's approaches to transformation.

68 THE LOST SELF: TRAUMATIC BRAIN INJURY/TRAUMA AND IDENTITY

Deborah Karner, MSS, LCSW, EMDR II, CP/PAT, Prospect/Crozer Health System; Colleen Baratka, TEP, Private Practice

There is a tsunami of role changes after an mTBI/Trauma, which often results in severe identity confusion and relational challenges in all systems (i.e., family, employment, legal, medical). This workshop will explore the responses of the mTBI and Traumatized brain to daily events and use Moreno's role theory to contextualize individual and systems treatment.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize from a neurological perspective a person's changed response to daily life events after experiencing an mTBI and trauma;
2. Describe how to contextualize treatment for the challenge of role change and role loss after experiencing an mTBI and trauma using Moreno's Role Theory.

This is a 2019 Award Winner's Workshop

**69 GRIEVING THE UNHEROIC DEATH:
 LOSSES FROM ADDICTION, ALCOHOLISM, AND SUICIDE**

Susan Powers, PhD, Private Practice

This workshop will be treating the death of an addict and/or suicide with the same respect that one gives to a loss from any other illness. We will explore and demonstrate the continuum from the addictive cycle all the way through to overdose and suicide — the co-occurrence of suicide and chemical dependency. Tools for grieving this kind of death will be presented and demonstrated — some in writing and some role-playing. The profound effect of codependency will be expressed.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize how to work with clients grieving due to a suicide or overdose;
2. Demonstrate and use the experiential tools of grieving, both in written exercises and role playing.

70 DYNAMIC THEATRE: INCOGNITO AUXILIARY AND THE INVISIBLE REALMS OF SURPLUS REALITY ■

Mark Wentworth, Colour for Life, Colour PsychoDynamic Practitioner
Zerka Moreno encouraged us to allow ourselves to be guided by intuition and inspiration, and to be a channel for guidance that comes through us. This workshop will demonstrate the original action method of the Dynamic Theatre, created by the presenter; and the use of the "The Incognito Auxiliary" technique as a warm-up and as an intuitive role. Participants will be exploring the "Invisible Dimensions" through Dynamic Theatre and Surplus Reality applications in Psychodrama.
Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate the "Incognito Auxiliary" technique as a warm-up and as an intuitive role;
2. Describe the similarities between the 'Dynamic Theatre' and the psychodrama method.

71 TAPPING INTO THE POWER OF YOUR DREAMS ▲ ■

U. Ingrid Schirrholtz, MA, Dipl-Psych, TEP, Hudson Valley Psychodrama Institute, Pathwork Vermont

Dreams give us access to another dimension of consciousness where we discover untapped resources, fresh perspectives, and new possibilities. Psychodrama provides us with unique tools to decipher the language of the unconscious by putting dream imagery into action. Bringing dream characters to life, giving them a voice and allowing them to interact provides a unique way of tuning into the meaning of a dream.
Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe how to warm up a group around the topic of dreams;
2. Identify significant dreams images and how to work with them.

72 EXPLORING INCLUSION-EXCLUSION OF DIVERSITY AND DIFFERENCE ▲ ■

Kim Irvine-Albano, MA, RP, CP/PAT, Toronto Centre of Psychodrama and Sociometry, Resolve Counselling Services Canada; Ananta Chauhan aka Baljit Kaur, CP/PAT, Toronto Centre for Psychodrama and Sociometry, Private Practice

This workshop explores some of Moreno's ideas related to inclusion-exclusion with a lens of difference and diversity, including our desires for social inclusion, our past experiences, biases and stereotypes and other deep seated beliefs that govern our social behavior of "Othering." Attendees will explore their own experiences of inclusion-exclusion using empty chair and other psychodramatic and sociometric techniques, knowing that we are agents as well as recipients of this dynamic of exclusion of the "Other."
Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain the significance of inclusion-exclusion in Moreno's theories related to difference and diversity;
2. Describe how psychodrama and sociometry explore experiences of inclusion-exclusion and ways of moving towards more inclusion.

73 ANGELS, SAGES, AND FAIRY GODMOTHERS: SURPLUS REALITY FOR EVERYDAY LIFE

Judy Swallow, CRS, LCAT, TEP, Hudson Valley Psychodrama Institute, Community Playback Theatre

People who have been wounded and/or traumatized often lack the internal compassionate images that can soothe, nurture or protect. They struggle to develop a connection to a positive spirituality and to a hopeful view of the future. In this workshop, we will explore the use of wisdom figures from diverse cultures and personal fantasy to help develop the resources needed to heal old wounds and move into the future with courage and spontaneity.
Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain surplus reality and its importance in psychodrama theory;
2. Identify three wisdom figures from diverse cultures and role reverse with at least one of them.

74 HUMILITY: THE QUIET VIRTUE

Catherine D. Nugent, MS, LCPC, TEP, Laurel Psychodrama Training Institute, Johns Hopkins University

"True humility is not thinking less of yourself; it is thinking of yourself less." Why cultivate humility? What is its value and significance? We explore the "Golden Mean" of humility on the continuum of overuse and underuse. To better understand this often misunderstood and undervalued character strength, we offer presentation, discussion, self-assessment, brief action structures, and a vignette.
Learning Objectives.

After attending this workshop, participants will be able to:

1. Define the term humility, its shadow sides, arrogance, and self-deprecation;
2. Identify one way to cultivate greater humility in their professional and/or personal lives.

This is a 2019 Award Winner's Workshop

75 PERFECTIONISM AND SHAME

Carole Oliver, MEd, LP, TEP, Wayside House for Women

This workshop will demonstrate psychodrama exercises related to perfectionism and shame. Participants will explore what perfectionism is; how it is the underlying cause for low self-esteem and shame. A perfectionist has very high expectations of themselves and others and are never quite satisfied with their smallest to largest accomplishments. We will explore the origins of perfectionism and the faulty belief systems that follow.
Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply two specific psychodramatic techniques that can be used when working with a client who is a perfectionist;
2. Define unhealthy core beliefs related to perfectionism.

76 CRAFTING MEANING, TRUTH, AND BEAUTY FROM YOUR PHOTO STREAM: PSYCHODRAMA & WRITING

Kelly DuMar, MEd, CP, Writer & Workshop Facilitator

Our photo streams show what we care about and hope to preserve, what moves and mystifies us, the people, places and experiences that bring joy, challenge and meaning into our lives. We'll use psychodramatic enactments to write from personal photos that arrest our attention and unpack why they do. Writing from photos allows us to express the truth of what we feel — and know — and haven't said, as we capture the beauty and deeper meaning of images. Bring photos!

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate psychodramatic enactments inspired by personal photos to generate creative writing in poetry and prose;
2. Apply psychodrama related enactments in expressive writing workshops to facilitate personal growth, healing, transformation and artistic satisfaction.

77 PSYCHODRAMA: TRANSFORMATIONAL EXPERIENCES THAT BROUGHT YOU HERE

Bill Wysong, MA, LPC, EMDR II, TEP, Aspen Counseling Center;
Joann Wysong, MA, Aspen Counseling Center

Recall your first experience with Psychodrama. That magical happening. Do you remember your excitement and wonder? Your drive to learn more? The process that brought you here? Help others experience what you have. This workshop will use several psychodramas of various lengths and processing. The purpose is to show you how to share Psychodrama with others in a variety of educational, conference, professional, and workshop settings so they may experience its value and transformative power.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Select a warm-up, action, and sharing format that fits the time available;
2. Identify and correct primary errors of untrained auxiliary egos while in action.

1:45 pm - 3:15 pm
90-MINUTE WORKSHOPS

78 SELF-PSYCHODRAMA: HOW TO USE SELF-DESIGNED CEREMONY TO REACH THE NETHERWORLD WITHIN

Gregory Koufacos, MA, LCADC, Private Practice, Montclair, NJ

This transformational workshop will explore the ancient practice of self-designed ceremony. Does this sound familiar? What this is at its essence is self-psychodrama. This experience will involve a discussion on the history and practice of ceremony and its potential role in your life. Each participant will get a chance to enact their own ceremony addressing an area of this choosing.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the self-designed ceremony;
2. Identify the key features of enacting a ceremony on oneself.

79 NAVIGATING PTSD THROUGH MINDFULNESS AND TRANSFORMING TRAUMA TO CREATIVE GROWTH

Amy Oestreicher, CHP, LCAT, Founder of #LoveMyDetour, Founder of the Online Community "Fearless Ostomates Thriving Together"

This interactive workshop focuses on helping survivors of PTSD create customized paths to recovery using mindfulness techniques and creative interventions for therapists and patients to work collaboratively on reclaiming a sense of safety. Participants are provided with a comprehensive understanding of trauma, and a multidisciplinary toolbox of treatment methods for its symptoms, through experiential exercises rooted in psychodrama, role theory, and cognitive behavioral therapies, then guided through check-in exercises, scene implementations, and closing activities.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate two mindfulness activities which can aid survivors of Post Traumatic Stress Disorder in reclaiming their sense of safety;
2. Describe four common symptoms of PTSD and an experiential activity to address them.

80 OVERCOMING CULTURAL BARRIERS THROUGH CREATIVE EXPRESSION

Yechiel Benedikt, LCSW, CASAC, Pesach Tikvah, Quality Families

The theme of the workshop is to demonstrate the power of creative expression in overcoming personal and cultural barriers to self-expression. The content of the workshop will entail a brief description of theme followed by an exercise of creating a garden and self-expression from place in garden. This will be followed by sharing of how it helped overcome personal and cultural barriers.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize the potential of using creative expression and action to overcome personal and cultural barriers to self-expression;
2. Apply the garden warm-up for the purpose of facilitating self-expression and increasing connection between group members.

81 BUSINESS/COACHING/MARKETING/PUBLICITY, SOCIOMETRY

Greg Reid, LMHC, CASAC, Greenstone Experiential Services

We will explore how to formulate sociometric questions to create matrices for an organization and how to analyze matrices to identify sociometric stars and find incongruities. The group will then identify incongruities, and how to resolve them in action. This presentation will use some real world examples from the presenter's work with organizations.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify incongruities using sociometrics;
2. Explain a way to address an incongruity.

82 LIFE, DEATH, AND TRANSFORMATION: EXPERIENTIAL ACTION METHODS AND TOOLS FOR HEALING GRIEF AND TRAUMA

Lusijah Darrow, LMFT, CP, Private Practice

This workshop is for people seeking to expand their knowledge of experiential action methods in treating grief and trauma. The action methods are based on practice of psychodrama, sociometry and group psychotherapy. Experiential action methods are compatible with CBT/DBT, narrative, advances in neurobiology, and transpersonal therapies. Participants will learn about ways to create a safe and warm container for grief and trauma work and how to use action methods in context with specific grief topics.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply sociometry skills for warm-up in grief groups;
2. Apply tools of psychodrama to work with specific (and universal) aspects of grief.

83 FINDING, CLAIMING, LOVING, AND CELEBRATING THE FIERCENESS IN YOU

Stacey Reicherzer, LPC, PhD, Southern New Hampshire University (clinical faculty); Earl Grey, Southern New Hampshire University (associate dean of field experience)

Have you ever witnessed a bold and confident individual who owns her or his skills, intellect, sexuality, presence, or other aspect of self and wished you could do something similar? You may experience a sense as an outsider looking in who's yearning to break free and dance, make love or art with abandon, or simply to hold your presence in important relationships. This fun and experiential group workshop will uncage your magnificence and sass.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply the concept of fierceness to a self-identified area in which their clients feel stunted, uncertain, insecure, or otherwise needing change;
2. Demonstrate fierceness in imagined future-based scenarios of their lives.

3:30 pm - 6:30 pm
AFTERNOON WORKSHOPS

84 DESCENDING TO THE UNDERWORLD: USING MYTHOLOGY AND DRAMA THERAPY AS A MAP TOWARDS INDIVIDUATION

Andrew Hannah, MA, LMHC, RDT, C.R.E.A.T.E!, Lesley University

In this workshop we will explore how mythology can be utilized within a therapeutic context, then use the Sumerian Myth of Inanna's Descent into the Underworld as a means to bring a story of individuation to life using psychodramatic techniques, then using other art modalities to ground the experience. We will finish the workshop in group dialogue about further implications for this work.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize how mythology can be perceived as a map towards individuation and healing in a therapeutic context;
2. Apply psychodramatic techniques to mythology in order to bring awareness and insight into a group experiential.

85 WHAT A WONDERFUL WORLD: PAIRING MAGIC SHOP WITH INTENTION SETTING TO DREAM OUR WORLD INTO BEING

Teresa Mallott, MDIV, CSD, Amallah Springs Center for Healing (Founder/Practitioner), Spiritual Directors International

This workshop utilizes Magic Shop and intention setting to assist participants to integrate their conference experiences with an intention to nurture as they re-emerge into their daily lives. Participants will discover the intention that supports the next indicated step for their personal, professional, and/or spiritual growth. And they will shop in the Magic Shop to trade an outdated characteristic for one that supports the concretizing of their intention. Transforming the world beings within each one of us. Let's do this!

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the progression of steps in the Magic Shop method
2. Demonstrate how Magic Shop can be paired with another experiential method

86 SAFE SEEN SECURE — FROM ISOLATION TO INCLUSION

Anath Garber, MA, PD.D, TEP, Institute For Applied Human Relations, Director

"Who like me...?" – a quick efficient way to turn a group of individuals into a community. You can adjust this tool creatively to use for a group warm-up, as a diagnostic tool, and to allow for expression of vulnerability while ensuring protection. In this time of rising tribalism, it will be important to have it in our clinical tool kit. All are welcome. No previous experience in Psychodrama needed.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define "Step in Sociometry."
2. Demonstrate the use of Psychodrama Vignettes

87 PSOLODRAMA: MELDING AUTHENTIC MOVEMENT AND PSYCHODRAMA ▲ ■

Joel Gluck, MEd, RDT/BCT, Private Practice

Insight Improvisation is a new drama therapy approach integrating meditation, theater, and psychotherapy. One of its main techniques is psolodrama, a method combining authentic movement (from dance/movement therapy) with psychodramatic methods and roles. Imagine moving, eyes closed, following the body, and allowing a psychodrama to spontaneously arise from impulse, intuition, and inner imagery — all observed by a supportive witness. Join us as we introduce Insight Improvisation and psolodrama, with opportunities to improvise and practice witnessing.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain what Insight Improvisation and psolodrama are and how they work;
2. Apply the psolodrama method both as a personal practice and as a technique for use in individual and group experiential therapies.

88 RECOVERY THEATRE: SHARED GOALS AND SHARED HOPE ▲ ■

Robert Gatto, CASAC, The Dunes of East Hampton, Safe Harbor Retreat

Recovery Theatre is an integral part of our substance abuse treatment program. Clients are invited to participate in this experiential workshop. By incorporating the powerful medium of theatre and improvisation as well as Internal Family Systems (IFS), psychodrama, playback theatre and theatre games clients work together to help create life situations and help each other find solutions. Shared experiences and goals create a dramatic bonding experience for the group as well as practical strategies to help each individual on their own journey of recovery.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate tools for assisting newly sober clients in creatively accessing the voice of the disease of addiction;
2. Recognize techniques to enable clients to experience the consequences of their choices - both positive and negative.

89 POSITIVE PSYCHOLOGY AND PSYCHODRAMA FOR SILENCING THE NEGATIVE INNER VOICES ▲ ■

Maria Luisa (Lulu) Carter, MA, Founder & President House of Gaia Nonprofit Center for Social Inclusion

This workshop will demonstrate how utilizing positive psychology and psychodrama would influence members of society, including the psychodrama community, in dealing with negative emotions whenever they occur. Through psychodrama techniques such as social atom, role playing, empty chair; and multimedia art applications (fine art, music and dance), the workshop will offer a learning group experience for implementing creativity and spontaneity toward connecting.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply various exercises toward positive thinking, emotions and energy;
2. Demonstrate three (3) psychodrama techniques, combined with multimedia art applications, for positive group relations and connecting.

90 PSYCHODRAMA AND IMPROVISATIONAL SOCIAL INTERVENTIONS IN HIGH FUNCTIONING ASD POPULATIONS ▲ ■

Carol Feldman Bass, BA, JD, Social Dynamix, Autistic Spectrum Pragmatics Coach, Divorce Mediator; Jonathan N. Bass, MD, Adult and Child Psychiatrist, Private Practice

High functioning ASD populations are often overlooked by the treatment community. This workshop explores the use of Psychodramatic and Improvisational techniques to advance social skills in High Functioning ASD populations. Specific skill sets to be examined will include transitioning to college, dating, being an effective partner in a relationship, being an effective employer/manager, and effective relationships within a family.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply Psychodramatic and Improvisational work to individuals with high functioning Autistic Spectrum Disorder;
2. Identify the most effective techniques for developing effective and appropriate skill sets in individuals with high functioning Autistic Spectrum Disorder.

91 THE INTRAPERSONAL VOICE IN CONFLICT RESOLUTION: A WORKSHOP FOR HELPING PROVIDERS

Azure Forte, LMHC, TEP, Private Practice

New Learning allows new tools in the struggle to settle conflict. Through experiential action methods, helping professionals will explore the hidden intrapersonal voice that can reduce dilemmas within human reactive instincts. Live action, sociometric diagrams, and discussion will center on a model, now 15 years in successful use.

Learning Objectives.

After attending this workshop, participants will be able to:

1. apply a new-learning conflict resolution skill within helping professional work;
2. Identify by degree, and measure progress of self-inclusion skills, gained by their clients or participants.

92 GETTING UNSTUCK: FREEING OURSELVES FROM FEAR THROUGH WRITING, ACTION AND COLLAGE

Nancy Scherlong, LCSW, PTR, CJT, EMDR II, Adelphi University, Columbia University

Are you being held back by old habits and fears—in your personal or professional life or both? Are you looking for new ways to help clients with “stuck points?” Grab your journal and take this journey with us as we use the wise teachings of Pema Chodron from her book, “Taking the Leap.” Through selected quotations, poems, journal prompts and images, as well as action warm-up methods, we will identify how and where we “get hooked” by self-blame, negativity or fear and cultivate open-heartedness, acceptance and the courage to “stay” with our experiences.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Distinguish 3 different journal techniques from the Journal Ladder, such as listing, character sketch, dialogue, or captured moment, and when to use each;
2. Demonstrate the action methods of a spectogram, doubling, and role reversal.

6:45 pm - 7:30 pm

Closing Ritual and Passing of the Torch

Jennie Kristel, MA, REAT, APTT, RMT
Joshua S. Lee, LCSW-C

Calling all Conference participants to join us for our closing ceremony creating a collective closure ritual. Together we'll acknowledge our newly formed sense of wisdom from discoveries made together while being playful and nourishing ourselves through storytelling and witnessing through Playback Theater. We'll conclude with a passing of the torch from New Hampshire to Chicago lighting our way to the 2020 ASGPP Annual Conference.

OPEN EVENT



THANKS TO OUR SPEAKERS & FACILITATORS

KEYNOTE SPEAKER

Nisha Sajnani, PhD, RDT-BCT



PLENARY SPEAKER

Edward Schreiber, DD, EdM, LADC, TEP



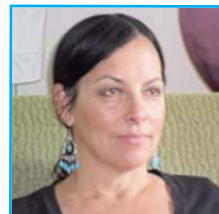
DIVERSITY FORUM + CLOSING RITUAL

Jennie Kristel, MA, REAT, APTT, RMT
Joshua S. Lee, LCSW-C



A CINEMATIC HISTORY OF PSYCHODRAMA

Jacqui Siroka, ACSW, TEP, BCD
Jaye Moyer, LCSW, TEP



ENVISIONING THE CREATIVE ARTS THERAPIES

Saphira Linden, RDT-BCT, LCAT, TEP

