



THURSDAY, May 2, 2019

- 7:00 am - 8:00 am 12-Step Recovery Meeting
- 8:00 am - 6:00 pm REGISTRATION
- 9:00 am - 5:00 pm PRE-CONFERENCE TRAINING INSTITUTES
Pre-Registration is strongly encouraged. Space is limited. Additional Fee Required.
- 5:15 pm - 6:45 pm ASGPP WELCOME RECEPTION – Open Event
- 7:00 pm - 9:00 pm DIVERSITY FORUM – Open Event

9:00 am - 5:00 pm FULL DAY PRE-CONFERENCE TRAINING INSTITUTES

1 PSYCHODRAMA: INTEGRATIVE METHOD OF BODY, MIND & SPIRIT

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

Many of Moreno's concepts and methods align closely with contemporary findings from interpersonal neurobiology and with revered knowledge from ancient wisdom traditions. We explore psychodrama's inherent holism and its integrative nature through presentation, discussion, and brief action structures. A psychodrama with processing will be offered.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe some of the neurobiological underpinnings of classical psychodrama;
2. Explain how psychodrama can stimulate new insights and cognitive understanding.

This is a 2019 Award Winner's Workshop

2 GUILT AND SHAME

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

Guilt can help develop empathy and offer guidance. Shame is less useful and is highly correlated with addiction, depression, aggression, bullying, suicide, eating disorders. Guilt can lead to shame. Psychodrama is uniquely situated to address guilt left over from past choices. We can revisit the past, develop compassion for our younger selves, identify current resources — do, undo and redo — with the goal of alleviating some of the shame. A specific structure will be demonstrated and practiced.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate between guilt and shame;
2. Describe the three scenes that are needed to effectively address guilt.

3 TRANSFORMING ADDICTIVE PROCESSES: USING THE EMPTY CHAIR

Shelley Korshak, MD, Adjunct Professor, University of Chicago, Department of Psychiatry, Psychotherapist and Medical Director, Chicago Psychotherapy and Psychiatry

Based on the concept of addiction as an attachment disorder, this ground-breaking workshop translates the key principles of twelve step recovery into powerful and effective action interventions, creating a comprehensive model for the treatment of addictions. Showcasing the use of the empty chair, we will demonstrate five roles operative in all our relationships, and reveal the secret of the addict within.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe addiction, trauma, and a range of dysfunctional processes as relational disorders, recognizing the preference for engaging in unhealthy or addictive behaviors over engaging with people;
2. Apply the methodology of the empty chair to help clients in their recovery.

4 EXPLORING BIBLIODRAMA: BRINGING THE WRITTEN WORD TO LIFE

Amy Clarkson, LCAT, MT-BC, CP/PAT, Creative Flow Therapy Services, LLC, Montclair State University

Bibliodrama is a form of sociodrama that explores written works (the Bible, novels, poems, scripts, etc.). The workshop will present two different styles of directing it: Sociometric and Text-Centered. The Bibliodramatic warm-up process will be discussed and group members will have the opportunity to design a bibliodramatic warm-up. Action pieces will be directed and the effective use of scene setting, interviewing, doubling and role reversal in Bibliodrama will be examined.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Distinguish to forms of directing Bibliodrama and examine the indications and contra-indications of each one's use;
2. Describe the Bibliodramatic warm-up process and design a warmup.

NOTE: Workshops that do not qualify for NBCC CE credit are identified with a ▲

Workshops that do not meet ce-classes.com criteria for CE credit are identified with a ■

5 GROUP-CENTERED WARM-UP: FOLLOWING THE GROUP, PRODUCING THE GROUP'S INTERACTIONS AND HIDDEN LIFE

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

Psychodramatists often find it hard to go somewhere to work on their psychodrama skills — the supervision they received as a trainee is often not available as a practitioner. This workshop is a training and supervision workshop for new or experienced practitioners and psychodrama trainers. Working collaboratively this workshop will focus on various specific ways of producing group centered warm-ups as they emerge, and building sociometry, rather than using director-directed warm-up techniques.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain the difference between a group-centered and director-directed group warm-up process;
2. Recognize and apply processes for enhancing a group centered warm-up process.

6 DISCOVERING NEW WORLDS OF GROUP EXPERIENCE: TRANSFORMING CONFLICT INTO DISCOVERY

Donna Little, MSW, TEP, Toronto Centre; Deborah Shaddy, LCPC, MS, TEP, Sophia Center LLC, Hudson Valley Psychodrama Institute

The Dynamic Therapeutic Model (Little/Lyon 2004) combines the Psychosynthesis Triangle of human development (Brown, 2004) and the Karpman Drama Triangle (1964) to unpack conflict. In this workshop, participants will explore the positions of conflict (rescuer, victim, persecutor, involvement, detachment, and the place of presence). Through enactment, participants will experience a felt sense of the different positions and gain greater insights, compassion, and understanding. This model is useful in individual and family therapy, in supervision, and in-situ conflictual situations.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the conflict model frame;
2. Explain the value of sociometric positions in unpacking conflict.

7 AWAKENING THE GODHEAD WITHIN: MORENIAN THEORY AND TSM PSYCHODRAMA

Kate Hudgins, PhD, TEP, Therapeutic Spiral Institute; Steven Durost, PhD, LCMHC, REAT, C.R.E.A.T.E! Center for Expressive Arts, Therapy and Education; Scott Giacomucci, LCSW, CTTS, CET III, CP/PAT, Mirmont Treatment Center, Giacomucci & Walker, LLC

In TSM Psychodrama we understand, when trauma happens, one part of the self holds the pain as A wounded child and one part goes to sleep holding the treasured qualities of a child true spirit. In TSM Psychodrama, your autonomous healing center of spontaneity is ignited the moment the victim child feels safe. Then a sleeping child awakens giving the protected treasures. Come and awaken the Godhead child through action structures, a vignette, and expressive arts.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate at least one action structure to access the TSM internal role of the sleeping awakening child;
2. Explain the concept of the autonomous healing connect Morenian theory and TSM Psychodrama and posttraumatic growth.

8 THE IMMIGRANT WITHIN AND WITHOUT: FINDING YOUR WAY TO YOUR TRUE HOME

Karen Carnabucci, MSS, LCSW, TEP, Private Practice

Immigrants live with a haunting question: Where do I belong? This workshop will focus the systemic impact of immigration — in today's immediate world and the long-ago immigration experiences of our ancestors. With the combination of psychodrama, Family Constellations and mindfulness, we learn how to respond to struggles of our clients as well as the hidden trauma that may affect our own lives today — personally, professionally and with our health and financial well being. Learning Objectives.

After attending this workshop, participants will be able to:

1. Look at immigration from a systemic perspective as well as a personal perspective;
2. Identify how and why inclusion is a critical component of healing, change a shift of experiential awareness, that creates a shift in experiential awareness

9 SOCIOMETRY: HOW IT CAN ENHANCE OUR PRACTICE

Nan Nally-Seif, LCSW-R, TEP, Psychodrama Training Institute, A Division of the Sociometric Institute NY, Private Practice

Sociometry is the quantitative and qualitative study of interpersonal choices. It makes invisible or underlying feelings visible and brings out the organization of the group. This workshop will demonstrate various sociometric tools, including social atoms, sociograms and hands-on sociometry. We will use action to demonstrate these tools and illustrate how sociometry warms us up to psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define sociometry, and the various sociometric tools, including social atoms, sociograms and hands-on sociometry;
2. Apply sociometric tools to their psychodramatic work.

9:00 am - 12:30 pm
MORNING PRE-CONFERENCE
HALF-DAY TRAINING INSTITUTE

10 **EXPLORING THE "INVISIBLE DIMENSIONS:"**
SURPLUS REALITY APPLICATIONS IN PSYCHODRAMA

Daniela Simmons, PhD, TEP, Expressive Therapies Training Institute (ETTI); Maria Mellano, MSW, LICSW, CP/PAT, Private Practice, Boston, MA

J.L. Moreno wrote that psychodrama consists not only of recreating experienced events from the past, present and future reality, but also includes experiences "beyond reality." In our lives there are "invisible dimensions," that we haven't been able to completely express or experience, and that is why creating surplus reality is so needed. In Moreno's own words, surplus reality is "Bringing magic into science!" This training session will offer didactic and experiential learning of the surplus reality technique and its applications as a central aspect of the psychodrama method.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe at least 3 surplus reality applications in psychodrama;
2. Recognize the 'surplus reality' technique as a central concept of the psychodrama method.

1:30 pm - 5:00 pm
AFTERNOON PRE-CONFERENCE
HALF-DAY TRAINING INSTITUTE

11 **DREAMWEAVING: BECOMING THE PERSON**
YOU WERE CREATED TO BE

Arlene K. Story, LMHC, LCAC, TEP, Healing Heart Connections

Our dreams are the unconscious self, telling us to let go of the past as a prelude to the emerging self. This experiential workshop will give participants an opportunity to explore things holding them back. Opportunities to take steps to enhance personal, professional, and spiritual development will be given. Small group exercises, vignettes, and psychodrama will focus on movement toward reaching your dreams.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply psychodramatic techniques to weave the creative and rational parts of self;
2. Recognize psychodrama as a process to let go of the past.

5:15 pm - 6:45 pm

ASGPP WELCOME RECEPTION

Everyone is invited as we welcome you and prepare for three days of workshops, connecting, celebrations, learning, and growth. This reception is a special thank you to all of the presenters, volunteers, Session Assistants, and Conference Co-chairs who graciously gave their time and creativity to create the 77th ASGPP Conference

OPEN EVENT

7:00 pm - 9:00 pm

DIVERSITY FORUM
Think Globally and Enact Locally

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

This diversity forum will offer participants a process of exploration to up-level the conversation about diversity that acknowledges and honors who we are as a community, and "stick a pin" in what we think we know about diversity, creating an opening for embracing the diversity in the room. Drawing from our individual and collective wisdom as well as current examples of diversity, we will playfully explore elements that create space for willingness, courage and self-discovery to emerge, drawing from the tools we know best.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Utilize Sociometry, sociodrama and Playback Theatre to understand how our community views and defines diversity.
2. Use the above methods to better facilitate diversity inclusive conversations.

OPEN EVENT

