

REGISTER NOW AT [ASGPP.ORG](http://ASGPP.ORG)



**DR. TED WIARD, LPCC, CGC**  
**GOLDEN WILLOW RETREAT**

**KEYNOTE SPEAKER**

**DR. RUBY GIBSON, TH.D.**  
**FREEDOM LODGE**

**PLENARY SPEAKER**

**83RD AMERICAN SOCIETY  
OF GROUP PSYCHOTHERAPY  
& PSYCHODRAMA**

**CONFERENCE**

**TRANSFORMATION IN THE LAND OF  
ENCHANTMENT WITH PSYCHODRAMA,  
SOCIOMETRY AND GROUP PSYCHOTHERAPY**



**MARRIOTT ALBUQUERQUE  
ALBUQUERQUE,  
NEW MEXICO**



**APRIL 1-2 PRE-CONFERENCE  
APRIL 3-5 CONFERENCE  
APRIL 6 MORNING BONUS**

# WE ARE EXCITED...

# TO TELL YOU ABOUT OUR

# CONFERENCE!



WORKSHOPS BY TOP PRESENTERS IN THE UNITED STATES AND INTERNATIONALLY

## #PSYCHODRAMA2025

Join us as we showcase 65 workshops and other events presented by top trainers, with topics on **embodiment, trauma treatment, addictions recovery, group skills, education, social justice, LGBTQ and gender issues, youth treatment, spirituality** and **self care**. Plus -- **continuing education credits** for most helping disciplines and lots of opportunities for **networking**.

You are invited to explore **one day, one workshop, or the full conference**, with member **discounts** and Early Bird sign-ups and **special rates** for students, psychodrama trainees, college faculty, veterans, retirees and treatment, agency and hospital workers.

### **Awaken your Serious**

**Playfulness!** Neurobiology research has unlocked the functionality of play -- necessary for creativity, imagination and innovation in clinical, educational, business and other spaces!

- Learn how psychodrama and sociometry can help you bring creativity to psychotherapy, education, coaching, the law, community activism and more.
- Overcome common mistakes in group and 1-1 work and learn how to create engaging and enlivening warm ups.
- Become masterful in leading groups while creating safety and diffusing resistance.



**\*TED WIARD, LPCC, CGC, ED.D.**

Dr. Ted Wiard is a licensed clinical therapist, certified grief counselor, ordained minister, New Mexico certified schoolteacher and tennis professional. He is the author of “ Witnessing Ted, The Journey to Potential Through Grief and Loss” and will give the keynote speech on **Thursday**.

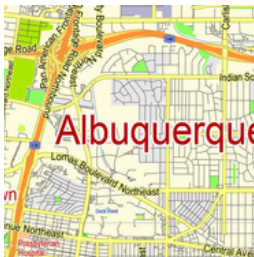
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**\*RUBY GIBSON, TH.D.**

Dr. Ruby Gibson is devoted to the craft and science of Historical Trauma reconciliation and wellness among Native and Indigenous Peoples all around Turtle Island and in Europe and Australia. The developer of two models for intergenerational trauma recovery, she is our plenary speaker on **Saturday**.

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**\*THE ATTRACTIONS OF ALBUQUERQUE**

The city of Albuquerque and the surrounding region has so much to offer as a tri-cultural destination of history, outdoor adventures, museums, restaurant cuisine and more. Take advantage **all week**.

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**WE LOOK FORWARD TO SEEING YOU!**

Please enjoy looking over this delicious buffet of amazing workshops and speaker sessions, along with the Welcome reception, the Awards Lunch, live and silent auctions, exhibit tables, the Social Justice Forum, the Sing-Along, the Tele’Cafe Meet Up, and the always-popular Dance Party.

Page through to find information about Albuquerque and nearby attractions, resources to connect with regional members and events, find training in psychodrama, sociodrama and group psychotherapy throughout the United States, and borrow our lively infographic handouts. We can’t wait to see you!

**\*HYBRID EVENTS**





## CE CREDITS

ASGPP is approved to provide continuing education hours for re-credentialing by NAADAC, **the National Association of Addictions Professionals**; the National Board of **Certified Counselors**; and the National Registry of **Group Psychotherapists**, and provides CE credits for **social workers, LMFTs, psychologists, nurses** and others through our partnership with CE-Classes.com.

The full conference (Tuesday to Sunday) offers up to 32 hours toward CEs.

Workshops presented by TEPs and PATs provide **psychodrama hours** towards certification with the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.



## DISCOUNTS

ASGPP offers a reduced conference rate to **trainees pursuing their CP journey to ABE certification and who are affiliated with a psychodrama training institute**, with a group of four or more trainees for \$425 per person. Registrants taking advantage of the trainee rate must be ASGPP members, and participation in a training group will be verified for the discounted rate to apply. The discount does not apply to PATs and TEPs.

ASGPP offers a special group rate for the full three-day conference to **college and university students\*** and **faculty**. Four or more students should register together at the group rate of \$275 per person.

**\*Students** must be matriculating in an accredited college or university and carry a minimum load of 9 credits and/or pursuing a full-time residency or internship. Student registrations must be sent in the same envelope and include photocopies of the student IDs.

**Veterans** are awarded 10% off registration across the board.

We also offer a group rate for three or more attendees from a **mental health or medical agency or hospital** for \$440 per person. Registrations must be sent together with a letter from the agency or hospital administration, listing the attendees or employees.

**Retirees** are eligible for discounted rates.

**Please note:** Anyone paying "Group Rate" is considered a Full Conference Registrant.





## ABOUT US

The American Society of Group Psychotherapy and Psychodrama was founded in April 1942 by Dr. J.L. Moreno, the originator of the method of psychodrama.

We are the pioneer membership organization in group psychotherapy and continue as a source of inspiration for new developments in group psychotherapy, psychodrama, sociodrama and sociometry.

The purposes of the Society include fostering the national and international cooperation of those concerned with the theory and practice of psychodrama, sociometry, and group psychotherapy and promoting the fruitful applications of the theories and methods of psychodrama, sociometry, and group psychotherapy in professional disciplines concerned with the well-being of individuals, groups, families and organizations.

Conference workshops are presented by top trainers from the United States and internationally -- showcasing the wide reach of psychodrama and sociometry in a variety of applications and settings both clinical and non-clinical.

We invited everyone who is interested in psychodrama, sociodrama and sociometry including social workers, professional counselors, psychologists, nurses, substance abuse counselors, creative arts therapists, other health care providers, educators, coaches, attorneys and theater professionals. Workshops are appropriate for beginning, intermediate and advanced level practitioners.

**Membership** gives you a place in our community of creative people who are inspired by a common vision and passion who appreciate, use and promote action methods.

- Annual conference discount.
- Discount on online educational workshops with psychodrama hours.
- Subscription to our annual peer-reviewed Journal of Psychodrama, Sociometry and Group Psychotherapy with research articles, case studies, practitioner application articles and book reviews, plus online access to back issues.
- Subscription to Psychodrama Network News, our newsletter published three times a year.
- Subscription to regular e-letter updates.
- Entry to a variety of online affinity and special interest groups, including international, general support, BIPOC, writing, social justice and more.
- Networking with members throughout the United States and internationally through the annual conference, online symposiums and workshops, affinity groups and membership discussion list.
- Scholarship opportunities, along with mentoring for scholarship recipients and new members.
- Discounts when advertising in our publications, including the Psychodrama Network News and the annual conference brochure, and our website.
- Complimentary space at the members' table at the annual conference.
- Opportunity to take leadership roles and significantly shape the future of our organization.

### President

Deborah Shaddy, M.S., LMHP,  
LCPC, TEP

### Vice president

Erica Hollander, J.D., Ph.D., TEP

### Secretary

Regina Sewell, M.Ed., LMHC,  
PCC, PAT

### Treasurer

Edward Schreiber, LADC1, TEP

### Executive Council

Pamela Goffman, LCSW, TEP,  
CIRT

Amna Jaffer, Ed.D., TEP

Daisy Martinez-DiCarlo, LMHC,  
CP, PAT

Courtney Meadows, LCSW, RDT

Karen Levin Moser, LCSW, CP,  
PAT

Carlos A. Raimundo, M.D.

### ASGPP National Office

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Manager

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www.ASGPP.org

# WE CELEBRATE & THANK ...

## 2025 AWARD RECIPIENTS



To be announced.

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## 2025 CONFERENCE STEERING COMMITTEE

### Council Liaisons

Pamela Goffman  
Karen Levin Moser  
Amna Jaffer

### Conference Chairs

Betty Garrison  
Cynthia Freeman-Valerio  
Maria Mellano

### Awards Ceremony

Colleen Baratka  
Courtney Meadows

### Marketing & Outreach

Marlo Archer  
Karen Carnabucci  
Eve Brownstone  
Sarah Davila  
Carol Frank  
Betty Garrison  
Aimee Hadfield  
Ian Hudick  
Courtney Meadows  
Thomas Northrup  
Tzivia Stein-Barrett  
Alexandr Usov



### Registration

Samuel Egber  
Riyas Muhammed  
Habeebu Rahman

### Designer

Samuel Egber  
Karen Carnabucci

# HOTEL, MEETING, EXHIBITING & REGISTRATION INFORMATION

## HOTEL ACCOMODATIONS

ASGPP has a contract with Marriott Albuquerque Hotel, our host hotel, for special conference rates of **\$169/night** per room. The special rate will be available until **March 3, 2025**

After March 3, 2025, rooms are available on a "space and rate available" basis. The special room rates are available April 1-6, 2025, depending on availability.

**We recommend you reserve your room early in order to avoid disappointment.** When making reservations by phone, be sure to identify yourself as attending the ASGPP 83rd annual conference and request the group rate for the American Society of Group Psychotherapy group to obtain the special conference rate.

Hotel contact information:

**Marriott Albuquerque Hotel**  
2101 Louisiana Boulevard NE  
Albuquerque, NM 87110  
(505) 881-6800

Click [HERE](#) to book your room online.

## EXHIBITING MEMBER/ NON-CORPORATE EXHIBITOR

One of the benefits of ASGPP membership is a complimentary space at our Members' Table to display copies of one piece of printed material.

As space is limited, we ask that you observe the one promotional piece per member requirement.

Those of you who have products which you think will appeal specifically to conference attendees may want to consider reaching this market in the Exhibit Area. Table space is also available for rent to those individuals who wish to promote their training programs, institutes, workshops, publications and other speciality products.

**NOTE:** Renters are responsible for set up and the security of all materials and products during the entire length of the conference.

## CORPORATE EXHIBITOR

The ASGPP is pleased to offer various opportunities for organizations and businesses to become exhibitors. You can simply rent a table or a space as an exhibitor; if you will attend the conference, take on the opportunity to purchase one of the two very attractive Exhibitor Registration Packages this year. Our objective is to create an environment which is "Exhibitor Friendly" and gives you the maximum opportunity to network with attendees, conference leadership and potential customers. Please contact us for a brochure and specifics or see [www.asgpp.org](http://www.asgpp.org).

## REGISTRATION INFORMATION

- Workshops are filled on a first-come basis. Space is limited, so please indicate your first, second and third choices. Not listing your second and third choices will delay your registration process.
- Although early registration is highly suggested, be aware that workshop choices cannot be guaranteed as requested in all situations even if your forms are received by the postmarked date of March 7, 2025.
- To receive the early registration discount, your forms must be postmarked by March 7, 2025.
- Member rates are for those whose membership is current through April 2025.

## CANCELLATION POLICY

Request for cancellation must be postmarked by **March 14, 2025**.

Although no refunds will be given, those who cancel will receive credit for the 2025 ASGPP annual conference ONLY. Credit is non-transferable and is only applicable to the person requesting the credit for the next year.

## PAYMENT PROCESS

The ASGPP prefers payment by check or money order in U.S. funds mailed to:

ASGPP  
P.O. Box 3112  
Amherst, MA 01004

You also may pay by credit card when you register online. Payment must be received for your registration to be processed and your workshop seats reserved.

## PHOTOS & VIDEOS

The ASGPP takes photos at open events during the 2025 conference and may reproduce them in our publications or on our website. Videos may also be taken for educational purposes. No photos or videos will be taken of personal work or workshops.

## ASGPP DISCLAIMER

ASGPP activities and workshops are educational in nature and are not intended as psychotherapy. Participation in all activities is voluntary.

Psychodrama often involves movement and touch. Therefore, participants are urged to communicate to their facilitator in advance, or in the moment, any sensitivities they may have to touch or movement.

If any participant is uncomfortable with, or in, any part of a workshop or exercise, they are free to decline to participate, to discontinue their participation, or to ask for assistance from the facilitator. All facilitators and participants are required to follow ASGPP's policy prohibiting sexual harassment.

## TIME ZONE

All times listed are MST (USA).



# PSYCHODRAMA TRAINING CREDITS & CE INFORMATION

## PSYCHODRAMA TRAINING CREDITS

The American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy (ABE) certification standards specify a maximum of 100 training hours obtained through ASGPP conferences. These 100 hours must be obtained through face-to-face, in-person conference attendance. Certification standards also allow up to 120 hours of distance learning led by PATs and/or TEPs to be applied toward the required training hours, provided those distance learning hours are reviewed and approved by the applicant's primary trainer. As an accommodation during the COVID-19 pandemic, the number of allowable distance learning hours is increased to 150. Distance learning hours must be documented under the name(s) of the TEPs or PATs leading these training sessions and not under the organizations sponsoring those distance learning sessions.

## CONTINUING EDUCATION UNITS (CES)



ASGPP is pleased to partner with CE-Classes.com to offer participants a variety of CEs from different credentialing bodies.

### PSYCHOLOGISTS

Ce-Classes.com is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Ce-Classes.com maintains responsibility for the program and its content.

### SOCIAL WORKERS

Ce-Classes.com is approved as a provider for social work continuing education by the following State Social Work Boards: **California** (CA Board of Behavioral Health Sciences (BSS) recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements); **Florida** (FL Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 03/31/2025); **Ohio** (OH Counselor, Social Worker, and Marriage and Family Therapist Board, Provider # RCST031201); **Massachusetts** (Provider # TBD); **New York** (Ce-Classes.com is recognized by the NY State Education Departments' State Board for Social Work as an approved provider of CEs for licensed social workers, Provider #SW-0120), **Texas** (TX Board of Social Work Examiners: Ce-Classes meets the requirements for acceptable education).

Most Boards will accept CEs from an out-of-state conference if the CEs are approved in the state where the conference is held. This training does not offer ASWB ACE credit to social workers. **Social workers should contact their regulatory board to determine course approval.**

### MENTAL HEALTH COUNSELORS, MARRIAGE & FAMILY THERAPIST, ADDICTION COUNSELORS

Ce-Classes.com is approved by the following State Boards as a provider for Marriage & Family Therapy, Mental Health Counseling, and Addiction Counseling: **California** (CA BSS recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements; CA Consortium of Addiction Programs and Professionals (CCAPP), Provider # OS-12-174-0225, Expires 02-2025); **Florida** (FL Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling Provider # 852 BAP-Expires 3/31/2025); **Ohio** (OH Counselor, Social Worker, and Marriage and Family Therapist Board Provider # RCST031201); **Massachusetts** (Provider # TBD); **Texas** (TX Board of Professional Counselors: CE-classes.com meets the requirements for acceptable continuing education); **New York** (New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the N.Y.State Education

Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260. New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211.

Most Boards will accept CEs from an out-of-state conference if the CEs are approved in the state where the conference is held. This training does not offer NBCC credit to licensed counselors. **Counselors should contact their regulatory board to determine course approval.**

ASGPP has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6079. Programs that do not qualify for NBCC credit are clearly identified with a ▲. ASGPP is solely responsible for all aspects of the programs.

### GROUP PSYCHOTHERAPISTS

This conference's events may be counted toward re-certification requirements for the International Board for Certification of Group Psychotherapists on a one hour per one continuing education credit basis.

### NURSES

Nurses may receive CE credit for this conference as follows: **California** (The CA Board of Registered Nursing, CEP 15647, Expires 11/30/2026); **Florida** (The Florida Board of Nursing, CE Provider # 50-4896, expires **10/31/2026**. Do not send certificate to the FL Board of Nursing. You must keep the CE certificate for four years).

### CERTIFICATES OF ATTENDANCE

Certificates of Attendance will be available online after the conference to present to employers and/or state and local agencies.

## CREDIT HOURS

The Pre-Conference (Tuesday, April 1, and Wednesday, April 2) offers up to 14 hours. The regular conference (Friday, April 4, to Sunday, April 6, 2025) offers up to 26 hours. The full conference (Tuesday to Sunday) offers up to 32 hours toward Continuing Education Units (CEs). Check with your provider.

## CE CERTIFICATES

CE Certificates are **\$50** as indicated on registration form. Those purchasing CEs will have a "CE Verification of Attendance Form" that will be emailed to them after the participants attendance has been verified. In order to receive CEs, participants must join the workshop with the email they registered and stay for the full workshop. It is the responsibility of conference participants to download, complete and submit the form to the national office at [asgpp@asgpp.org](mailto:asgpp@asgpp.org) no later than two weeks after the conference.

## ADMINISTRATIVE POLICIES

**Complaints and Grievances:** All complaints and grievances are reviewed within 5 working days. Formal grievances are required to be written and will be responded to within 10 business days. Grievances should be directed to [ASGPP@asgpp.org](mailto:ASGPP@asgpp.org).

**Special Accommodations:** Complete the section on the registration form to request special accommodations for disability (ADA).

**Important! It is the conference attendee's responsibility to determine if his, her or their licensing or credentialing organization will accept the above CEs or other hours for re-certification or licensure maintenance.**

# CONFERENCE SCHEDULE

## TUESDAY, APRIL 1

9 AM to 5 PM: Full Conference Special Institutes  
9 AM to 1 PM: Morning Half-Day Special Institutes  
2 PM to 6 PM: Afternoon Half-Day Special Institutes

## FRIDAY, APRIL 4

7 AM to 8 AM: 12 Step/Movement/Affinity Groups  
8:30 AM to 9:45 AM: Keynote: Dr. Ted Wiard  
10 AM to 12:30 PM: Morning workshops  
12:45 PM to 2:45 PM: Awards Luncheon  
3:30 PM to 6 PM: Afternoon workshops  
7 PM to 9 PM: Sociatry & Social Justice Forum

## WEDNESDAY, APRIL 2

9 AM to 5 PM: Full Conference Special Institutes  
9 AM to 1 PM: Morning Half-Day Special Institutes  
2 PM to 6 PM: Afternoon Half-Day Special Institutes  
6:15 PM to 7:30 PM: Welcome Reception

## SATURDAY, APRIL 5

7 AM to 8 AM: 12 Step/Movement/Affinity Groups  
8:30 AM to 9:45 AM: Plenary: Dr. Ruby Gibson  
10 AM to 12:30 PM: Morning workshops  
2 PM to 3:30 PM: Midday workshops  
12:30 PM to 1:30 PM: Research & Journal Hour  
4 PM to 6:30 PM: Afternoon Workshops  
7:30 PM to 10 PM: Dance Party

## THURSDAY, APRIL 3

7 AM to 8 AM: 12 Step/Movement/Affinity Groups  
8:30 AM to 9:45 AM: New Member Meeting  
10 AM to 12:30 PM: Morning workshops  
12:30 PM to 1:30 PM: Networking Hour / Young Professionals Group  
2 PM to 3:30 PM: Midday workshops  
4 PM to 6:30 PM: Afternoon workshops  
7:30 to 9 PM: Sing Along

## SUNDAY, APRIL 6

8 to 10:15 AM: Bonus Morning Closure Activity

# Your guide to conference tracks

Conference institutes and workshops are listed according to tracks to help you easily identify sessions that match your professional interests. Workshops may be listed under several tracks. You may create a focused program by registering for sessions listed in one track or mix and match workshops for a diverse conference experience.

Track	Tuesday	Wednesday	Thursday	Friday	Saturday
Addictions & eating disorders	6		29, 42, 44	54	71, 72
Business, coaching, education and law	1, 7, 10		26, 33, 41, 42	48, 51	70, 72, 75, 76
Family, couples, children, youth		17	38	48, 51	66, 67
Healing, self care, and spirituality	2, 5, 8	16, 18, 19, 21	24, 29, 30, 34, 37, 40, 41, 44, 45, 46	47, 49, 50, 52, 56, 58, 59, 60	62, 63, 64, 65, 73, 76, 77
Trauma, Neurobiology & body	5, 8	16, 21	30, 31, 45	53	61, 69, 71
Psychodrama foundations	1, 3, 10	14, 17, 20	23, 24, 28, 31, 33, 34, 35, 37, 39, 43, 46	47, 49, 52, 53, 54, 56, 58, 60	61, 68, 70, 73
Social justice, racism, gender issues, LGBTQ, BIPOC, ageism	4, 9, 11	12, 13, 22	32, 39, 43	55, 57	64, 78, 80
Sociodrama, Playback, drama therapy, Bibliodrama	2, 4, 7, 11	13, 15, 18, 22	25, 26, 27, 28, 32, 36, 38	50, 55, 57, 59	62, 63, 65, 67, 77, 78, 79, 80
Sociometry	3, 6, 9	12, 14, 15, 19, 20	23, 27, 35, 36, 40		66, 68, 69, 72, 74, 75, 79



# 2025 CONFERENCE TUITION

(All fees are U.S. dollars)

<b>Early Bird tuition (Ends March 7, 2025)</b>	<b>ASGPP member</b>	<b>Non-member</b>
Full conference (Thursday, Friday and Saturday)	<b>\$475</b>	<b>\$660</b>
One-day conference package (Thursday, Friday and/or Saturday)	<b>\$170</b>	<b>\$225</b>
Full day Special Institute (Tuesday and/or Wednesday)	<b>\$170</b>	<b>\$225</b>
One half-day Special Institute (Wednesday)	<b>\$85</b>	<b>\$115</b>
One workshop	<b>\$80</b>	<b>\$100</b>
<b>Regular tuition (March 8, 2025 to conference date)</b>		
Full conference (Thursday, Friday and Saturday)	<b>\$525</b>	<b>\$720</b>
One-day conference package (Thursday, Friday and/or Saturday)	<b>\$185</b>	<b>\$245</b>
Full day Special Institute (Tuesday and/or Wednesday)	<b>\$185</b>	<b>\$245</b>
One half-day Special Institute (Wednesday)	<b>\$95</b>	<b>\$130</b>
One workshop	<b>\$90</b>	<b>\$120</b>
<b>Student and Retiree tuition</b>		
Full conference (Thursday, Friday and Saturday)	<b>\$325</b>	<b>\$375</b>
One-day conference package (Thursday, Friday and/or Saturday)	<b>\$140</b>	<b>\$155</b>
Full day Special Institute (Tuesday and/or Wednesday)	<b>\$140</b>	<b>\$155</b>
One half-day Special Institute (Wednesday)	<b>\$70</b>	<b>\$80</b>
One workshop	<b>\$50</b>	<b>\$75</b>

**TUESDAY, APRIL 1, 2025**



**9AM to 5PM : FULL DAY WORKSHOPS\***  
**9AM to 1PM : HALF DAY WORKSHOPS\***  
**2PM to 6PM : HALF DAY WORKSHOPS\***

***\*Additional fee***

**9 AM - 5 PM**

**FULL DAY  
PRE-CONFERENCE SPECIAL INSTITUTES**

**1 Psychodrama Trainer Swap Shop: A Collaborative Master Class for PATs and TEPs**

**Catherine D. Nugent, LCPC, TEP**  
**Sylvia Israel, RDT/BC, TEP**

This workshop aims to facilitate an enriching exchange of teaching methods among psychodrama trainers, fostering innovation and excellence in training the next generation of psychodramatists. Following a brief presentation on “best practices” and an experiential exploration of diverse learning styles, participants focus on one of the seven areas required for the CP exam. Training materials developed during the workshop will be compiled and sent to participants following the workshop.

**Learning Objectives**

- Identify innovative content and methods for teaching the fundamentals of psychodrama.
- Identify strategies for training in the seven areas required for the psychodrama certification exam.

**2 Growing Up Again: Transforming the Inner Child**

**Rob Pramann, Ph.D., ABPP, TEP**

**Hazel Mason, Substance Use Disorder Counselor, Certified Life Coach**

This workshop will demonstrate how the group serves as the agent for transformational inner child healing, maximizing its potential, and the interconnections with sociometry and sociometrics. This includes the importance of attending to safety, recognizing the inherent risks and how to responsibly mitigate them, warming up the group to deep healing, and utilizing group resources to support the process and action. The agenda includes the use of modified spectrograms of cohesion/connectedness and safety, guided meditation, picture cards for locograms, and props for psychodrama warm up and action.

**Learning objectives**

- Identify how the group transforms and continues to heal the inner child.
- Identify group risks and resources and apply safe and effective intervention in a group session.

**3 Role Charts: Moreno's Path to Transformation**

**Louise Lipman, LCSW-R, CGP, TEP**

Dr. J.L. Moreno believed that the “Self” emerges from the roles we play. Through Role Charts, he offered a sociometric pathway to transformation. By exploring our role repertoires, we can identify what needs to change and develop a plan. Moreno believed we have freedom and

responsibility because role theory gives us a map for re-inventing ourselves. We will explore our personal Role Charts and create plans for transformation, learn how to use role charts as assessment tools, identify how trauma changes lives and discover the psychodramas that need to be done to heal and move forward.

#### Learning Objectives

- Describe and explain and Role Charts.
- Demonstrate how to utilize a role chart to create a treatment plan.

#### **4 Wilding Our Way to Sanctuary: Building Positive Change and Sociometric Health**

**Miriam Zachariah**, B.Ed., M.A., TEP  
**Leticia Nieto**, Psy.D., LMFT, TEP

Can we become refuge for each other in the work of social justice? When is it easy and when does it seem impossible? This workshop will help us use sociometric exercises and action methods to promote deep, durable outcomes to promote change in the most intractable spaces where we find ourselves. We have tools to enact liberation in past, present or future roles and we know how to enact them. Embodied social change is irresistible and always possible. Join us for a time of wild hope to discover a regenerative sanctuary. All you need is your brave heart and the call of your soul mobilizing your whole self to love.

#### Learning Objectives

- Examine situations to quickly and effectively access spontaneity and craft action responses to bring about positive change.
- Distinguish the conditions for specific engagement and be able to role take, role play and role create from a wider

repertoire to navigate from easeful to the hard social situations while tending to the sociometric health and well-being of all.

**9 AM - 1 PM**

**HALF DAY - MORNING  
PRE-CONFERENCE SPECIAL INSTITUTES**

#### **5 Developing Self Compassion in the Healing Journey**

**Rebecca Walters**, LMHC, LCAT, TEP

Many people suffer from an overblown sense of responsibility for the trauma, betrayal or wounding in their past. A narrative with a very narrow perspective, full of self-blame and unaware of their own limitations at the time of the event(s) leads to profound guilt and/or shame. Clients have difficulty acknowledging the impact of other people's behavior and choices on their experience and maintain a belief that the painful experience was mostly their own fault. Psychodrama offers opportunities to change the protagonist's narrative from shame and responsibility to empathy and compassion in individual and group therapy.

#### Learning Objectives

- Differentiate between guilt and shame.
- Describe two effective ways to use group to help a protagonist develop self compassion.

#### **6 Sociometry, Psychodrama and Stages of Change for Substance Abuse Treatment**

**Karen Moser**, LCSW, CP, PAT  
**Dave Moran**, LCSW, CAADC, TEP



The stages of change model has been popular in substance abuse treatment for years. In this workshop we will combine the stages of change with the canon of creativity as a way to help motivate and create change.

#### Learning Objectives

- Define the stages of change and canon of creativity.
- Demonstrate how these models can be used experientially with psychodrama and sociometry in group or individual settings to motivate change.

### **7 Meet School Standards with Kid Friendly Action Methods**

**Peg Lane**, CP, Illinois ISBE LBS1, SLANT (System for Structured Literacy) Certified Teacher

**Shelley Firestone**, M.D., FAGPA, PAT

Psychodrama action methods guarantee the education standards for each grade level and curriculum area. Locograms with student-generated learning strategies are placed on the floor, and students share how each position helps them achieve their goals; lesson plans emerge from the student-generated ideas. Students learn empathy through experiencing others' perspectives with the Empty Chair technique. Role-reversal and doubling with puppets resolve student conflicts and classroom bullying. Sociodramas explore current events for social studies modules. The children come alive, meeting their education standards through psychodrama action techniques. This workshop presents warm-ups and enactments designed for the classroom and demonstrates their implementation.

#### Learning Objectives

- Demonstrate how to teach empathy to students using the Empty Chair.

- Demonstrate an ability to prevent, manage and resolve student conflict constructively with puppets, doubling and role-reversal to enact and resolve student disagreements and bullying.

**2 PM - 6 PM**

**HALF DAY - AFTERNOON  
PRE-CONFERENCE SPECIAL INSTITUTES**

### **8 Downloading the Good, The Polyvagal System in Action**

**Marcy Pollitt**, LCSWR, SEP, EMDR  
**Isabel Christodoulou**, LCSW-R

Humans can be stuck in a trauma vortex and continuously replay their pain stories in their minds and bodies. The body keeps score of the pain and the joy. Psychodrama can support our healing by downloading, resilience, joy, confidence and tenacity from our own stories into our central nervous system. We will use Polyvagal theory, Somatic Experiencing, and Neuro-Sculpting to build one's inner resources and body's muscle memory. We can embody the courage and resilience we had to get to the other side of the story in our bodies, minds, and hearts. Psychodrama is the embodiment of the Polyvagal system, learn to use it to build an inner reservoir of joy.

#### Learning Objectives

- Identify how the polyvagal system heals the central nervous system.
- Apply somatic experiencing into your clinical psychodrama work.

### **9 Lights, Camera, Therapy: Sociometry Healing Internalized Oppression (All Identities Welcome)**

**Grace Walcott**, AMFT, RDT  
**John Olesen**, M.A., TEP

River of Life LGBTQ+ is a 43-minute documentary film that follows a 10-week psychodrama and drama therapy workshop, with 13 multigenerational queer participants coming together to unpack internalized queerphobia and the evolution of the LGBTQ+ community. This workshop includes viewing the film and an opportunity to experience community strength and be witnessed expressing our true selves and authentic identities. (All identities welcome.)

#### Learning Objectives

- Apply two sociometric interventions to address “resistance.”
- Identify two aspects of internalized oppression.

### 10 Birth Psychodrama

**M. Turabi Yerli**, M.D., Ph.D., TEP

**Ozlem Karabulut**, MSci, PAT

**Reyhan Cakmak**, MSci, TEP

Birth psychodrama involves preparing for the mother role, which is a new role that will be born with the birth of a baby, as well as mourning the previous non-mother role that will die. Being a healthy mother requires saying a healthy goodbye to the non-mother role. Failure to achieve this will lead to a series of pathological conditions ranging from unhealthy mother-infant interaction to postpartum depression. Preparation for the new role, facilitating the healthy management of the birth process, and experiencing a healthy farewell in a safe environment on the psychodrama stage will increase the health level of both the expectant mother and the unborn baby.

#### Learning Objectives

- Recognize that the birth process is also a mourning process.

- Examine the different aspects of pregnant woman by experiencing the interaction with different occasion and person.

### 11 Breaking the Gender Binary: Promoting Inclusive and Pro-Social Change

**Amna Jaffer**, Ed.D., TEP

**Kyoung Mi Choi**, Ph.D., NCC

**Teresa Veramendi**, M.A., MFA

Society, language, and systems have for too long inculcated binary ways of thinking: this or that, us or them, Democrat or Republican, he or she. This way of thinking has resulted in marginalization and exclusion. By combining pedagogical approaches from the method of psychodrama and Theatre of the Oppressed, participants will engage deeply in understanding the harmful effects of gender binarism and learn how to transform these perceptions in their personal and professional lives. Through interactive theatre techniques, participants will be empowered to recognize, challenge, and overcome binary thinking and gender biases, fostering greater inclusivity and developing practical strategies to address these biases effectively.

#### Learning Objectives

- Examine and analyze the impact of binary thinking on societal structures and personal identities, recognizing the marginalization and exclusion that it fosters.
- Apply, develop, and practice inclusive strategies through psychodrama and Theatre of the Oppressed techniques such as image-making, fluid sculptures, and storytelling, enabling them to transform gender binaries in both personal and professional contexts.

# WEDNESDAY, APRIL 2, 2025



9AM to 5PM : FULL DAY WORKSHOPS\*  
9AM to 1PM : HALF DAY WORKSHOPS\*  
2PM to 6PM : HALF DAY WORKSHOPS\*  
6:15PM to 7:30PM : WELCOME RECEPTION

*\*Additional fee*

## 9 AM - 5 PM

FULL DAY  
PRE-CONFERENCE SPECIAL INSTITUTES

### 12 BIPOC SPECIAL INSTITUTE: Transformational Liberatory Roles in BIPOC Space\*

Whitney Bell, M.A., RDT, CP  
Kulkiran Nakai, Psy.D., LP

This institute is made by and for Black, Indigenous, and other People of Color and People of the Global Majority. In this space, we will build one another up through action methods, explore and embrace liberation, expand and transform empowering roles for the future, and identify steps for support in psychodrama spaces. In this space, we prioritize bravery, courage, rest, play and joy over didactic teaching.

**\* This particular all-day Institute, as an affinity group of, and only for, members of the BIPOC community is a demonstration of what creating a safer space is like when it is called for. This Institute has been called for and is being underwritten by the Theatre for Social Justice Inc. to cover costs for participation in this single event.**

#### Learning Objectives

- Identify and claim one liberatory and transformational role in the context of BIPOC experience under racialization and colonization.

- Recognize one action plan for personal liberation and transformation including all needed support to enact it in life.

### 13 Theatre of the Oppressed and Psychodrama and Sociodrama for Advancing Human Rights

Daniela Simmons, Ph.D., TEP

This full-day training module highlights how Moreno's and Boal's action methods can be combined for one purpose: advancing human rights. Various branches of Theatre of the Oppressed will be demonstrated in collaboration with psychodrama or Sociodrama applications, showing how these methods partner in understanding oppression and advancing human rights and dignity worldwide. The workshop will offer didactic and experiential training and deep group explorations. Major branches of Theatre of the Oppressed include Image Theatre, Forum Theatre, Invisible Theatre, Newspaper Theatre, Legislative Theatre, Analytical Theatre, Rainbow of Desire, Breaking Repression, Photo Romance, Rituals, and Masks. Participants will gain practical tools for immediate application.

#### Learning Objectives

- Explain how various branches of Theatre of the Oppressed can be combined with Psychodrama or Sociodrama to understand and address both external and internal oppression.
- Demonstrate practical tools and techniques for immediate use in promoting and advancing human rights.

## 14 Action-Based CBT: Using Psychodrama to Expand Therapeutic Approaches

**Brittany Lakin-Starr, Ph.D., TEP**  
**Kate Merkle, MPH, LCSW, RDN, PAT**

This experiential training will teach and demonstrate sociometric and psychodramatic interventions (e.g., empty chair, role reversal) that can be integrated with Cognitive Behavioral Therapy (CBT) to help clients challenge and change maladaptive thoughts and behaviors. Participants will review the basic tenets of CBT and its classic pen and paper tools, (e.g., a thought record) and learn how to bring them to life using psychodramatic techniques. The techniques demonstrated will move clients into action and can be applied within individual and/or group therapy to deepen healing. Additionally, participants will have the opportunity to participate in various roles, including protagonist, auxiliary, and audience member.

### Learning Objectives

- Demonstrate how to take classic pen and paper CBT tools (e.g, thought record) and move clients into action using psychodramatic techniques.
- Identify one way CBT and Psychodrama can be incorporated into your current work.

**9 AM - 1 PM**

**HALF DAY - MORNING  
PRE-CONFERENCE SPECIAL INSTITUTES**

## 15 Weaving Joy and Gratitude: Discovering Possibility Using Sociometry and Playback Theatre

**Jennie Kristel, M.A., REAT, APTT**  
**Maria Mellano, LICSW, CP, PAT**

"Joy can be considered resistance... a form of "energy for change." (A. Lourde.) Joy can feel inaccessible, especially if we are conditioned not to have it. Joy can be perceived as a threat, engaging survival responses in the polyvagal system. Feeling joy widens our "Circle of Capacity," cultivating resilience to embrace the world. Accessing joy can empower liberation in service of transmuting the impact of oppression. Experiencing empowerment boosts the immune system and overall well-being, allowing for elevated choices and a "longer view" of what's possible. Through sociometry and Playback Theatre, we will explore ways joy happens and disappears and create a ceremony for honoring and sustaining joy.

### Learning Objectives

- Demonstrate how we can access joy with sociometry and playback theater according to Stephen Porges' Polyvagal Ladder
- Apply how we can move through our resistance to being whole and complete.

## 16 Creating Systems of Change with Psychodrama and Internal Family Systems

**Haydn Briggs, LCSW, CGP, CET III**

Healing and harm are intimately connected. This workshop will help us stop getting stuck in and avoiding conflict. This workshop will integrate Internal Family Systems with psychodrama, sociometry, and group psychotherapy. Participants will learn warm-ups and structures to explore and resolve internal and external conflicts, enhance emotional healing, and promote personal growth. By combining these powerful modalities, the workshop aims to create sustainable systems of change, empowering attendees with practical tools to facilitate profound psychological and behavioral shifts.

## Learning Objectives

- Identify one common stuck point in working with conflict.
- Distinguish between conflict and harm.

### **17 Psychodrama Techniques with Children with Problematic Sexual Behavior**

**Martica Bacallao**, Ph.D., LCSW, IFS-Level 2, TEP

**Stephy Edwards**, LCSWA, PSB-CBT, TF-CBT

This workshop will combine best practices in problematic sexual behavior with psychodrama techniques with children, ages 7-14. We will explore the six sexual behavior rules through drawings and demonstrate how they can be measured on a spectrogram. STOP steps will be demonstrated in action. It is a strategy to help kids maintain self-control and make good decisions that uphold the sexual behavior rules. Anatomical drawings will be material for role reversals. Throughout this workshop, we will model ways to convey a sense of hope for a positive outcome to both the caregiver and the child.

## Learning Objectives

- Differentiate the factors that contribute to and prevent problematic sexual behavior in children.
- Demonstrate how psychodrama techniques can be applied to the STOP steps.

### **18 Breaking the Spell of Fear: Stepping into Enchantment Using Sociodrama**

**Lori Budman**, LCSW, PAT

**Lauren Shpall-Brown**, M.A., M.S., PAT

In this workshop, a sociodramatic community mural will be created by participants inspired by societal topics including: climate, war, death, grieving,

money, sex, education, family, gender, love... The community mural will be used as a template for sociodramatic enactment, and participants will experience the pleasure and delight of collective Trust, Curiosity and Connection.

## Learning Objectives

- Identify the roles in society that create collective fear, anxiety and isolation; and through curiosity and creative problem-solving open possibilities for more joy and delight.
- Recognize and apply at least one sociodramatic tool participants can use in [x].

**2 PM - 6 PM**

**HALF DAY - AFTERNOON  
PRE-CONFERENCE SPECIAL INSTITUTES**

### **19 Ethics In Action: Finding Ground in a Shifting World**

**Courtney Meadows**, LCSW, RDT

**Karen Carnabucci**, LCSW, TEP

How do we respond to situations when cultural pressures and messages conflict with our ethical codes of conduct as professionals? We can easily feel tension between the values of innovation, generosity and loyalty in the face of dual relationships, conflicts of interest, competency and mandated reporting. Confronting ethical dilemmas demands information, discourages isolation and involves exquisite here-and-now mindfulness on behalf of the clinician. In this workshop, we explore common ethical questions in action through the person-in-environment lens. We'll use sociometric, psychodramatic, and sociodramatic tools to step into ethical dilemmas and identify barriers and resources at systemic and personal levels.



### Learning Objectives

- Describe a person-in-environment perspective on ethics.
- Demonstrate sociometric tools to identify barriers and resources in responding to ethical dilemmas.

## 20 Great Warm-ups to Energize Your Group Work

**Rhona Case**, Licensed Psychologist, TEP

Moreno informs us that our warm-up increases spontaneity and spontaneity increases creativity. We, as directors, need to be warmed up to be our most creative selves. Our clients need to be warmed up to be open and ready to work on meaningful issues. Join me as we experience fun and interesting warm-up exercises that you will want to add to your collection. Through sociometric choice protagonists will emerge. We will do as much work as we have time for! Come for a memorable experience!

### Learning Objectives

- Identify sociometric tools to build group cohesiveness and make sociometric selection of protagonist.
- Demonstrate four warm-up exercises that activate playfulness for enhanced spontaneity and readiness to work.

## 21 Befriending Your Anxious Parts in Action

**Valerie Simon**, LCSW, CET III, TEP

Life is becoming increasingly stressful for all of us. This workshop will focus on getting to know and even befriending our anxious parts that often cause us distress and shame. Participants will learn, through an Internal Family Systems framework, how to increase curiosity and compassion for their anxious parts by externalizing them using psychodrama techniques.

### Learning Objectives

- Identify basic principles of Internal Family Systems, including the concepts of Self and parts, and ways to externalize them with psychodrama.
- Distinguish between parts that carry anxiety and those that are polarized with them. Participants will receive at least two tools to help them unblend with their own anxious parts, and those of their clients.

## 22 Taking it to the Streets: Working Sociodramatically in Organizations

**Cissy Rock**, AANZPA, IACD, Sociodramatist  
**Kay Lord**, LCSW-S, LMFT, CGP, TEP

Many of us work in large organizations, not for profits, as social workers, in community development and many other places where we want to apply the method. Moreno had a vision for all of us to be together full of spontaneity and creativity. In this full-day workshop, Kay and Cissy will work with the attendees using real life situations from current workplaces. Working with warm up, action and integration, the group will develop sociodramatic criteria and questions for working with issues that concern groups as a whole. Participants will generate scenarios, and design and practice approaches. Directing techniques will be demonstrated with coaching offered as well as group feedback.

### Learning Objectives

- Apply action methods in a variety of spaces.
- Demonstrate and design session using warm up, action and integration.

**6:30 - 8 PM**

**WELCOME RECEPTION**

(All are welcome)

# THURSDAY, APRIL 3, 2024



7 AM to 8 AM: 12 STEP / MOVEMENT / AFFINITY GROUPS  
8:30 AM to 9:45 AM: NEW MEMBER MEETING  
10 AM to 12:30 PM: MORNING WORKSHOPS  
12:30 PM to 1:30 PM: NETWORKING HOUR / YOUNG PROFESSIONALS GROUP  
2 PM to 3:30 PM: MIDDAY WORKSHOPS  
4 PM to 6:30 PM: AFTERNOON WORKSHOPS  
7:30 PM to 9PM: SING-ALONG

## 10 AM to 12:30 PM

### MORNING WORKSHOPS

#### 23 Increasing Our Knowledge and Awareness of Sociometry

**Nan Nally-Seif, LCSW, TEP**

This workshop will look at the breadth of sociometry and how it is present in the warm-up, the action and sharing of a psychodrama. We will focus on sociometric techniques and the information they provide. We will use this sociometric exploration to warm up our spontaneity and creativity to go into action and create a psychodrama.

##### Learning Objectives

- Define, demonstrate and practice various sociometric techniques including developing appropriate criteria questions for hands on sociometry
- **Recognize how Sociometry appears in the warmup, enactment, and sharing of a Psychodrama group and how this valuable information aids the director**

#### 24 Using Your Body as a Guide

**Anath Garber, M.A., PDD, TEP**

Gendlin's "Focusing", Lewine's "Somatic Experiencing" and Moreno's psychodrama and sociodrama provide

pathways to help our clients tune into their bodies to access deeper self-knowledge in order to experience more profound healing. In this didactic and experiential workshop, we will focus on how to bring the wisdom of these traditions together to help your protagonist/client access their "felt sense" and use it to inform the next scene in a drama. By exploring this murky, non verbalized material that underlies their problem/issue clients learn to welcome this "felt sense", dialogue with it and open themselves to the whole of their body experiencing.

##### Learning Objectives

- Recognize and define the "Felt Sense"
- Explain why it is important to use the body as a guide

#### 25 Bibliodrama: Enlivening our Texts and Making our Stories our Own

**Shelley Firestone, M.D., FAGPA, PAT**

Bibliodrama, which creates a sociodrama from our stories, can be used to effectively teach spontaneity and creativity along with our other psychodrama techniques (e.g. role taking, role creating, role reversal and doubling), warm up a group of school children (or adults!), and explore our stories experientially. We will start with a fairy tale, like Cinderella, and move into a passage from the Bible. The participants will be able to step into one or more roles from each story, enlivening the text and

adding their personal meanings. The invitation is to use imagination and improvisation to discover relevance for today's world, enriching the stories and making them our own.

#### Learning Objectives

- Define Bibliodrama and sociodrama
- Demonstrate and effectively train participants in spontaneity and creativity, along with psychodrama techniques of role taking, role creating, role reversal, and doubling.

### **26 Sociodrama in Organizations: Journey of Emotional Intelligence to Collaborative Intelligence**

**Rashmi Datt**, MMS, CP, PAT

**Valerie Monti Holland**, Diploma in Sociodrama and Action Methods (BPA) M.A.

Emotional Intelligence and Collaborative Intelligence in organizations is emerging a critical capability to adapt to diverse customers, markets, ideas and talent. Sociodrama has a huge potential to create reflective spaces as well as tap the collective wisdom. However, its action learning as well as “enacting it out” format can feel unfamiliar, and thus unsafe to audiences unaccustomed to self-directed reflection and learning from experience.

#### Learning Objectives

- Examine countertransference in the workplace.
- Apply sociodramatic techniques for team coaching and leadership development.

### **27 Empowering Connection through Storytelling in an Era of Techno Isolation**

**Margaret Rebecca Lillywhite**, LCSW, REAT, TEP

J. L. Moreno asked, “who shall survive,” foreseeing human beings’ future compromised if we choose the robot. Artificial intelligence plays a dominant role in our lives. We must take care that our extraordinary capacity for empathy and compassion doesn’t atrophy. With emphasis on high speed targeted communication, is the ancient art of storytelling becoming a lost art? Let’s explore the creative realm, listen more generously and know we belong there. With the Canon of Creativity as our map, we’ll utilize sociometry, improvisation, auto drama, psychodramatic techniques, props and music. Through community building and transformative stories, we’ll spark spontaneity, creativity, increase role repertoires and look at life with new eyes.

#### Learning Objectives

- Recognize after attending this workshop auto-dramatic storytelling as a way to incorporate the concepts of the Canon of Creativity in authentic self-expression and role development.
- Demonstrate how community building through auto dramatic storytelling enhances the value of human contact enlivening our capacity for empathy and compassion.

### **28 Finding the Place of Calm in Conflict**

**Kim Irvine-Albano**, MA, RP, TEP

**Barbara Hargin**, BEd, MSW, TEP

Using the Dynamic Therapeutic model, developed by Donna Little and Nonie Lyons, this workshop explores the role of Detached Observer to find a place of

presence in conflict. This model has a variety of uses, including both client work and supervision work. Participants will actively engage with this model in the workshop, while being challenged to be involved and detached simultaneously. All participants will have an opportunity to process their own insights, and the group will choose a protagonist to explore their story in more depth. Participants will leave with personal growth opportunities, and an awareness of this model to use in their work.

#### Learning Objectives

- Recognize the role of their own Detached Observer to aid participants with engaging in conflict with presence.
- Apply a new model for work with clients and supervisees, both in groups and in one on one psychodrama work.

### **29 Returning to Presence: The Dynamic Therapeutic Model in Action**

**Sarah B Davila**, LCSW, PAT  
**Mario Battisa**, MSW, CP

Presence is a response from the highest point of the Dynamic Therapeutic Model (DTM). This workshop will teach the DTM (a fusion of Karpman's Drama triangle with a psychosynthesis triangle - created by Donna Little and Nonie Lyon, Toronto, Ontario.) We will share how we have utilized the "diamond" and facilitate a psychodrama that explores obstacles to responding from a loving, grounded space. We will guide the group and the protagonist to identify resources, sub-roles and perhaps wisdom figures to move out of the stuck responses/roles of the Drama triangle to ascend into the upper part of the "diamond" and return

to the Wellspring of Joy within.

#### Learning Objectives

- Explain the Dynamic Therapeutic Model (DTM)
- Identify 1-2 psychodrama interventions that facilitate an awareness of Presence as offered by the DTM.

### **30 Seeking the Buddha Within: Expanding Our Psychospiritual Roles**

**Nina Garcia**, Ed.D., RDT/BCT, TEP

This experiential and didactic workshop will offer opportunities to expand and deepen our understanding and experience of psycho-spiritual roles and how they may offer comfort, peace, love and joy.

#### Learning Objectives

- Define psycho-spiritual roles.
- Explain a method for accessing psychospiritual roles.

**12:30 - 1:30 PM**  
**NETWORKING HOUR**

**12:30 - 2 PM**  
**YOUNG PROFESSIONALS GROUP**

**2 PM - 3:30 PM**  
**MIDDAY WORKSHOPS**

### **31 Sensing: A Psychodramatic Exploration of Healing**

**Sarah R Butler**, LCSW, CP, PAT

In this workshop participants will discover the power of their intuition through their senses; specifically their sense of smell. By combining essential oils and psychodrama, participants will get a glimpse into the power of working with “scent memories” in therapeutic practice. With a heavy emphasis on safety in clinical work, participants will learn how to guide their clients through grounding psychodramatic action by exploring their own memories and sensory experiences.

Learning Objectives

- Identify at least two ways to ground clients using psychodrama and the five senses in clinical practice.
- Demonstrate at least one psychodramatic action technique that both contain and explore sensory memories.

### **32 Astrodrama: Exploring the Use of Astrological Archetypes in Drama Therapy**

**Monica Gamboa**, MA, LCAT, RDT

In times of crisis, people throughout history have coped by searching for meaning. Living through a pandemic and wars, many have been confronted by existential questions. Why am I here? What am I called to do? One of the ways people have attempted to answer these questions is by turning to astrology. This presentation illuminates findings on a unique action method: Astrodrama as well as an experiential on the process.

Learning Objectives

- Examine the method of Astrodrama and apply interventions in their own practice.

- Recognize work within BIPOC- Filipino immigrant communities and develop awareness and sensitivity to marginalized populations

### **33 Psychodrama Research: Simplifying Research for Practitioners**

**Joshua Marquit**, Ph.D.

This workshop is designed to warm up psychodrama practitioners and trainers to the wonderful world of outcome-based research and program evaluation. This didactic workshop will introduce attendees to basic research ideas and create a safe space to explore our relationship with research. We will explore our own barriers to research while affirming the importance of research in our work and community. Presenter will discuss his own personal experience with research and share findings from current trauma-focused psychodrama studies.

Learning Objectives

- Differentiate between quantitative, qualitative, mixed methods approaches to research.
- Explain the importance of outcome research for the future of psychodrama.

### **34 The Land of Enchantment: Surplus Reality and Animism**

**Diana Zumas**, LPC, LPCC

**Natalie Miller**, LPCC, PACT Level II Practitioner

The land of New Mexico is alive. The mountains, mesas, rivers, forests, animals and sky are beings in and of themselves with their own wisdom. Animism can be described as the worldview that the Earth’s non-human



elements are infused with life force and intelligence. In this workshop, we will explore Moreno's concepts of surplus reality and role reversal to open a sense of interrelatedness with myriad non-human elements. In embodied participation with the spirit in all things, our sense of belonging expands, and we engage our conversation with the animate world from a relational and reciprocal perspective. In this exchange, what does nature request of us?

#### Learning Objectives

- Define Surplus Reality and Animism
- Demonstrate how Surplus Reality and Role Reversal can expand spiritual relationships with non-human elements

### **35 Classical Role Reversal and The Satten Slide Role Reversal Technique**

**Sulabha Abhyankar**, MSW, LCSW, PAT

According to Zerka Moreno, co-developer of psychodrama, "role reversal is the sine qua non"—an indispensable element of the psychodramatic process. This essential technique fosters empathy and understanding, allowing participants to gain deeper insights into others' thoughts and feelings. This technique is perhaps the single most important and effective technique in psychodrama. In this workshop, attendees will experience a demonstration of classical role reversal and Dorothy Satten's technique of The Satten Slide. Each approach holds unique value and can be applied to specific psychodramatic situations to achieve optimal therapeutic outcomes.

#### Learning Objectives

- Describe and differentiate between The Satten Slide and classical role reversal.

- Selectively apply Classical Role Reversal and The Satten Slide, depending on the specific drama being enacted.

### **36 Ancestral Loneliness Enchantment**

**Daniela Damian**, Psychodrama, Family Therapy, Transactional Analysis, Psychogenealogy

In the heart of our family history, there is an unknown hidden story, untouched by time. Our ancestors spoke in hushed tones about an old, forgotten enchantment known as the ancestral loneliness. The tale of ancestral loneliness became a legend, a reminder of the enduring power of human connection and the strength found in understanding and embracing one's past. Approaching our ancestors' history of loneliness and work sociodramatically with the now-acknowledged taboos can help us; it makes us feel like we belong. The ancestral loneliness can be transformed into a source of strength and unity. To live an enchanted loneliness is to have a sense of belonging.

#### Learning Objectives

- Apply Moreno's role theory concepts about role clusters
- Identify sociodramatic role dynamics in the past history

### **37 Here & Now: Using Moreno's Concept of Space to Set the Scene and Create a Safe Space**

**Mimi Moyer**, LPC, LCAT, BC-DMT, RDT, CP/PAT

We can harness the psychotherapy of Space, one of Moreno's 4 Universalias, making it action centered, asking Volunteers to use multi-sensory descriptors while placing objects to

define their safe spaces. J.L. Moreno said issues are best dealt with in the reciprocal relationship, and we first need to be regulated, so a brief meditation will allow participants to center.

#### Learning Objectives

- Define the Four Universalia.
- Demonstrate Setting their own Safe Spaces.

### **38 Aphrodite's Apothecary: Exploring Intimacy and Relationship at the Magic Shop**

**German Sanchez, LCSW, RDT**

The Magic Shop is a psychodrama technique that involves a guided psychodramatic experience where participants can "purchase" personal qualities or traits they desire while "selling" those they wish to discard. At Aphrodite's Apothecary, participants are invited to explore their current and past intimate relationships with the hope of purchasing qualities and traits they wish to implement in their relationships. It will also offer an opportunity to reflect on the traits they are willing to trade and sell to develop greater insight.

#### Learning Objectives

- Identify and express their desires and fears related to intimacy and relationships.
- Explain how Magic Shop can be used to explore relationship topics. By providing a safe space for participants to experiment with new behaviors and perspectives.

**4 PM to 6:30 PM**

**AFTERNOON WORKSHOPS**

### **39 Men Nurturing Men: The Power of Male Intimacy in Group**

**Rick Tivers, LCSW, CGP**

Men Nurturing men is a workshop that demonstrates working through fears of intimacy, rejection, abandonment and merger. Internalized homophobia is also explored as well as deep emotional hungers that men experience. Sexuality and intimacy will be differentiated and the workshop will provide several corrective emotional experiences. This interactive, experiential workshop is designed for individuals of all genders who want to gain a deeper understanding of the clinical needs of the men they treat.

#### Learning Objectives

- Demonstrate working through fears of rejection and fears of merging, which involves connecting deeply with others while maintaining a sense of self.
- Demonstrate in action how healthy boundaries can reinforce a deep level of connection so defenses are lessened.

### **40 Active Hope: Finding Thoughtful Solutions in a Chaotic World**

**Mary Catherine Molpus, LCSW, CP, PAT**  
**Rich Molpus, MFR**

Do you have a feeling that the world is being pulled apart? This workshop will use sociometry and classical psychodrama to honor our feelings about the state of our world, build resilience and harness our creativity and spontaneity so that we may navigate life's challenges. This workshop is inspired by Joanna Macy and Chris Johnstone's book "Active Hope."

## Learning Objectives

- Identify and utilize sociometric exercises to gain clarity and increase connection around world concerns.
- Recognize classical psychodrama techniques used to support clients and groups to connect with deepest their concerns and take action for positive change.

### **41 Humility: The Quiet Virtue**

**Catherine D. Nugent, LCPC, TEP**

“True humility is not thinking less of yourself; it’s 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 of this misunderstood and undervalued character strength. We offer presentation, discussion, self-assessment, brief action structures, and a vignette.

## Learning Objectives

- Define the term, humility, and differentiate it from its shadow sides, pride (arrogance) and self-deprecation.
- Identify one way to cultivate greater humility in their personal and/or professional lives..

### **42 Give A Shift: Social Atoms Meet Stages of Change**

**Stephen Kopp, TEP**

Many are familiar with the Stages of Change as named by Prochaska, Norcross, DiClemente) However, change is less likely to succeed in a vacuum and it is more effective to view concrete dynamics of change within the larger social perspective. Psychodrama offers us a wonderful tool for juxtaposing

change and relationships – the Social Atom. This workshop will explore psychodramatic tools and interventions for each of the stages of change.

## Learning Objectives

- Identify ways the social atom can be used to identify resources and stumbling blocks in the process of change.
- Apply tools of role reversal and doubling to strengthen the motivations to change.

### **43 Co-Directing Within a Social Justice Framework Utilizing a De-colonizing Lens**

**Daisy Martinez-DiCarlo, LMHC, CP, PAT**  
**Whitney Bell, M.A., RDT, CP**  
**Sheila Dallas Katzman, M.A.**

The roles of a psychodrama director are multi-faceted and complex. The director is not only the most spontaneous person in the group; the director holds the responsibility of being a group member in addition to utilizing a kaleidoscope of roles including social analyst, producer, and trauma-informed group therapist. When the director directs within a de-colonizing collective, the roles become shared through a coalition created by the provision of trauma-informed peer support, the embracing of our humanness and a collective approach to group co-facilitation. Participants will be invited to expand their roles as directors utilizing a de-colonizing perspective wherein each director and group member is able to access the genius within them.

## Learning Objectives

- Demonstrate at least one sociometric, trauma-informed warm up for co-directing from a social justice lens using a role inventory that nurtures

an adequate sense of self as Moreno envisioned.

- Apply and put into action at least 1 role of co-directing using trauma-informed peer support, the embracing of humanness and collective connectedness which can support role transformation using a de-colonizing lens focused on sharing the roles of the director as opposed to viewing one person as the expert.

#### **44 Life Is A Dance When You Do The Steps**

**Sharmini Winslow, BFA, M.A., PAT**

An immersive experience of the first three steps in 12-Step recovery. This workshop will help you present the first three steps in a fun and meaningful way for your clients to get up close and personal with!

Learning Objectives

- Apply action methods to teach their clients about steps 1, 2 and 3. Through sculpture and drama,
- Explain and examine the first 3 steps in 12-step recovery programs.

#### **45 The Nurturing Parent and Inner Wounded Child Dialogue for Trauma Healing**

**Sylvia Israel, LMFT, RDT/BCT, TEP**

“We have within us our own firstborn child. Our job is to re-parent that child.”  
--Dorothy Satten, PhD, TEP

A reparative dialogue between a nurturing parent and an inner wounded child is often an important scene in trauma repair. Integrating psychodrama

with music and movement, we will learn how to direct a parent-child dialogue. Questions addressed: How do we help the protagonist remain in their window of tolerance and access their spontaneity? What are the key messages the wounded child needs to hear? How can the auxiliary support the dialogue? Join us and practice re-parenting yourself and your clients. (Applicable to both individual and group psychodrama.)

Learning Objectives

- Describe the steps in facilitating a nurturing parent-inner child psychodramatic dialogue.
- Explain the importance of the protagonist remaining in their window of tolerance in the nurturing parent role.

#### **46 The Dream of Oneself Do- Undo - Redo**

**Dena Baumgartner, Ph.D., TEP, CGP**

Transformation in psychodrama is all about do-undo-redo. This workshop will let the method of psychodrama help participants look at their dream of oneself (one's own Godhead) and be able to incorporate do-undo-redo for their transformation in this land of enchantment.

Learning Objectives

- Explain Moreno's concept of do-undo-redo
- Define Moreno's meaning of one's Godhead.

**7:30 PM - 9 PM**  
**SING ALONG**

## FRIDAY, APRIL 4, 2024



**7 AM to 8 AM:** 12 STEP / MOVEMENT / AFFINITY GROUPS  
**8:30 AM to 9:45 AM:** KEYNOTE: TED WIARD  
**10 AM to 12:30 PM:** MORNING WORKSHOPS  
**12:45 PM to 2:45 PM:** AWARDS LUNCHEON  
**3:30 PM to 6:00 PM:** AFTERNOON WORKSHOPS  
**7:00 PM to 9:00 PM:** SOCIATRY & SOCIAL JUSTICE FORUM

### 8:30 - 9:45 AM

#### MORNING KEYNOTE SESSION

**Ted Wiard, LPCC, CGC, Ed.D.**, will present the keynote speech to open the conference.



Our keynote speaker **Ted Wiard, LPCC, CGC, Ed.D.**, along with his wife, Marcella, created Golden Willow Retreat, Arroyo Hondo, New Mexico, from a vision of healing and compassion towards all life.

He is a licensed clinical psychotherapist, certified grief counselor, an ordained minister, a New Mexico certified schoolteacher and a certified tennis professional.

Ted's passion for working with grief arose from his personal losses in which he realized there were very few places that offered support and healing from grief.

While working at Betty Ford Center, Ted counseled individuals and families and observed that many people rarely touch the underlying conditions that led them to their dysfunctional behaviors.

His book, "Witnessing Ted, The Journey to Potential Through Grief and Loss," is a guide on the six aspects of grief and the journey to a wiser and more authentic life.

### 10 AM to 12:30 PM

#### MORNING WORKSHOPS

#### **47 Big Magic: Accessing your genius with creativity and spontaneity**

**Aimee Johnson, LMHC, QS, PAT**  
**Kerry Conca, LMHC, PAT**

Based on the work of Elizabeth Gilbert's book "Big Magic," we will explore how to use your inner genius to harness spontaneity and access creativity. This workshop will engage participants in drawing parallels between Moreno's theory of creativity and concepts from Gilbert's book "Big Magic." In this workshop, participants will have the opportunity to role-reverse with their inner genius and connect to their



creative part through warm-up and psychodramatic interventions.

#### Learning Objectives

- Identify how Moreno's theory of creativity and spontaneity relates to concepts from Elizabeth Gilbert's book "Big Magic."
- Apply psychodramatic interventions so that attendees can connect with their inner genius and access creativity.

### **48 Neurodiversity and Psychodrama: Tools and Techniques**

**Carol Feldman Bass, J.D.**

Unique challenges arise when one is doing Psychodramatic work with Neurodiverse individuals and settings containing both Neurotypical and Neurodiverse participants.

Psychodramatists often struggle when applying Psychodramatic techniques with this population. This presentation will review some of the behaviors displayed by Neurodiverse individuals when doing Psychodramatic work and demonstrate techniques to address these responses. Work related to groups in educational settings, couples and family work, individuals in the work space and traditional psychodrama groups will be explored. The audience will have the opportunity to participate and discuss a series of vignettes as well as discuss material from their own practices.

#### Learning Objectives

- Recognize individuals who are Neurodiverse.
- Select techniques most effective in addressing the needs of Neurodiverse individuals involved in Psychodramatic Coaching.

### **49 Working With a Frozen Moment Social Atom to Facilitate Unresolved Closure**

**Sandra Seeger, LMHC, TEP**  
**Susan Mullins, LMHC, CEDS, TEP**

In our Western culture, it is not uncommon for people to avoid the pain associated with endings. Many people come to therapy due to unfinished business. In this workshop, participants will have the opportunity to explore an incomplete frozen moment in time. Examples of unfinished business might include; relationship issues due to death, divorce, moving, culture, or illness. Each person will have the opportunity to sculpt this moment and then find resolution through enactment. These skills are easily adapted to individual therapy.

#### Learning Objectives

- Demonstrate how to complete a Frozen Moment Social Atom.
- Identify and create a sculpt of the Frozen Moment Atom

### **50 Access the power of creativity**

**Ning-Shing Kung, MPS, LPAT, ATR-BC, TEP**

This workshop is experiential: Starting from the individual art-making process, by applying sociometrical connection, moving to a collaborative art-making process. The participants, staying here and now to increase spontaneity, experience the enhancing power of creativity individually and collaboratively. The creation is the main idea, which brings participants to the dimension of catharsis, and a new group dynamic, after transforming the artworks into body sculptures.

## Learning Objectives

- Apply art therapy, Sociometry, and psychodrama techniques in a community setting.
- Demonstrate the transformation of the creativity from in to out and reverse.

### **51 Using Psychodrama and Somatic Experiencing to Access your Wise Parent**

**Marcy Pollitt**, LCSWR, SEP, EMDR  
**Pamela Perkins**, LCSWR, MFA, SEP

This workshop introduces the “Wise Parent Role” at the core of a powerful attachment based parenting approach, that helps children of any age to feel “safe and loved”. It introduces concrete parenting strategies and somatic awareness techniques that equip participants to embody the “Wise Parent Role” and practice parenting from this stance. Through roleplay, role reversal and doubling the roles of parent and child, participants experience the immediate positive impact of this role on the parent-child relationship and in both the parent and child's relationship to self. Through somatic exploration, participants identify, then reduce/release common blocks that hinder parents' access to this role.

## Learning Objectives

- Demonstrate the embodied stance of the "Wise Parent Role" and use concrete attachment strategies and concepts that effectively help children to more securely attach to their parent/caregiver.
- Apply ways to reduce or release common psychological blocks to the embodiment of this role through

Somatic awareness and visualization techniques.

### **52 Forgiveness Supercharged: The Power of Psychodrama in Forgiveness Practice**

**Lori Budman**, LCSW, PAT  
**Joel Thayer**, LMHC, MFA, J.D., PAT

Forgiveness is a practice. Like meditation, yoga, or 12-step work, forgiveness must be practiced on a regular basis to achieve emotional balance. Practicing forgiveness can have powerful mental health benefits. Psychodrama can turbo charge forgiveness. Psychodrama offers flexible techniques to help us forgive ourselves, forgive others, and seek forgiveness. This can lead to lower levels of depression and anxiety, higher self-esteem, and greater life satisfaction. In this session we will participate in group discussion, collaboration, and action exercises to explore how Psychodrama can open ourselves and our clients to forgiveness and deep emotional healing.

## Learning Objectives

- Demonstrate sociometric warm-ups to build safety and connection with a focus on forgiveness.
- Identify at least two (2) psychodrama interventions that supercharge forgiveness and improve mental health outcomes for individuals, couples, and groups.

### **53 The Refuge of the Present Moment**

**John Olesen**, MA, TEP  
**Kate Cook**, MA, LPCC, TEP

Divisiveness and polarization tug

constantly at our attention as progressive dis-integration threatens our world. A century ago, J.L. Moreno offered the concepts of “here and now” and “the Self emerges from the role.” These concepts can be used as jewels of orientation in psychodrama and group process, and confirm what relational neuroscience has since confirmed and substantiated. Through concretization, vignettes, small groups and writing we will explore the spectrum from fragmentation to integration, and the forces and resources impacting us in the “here and now'.” The practice of “one eye in, one eye out” will be introduced and interwoven as a somatic tool for returning to and sourcing from the present moment.

#### Learning Objectives

- Identify somatic characteristics of integration.
- Describe two tenets of psychodrama role theory.

#### **54 Portal of Possibility: Helping Clients Access Their Joie de Vivre**

**Jennifer Salimbene**, LCSW-R, CASAC, TEP

**Regina Sewell**, LMHC, PhD, PAT

Clients often come to therapy in search of meaning and purpose. They often feel disconnected from their spontaneity and creativity and ruminate on negative experiences from the past or catastrophize about the future. This workshop will use Magic Shop to help clients access hope so that they can find their key to the portal of possibility and envision a life with purpose, meaning and joie de vivre.

#### Learning Objectives

- Explain how hope can help clients overcome patterns of rumination and catastrophizing.
- Apply Magic Shop techniques to help clients clarify their values.

**12:45 - 2:45 PM**

### **AWARDS LUNCHEON\***

ASGPP awards acknowledge members who have made outstanding contributions to our community and the field of psychodrama, sociometry and group psychotherapy. Come join us as we celebrate their contributions.

*\*Tickets are provided for three-day conference attendees. All others, including those attending single days, guests, etc., who wish to attend the luncheon, please purchase a ticket either (\$45) on the registration form or at the registration desk.*

**3:30 PM to 6 PM**

### **AFTERNOON WORKSHOPS**

#### **55 Co-Creating Change: Directing Sociodrama with Group-Selected Theme**

**Daniela Simmons**, Ph.D., TEP  
**Gülşen Büyükşahin**, MA, CTP-3

The workshop's goal is to demonstrate directing sociodrama with a theme chosen by the group. This session will include a brief didactic presentation, a sociodrama-specific warm-up, exploration of the group's sociometry, building safety, selecting a theme, developing emerging roles, scene setting, and an action segment utilizing various sociodrama techniques to facilitate awareness. It will culminate in a phase of integration and sharing. Classical Morenian methodology and the presenter's innovative directing approaches will form the foundation

group co-creation towards awareness and proposed change, aiming to bring the experience and knowledge to the participants' communities and groups.

#### Learning Objectives

- Identify the key components and techniques of directing sociodrama, including warm-up exercises, sociometry exploration, theme selection, role development, scene setting, and an action segment with a phase of integration and sharing.
- Apply sociodrama techniques to facilitate group sessions, fostering awareness and change within their communities.

### **56 Psychodrama on the Sacred Stage: Exploring the Godhead Within**

**Barbara McKechnie**, MA, LPC, LCAT, RDT/BCT, RPT, TEP

**Amy Clarkson**, LCAT, MT-BC, TEP

J.L. Moreno, founder of psychodrama, sociometry and group psychotherapy, believed that a powerful spiritual presence, known as the Godhead, resides in each of us. In this workshop, participants will be invited to listen to that divine inner resource as a pathway toward outer connectivity and purpose. We will engage in experiences that encourage mindful awareness and access to spontaneity and creativity, leading us to become co-creators, sharing responsibility in imaging and shaping the present moment and the future.

#### Learning Objectives

- Differentiate the He-God, Thou God and the I-God.
- Apply the the concept of the I-God within their own life experience.

### **57 In the Shoes of the Displaced**

**Pen Fitzgerald**, Psychodrama Diploma, CQSW, BA honours Psychology

This workshop will explore the experience of those who have been involuntarily displaced from their homes by war, famine and other acts of violence and discrimination. Participants will be helped through Sociodrama, action based and reflective exercises to connect with and explore in action others experiences of displacement and loss of control over their own lives. The three levels of sociodrama-- Sharing from role, Personal Sharing and Social Learning -- will provide a container and an opportunity for integration of learning. The aim of the workshop is to increase our understanding and empathy with those who are displaced and to inspire participants to create connections with those displaced and marginalized.

#### Learning Objectives

- Demonstrate a greater understanding and empathy with those who are displaced in their communities.
- Apply their learning to create a vision of how to reach out to those who are displaced.

### **58 The Enchanted Key of Transgenerational Transformation**

**Cristina Schmidt**, Licensed Psychotherapist, Psychodramatist, Associate Professor at Bucharest University

The struggles we go through on the long road to healing sometimes make us lose hope that this process will ever end. The changes we make seem not to be enough for a significant result. The true key to success is the transformation, and not the change, of our thinking

patterns, behaviors and our emotions. The transformation of the frame of reference, the transformation of the attitude and of the language.

Where can we find this enchanted key of transformation? It is found in the heroes of our genealogy, where our ancestors managed to turn sand into gold, hate into love, losses into richness.

#### Learning Objectives

- Identify the elements of transformation in their ancestors stories and use them as an inspiration for their own process.
- Apply the key of their ancestors transformation in their new life role.

### **59 Can Psychodrama Bring Back Splendour in the Grass and Glory of Flower?**

**Mirjana Stankovic**, Certified Tele'Drama Practitioner (CTP) Level 3, Psychodrama Practitioner, M.A.

**Bojana Glušac**, Psychotherapist, Trainer, Supervisor, Educator at International Tele'Drama Institute (ITI),

British Romantic poets often lamented the loss of an idealized past, childhood radiance and disruption of a profound connection with nature - a source of spiritual renewal, inspiration endowed with a divine presence. The Romantics valued spontaneity and creativity as essential to the human spirit. The rigidity of industrialization and the age of reason were seen as stifling to these qualities. The Morenian mysticism and the Romantic concepts will be explored: Godhead's omnipresence, loss of connection with the first universe, where spontaneity, authenticity and creativity abide; and the oppression caused by the second universe rules; incantation of the autonomous healing

center and the Canon of Creativity.

#### Learning Objectives

- Identify new, creative ways of using poetry in psychodrama
- Describe Moreno's mysticism from a novel perspective and apply some innovative psychodramatic techniques.

### **60 Entering the Chrysalis: Transformation through the Canon of Creativity**

**Deborah Shaddy**, M.S., LCPC, TEP

The butterfly teaches us that transformation is a multi-step process. A "nudge" beckons us into the unknown, with the hope of something new on the other side. Yet the unknown brings with it inevitable anxiety. J. L. Moreno's Canon of Creativity provides the framework to understand the necessary elements of creativity and spontaneity and use of these concepts to bring the transformation to life. This workshop will provide an opportunity to both identify the new dreams and identify the process necessary to create it.

#### Learning Objectives

- Identify the key elements of the Canon of Creativity.
- Apply the elements of the Canon of Creativity and have an embodied experience of the Canon of Creativity.

### **61 Stepping Off the Drama Triangle: Empowering Victims To Responsible Action**

**Linda Condon**, LMHC, TEP

When clients become stuck in the victim attitude/role on the Karpman Drama Triangle, it is often difficult to motivate



them to take responsible, empowered action and declare independence from overbearing rescuers or disrespectful persecutors. This workshop will explore a variety of psychodramatic strategies to encourage a shift to healthier roles of action, communication and connection.

#### Learning Objectives

- Describe the behaviors associated with the Karpman Drama Triangle roles and the Circle of Restoration roles.
- Identify psychodramatic strategies for shifting victims off the drama triangle.

### 62 I am what I am

**Jason Hasko**, LCAT, RDT, PAT

In this workshop participants will be invited to explore the many different roles that make up who they are. We often hide parts of ourselves and put on masks that present versions ourselves. The invitation is to begin to retrieve those lost or hidden parts, and breathe new life into roles both from the past, as well as wished for roles. This is an exploration of self acceptance to foster further growth while exploring our readiness to transform that which no longer serves us. Through the use of action techniques and the Magic Workshop participants will move into a psychodrama to explore these themes in greater depth.

#### Learning Objectives

- Identify various internal roles and begin to explore feelings, judgements, and beliefs tied to these roles. Through action participants will examine their relationship with internal roles in a safe and supportive environment.

- Identify strength based roles, wished for, and forgotten roles and recognize how these different roles get played out in life. Participants will be able to describe and differentiate between differing roles in relation to their internal and external worlds.

**7 - 9 PM**

### **SOCIATRY & SOCIAL JUSTICE FORUM**

"Joyful Sociatry and Social Justice Liberatory Improv Jam: The Power of Joy in Justice Work"

Keynote Speaker is  
Kulkiran Nakai, Psy,D, LP  
(they/them)

Please join Dr. Nakai and the Sociatry and Social Justice Committee members for an evening of playful improv to co-create inner joy as we explore sociatry and social justice and craft a community using play.

## SATURDAY, APRIL 5, 2025



7 AM to 8 AM: 12-STEP / MOVEMENT / AFFINITY GROUPS  
8:30 AM to 9:45 AM: PLENARY: DR. RUBY GIBSON  
10 AM to 12:30 PM: MORNING WORKSHOPS  
12:30 PM to 1:30 PM: RESEARCH COMMITTEE AND JOURNAL CONVERSATION  
2 PM to 3:30 PM: MID-DAY WORKSHOPS  
4 PM to 6:30 PM: AFTERNOON WORKSHOPS  
7:30 PM to 10 PM: DANCE PARTY

### 8:30 - 9:45 AM

#### MORNING PLENARY SESSION

Ruby Gibson, Th.D. will present the Plenary speech.



Our plenary speaker **Ruby Gibson, Th.D.**, is a mixed blood woman of Native and Mediterranean descent. She lives on both the Flathead Reservation in western Montana, and in Rapid City, South Dakota, near Pine Ridge Agency.

### 10 AM to 12:30 PM

#### MORNING WORKSHOPS

#### **63 The Group is the Protagonist: Psychodrama for the Group-as-a-Whole**

**Scott Giacomucci**, DSW, LCSW, TEP

This workshop emphasizes the group and each participant as the protagonist in each phase of a psychodrama session. Awareness will be placed on trauma-informed principles, the group's window of tolerance, and the pitfall of doing individual psychodrama with a group audience. We will examine techniques that underscore the group as protagonist, such as sociometric selection, doubling, weaving in unchosen topics into the psychodrama, clinical role assignments, directing

For 35-plus years, Dr. Gibson has been dedicated to the craft and science of Historical Trauma reconciliation, cultural healing, and wellness among Native and Indigenous Peoples all around Turtle Island, and abroad in Europe and Australia.

She developed two intergenerational trauma recovery models – Somatic Archaeology© and Generational Brainspotting™ and is the author of, *My Body, My Earth, The Practice of Somatic Archaeology.*”

As the executive director of Freedom Lodge, a non-profit organization, Dr. Gibson's renowned training, the Historical Trauma Master Class©, has assisted hundreds of Indigenous people to recovery from the generational suffering of ethnocide.

auxiliaries, involving audience members, and capturing moments of multiple protagonists during the scene. Findings from the presenter's research will be referenced, uncovering that all participants experience equal treatment effects in psychodrama, regardless of the roles that they played (protagonist, auxiliary, or audience).

#### Learning Objectives

- Identify two interventions to involve the audience during psychodrama.
- Describe the idea of the group as the protagonist.

### **64 Discover Your Inner Trailblazer: Forge and Concretize A Path to Hope**

**Julie Wells**, LCSW, TEP

In a world of uncertainty and rapid change, we need tools to foster hope. This workshop offers the opportunity to develop the role of the "Trailblazer" to discover new ways to reach and sustain hopefulness during times of uncertainty. Through axiodrama, surplus reality, and creative sociometric exercises, Trailblazers will collectively forge a path from limited hope to hopefulness. Using trauma-informed methods, we will navigate obstacles and celebrate the strengths that help us move forward. Join us to blaze new trails and concretize and build a resilient path for a more hopeful future.

#### Learning Objectives

- Identify two trauma-informed practices to maintain emotional and physical safety in a group setting.
- Define concretize and demonstrate use of all five senses to concretize.

### **65 Exploring "Good" Grief: Using Playback Theatre and the Empty Chair**

**Jennie Kristel**, M.A., REAT, APTT  
**Sue Shaffer**, LCMHC, PhD, CP

Grief is a normal, complex process that can present in any stage of loss. It can appear long after a relationship or event results in loss, or prior in anticipation of a loss. Anticipatory grief can be as strong as resulting grief. Albeit painful grief isn't a bad thing; it's an opportunity to befriend, understand, and use as a positive force in our lives, and can be a catalyst for change. Using psychodrama and Playback Theatre we will explore different kinds of grief and create space for gratitude, joy and a new understanding of loss. The context of embodied awareness and neurobiology will be included.

#### Learning Objectives

- Examine aspects of grief including anticipatory, abrupt, ancestral, cultural, disenfranchised grief, climate, and collective grief from a polyvagal framework.
- Demonstrate uses of the Empty Chair and Playback Theatre to explore our grief relationships and the feelings that come from these relationships to create space for gratitude.

### **66 Empower Clients to Bloom through Menopause: Dramatic Explorations of the Menopausal Journey**

**Betty Garrison**, M.A., MS, LMHC  
**Maria Mellano**, LICSW, CP/PAT

We will explore menopause and female reproductive issues through the lens of

psycho-sociodramatic techniques. Menopause is a natural part of aging and marking the end of a woman's reproductive years. In our practices as therapists, we may be the first ones hearing about this delicate topic. This is a sensitive subject that most are not talking about out loud. We, as therapists, are uniquely positioned to empower our clients about their own bodies, attuning them to the autonomous healing centers, and advocating for themselves with their medical providers through the use of psycho-sociodramatic techniques.

#### Learning Objectives

- Demonstrate the female reproductive journey from birth through menopause through use of psycho-sociodramatic techniques.
- Recognize techniques one can use with clients for reproductive self care.

### 67 The Path of the Ancients

**Norma Kay Lord**, LCSW-S, LMFT, CGP, TEP

**Jim Malewicz**, CADAC

The indigenous people understood the use of postures in a community setting as a way to access the First Universe to promote healing and transformation for individuals and the whole community. From the depths of Cuyamungue Institute in New Mexico travel to an earlier time and place. Similar to Psychodrama and Sociodrama, the ceremonies were practiced in a group setting facilitated by a trained leader and involved the mind, body and spirit.

#### Learning Objectives

- Recognize the similarities between

Psychodrama and sociodrama and ancient shamanic rituals.

- Examine and experience how Postures produce transformation and healing by accessing the implicate reality and the First Universe of being.

### 68 Reroute Their Road to Burnout with Flower 125

**Valerie Monti Holland**, MA, Diploma in Sociodrama and Action Methods (BPA), Diploma in Coaching and Mentoring (AC)

During the past 25 years, thousands of young people have benefitted from the Flower 125 Health Programme, a public health intervention in the north of England. The mental health of the professionals delivering the program has declined increasingly rapidly due to various social, economic and political forces. This workshop explores ways that the tools and practices of the program support the journey towards better mental health when applied to the professional when working with challenging young people. This is a program for the entire school system.

#### Learning Objectives

- Examine and map the system of a professional working with challenging young people
- Apply elements of the Flower 125 Model as an effective intervention

### 69 Our Ancestors' Stories

**Judy Swallow**, M.A., CRS, LCAT, TEP

We have all been influenced by our history. We may have heard family stories handed down the generations or

discovered relationships through a genogram. We can imagine what it was like to live in that way during that time and under those circumstances. In this workshop we will have a chance to embody someone from our past. We can feel into their situation and tell their story using the Playback Theater technique. Group members will have the opportunity to experience the playback structure and to co-create what they have heard on the spot. Come enter the world of surplus reality, deep listening and spontaneity.

#### Learning Objectives

- Demonstrate a genogram
- Differentiate between psychodrama and playback theater

### **70 Everything You Need to Know About Psychodrama Warm Ups**

**Carolyn Skolnick, M.A., LMHC, TEP**  
**Liz Little, LMHC**

This workshop will help attendees understand more about the importance of warm ups. This will be an experiential workshop where we will explore the canon of creativity and how warm ups contribute to creating new conserves. Attendees will be practicing warm ups in action and will be exploring their own conserves. This workshop will include sociometric tools such as dyads, locograms, spectrograms, and action sociograms to name a few. I will also address the difference between rigidity and chaos and how that is connected to warm ups and spontaneity.

#### Learning Objectives

- Define and apply the Cannon of Creativity in an action oriented way
- Demonstrate a knowledge and understanding of how and when to use warm ups.

**12:30 PM - 1:30 PM**

**RESEARCH COMMITTEE AND JOURNAL CONVERSATION HOUR**

**2 PM to 3:30 PM**

**MID-DAY WORKSHOPS**

### **71 Psychodrama Group in 90 minutes or Less**

**Adena Hope Bank, LCSW, BCETS, CP**

Join us as we experience how to facilitate a powerful psychodrama group process within challenging time constraints. We will synthesize multiple modalities, including classical psychodrama, the Therapeutic Spiral Model, Internal Family Systems, and others, with all work founded upon trauma-informed principles. Identifying these principles and models will be woven into this experiential workshop.

#### Learning Objectives

- Identify at least one action intervention that effectively addresses participants target client population.
- Apply at least one action intervention in your practice immediately.

### **72 Deliberate Practice Transforms Student Director Skill and Confidence**

**Dr. Marlo Archer, Ph.D., CDPS, CGP, TEP**

Musicians and athletes acquire skill through thousands of attempts, with feedback; developing neural pathways to guide future actions. Meanwhile, a psychodrama student's first attempt



might be directing a full psychodrama, involving generational trauma; getting to make their inevitable rookie mistakes on a friend and in front of a live audience of peers. Deliberate Practice (<https://www.idpsociety.com/>) is a lower-risk method you can use to improve Director skill and confidence. This session offers an overview of Deliberate Practice and a chance to try it out yourself, repeatedly.

#### Learning Objectives

- Describe the use of Deliberate Practice for training therapists.
- Demonstrate Practicing a Psychodrama Director Skill, Receiving Feedback, Adjusting, Repeating, & Integrating.

### **73 By the Crowd We Can be Broken and Divided**

**Frank Bartolomeo, Ph.D., CGP**

Human groups can be both healing and destructive. Despite living through two world wars and the Holocaust of Europe, Dr. J.L. Moreno presented a misleadingly optimistic view of group psychotherapy. Although groups offer connection and positive cohesion, they also can foster envy, rivalry and destructive competition. These negative qualities are often projected onto outsiders, preserving the group's image of goodness. Wilfred Bion theorized about group-level defenses and processes, saying that, if ignored, can destroy the group. Acknowledging destructive forces can be beneficial, helping members confront their "shadow" – the disowned parts projected onto others, leading to "othering."

This workshop will explore the shadow side of groups, identify detrimental defenses, and ways to promote shadow-work.

#### Learning Objectives

- Identify the manifestations of group level defenses
- Apply this knowledge to group of all types

### **74 Safety is a Myth: Creating "Brave Space" in Groups**

**Debra LeWinter, M.Ed., PAT**

Individuals in group settings have often experienced profound betrayals of trust. How, then, do we help them develop healthy relationships in the group and in their lives? This workshop challenges the notion of "safe spaces" in group settings by introducing "brave spaces." Using Tuckman's model of group development, we explore how to navigate each stage to foster environments where group members are empowered to be courageous and vulnerable. Participants will learn practical strategies through sociometric exercises, games, and rituals to move beyond superficial safety and towards genuine bravery and connection, enhancing the psychodramatic process. The workshop will be highly interactive, combining brief didactic presentations with experiential learning activities and processing.

#### Learning Objectives

- Identify Tuckman's stages of group development and their impact on group dynamics.
- Recognize the limitations and superficiality of safe spaces.

## **75 Who's In Your Empty Chair? Exploring Unfinished Business**

**Julia F. Moss, Ph.D., MSW, CGP**

We often have “unfinished business” with important people in our lives. These unexpressed or unresolved feelings, can leave us feeling a lack of closure, and can contribute to feelings of isolation, depression and anxiety. Exploring our “unfinished business” can be healing, as well as serve as a rehearsal to action. In psychodrama, we can express our authentic feelings which can lead to greater awareness and acceptance. Through demonstration of the use of the empty chair and role reversal, participants will have the opportunity to explore their own “unfinished business” and learn ways to help clients in this process. Special attention will be paid to the warm-up process, and safety structures.

### **Learning Objectives**

- Describe how to use an empty chair to facilitate exploration of "unfinished business"
- Apply two psychodramatic techniques to empty chair work.

## **76 Are the Gods to Blame? Seeking Answers and Solutions**

**Sheila Dallas-Katzman, MA**  
**Pen Fitzgerald, Psychodrama Diploma, CQSW, BA hons Psychology**

J.L. Moreno believed that everyone is interconnected with and related to the creator, and we propose a mock trial to interrogate the godhead(s) about the current state of the world. Participants will choose how to address the godheads.

The trial will question the godhead entity responsible for the world's conflicts, wars, climate change, and disasters. Participants will select godheads, both mythological and non-mythological; the Theatre of the Oppressed and sociodrama methodology will be used.

### **Learning objectives**

- Identify our ability and have heightened agency to take action in community outside of our comfort zone.
- Demonstrate the power of sociometric technique to manifest social change.

## **77 The Four phase CBN Psychodrama Model**

**Bracha Azoulay, PhD**

This workshop presents a four-phase psychodrama treatment model that integrates psychodramatic theory and practice with selected procedures from cognitive-behavioral therapy and narrative therapy (CBN Psychodrama). The model was developed and published by the authors (Azoulay and Orkibi) during their work with Israeli at-risk adolescents and focuses on the enhancement of self-control skills and instilling hope. The model consists of four consecutive phases: role-naming, role playing, role-creating, and role-rehearsing. Within each phase, procedures and techniques can be applied with creativity and flexibility to meet the needs of individual clients. The model can be readily applied to groups and individuals.

### **Learning Objectives**

- Demonstrate the process of metaphoric externalization and dramatic externalization.

- Differentiate between the four CBN phases.

**4 PM - 6:30 PM**  
**SATURDAY**  
**AFTERNOON WORKSHOPS**

**78 The Mystical Wisdom of Moreno: The Healing Mechanism that Transcends Form**

**Edward Schreiber, TEP**  
**Leland Coontz IV, Systemic Constellation Coach and Facilitator**  
**Sarah Kelley, M.A., LMHCA**

You may have heard of the encounter symbol and the autonomous healing center and the sociodynamic effect, but what do they mean in practice? Join us for a journey within ourselves and throughout the group for an experience that sheds light on their true nature.

**Learning Objectives**

- Distinguish the nature and activity of the autonomous healing center.
- Recognize in action, the nature and presence of the sociodynamic effect.

**79 Psychodrama and The Gerry Spence Method: A Trial Lawyers Experience**

**David Moran, LCSW, CCDP-D, TEP**  
**Anne Kitts, LPC, CCADC, TEP**

This workshop offers the processes in which psychodrama techniques are utilized in an advanced lawyer’s college. Gerry Spence, the well-known U.S. attorney, experienced his first

**PSYCHODRAMA**

**ROLE PLAY TECHNIQUES**

**1**

**DOUBLING**

In classical psychodrama, the protagonist is joined by an auxiliary, either a co-director or group member, who speaks as the protagonist’s inner voice. The double is a basic technique in psychodrama.



**2**

**MIRRORING**

The protagonist stands out of the scene and watches while his, her or their role is played or replayed by an auxiliary.



**3**

**ROLE REVERSAL**

The major participants in the drama change roles as part the enactment. When a protagonist role reverses, he, she or they not only demonstrates how the “other” behaves in the scene – but also transcends habitual limitations of egocentricity. Role reversal is indicated when it is appropriate for the protagonist to empathize with the other’s viewpoint.



**4**

**ASIDE**

The protagonist breaks away from the events of the dramatic story to quickly talk to themselves or directly to the group.



**5**

**SOLILOQUY**

The protagonist shares aloud feelings and thoughts normally kept hidden. The protagonist may be engaged in a solitary activity, such as walking home, winding down after an eventful day, or preparing for an event in the near future.



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psychodrama session some 30 years ago. He then used psychodrama in his trial lawyers program, which is now named the Gerry Spence Method (GSM). This rich history has been supported by psychodramatist John Nolte and many other psychodramatists through the years. The presentation will include a brief didactic history of the Gerry Spence Method (GSM), including emphasis of how the Gerry Spence Method has used psychodrama more than any other organization outside of our influence. We will use role reversal, scene setting, doubling and the social atom in trial preparation, including psychodrama or sociodrama.

#### Learning Objectives

- Describe sociometric tools that are helpful in preparation for a court trial.
- Demonstrate how sociodrama or psychodrama forms the foundation of the Gerry Spence Method.

### **80 Psychodrama: Taking a Deep Dive into Identity**

**Rob Pramann**, Ph.D., ABPP (Group Psychology), TEP

**Marianne Downing**, M.Ed., Counselling Certificate

**Alan Downing**, B. Mus, Certified Grief Recovery Consultant

J.L. Moreno's role theory and the use of sociometry in a group setting provide an ideal vehicle to actively engage in the process of discovering and creating self through action methods. The post sharing inherent in a full psychodrama will enable group members to further engage in their own discovery process. Longitudinal studies show that half of all individuals have not attained a mature identity by the age of 25 years. The processing of this session will

include recognition of significant elements of Erik Erikson's identity development model including differentiation, the ability to filter opinions, and general self-awareness. Identity development is evolutionary over our lifetime and is therefore applicable to all ages.

#### Learning Objectives

- Distinguish and demonstrate ways in which an individual's identity can be differentiated from that of their family's and peers' identities.
- Apply psychodrama techniques (role playing, role reversal and concretization) and sociometry in a group setting to support individual identity development.

### **81 Embracing Embodiment: Explorations in Movement**

**Karen Drucker**, Psy.D., TEP

You will meet yourself and others in a container that is deeply nourishing, creative, intelligent, and heart opening. We will use movement and rhythm, music and stillness to connect with ourselves and others. Deepen your contact with creative expression and be inspired by others. You will also have the experience of playing with doubling, mirroring and role reversal in novel ways.

#### Learning Objectives

- Describe three ways to use movement in sociometry.
- Demonstrate role reversal with aspects of self.

### **82 Wahoo What Are Those Social Forces? A Sociodrama**

**Cissy Rock**, AANZPA, IACD, Sociodramatist

This session will be a group centered sociodrama to explore the social forces at play in a current affair of the day. I am working with the definition “Social forces are any human created ways of doing things that influence, pressure, or force people to behave, interact with others, and think in specified ways.” The group will identify a topic of interest, work with forming a sociodramatic question that will form the basis for a sociodrama, followed by sharing.

#### Learning Objectives

- Recognize a group centred warm up
- Define a sociodramatic question

### **83 Sociometry of the Mind: Transformation Using Internal Family Systems and Psychodrama**

**Louise Lipman**, LCSW-R, CGP, TEP

Psychodrama is a treasure chest to aid in the self-regulation of our internal sociometric systems. Internal Family Systems offers form and structure to the internal sociometry of the mind. Together, psychodrama and IFS create a trusting and safe climate for the intrapsychic roles to work through their conflicts instead of sabotaging one another or paralyzing the entire system. In this workshop we will explore the ways in which integrating psychodrama and IFS creates a deeper and richer psychodramatic process for the protagonist and the group. We will look at the similarities and differences between the two modalities and how they can work together to create a more holistic healing.

#### Learning Objectives

- Define similarities and differences between IFS and Psychodrama.
- Identify internal and external role conflicts.

### **84 Transforming Power for Social Justice: Bringing Courage, Heart, & Wisdom Together**

**Colleen Baratka**, MA, CTP-3, TEP  
**Courtney Meadows**, LCSW, RDT

Dorothy enters Oz via a trauma-induced twister, becoming both perpetrator and savior, manipulated into wearing hope-symbolizing magical slippers; told only the Wizard can save her and her friends. The road to social justice is similarly filled with barriers. Using various versions of the Wizard of Oz, we explore internal and external roadblocks of social justice work, perspective in diversity, and the value of role reversal in healing. Participants explore their biases through projective roleplay with Oz characters. As Glinda says to Dorothy, “You've always had the power, my dear, you just had to learn it for yourself.” We too have the power to transform.

#### Learning Objectives

- Examine the macro and micro injustices that impact their work and role that perspective plays in shaping and transforming social injustices
- Identify empowering roles through the experience of working through roadblocks to social justice work using metaphoric role play and sociodrama.

**7:30 PM - 10 PM**

**DANCE PARTY**



# Our hotel in Albuquerque, New Mexico

Our conference hotel and lodging is the Albuquerque Marriott, located at 2101 Louisiana Blvd Ne, Albuquerque, New Mexico.

The hotel is six miles from the Albuquerque International Sunport and offers panoramic views of the Sandia Mountains of New Mexico.

Among the many amenities of the hotel:

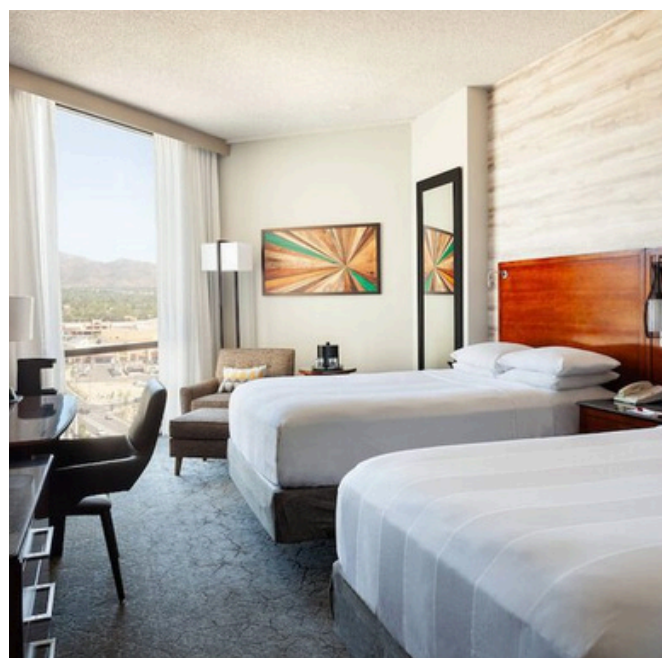
- Indoor and outdoor pools.
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- Guests can work out with cardio equipment and free weights at the gym. Fitness classes are available.

Its Cielo Sandia Restaurant serves contemporary American cuisine and is open for breakfast, lunch and dinner. Other restaurants with a variety of cuisines are located nearby; click [here](#) for list.

This Marriott is 11 miles from Sandia Peak Tram and provides free parking.

In addition, the Albuquerque Marriott is within walking distance of two large malls, which houses favorites like Starbucks, Trader Joe's, The Apple Store -- the only one in the whole state! -- and many more stores.

Click [HERE](#) to reserve your room today!





# New Mexico

## ATTRACTIONS

**ADD A VACATION  
TO YOUR  
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### DESTINATION

- Old Town Albuquerque
- Botanical Garden
- Acoma Indian Pueblo
- Trolley Tour
- Sandia Peak Tram & hiking
- Museums

### MORE INFO!

Find discount coupons [here](#).

Shopping mall info [here](#).

More shopping [here](#).

New Mexico tourism info [here](#).



# Things to do in Albuquerque, New Mexico

This conference is your opportunity to visit New Mexico, the extraordinary “Land of Enchantment.”

We encourage you to come early and stay late to enjoy the wonders that tri-cultural New Mexico offers -- combining a great conference experience with a vacation in a great place.

We have hiking, history, hot air balloon rides, wonderful restaurants, nature walks, museums, shopping -- and more.

These attractions require some form of transportation:

- Hop aboard for a 100-minute guided tour experience on the open-air **Trolley** to explore the palate-pleasing uses of red and green chile, learn the thundering call of the University of New Mexico Lobo, discover locations of major movies and television shows (including “Breaking Bad” and “Better Call Saul”), and see Old Town Plaza, Indian Pueblo Cultural Center, ABQ Bio Park, Museum Row, Route 66, Nob Hill, University of New Mexico, Rail Yards, Hispanic Cultural Center, El Vado Motel and sports stadiums.
- **Old Town** offers a range of cultural, historic, shopping and restaurant experiences and is walking distance to several museums, including the American international rattlesnake museum (always a highlight!)

- The **Bio-park-zoo**, aquarium, botanical garden (near Old Town).
- Trip to **Acoma Indian pueblo** continuously inhabited for more than 2,000 years.
- Take a **hot air balloon ride** in Albuquerque, the “hot air capital of the world.”
- Travel up the **Sandia Peak Tramway** to the top of the Sandia Mountains at 10,300 feet and eat at 10-3 restaurant up top.
- Nature walks along the Bosque.
- The Sandia mountains have **numerous accessible trails** -- not a far drive from the hotel.
- **Albuquerque Museum**, offering art, culture history in Old Town.
- Explora **science interactive museum** in Old Town .
- New Mexico Museum of **Natural History and Science**.
- New Mexico Museum of **Nuclear Science and History**.
- Visit the **Indian Pueblo Cultural Museum**, which has an excellent restaurant serving indigenous food.
- Visit the National **Hispanic Cultural Center**.
- Take the Rail Runner Train to **Santa Fe** for a day trip.
- New Mexico **Holocaust and Intolerance Museum** in downtown Albuquerque.
- Take a day out for peace, calm and natural beauty and give yourself a day (or longer) at the **Tamaya Hyatt Regency resort** run by the Santa Ana pueblo .
- Tour the Albuquerque International **Balloon Museum**.
- Visit **Petroglyph National Monument** west of Albuquerque.
- Visit the **Gutiérrez Hubbell House**, a 5,700 square-foot adobe structure that dates to the 1860s .



# Travel tips

## TO ALBUQUERQUE



### TEMPS

Expect the 60s and 70s in most of New Mexico, a welcome change for visitors from the north hinterlands.

### GOOD CHOICES

Other good restaurant choices: El Patio, Tomasita's, Monroe's, Frontier (open 24/7), Gardunos, Cocina Azul, Tia B's, Los Cuates.

### MORE INFO

### RESTAURANTS

Albuquerque has many restaurants consisting of a wide range and variety of cuisines.

### EXCURSIONS

Many day trips are available, including the Anasazi ruins at the Bandelier National Monument, Santa Fe, Taos, El Santuario de Chimayo, Kasha-Katuwe Tent Rocks National Monument.

### MEALS

El Pinto is more than an eating event. It's a large traditional New Mexican hacienda-style restaurant that visitors really enjoy.

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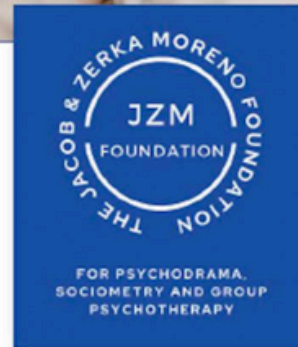
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**JAN 18-19: EMBODYING WISDOM**  
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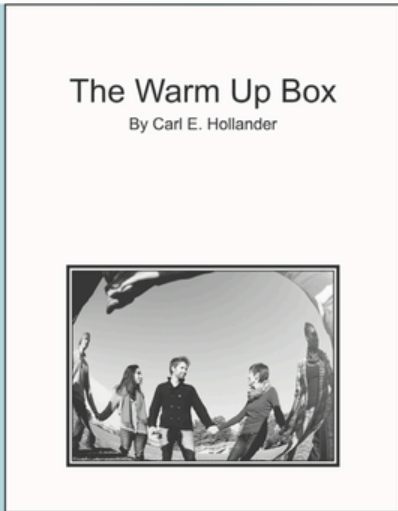
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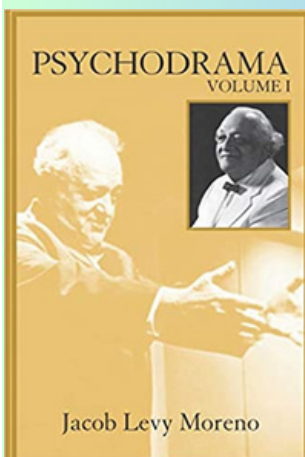
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Saturday & Sunday, May 31, June 1, 2025, 9:00am-5:30pm, West Palm Beach, FL  
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Saturday & Sunday, July 26 & 27, 2025, 9:00am-5:30pm, West Palm Beach, FL  
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Integral to Psychodrama is the concept of the warmup. Sandplay/Sandtray as a warmup in action offers a compelling way to allow unconscious material to come forward in the form of powerful symbols. The symbols often hold keys to our psyche that offer valuable information that can be explored in action through Psychodrama.

Individual Fliers are available on Request

**Who should attend:** Teachers, Attorneys, Coaches, and other non-clinical professionals who frequently study psychodrama. Healthcare professionals and other professionals will be able to incorporate the tools and practices offered in these programs in ways beneficial to clients.

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**Paul Lesnik, LCSW, TEP** is a psychotherapist in private practice in San Diego, CA. Paul is a Board Certified Trainer, Educator and Practitioner of Psychodrama. Paul incorporates Sandtray, SoulCollage® and other art interventions into the psychodrama process.  
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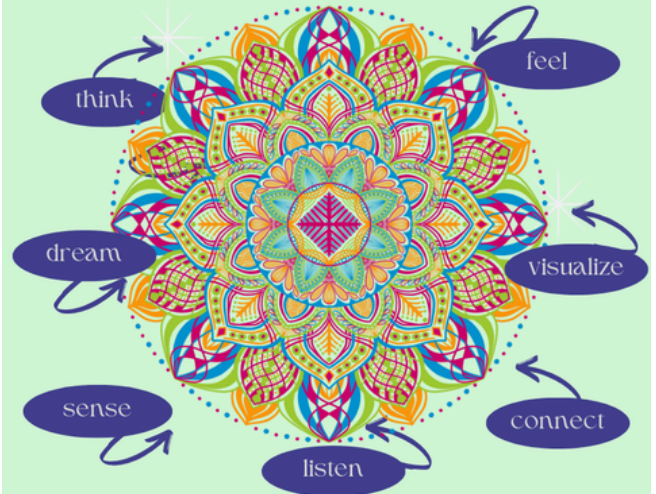
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Created by Karen Carnabucci, LCSW, TEP for [asgpp.org](http://asgpp.org)



Interested in psychodrama certification requirements?

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### Psychodrama and the Creative Process

#### Monthly Training Groups and One-Day Workshops

Virtual & in New Jersey  
 Barbara McKechnie, LPC, LCAT, RDT/BCT, RPT, TEP  
 Amy Clarkson, MMT, LCAT, MT-BC, TEP  
 908-800-8782 / [mckechnieb@verizon.net](mailto:mckechnieb@verizon.net) /  
[amy@creativeflowtherapy.com](mailto:amy@creativeflowtherapy.com)  
[www.creativeflowtherapy.com/trainings-and-workshops](http://www.creativeflowtherapy.com/trainings-and-workshops)

### Psychodrama Training Institute of The Sociometric Institute

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### San Diego Psychodrama Trainings

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### South Tampa Psychodrama Training

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[HTTPS://www.southtampapsychodramatraining.com](https://www.southtampapsychodramatraining.com)

# Resource pages

Find a contact in psychodrama, sociometry and group psychotherapy where you live or where you're traveling. For other resources, or to become a member, contact [asgpp@asgpp.org](mailto:asgpp@asgpp.org).  
#psychodrama2025

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# WHAT IS PSYCHODRAMA?

## WHAT IS Psychodrama?

Psychodrama is an experiential method used in a variety of settings not limited to: therapeutic, educational, theatrical, and social change.



Founded by Jacob L. Moreno (1889-1974), and further developed by his wife, Zerka T. Moreno (1917-2016).

### The Stage

A space reserved for working. Where the drama takes place.

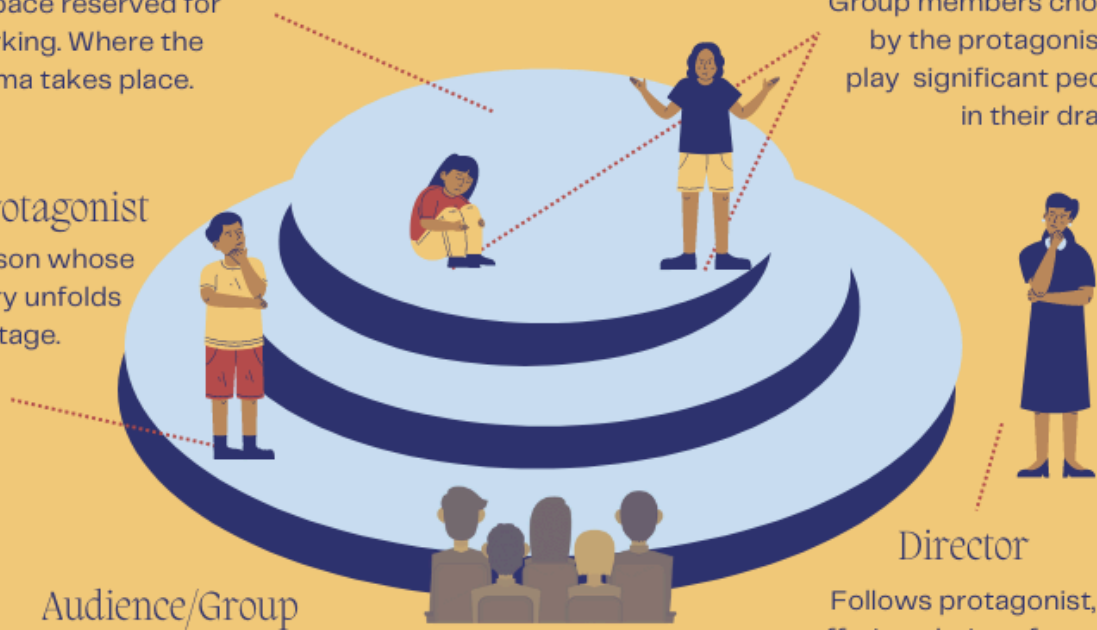
### Elements

### Auxiliaries

Group members chosen by the protagonist to play significant people in their drama.

### Protagonist

Person whose story unfolds onstage.



### Audience/Group

Witnesses to the drama.

### Director

Follows protagonist, offering choices for co-creation of the drama.

## The Process

1.

### Warm-up

Includes checking in; getting to know group; becoming comfortable with movement; easing into spontaneity.

2.

### Action

A group member's story is explored through dramatization and role-playing.

3.

### Sharing

Participants "de-role" and process with the group how the action related to their lives.

## A Few Techniques

### Role-Reversal



The protagonist trades places with an auxiliary, responding from their perspective.

### Doubling



The group, director, or protagonist voices thoughts or feelings that have been unspoken in a role.

### Soliloquy



The protagonist voices their internal monologue, allowing the group to hear.

#### References:

Dayton, T. (2022). Sociometrics: Embodied, experiential processes for relational trauma repair. Central Recovery Press. Sternberg, P., & Garcia, A. (2000). Sociodrama: Who's in your shoes? Greenwood Publishing Group.

This infographic was created by Courtney Meadows, LMSW, RDT.

# WHAT IS SOCIOMETRY?

## WHAT IS Sociometry?

Created by psychiatrist Jacob L. Moreno (1889–1974), sociometry explores relationships within groups.

Its tools can create safety, identify common concerns, increase group connection, and more.



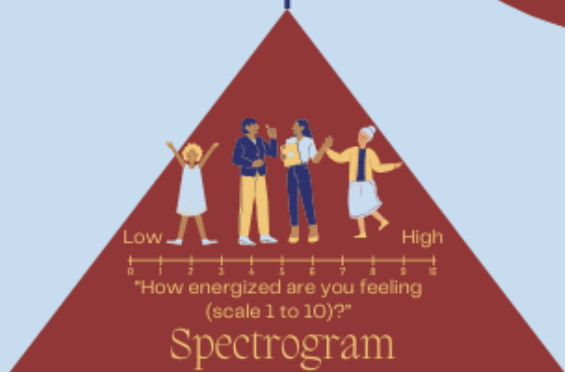
Participants choose from three or more options by moving to their location of choice.



By stepping in to the center of the circle, group members learn what they share in common.

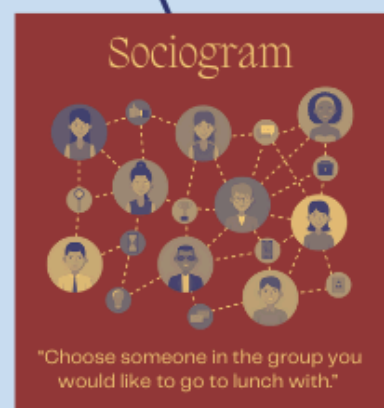


Participants choose from only two options, a "forced choice", moving to that space.

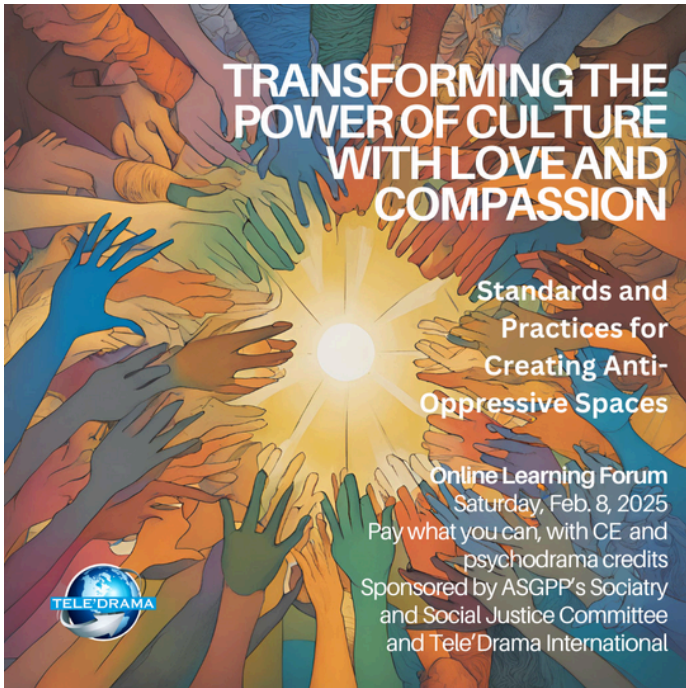


Placing themselves on a spectrum, participants share where they fit within a range.

A sociogram is a visual map of relationships within a group – on paper or in action.




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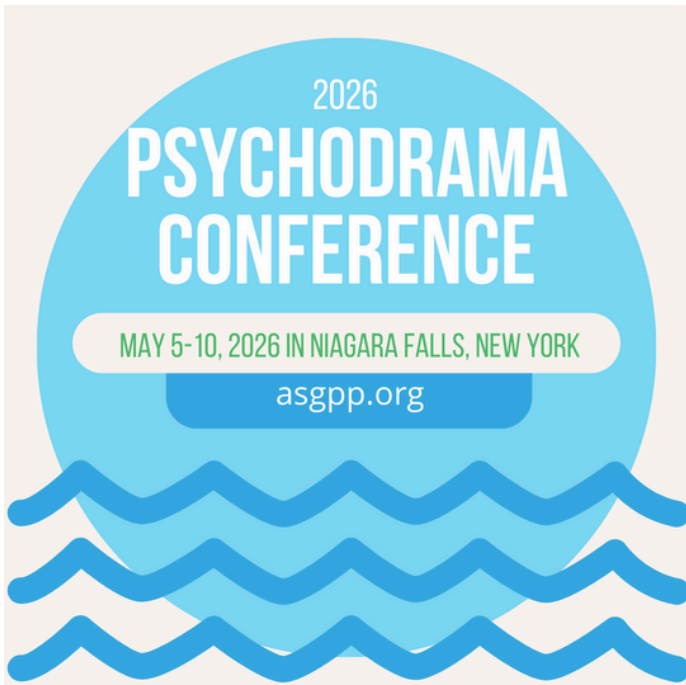
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GET CONNECTED WITH SOCIOMETRIC ACTIVITIES,  
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CONTACT [ASGPP@ASGPP.ORG](mailto:ASGPP@ASGPP.ORG)