Research in neurobiology has made clear that our emotions are experienced and processed by the body as well as the mind and that healing from the kind of trauma that living with addiction engenders requires a mind/body approach. Psychodrama and sociometry allow the body to participate in the therapeutic milieu. In this experiential workshop we’ll look at how to use sociometry to explore issues related to trauma and addiction as well as to “warm up” a group, connect them with each other and their personal “stories”.

Learning Objectives. After attending, participants will be able to:
1. Expand a restricted range of affect that can be the result of trauma;
2. Allow the group to become comfortable identifying, articulating and sharing emotion.

Azur Forte, MA, MEd, MFA, LMHC, TEP, Private Practice
Sociometric Action Method tools penetrate the intra-personal dilemma of this question. Whether asking from a personal or helping professional role, the anticipation of a birthday anniversary can create anxiety, confusion, indecision, conflict and worry, thus also compromising interpersonal balance. The workshop goal is to achieve answers, not just journey through the search: interactive exercises, sociometric diagrams, psychodramatic action and discussion.

Learning Objectives. After attending this workshop, participants will be able to:
1. Apply an intra-personal intervention from a professional role that will reduce or prevent stress;
2. Recognize a new approach that will penetrate the dilemma of birthday anxiety.
DIVERSITY IN OUR GREATNESS — A JOURNEY THROUGH TIME AND PLACE

Xingyu Yao, MT-BC, Boston Center for Multicultural Music Therapy, Berklee College of Music; Dr. Lisa Chu, The Music Within

Our relationship with food is complicated by the messages and behaviors we learn from our families, culture, and society. People who struggle with an eating disorder have developed distorted beliefs about food and their bodies. Come learn how sociometric and psychodramatic techniques (e.g., step-in-circle, spectrogram, and empty chair) can be used to explore our relationships with food and our bodies, challenge unhelpful messages we tell ourselves, and learn effective techniques to help people with eating disorders move toward recovery.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Demonstrate spectrogram, locogram, sociometry, and playback technique to a group exploration of diversity;
2. Describe how personal and intergenerational history related to place and time have an impact on their identity and strength and that of others.

CONNECTING, COLLABORATING AND CO-CREATING

Linda Cioltola, ME, CET III, TEP, Healing Bridges / ACTS; Nancy Alexander, LCSW-C, TSM, TAE, ACTS

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, value 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 areas of collaboration that are potentially possible between psychodramatists and other professionals;
2. Define at least 3 roles (example: respectful listener, creative problem solver, open minded learner, etc.) or personal qualities (co-operative, flexible, supportive) that are required between the collaborators.

MORENO’S TRIADIC SYSTEM: GATEWAY TO THE "HERE AND NOW"

Louise Lipman, LCSW-R, CGP, TEP, Psychodrama & Creative Arts Therapy, NYC

Moreno’s Triadic System of Sociometry, Psychodrama and Group Psychotherapy, establishes links between individuals in a group — creating safety and developing spontaneity and creativity. It builds a container to hold the intensity of Psychodramatic action allowing participants to tell the stories of their sociometric wounds and express their feelings in the “here and now”. Through action and didactic presentation participants will have the opportunity to experience this creative and multi-layered process in action.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Describe the classical Psychodramatic process of Warm-Up, Action and Sharing;
2. Define Moreno’s Triadic System of Sociometry, Psychodrama and Group Psychotherapy.

THE WAY HOME, PSYCHODRAMA AS A LIFE VISION IN TODAY’S WORLD

Vlada Zapesotsky, AL-TSI, CP/PAT, Private Practice, International Foundation for Healing and Creativity The Way Home

This workshop is based on the book, The Way Home, Discovering the Path to your Truth, Nature and Inner Treasures, written by Vlada Zapesotsky, and focused on presenting the participants a modern and contemporary way of teaching psychodrama and living by its main concepts. Participants will be able to learn the basics of the action model The Way Home to your TrueSelf, based on Classical Psychodrama and TSM, experience and practice a set of creative tools for healing and creative growth as a professional and a human being. Finally, this workshop will provide a space for the rich discussion about the future of psychodrama in the realm of virtual reality, based on Vlada’s research and work.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Apply three internal roles/guides that help the client to create a sense of safety, peace and self-compassion;
2. Explain the main concepts of The Way Home model for healing and creative growth, based on Classical Psychodrama and TSM.
17  THE TAO OF GIVING AND RECEIVING

Marianne Shapiro, LMHC, TEP, Private Psychotherapy Practice, Rehearsals for Living group work in Bow, WA

We will warm up to a state of spontaneity and creativity as we explore the Tao of Giving and Receiving with simple qi gong movements, mirroring gestures, sociometry, concretizations, sculpts, role plays, and psychodramatic vignettes. Action explorations will keep us in our bodies, interacting, and grounded as we try new solutions to old problems. Following the Tao is about being with what is and not forcing anything to happen. Creativity unites us.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Apply interactive action methods that explore the themes of connecting and disconnecting, giving and receiving, leading and following;
2. Demonstrate role training methods that reveal the reciprocal and complementary nature of role play.

18  THE JOURNEY FROM ACQUAINTANCE VOLUME TO SOCIAL ATOM

Mary Anna Palmer, LICSW, LMFT, TEP, Psychodrama & Psychotherapy Center MN

Heightening our awareness about how we choose/not choose others is essential to maintaining our psychological and social equilibrium. This workshop will help participants awaken their conscious being to the endless volume of acquaintances that are relational possibilities. Together we will explore how to cross through the existing social threshold to expand social/emotional relatedness in their cultural and social atom. And we will explore the psychological social atom; those relationships that are highly telic and seem irreplaceable.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Explore how they can increase their awareness of their social expansiveness and increase their social emotional relatedness;
2. Understand and explain the four levels of their social atoms: Acquaintanceship, Collective Atom, Individual

19  SOCIAL ATOMS: THE KEY TO SUSTAINABLE CHANGE

Jennifer Salimbene, MSSW, LCSW-R, CASAC, CDAC, TEP, Hudson Valley Psychodrama Institute; Regina Sewell, LMHC, MEd, PhD, CP, Russell Sage College, Dutchess Community College

In this didactic and experiential workshop, we will demonstrate how to use the social atom to help clients make and sustain positive changes. Exploration of their interpersonal relationships helps clients identify which of their relationships they need to eliminate or shift and which relationships they need to strengthen or develop in order to make/and or maintain positive changes. We will demonstrate how to incorporate this exploration into a psychodrama.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Describe how to use the Social Atom to help clients make positive changes;
2. Describe Social Atom and Psychological Social Atom.

This is a 2020 Award Winner’s Workshop

20  MEN NURTURING MEN USING ACTION METHODS

Rick Tivers, LCSW, CGP, Private Practice

This workshop is a highly interactive group experience open to men and women. The focus will be on using action methods in reaction mens defenses. Men often crave intimacy yet have been shamed in honoring those needs and often turn to aggression toward others or themselves. This workshop will enable participants to tap many of those needs not discussed yet acted out, in depression and addictive activities.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Differentiate a defense from an authentic feeling state;
2. Identify their own resistance to power AND will be able to recognize 2 action methods used in Mens work.

1:00 pm - 3:00 pm

Awards Luncheon and Ceremony

Co-masters of Ceremony:
Cathy Nugent, 2019 Jacob Moreno Award recipient & Nancy Alexander, 2019 Collaborators Award recipient

ASGPP awards acknowledge members who have made outstanding contributions to our community.

Come join as we celebrate their contributions

Ticket required. (Ticket is included in 3 day conference package. All others wishing to attend please purchase ticket on registration form or at the registration desk.)

3:30 pm - 6:30 pm

AFTERNOON WORKSHOPS

21  SCENE SETTING OUR LIVES: A LOOK AT HOW CLIENTS CREATE AND RE-CREATE THE DRAMAS OF THEIR LIVES

Paul Lesnik, CSCSW, TEP, ASGPP, CSCSW, ABE; Lin Considine, LMHC, TEP, ASGPP, CSCSW, ABE

Clients often re-create scenes from their past that bring “drama” into their present life. These scenes are often deep-rooted and often unconscious. The action methods of psychodrama offer many opportunities to set scenes to explore the stories that create our lives and move these stories toward an alternative ending. Workshop participants will explore these opportunities in action.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Identify 2 or more ways that sense memory and other triggers are explored in psychodrama, complementary expressive arts and evidence-based modalities;
2. Describe 2 or more psychodrama techniques that can be used in individual or group settings to redefine troubling “scenes” for clients.
Learning Objectives.
After attending this workshop, participants will be able to:
1. Recognize how they have given their power away (given their keys to their life away) and begin how to get their keys back;
2. Apply concrete intermodal expressive arts therapy techniques and applications utilized for greater self-esteem development and self-empowerment.

Eve Brownstone, MA, LCPC, CP, Urban Balance, Brownstone Therapeutics, Illinois Counseling Association, IL Mental Health Counselors Association
A self-empowerment intermodal expressive arts therapy workshop in which participants examine how to ‘get the keys back’ to their own lives. This workshop incorporates art therapy, action method techniques, dance/movement and group dynamics to empower participants.

Learning Objectives.
After attending this workshop, participants will be able to:
1. Identify specific types of psychodramas effective in addressing addiction issues;
2. Apply psychodramatic interventions to address addiction and recovery issues.

Eve Brownstone, MA, LCPC, CP, Urban Balance, Brownstone Therapeutics, Illinois Counseling Association, IL Mental Health Counselors Association
A self-empowerment intermodal expressive arts therapy workshop in which participants examine how to ‘get the keys back’ to their own lives. This workshop incorporate...
**28 BIBLIODRAMA AS A WARM UP TO PSYCHODRAMA**

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

In this Bibliodrama workshop we may be utilizing a variety of psychodrama interventions, such as the empty chair, role-reversal, and doubling, which is called “echoing” in Bibliodrama. Also, the intrapsychic lives of the Bible characters might be explored, and various objects in the story, mentioned or not, may be personified. After our Bibliodrama “warm up” a protagonist will be sociometrically selected. This combination of the modalities of psychodrama and Bibliodrama will add a further dimension to our work.

**Learning Objectives.**

After attending this workshop, participants will be able to:
1. Identify the “White Fire” of scriptures utilized and learn how to use this to develop a Bibliodrama;
2. Demonstrate the relevance, interplay and transition from the ancient stories to one’s personal story will be demonstrated as the group moves from the Bibliodramatic material to an individual’s personal work.

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**29 PSYCHODRAMATIST AND CLINICAL THERAPIST: A DYNAMIC DUO FOR ACTION BASED FAMILY TREATMENT**

*Carol Feldman-Bass, JD, Social Dynamix; Jonathan N. Bass, MD, Social Dynamix & Life Member American Psychiatric Association, Fellow American Academy of Pediatrics*

This workshop explores a model of action based family treatment involving Psychodrama, Sociometry, and Improvisation provided by simultaneous real time collaboration between a Psychodramatist and a Psychiatrist. We will look at the dynamics of the model, the role played by each clinician, and the interface between traditional Psychoanalytic Psychotherapy, Neurobiology, Psychopharmacology, and Psychodrama when treating families. Case material and demonstrations will be presented.

**Learning Objectives.**

After attending this workshop, participants will be able to:
1. Identify the benefits of real time collaboration with practitioners from multiple disciplines when doing family treatment;
2. Recognize that through action methods they can identify the presence of co-morbid pathology affecting individuals within a family subsequently resulting in systemic dysfunction.

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**30 BRINGING ROLES TO LIFE AND LIFE TO ROLES**

*Carolyn Skolnick, MA, LMHC, CP/PAT*

This workshop will be a playful study of roles and an introduction to role theory. The warm ups will be themed toward exploring the many roles participants have whether loved or hated, overdeveloped, underdeveloped, or only dreamed about. We will be using a role atom as well as improv to examine the relational, contextual, and complementary nature of roles.

**Learning Objectives.**

After attending this workshop, participants will be able to:
1. Apply action methods as well as pencil and paper methods to work on issues regarding roles and role training;
2. Identify the sociometric importance of understanding role theory due to the complementary nature of the roles we play in life.

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**31 EXPANDING EXPERIENCE OF THE FOUR UNIVERSALIA THROUGH DRAMA & MUSIC THERAPY**

*Barbara McKechnie, LPC, LCAT, CP/PAT, Exceptional Wellness Counseling, Manalapan, NJ; Amy Clarkson, MMT, LCAT, CP/PAT, Exceptional Wellness Counseling, Manalapan, NJ & Montclair State University*

In the application of psychodrama, Moreno collapsed time into the present moment, used a stage or transitional space to enliven and contain the story, Expanded reality to include that not yet lived or only imagined, and took us beyond our personal experience into the cosmos. In this workshop we will integrate psychodrama, drama and music therapy methods in the exploration and application of the Four Universalia.

**Learning Objectives.**

After attending this workshop, participants will be able to:
1. Identify the Four Universalia;
2. Describe one music or drama therapy method to support the protagonist experience of altered time, space, reality or the cosmos.

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**7:00 pm - 11:00 pm**

**TELE CAFÉ ROAD TRIP**

Come join us in this metaphorical caravan as we take the “tele café” out on the road. At each ASGPP conference we will find a suitable local cafe to play host for us, so that once a year the tele café manifests in a physical space. Come join us for a coffee, tea or chocolate or juice, and connect with others as we share our stories, but maybe not our cookies!

Join us the first ever live and real “tele café”

You can sign up at the registration desk.

Fee: $25 for transportation, hot drink and dessert.