

REGISTER NOW AT ASGPP.ORG



AMERICAN SOCIETY OF GROUP
PSYCHOTHERAPY & PSYCHODRAMA

FLOWING FORWARD

PSYCHODRAMA FOR HEALING, LEARNING, & LEADING

84TH ANNUAL
ASGPP CONFERENCE



NIAGARA FALLS
CONVENTION CENTER
NIAGARA FALLS, NEW YORK, USA



WEDNESDAY-SUNDAY
MAY 6-10, 2026

JOIN US ...



FOR A TRANSFORMATIONAL & ENCHANTING CONFERENCE!



WORKSHOPS BY TOP PRESENTERS IN THE UNITED STATES AND INTERNATIONALLY

#PSYCHODRAMA2026

Join us as we showcase over 60 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.
- Create engaging and enlivening warm ups for your sessions and overcome common mistakes in group and 1-1 settings.
- Become masterful in leading groups while creating safety and enhancing participation.

**KEYNOTE
SPEAKER****RICHARD M. RYAN,
PHD**

PROFESSOR,
INSTITUTE FOR
POSITIVE
PSYCHOLOGY &
EDUCATION,
AUSTRALIAN
CATHOLIC UNIVERSITY;
CO-DEVELOPER OF
SELF-DETERMINATION
THEORY (SDT)

**PLENARY
SPEAKER****AMY L. REYNOLDS,
PHD**

PROFESSOR &
DEPARTMENT CHAIR,
UNIVERSITY AT
BUFFALO;
SCHOLAR IN
MULTICULTURAL AND
STRUCTURAL
COMPETENCE IN
COUNSELING

WE LOOK FORWARD TO SEEING YOU!

Please enjoy diving into this rich and inspiring program—a true buffet of exceptional workshops and speaker sessions. You are warmly invited to our Welcome Reception, Awards Lunch, Live and Silent Auctions, Exhibit Tables, the Sociatry and Social Justice Forum, and much more. As you page through, you'll also find information about Niagara Falls attractions, resources for connecting with fellow members, opportunities to pursue training in psychodrama, sociodrama, and group psychotherapy throughout the United States, and lively infographic handouts and educational tips you can borrow for your practice or classroom.

Click [here](#) to register for the Pre-Conference Institutes on Wednesday, the three-day conference on Thursday, Friday, and Saturday, the post-conference Sociometric Choice workshops, or individual workshops.

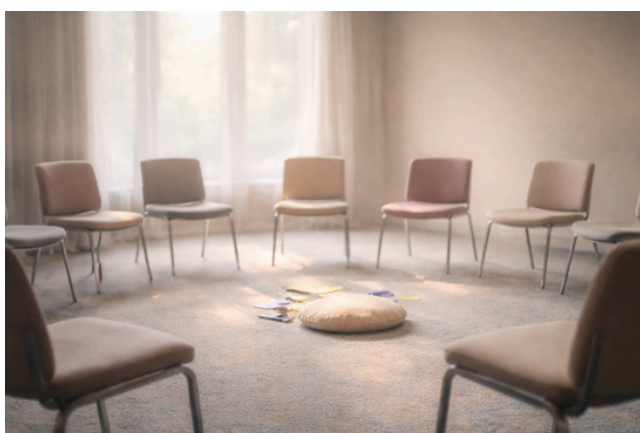


CE CREDITS

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 entire conference (Wednesday to Sunday) offers up to **30.5** 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 (please submit registration forms including valid student IDs as proof of enrollment to ASGPP@asgpp.org).

***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.

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 to our office via email (ASGPP@asgpp.org) 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.



President

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

Vice president

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Secretary

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

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Edward Schreiber, LADC1, TEP

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Daisy Martinez-DiCarlo,
LMHC, CP, PAT

Courtney Meadows, LCSW, RDT

Sheila Dallas-Katzman

Cristina Schmidt,
Trainer, Supervisor

ASGPP National Office Management Team

PO Box 3112

Amherst, MA 01004

☎ 609-737-8500

✉ ASGPP@asgpp.org

🌐 www.ASGPP.org

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 invite 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.

WE CELEBRATE & THANK ...

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2026 AWARD RECIPIENTS

J.L. Moreno Award
Karen Carnabucci, LCSW, TEP

Zerka T. Moreno Award
Özge Kantaş, PhD, PAT
Sarah Kelley, MA

Hannah B. Weiner Award
Pamela Goffman, LCSW, TEP

Innovator's Award
Carol Feldman Bass, JD
Rebecca Walters, LMHC, TEP
Anna Schaum, TEP

Collaborator's Award
Chicago Center for Psychodrama
Brittany Lakin-Starr, TEP, PhD
Kate Merkle, LPSW, PAT
Mallory Primm, PsyD, PAT

David A. Kipper Scholar's Award
Joseph Dillard, PhD

ASGPP Sociatry & Social Justice Award
Edward Schreiber, TEP

Anne Hale Sociometry Award
Colleen Baratka, MA, TEP

William L. Moreno Award
Tian Dayton, PhD, TEP

Regina Moreno Educator's Award
Sylvia Israel, LMFT, TEP
Nien-Hwa Lai, PhD, TEP

Executive Council Award
ASGPP EDUCATION COMMITTEE

ASGPP Fellow Status
Daniela Simmons, PhD, TEP
Leticia Nieto, PsyD, TEP
Brittany Lakin-Starr, TEP, PhD
Aimee Johnson, LMHC, PAT
Shelley Firestone, PAT, MD



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2026 CONFERENCE STEERING COMMITTEE

Conference Liaisons
Pamela Goffman
Amna Jaffer

Conference Chairs
Ashfique Rizwan
Sarah Davila
Jason Hasko
Özge Kantaş
Mario Battista

Awards Ceremony
Colleen Baratka
Sheila Dallas Katzman

Marketing & Outreach
Marlo Archer
Karen Carnabucci
Eve Brownstone
Sarah Davila
Betty Garrison
Aimee Hadfield
Courtney Meadows
Tzivia Stein-Barrett

Registration
Conference Operations Support Team
conference@asgpp.org
www.asgpp.org

Website Team
Riyas Muhammed
Habeebu Rahman



HOTEL, MEETING, EXHIBITING & REGISTRATION INFORMATION

HOTEL ACCOMMODATIONS

We are pleased to share that hotel accommodations for the ASGPP Annual Conference 2026 are available at the official conference hotel, **Sheraton Niagara Falls**.

Hotel Address: 300 3rd Street, Niagara Falls, NY 14303, USA (Hotel Phone: +1 (716) 285-3361)

Conference Booking by Website:

<https://book.passkey.com/go/ASGPPCONF2026>

Click [HERE](#) to book your room online. We encourage you to use this link to secure the ASGPP group rate.

Conference Booking by Phone:

Call: 1-866-961-3780

Please reference the ASGPP Conference when booking.

Reservation Deadline: Reservations must be made on or before Friday, April 3, 2026 (the cut-off date). Rooms are available on a first-come, first-served basis and subject to availability. After this date, unreserved rooms will be released for general sale. Reservations may still be accepted only if space and conference rates are available.

Reservation Policies: A credit card is required to guarantee your reservation. Cancellations are accepted without penalty up to 3:00 PM, 72 hours prior to arrival. Cancellations made within 72 hours of arrival will be charged one night's room rate plus applicable taxes. No-shows will also be charged one night's room rate plus taxes.

Important Note: **All reservations are to be made individually by conference attendees.** We strongly encourage attendees to book early to ensure availability at the conference rate.

EXHIBITING MEMBER/ NON-CORPORATE EXHIBITOR

One benefit 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 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 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 may 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.

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. Please choose your workshops carefully. We cannot guarantee that you will be placed into your first choices. We have a very strict policy that once workshops are submitted, they cannot be changed after you complete your registration.
- Although early registration is highly suggested, be aware that workshop choices cannot be guaranteed as requested in all situations
- Member rates are for those whose membership is current through May 2026.

CANCELLATION POLICY

Request for conference cancellation must be postmarked by **April 17, 2026**.

Although no refunds will be given, those who cancel will receive credit for the 2027 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 credit card when you register online. If you prefer to pay by check or money order, you may have your payment sent to the following address:

ASGPP
P.O. Box 3112
Amherst, MA 01004

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 2026 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 **Eastern Time - United States**.

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 by the American Psychological Association and/or ABE-certified Trainer, Educator, Practitioner (TEP)s to be applied toward the required training hours, provided those distance learning hours are reviewed and approved by the applicant's primary trainer. Distance learning hours must be documented under the names of the TEP or PAT leading the training, and must be for a psychodrama training focus or distance learning sessions. **Workshops that do not meet the criteria for psychodrama training credits are clearly marked with a ●**

CONTINUING EDUCATION UNITS (CE's)



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. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements. 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.

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), **Florida** Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling, Provider #852 BAP-Expires 03/31/2027. **Illinois** - CE-Classes.com is a registered social work CE sponsor by the State of Illinois. License 159.001607 Expires 11/30/2027. **Massachusetts** Authorization Number: (TBD), **New York** State Education Department (NYSED, and other jurisdictions may accept credits; however, please check with your state board). CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120. **Ohio** Counselor, Social Worker and Marriage and Family Therapist Board - **Oklahoma** Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs), **South Carolina** - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage Family Therapists, Addiction Counselors, and Psycho-Educational Specialists (#4696), **Texas** State Board of Social Worker Examiners - CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.

Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.

This course does not offer ASWB ACE credit to social workers. However the state board approvals may be accepted for license renewal. Check with your state board.

MENTAL HEALTH COUNSELORS, MARRIAGE & FAMILY THERAPIST, AND PSYCHOLOGISTS

CE-Classes.com is approved by the following State Boards: **California** Board of Behavioral Sciences, **New York** State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.

Texas Board of Professional Counselors - CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement. Texas Board of

Marriage and Family Therapists - CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement. **Florida** Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2027

Other jurisdictions may accept credits; however, please check with your state board

ADDICTION COUNSELORS

California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0627 Expires 06-2027. California Association of DUI Treatment Programs (CADTP) Provider Number 231.

NURSES

CE-Classes.com is an approved provider of continuing nursing education by the **California** Board of Registered Nursing, Provider Number CEP-15647, expires 11/30/2026. **Florida** Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026. Do not send certificates to the Florida Board of Nursing. Participants must keep this certificate for 4 years.

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



NATIONAL BOARD OF CERTIFIED COUNSELORS (NBCC)

The American Society for Group Psychotherapy and Psychodrama (ASGPP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP # 6079. Programs that do not qualify for NBCC credit are clearly identified. The ASGPP is solely responsible for all aspects of the programs.

Workshops that do not meet NBCC's criteria for CE credit are early marked with a ▲

CERTIFICATES OF ATTENDANCE

Certificates of Attendance will be available online after the conference to participants and/or state and credentialing boards.

ASGPP is aware that psychodramatists come from many professions. If your board does not appear on the list here, you are responsible for contacting your board and reporting your CEs.

CREDIT HOURS

The Pre-Conference (Wednesday, May 6, 2026) offers up to 8 hours. The full conference (Thursday, May 7, through Sunday, May 10, 2026) offers up to 22.5 hours. The entire conference (Tuesday through Saturday) offers up to 30.5 hours. Certificates of Attendance are available after the conference

CE CERTIFICATES

CE Certificates are **\$50** as indicated on registration form. These certificates are available only after verification of attendance. Participants must attend sessions in full to receive CE credit. Participants must join the workshop at the beginning and stay for the full workshop. It is the responsibility of conference participants to download certificate after the conference and/or store at a safe location.

ADMINISTRATIVE POLICIES

Important! It is the conference attendee's responsibility to determine if his or her licensing or credentialing organization will accept the above CEs for certification/licensure maintenance.

Complaints and Grievances: All complaints and grievances are reviewed within 5 working days. Written complaints must be submitted to ASGPP Conference Registrar (conference@asgpp.org). All complaints and grievances are subject to review. The ASGPP also has a Professional Standards Committee (PSC) to review concerns about unprofessional/unethical behavior. The Professional Standards Committee may be contacted through a confidential mail box (psc@asgpp.org).

CONFERENCE SCHEDULE

FLOWING FORWARD PSYCHODRAMA FOR HEALING, LEARNING, & LEADING

FRIDAY, MAY 8

8:30 AM - 9:30 PM	Keynote - Dr. Richard Ryan
9:45 AM - 12:15 PM	2.5 Hours Workshops
12:30 PM - 2:00 PM	AWARDS LUNCHEON
2:15 PM - 3:15 PM	ABE Hour, Networking & Research Hour, Poster Session
3:30 PM - 6:00 PM	2.5 Hours Workshops
7:30 PM - 9:30 PM	Sociatry and Social Justice Forum

WEDNESDAY, MAY 6

9:00 AM - 5:00 PM	Full Day Special Institutes
9:00 AM - 1:00 PM	Morning Half-Day Special Institutes
2:00 PM - 6:00 PM	Afternoon Half-Day Special Institutes
6:15 PM - 8:15 PM	Welcome Reception
8:15 PM - 9:00 PM	Sing A Long

SATURDAY, MAY 9

8:30 AM - 9:30 PM	Plenary - Dr. Amy Reynolds
9:45 AM - 12:15 PM	2.5 Hours Workshops
1:45 PM - 3:15 PM	90 Minute Workshops
3:30 PM - 6:00 PM	2.5 Hours Workshops
7:30 PM - 10:00 PM	PARTY

THURSDAY, MAY 7

8:30 AM - 9:30 PM	Opening Sociometry and Welcome
9:45 AM - 12:15 PM	2.5 Hours Workshops
12:30 PM - 1:30 PM	New Members / First Time Conference Attendees Lunch
1:45 PM - 3:15 PM	Affinity Groups
3:30 PM - 6:00 PM	2.5 Hours Workshops
7:30 PM - 9:00 PM	90 Minute Workshops

SUNDAY, MAY 10

9:00 AM - 11:30 PM	Selection and Workshop
11:45 PM - 12:30 PM	Bonus 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	Wednesday	Thursday	Friday	Saturday	Sunday
Addictions		21, 22	32, 37		
Business / Marketing	06	25			
Coaching / Education	02	12	31	44, 45, 54	62
Couples / Family / Children & Youth	01	23, 24, 26		43, 50	
Creative Arts / Expressive Therapy / Drama Therapy / Playback	05, 08	11, 13, 18, 19, 26	36	48, 50, 51, 52, 53, 57	
Eating Disorders	01				
Healing / Self-Care / Spirituality	04, 09	11, 13, 15, 18, 21, 22, 24	27, 30, 38, 39, 40	43, 45, 48, 49, 51, 53, 55, 56, 57, 58	60, 61
Psychodrama Foundations	04, 06, 07, 08, 09	10, 12, 14, 17, 19	28, 29, 31, 32, 35, 37	41, 42, 44, 46, 47, 52, 54, 56	59
Social Justice (Racism / Gender Issues / LGBT / Ageism / Multicultural etc)	03	16, 20	36		61
Sociodrama / Bibliodrama	02, 03	23, 25, 16			62
Sociometry		20	27, 29, 35, 40	41, 55	59, 60
Trauma / Neurobiology	05, 07	10, 14, 15, 17	28, 30, 38, 39	46, 47, 49, 58	

2026 CONFERENCE TUITION

(All fees are U.S. dollars)

Pre-Conference: Wednesday, May 6, 2026
Main Conference: Thursday - Saturday, May 7-9, 2026
Post-Conference Community Day: Sunday, May 10, 2026

Early Bird Tuition (Ends April 15th, 2026)	ASGPP Member	Non-Member
Full Conference (Thu - Sat)	\$475	\$660
One-Day Conference (Thu or Fri or Sat)	\$170	\$225
Full Day Pre-Conference (Wed, May 6)	\$170	\$225
Half-Day Pre-Conference (Wed, May 6)	\$85	\$115
One Workshop	\$80	\$100

Regular Tuition (April 16th, 2026 to Conference Date)	ASGPP Member	Non-Member
Full Conference (Thu-Sat)	\$525	\$720
One-Day Conference (Thu or Fri or Sat)	\$185	\$245
Full-Day Pre-Conference (Wed, May 6)	\$185	\$245
Half-Day Pre-Conference (Wed, May 6)	\$95	\$130
One workshop	\$90	\$120

Student and Retiree tuition	ASGPP Member	Non-Member
Full Conference (Thu-Sat)	\$325	\$375
One-Day Conference (Thu or Fri or Sat)	\$140	\$155
Full-Day Pre-Conference (Wed, May 6)	\$140	\$155
Half-Day Pre-Conference (Wed, May 6)	\$70	\$80
One workshop	\$50	\$75

Sunday Workshop is complimentary for Full Conference participants. One/Two Day Conference Participants may attend the Sunday workshop after purchasing additional “One Workshop” when registering or on-site)

2026 ASGPP CONFERENCE SCHOLARSHIPS

Supporting Access, Equity, and Participation

NOW OPEN

Multiple Opportunities & Deadlines

We are pleased to announce the 2026 ASGPP Conference Scholarship opportunities for the upcoming **2026 ASGPP Conference** in Niagara Falls, New York. Each scholarship is described in detail below, including eligibility criteria, application timelines, and links (where applicable). Please note that application deadlines vary by scholarship and are listed with each opportunity.

ASGPP is committed to supporting access to the conference for students, emerging professionals, and members of our community who might otherwise be unable to attend.

Ming Wai Joannes Lee Scholarships for Psychodrama Students

15 Full Conference Scholarships

These scholarships are available to students currently enrolled in psychodrama training programs, either international or U.S.-based, with a certified psychodrama trainer (certification based in the country where training is being taken).

- **Covers the full main conference registration**
- **Includes all conference activities, breakfasts, Awards Lunch, and conference events**
- **Does not include pre-conference events, lodging, or transportation**
- **ASGPP membership is not required**

All eligible applications will be entered into one lottery.

Applications open: February 1, 2026

Notification of lottery results: Week of April 6th, 2026

Applications close: March 31, 2026

Registration deadline if selected: April 21 st 2026

[APPLY HERE: APPLICATION](#)

ASGPP Partial Scholarship

10 Partial Conference Scholarships - \$150 USD Each

These partial scholarships support individuals with demonstrated financial need.

Eligible applicants must meet one of the following criteria:

- **ASGPP member in need of financial assistance, OR**
- **First-time ASGPP conference attendee (membership not required) in need of financial assistance**

All eligible applications will be entered into one lottery.

Applications open: February 1, 2026

Notification of lottery results: Week of April 6th, 2026

Applications close: March 31, 2026

Registration deadline if selected: April 21 st 2026

[APPLY HERE: APPLICATION](#)

Dream Catchers' Inclusive Initiative Scholarship

11 Full Conference Scholarships

These scholarships are offered to:

- **Members of First Nations Tribal Communities**
- **Immigrants to the United States**
- **Individuals who work with and serve Tribal or Immigrant communities**

These scholarships:

- **Covers the full main conference**
- **Includes all conference activities, breakfasts, and lunches**
- **Does not include pre-conference events, lodging, or transportation**
- **ASGPP membership is not required**

IF more than 11 eligible applications are received, recipients will be selected by lottery

All eligible applications will be entered into one lottery.

Applications open: February 1, 2026

Notification of lottery results: Week of April 6th, 2026

Applications close: March 31, 2026

Registration deadline if selected: April 21 st 2026

[APPLY HERE: APPLICATION](#)

2026 ASGPP CONFERENCE SCHOLARSHIPS

Supporting Access, Equity, and Participation

NOW OPEN

Multiple Opportunities & Deadlines

History Keepers Scholarships

2 Full Conference Scholarships

Designed for long-time ASGPP members who have made significant contributions to the organization and who would be unable to attend without financial support.

Applicants must meet all three criteria:

- Long-time, continuous ASGPP membership
- Significant contribution to ASGPP (e.g., Executive Council, committee leadership, frequent conference presenters)
- Financial constraints that would otherwise prevent attendance

All eligible applications will be entered into one lottery.

Applications open: February 1, 2026

Applications close: March 31, 2026

Notification of lottery results: Week of April 6th, 2026

Registration deadline if selected: April 21 st 2026

[APPLY HERE: APPLICATION](#)

Zerka T. Moreno International Scholarship

SCHOLARSHIPS NOT CURRENTLY OPEN (INFORMATIONAL)

2 Full Scholarships - International Participants

These scholarships support international participants (non-U.S.) attending an ASGPP Conference for the first time and include both the pre-conference and main conference.

- Transportation and lodging are not included
- Applications for 2026 are closed
- Recipients have already been selected by lottery

This scholarship will be offered again for the 2027 ASGPP Conference.

Jacob and Zerka Moreno Foundation Full and Partial Scholarships

This private not for profit Foundation dedicated to the mission of spreading the legacy of Jacob and Zerka Moreno, including through education and scholarship programs, fundraising, and community outreach, offers full and partial scholarships to the 2026 ASGPP Conference. Applications for Scholarships are found on this Foundation's website and require a letter stating an interest in psychodrama, and two letters of recommendation, at least one from a certified psychodramatist with the application.

All applications must be submitted by April 1, 2026

Questions, please call the Foundation office: 312-671-3110

Please apply for a scholarship directly through the Foundation's website: www.morenolegacy.org

[APPLY HERE: APPLICATION](#)

We encourage you to review the scholarship options carefully and apply for those that best fit your circumstances. Each scholarship has its own criteria, dates, and application process.

WEDNESDAY, May 6, 2026



9:00 AM - 5:00 PM | Full Day Special Institutes

9:00 AM - 1:00 PM | Morning Half-Day Special Institutes

2:00 PM - 6:00 PM | Afternoon Half-Day Special Institutes

6:15 PM - 8:15 PM | Welcome Reception

8:15 PM - 9:00 PM | Sing A Long

9:00 AM - 5:00 PM

PRE-CONFERENCE FULL DAY SPECIAL INSTITUTES

01 Reflections Reclaimed: Psychodramatic Treatment of Eating Disorders

Colleen Baratka, MA, TEP, CTP-3

Sarah Kelley, MA

This workshop explores the psychodramatic treatment of eating disorders through the lens of the broken mirror and misdoubling. Participants will examine how distorted reflections from family, culture, and trauma contribute to body dysmorphia, shame, and disembodiment. Using action methods, we will externalize the internalized voices, challenge destructive roles, and practice reparative doubling to foster integration and healing. Particular attention will be given to reworking the broken mirror and reclaiming roles lost to the eating disorder. Through enactment, sharing, and witnessing, participants will deepen their insight and expand their skills for treating eating disorders in individual and group settings.

Learning Objectives

- Identify how misdoubling and the broken mirror contribute to body dysmorphia and disordered eating.
- Apply at least two psychodramatic action methods to support healing and role recovery in clients with eating disorders.

02 Rehearsal for Life: Sociodramatic Role Training

Rebecca Walters, LMHC, LCAT, TEP

Sociodramatic Role Training serves as a rehearsal for life, providing opportunities to develop and practice effective responses to new and old situations. It is useful in groups where there is not the required level of trust or a lack of commitment to confidentiality that would permit more personal work. It can be used in counseling, therapy and psychoeducation groups, classrooms, corporate settings and community settings where participants want to learn specific interpersonal skills or address shared issues without revealing their own vulnerabilities. It can be used with people of all ages who want to learn how to practice interpersonal/social and communication skills as well as become more effective supervisors.

Learning Objectives

- Differentiate between Psychodramatic and Sociodramatic Role Training.
- Demonstrate the steps in Sociodramatic Role Training.

03 Where the Open Water Flows: Finding Our Way as Leaders Using Sociodrama

Daisy Martinez-DiCarlo, LMHC-QS, TEP

Leticia Nieto, LMFT, MFT, TEP

Miriam Zachariah, B.ED, MA, TEP

In times of growing social and ideological polarization, leaders are called to navigate complex emotional and relational landscapes. This experiential workshop invites participants to explore the metaphor of “open water” as a guide for leadership: a space that symbolizes clarity, connection, and transformative flow. Through the use of sociodrama, trauma-informed philosophy and sociometry, we will examine our leadership journeys and how we move through them authentically in action to promote unity. Participants will be invited to listen to the call where the open water flows by engaging in sociatric action methods to identify and embody community leadership roles, uncover their individual and collective strengths, and co-create new possibilities for unity.

Learning Objectives

- Apply sociometric tools to identify shared values and strengthen group cohesion in polarized contexts.
- Practice trauma-informed sociodrama action methods to explore and concretize leadership roles, and to integrate personal and collective strengths to develop authentic and unity-driven leadership practices.

9:00 AM - 1:00 PM

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

04 Giving Grief a Place to Go: Finding Connection and Meaning

Scottie Urmey, LCSW, TEP
Patricia Hannah, LCSW, SP

Grief is universal—it touches every one of us and calls upon the fullness of our humanity. While loss is inevitable, the

way we process grief is deeply personal. As the saying goes, “Grief is just love with no place to go.” Psychodrama is uniquely positioned to give grief, and love, a place to go. In this experiential workshop, we will explore how psychodrama and sociometry offer grieving clients a safe and transformative space to express emotion, reimagine connection, and reconstruct meaning through action. Participants will engage in sociometric exploration, enactments, and creative interventions that integrate postmodern grief theories with the embodied, relational power of psychodrama.

Learning Objectives

- Describe how three postmodern grief theories—Continuing Bonds, the Dual Process Model, and the Meaning-Making Model—can be integrated and actualized through a psychodramatic framework.
- Demonstrate how the psychodramatic concept of surplus reality can be applied to at least two different types of grief to support healing and integration.

05 Psychodrama & Creative Arts Therapy: A Collaboration for Healing Trauma

Louise Lipman, LCSW-R, CGP, TEP

Working with Trauma Survivors is challenging. This half-day workshop will introduce how to approach this challenge using psychodrama and other creative arts therapies to help the clinician find the Therapeutic Window where safe, meaningful work can be accomplished. It is here that healing can flow, and trauma survivors can learn creative coping skills to self-regulate. Developing skills before affect, and building a container while utilizing

sociometry, we will create a safe space in the group minimizing the risk for re-traumatization. Various creative arts therapy tools and techniques will help to deepen the psychodramatic experience and identify areas of personal resilience for the traumatized person.

Learning Objectives

- Identify the therapeutic window and how to get your client there while dealing with traumatic material.
- Apply creative arts therapy tools and techniques to self-regulate while working on traumatic issues.

06 To Everything There is a Season: Psychodrama / Celebration of Life

Rob Pramann, LCSW, TEP

Nolte writes, “Psychodrama can be used as a method of exploring the meaningfulness of a personal experience” “Building on JL Moreno’s notion that every meaningful experience should be experienced twice, the second time in psychodrama,” Preceding the adoption of the method as a form of psychotherapy Moreno’s goal for The Theater Spontaneity was a nonviolent social revolution, the establishment of a spontaneous – creative social order. This session will pursue Moreno’s original dream. Psychodrama can be the “science which explores the truth by dramatic methods . . . making sense out of the nonsense which happens to all of us, a way to assess the meaning of our life experience.”

Learning Objectives

- Demonstrate the creation of a venue/warm-up for group where it would be inappropriate to conduct a classical therapeutic psychodrama such as with non-mental health professionals, members of a mental health association (NAMI, AA), or in graduate or undergraduate courses.

- Identify three reasons from the APA code of ethics for why conducting a classical therapeutic psychodrama may be inappropriate for a particular group.

2:00 PM - 6:00 PM

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

07 The Scene That Heals: Exploring Surplus Reality Repair in Psychodrama

Catherine D Nugent, LCPC, TEP
Laura Greer, LCSW-C, CP/PAT

Some endings are clear and mutual. But many are not. Some are sudden, ambiguous, chosen but conflicted, disrupted by trauma, or marked by estrangement or ghosting. These incomplete or unresolved endings often leave behind emotional residue — a sense of incompleteness, grief without expression, or longing for something that could not happen. Psychodrama offers a powerful means of healing through surplus reality—a creative, space where protagonists can revisit moments of rupture and enact the scene that heals. Drawing on Moreno’s role theory and Kohut’s framework of attunement, rupture, and repair, this experiential workshop will explore how psychodramatic methods can be used to repair the wounds of unfinished endings.

Learning Objectives

- Define surplus reality and explain its application in healing incomplete or unresolved experiences.
- Identify how surplus reality repair aligns with Kohut’s model of attunement, rupture, and repair.

08 TuneUP!™: Values-based Embodiment for Finding Balance!

Anna Schaum, LPC, TEP

TuneUP!™ introduces foundational psychodrama skills (doubling, role reversal, soliloquy) in a clear, contained, fun, deliberate practice that both novice and experienced action-methods practitioners will want in their intervention toolkits for individual and group work. Created by the presenter, a professional violist and psychodramatist, TuneUP!™ invites exploration into our core human needs and values through the instrument of the body. By “tuning” into these core needs and values as embodied complementary opposites, clients learn a new form of “parts work” that includes somatic experience, gesture, and cognitive inquiry. Results include improved emotional balance, reduced stress and impulse to project, and clarity towards desired outcomes.

- Identify the psychodramatic doubling, role reversal, and soliloquy techniques.
- Describe how core human needs and values can be embodied through gesture.

09 Using Your Body as a Guide

Anath Garber, MA, TEP, PDD

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, experience, and define Felt Sense.
- Explain why it is important to use the body as a quiet guide.

6:15 PM - 8:15 PM



WELCOME RECEPTION

Welcome one and all!

You are invited to attend the opening reception. Join us for a casual gathering designed to foster connection and community and kick-off the annual conference.

This is a wonderful opportunity to meet fellow attendees, reconnect with colleagues, and get to know the ASGPP President and Conference Team.

Light refreshments will be served.

8:15 PM - 9:00 PM



SING A LONG

Come join in music that unites.

Flow and create with song leaders from our midst to learn new songs of unity, happiness, resistance and peace. Simple songs will be taught orally.

No experience necessary. Come to sing or to listen. We will share in sacred harmony and connection through music.

THURSDAY, May 7, 2026



8:30 AM - 9:30 AM | Opening Sociometry and Welcome

9:45 AM - 12:15 PM | 2.5 Hours Workshops

12:30 PM - 1:30 PM | New Members &
First Time Conference Attendees Lunch

1:45 PM - 3:15 PM | Affinity Groups

3:30 PM - 6:00 PM | 2.5 Hours Workshops

7:30 PM - 9:00 PM | 90 Minutes Workshops

8:30 AM - 9:30 AM

Opening Sociometry and Welcome

We warmly invite you to a sociometric experience designed to confirm and build the connections among us in order to flow into the conference with knowing and grace.

We will be expertly led by our neighbors across the border in Ontario, Canada - Miriam Zachariah and The Centre for Psychodrama and Sociometry of Ontario training team.

9:45 AM - 12:15 PM

2.5 Hours Workshop

10 Charting New Waters: Exploring Future Projections in Psychodrama

Brittany Lakin-Starr, PhD, TEP
Kate Merkle, LCSW, RDN, PAT
Mallory Primm, PsyD, PAT

We all carry messages from the past — messages that no longer serve us and may even weigh us down, keeping us from flowing forward. In this experiential workshop, we will demonstrate how the psychodramatic technique of future projection, along with sociometric and psychodramatic tools (e.g., spectrogram and empty chair) can help individuals cast off limiting scripts, reclaim the helm, and sail toward a more aligned future. Participants will have the opportunity to step into their creativity and engage in a range of roles including

and engage in a range of roles including protagonist, auxiliary, and group member. Participants will leave with practical tools for facilitating future-focused growth in their personal and professional work.

Learning Objectives

- Identify one function of the future projection technique.
- Describe how the future projection technique may be useful in your work.

11 Exploring the Self - Integrating Art Therapy into Psychodrama

Ning-Shing Kung, ATR-BC, TEP

A self-portrait is a method of art therapy that helps identify one's healthy or unhealthy self-images. In psychodrama, you can explore many layers when each line of the self-profile is acted out on stage. This experiential session guides you to do blind contour and nine-grid drawings to concretize your self-image on paper. Switching these self-images from paper to the psychodrama stage opens up exploration from the past to the present or future, activating the self-healing center.

Learning Objectives

- Demonstrate how to transfer profile drawings to self-directed psychodrama, and redo drawings after the psychodrama.
- Define the meaning of an auto-healing center in psychodrama.

12 Finding Your Flow: Using Psychodrama to Explore Your Leadership Style

Aimee Johnson, LMHC, PAT

Kerry Conca, LMHC, PAT

Step into your role as a leader in this workshop designed to help you explore and embody your unique leadership style. Participants will engage in psychodramatic techniques that bring leadership qualities, roles, and strengths to life. This workshop aims to help you create a clear picture of the leadership qualities that align with your values and vision. Whether you're navigating team dynamics, stepping into new roles, or seeking more authentic self-expression, this workshop offers an opportunity to identify blocks, build insight, and find your flow as a leader. This workshop demonstrates how psychodrama may be used in other fields such as corporations, law, community programs, and more.

Learning Objectives

- Using the principals from Kouzes and Posner's Leadership Challenge, develop leadership style by exploring qualities that make up the role.
- Apply psychodramatic interventions so that attendees can build on their strengths and feel confident in leadership roles.

13 Flowing Forward: Cultivating Vitality and Purpose in the Aging Journey

Deborah Shaddy, MS, LCPC, TEP

As we move through life's stages, time increases exponentially. There is no turning back, and we are carried along by forces increasingly beyond our control. Bodies change, roles shift and contract. When embraced, age also provides space to harness powerful new energies and

tune into new archetypes of compassion, outrage, and power, with increasing layers of wisdom. The gift that years and experience offer is the potential for improved clarity and confidence in one's voice. Moreno's methodologies offer avenues to expand existing roles and discover new ones. This workshop will provide tools to help clients identify archetypes that will help them step fully into the fullness of their authentic selves. .

Learning Objectives

- Identify archetypes helpful in finding meaning and purpose in midlife and beyond.
- Describe two psychodramatic techniques that assist clients in claiming the vitality of this life stage.

14 Men Nurturing Men / The Power of Male Intimacy in Group In Action

Rick Tivers, LCSW, CGP

Men Nurturing Men is a 2.5 hour workshop that demonstrates action methods used to help men reduce shame, deepen intimate connections with other men, and confront fears such as losing self in a relationship or internalized homophobia. Father, brother, and friendship and other male wounds will be processed.

Learning Objectives ●

- Demonstrate action methods used based on group dynamics and individual personalities.
- Recognize defenses used by men to avoid closeness and how to WORK THROUGH those defenses.

15 Unblocking the Flow: Moving Rescuers Off the Drama Triangle

Linda Condon, LMHC, TEP

Rescuers tend to be very creative problem solvers having been role trained to believe they are responsible for fixing others' problems and needs. However, eventually rescuers tend to become overwhelmed and even resentful of others' expectations and end up feeling like a martyr or victim. This workshop will explore strategies and utilize psychodramatic interventions that can shift rescuers to healthier behaviors of boundary setting, as well as, recognizing their worth and value lies in who they are rather than what they do. Participants will have the opportunity to learn the Circle of Restoration as a model to step off the toxic Karpman Drama Triangle.

Learning Objectives

- Identify the roles of the Karpman Drama Triangle and Circle of Restoration.
- Apply strategies to shift rescuers away from toxic role behaviors.

12:30 PM - 1:30 PM

New Members & First Time Conference Attendees Lunch (Invitation Only)

You always remember your first...

New members (those who joined since the last conference) and first-time conference attendees are invited to a special lunch with the ASGPP President and Leadership Team.

This gathering offers an opportunity to connect with fellow new members, engage with representatives from the ASGPP Leadership Team and local chapters, and learn more about our organization.

Join us to build relationships and become better acquainted with the ASGPP community and society.

1:45 PM - 3:15 PM



Affinity Groups

Affinity Groups offer welcoming spaces for participants who share aspects of identity to connect, reflect, and build community.

These groups are designed to support meaningful engagement throughout the conference by strengthening relationships and sociometric connections.

Additional details about the available affinity groups will be shared, allowing participants to choose the group that feels right for them.

3:30 PM - 6:00 PM

2.5 Hours Workshops

16 "Coming out Stars" Exploring the Trans Experience

Gregory Reid, LMHC, PAT
Vic Steinbiss, LMHC

People often don't recognize the impact of their support on trans people and trans youth. Using sociodrama, participants will expand empathy and understanding of trans-folks experiences in their journey of coming out and being authentic in a society that does not accept them.

Learning Objectives

- Examine how the coming out process can impact a Trans person in our current society.
- Identify inclusive language and apply skills to better support trans people.

17 Focusing on Embodiment

Mariann Shapiro, LMHC, TEP

We will explore the Psychosomatic roles needed in healing developmental wounds. For wholeness a body needs to feel that they have a felt sense of Place, Nurture, Support, Protection and Limits. We will explore ways of attending to each of these basic needs through mirroring, doubling, and embodied ideal roles. If time permits a full psychodrama will evolve.

Learning Objectives

- Identify the Five Developmental Needs of Place, Nurture, Support, Protection and Limits.
- Apply embodied roles in new ways.

18 Listen to Your Muse

Isabella Christodoulou, LCSW

Anath Garber, MA, TEP, PDD

This experiential workshop is designed to focus on creativity. The idea evolved from work tailored specifically for musicians, writers and actors, addressing not only their identities as artists but also challenges within particular works of art in progress. We begin with a brief didactic piece, exploring the classical Greek concept of the “muses” and from there consider sources of inspiration found in other cultures. Moreno’s philosophy centers on the importance of spontaneity and to this end we will explore the canon of creativity. Participants will have the opportunity to seek, find, reunite, negotiate and yes... listen to their Muse.

Learning Objectives

- Describe the Canon of Creativity.
- Apply spontaneity in their creative life; assist protagonist to do the same.

19 Role Development, Role Relief, Role Expansion and Expressive Arts

Margaret Rebecca Lillywhite, LCSW, REAT, TEP

Embark on a dynamic journey of growth, healing, and leadership through psychodramatic and Sociometric methods. Engage in role diagrams and role development, including role loss in addiction, renegotiate and retire roles that no longer serve you. Transform limiting patterns, strengthen recovery, awaken creativity, clarity and courage as you expand your role repertoire. Develop roles through role playing, improvisational enactment, expressive arts and spontaneous play. Access inner wisdom through guided imagery, find your creative spark, embody your inner warrior and reinvent yourself. Embody your flow moving forward with clarity, compassion and renewed purpose to live your dreams. *No psychodrama experience needed - just bring curiosity to explore.

Learning Objectives

- Identify and apply three stages of role development within Moreno’s Role Theory to promote self emerging through the roles we play, enhancing self-awareness, aligning core values, and strengthening recovery and leadership capacity.
- Recognize how Psychodramatic and Sociometric methods shape group dynamics to enhance resilience, spontaneity, creativity and a deeper sense of connection, belonging, identity and purpose.

20 The Illusion of Consensus: A Sociometric Disruption of Agreement

Haydn Briggs, LCSW, CGP, CP/PAT

In groups that share values, the desire for safety and belonging can quietly undermine truth. When consensus is driven by fear or the need to belong, tension goes underground. The group loses its healing power. This workshop explores how unspoken conflict, collective ambivalence, and the pressure to maintain harmony can collapse the analytical space of a group. Through action sociometry, psychodramatic methods, and live group process, participants will experience and examine the unacknowledged forces that maintain false consensus. You'll leave with tools to help groups surface difference, invite real conflict, and take relational risks in service of deeper healing and more honest connection.

Learning Objectives

- Identify how fear, belonging needs, and unspoken ambivalence can contribute to false consensus in group settings.
- Apply action sociometry and psychodramatic techniques to surface hidden group tension and promote authentic dialogue.

21 The Willingness Exercise (Bill Coleman's Psychodramatic Structure)

Sarah B Davila, LCSW, CP/PAT

Mario Battista, MS, LSW, CP/PAT

The Willingness Exercise was created by Bill Coleman who had a long history of work with addiction and recovery. Bill's use of sociometry accentuated the challenges in those struggling with addiction and normalized the grandiosity, insecurity and vacillating willingness in new sobriety. We will utilize some of his strategic warm-ups, have fun, build cohesion and identify a protagonist to

move through The Willingness Exercise. Bill termed this a psychodramatic structure (not a full psychodrama) to offer containment for an early recovery group; a simple and powerful tool designed to enhance awareness of willingness to change an attitude or behavior and identify a circle of support.

Learning Objectives

- Identify warm ups to engage and be used effectively with newly recovering clients.
- Describe the psychodramatic structure of The Willingness Exercise with a protagonist, auxiliaries and group participation.

7:30 PM - 9:00 PM

90 Minutes Workshops

22 Integrating Yoga and Trauma-Informed Psychodrama for Dual-Diagnosis Treatment

Bryn Ruggiero, CADC, CES

Samantha Miller, BS, RYT

In this workshop co-facilitators will outline the methods of integrating yoga, mindfulness practice, and psychodrama to treat individuals engaged in dual-diagnosis group therapy. Highlighted topics include effectively utilizing mindful movement for warm-up & integration, the importance of somatic-focused approaches to treating clients with complicated diagnostic profiles, and the role of mindfulness in providing agency for clients in their therapy experience. Participants will be provided the opportunity to experience the integration of these modalities in an experiential group demonstration, as well as receive information on the research driving the approach.

Learning Objectives

- Identify the role of agency in a corrective mind-body experience using yoga and psychodrama in practice.
- Identify how a somatic-focused experiential approach is beneficial for dual-diagnosis clients.

23 Leading Change in the Family Architecture

Paula Catalan Bayon, LCPC, TEP

This workshop aims to present, in an experiential way, an orientation to the Attachment-Based Family Therapy model by Guy Diamond, Gary Diamond, and Suzanne Levy, and the five fundamental tasks that the therapist must conduct to facilitate changes in family dynamics when adolescents present depression. Through a psychodramatic methodology and using play as a vehicle for communication, we will explore these five tasks, offering a lived experience that allows participants to become familiar with their application and be exposed to each of the tasks.

Learning Objectives

- Name the 5 tasks of the attachment based family therapy model.
- Recognize the significance of the relational framework in family therapy.

24 Radical Receiving from Your Dream Caretaker

Kk Lightsmith, LMFT, M.Ed, WOC Trained
Sara Ramos-Amador, LMHC, EMDR

Drawing on extensive experience in caring for diverse populations, the facilitators will guide participants through experiential opportunities to discover—and embody—their “dream caregiver.” Through action methods and

surplus reality, participants will move from role-fatigue to role-expansion to practice both giving and receiving care in ways that may have been absent or unmet in our past. This embodied practice creates a powerful space to experiment with caregiving forms we’ve yearned for but may not yet know how to create for ourselves. We will step beyond the cultural conserve of the abusive or perfect caregiver, exploring instead the role of care receiver.

Learning Objectives

- Apply practices that grow their capacity to give and receive care.
- Describe examples of care that they want to give and receive.

25 Sociodramatic Case Studies: Exploring Workplace Dynamics through Action

Kevin Thomas, MA, SHRMCP/PAT

This experiential workshop introduces a method for using sociodrama to explore organizational challenges. Participants will create a brief case study to reflect real workplace dynamics. We will explore hidden dynamics in organizations.

Learning Objectives

- Apply sociodramatic techniques to illuminate complex organizational challenges.
- Differentiate between sharing after Psychodrama vs Sociodrama.

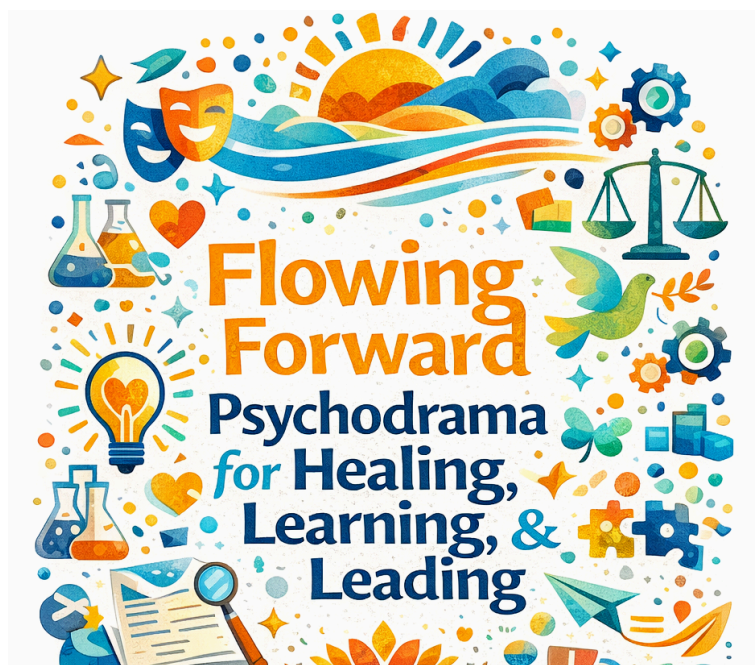
26 The Masks We Wear in Relationships: Exploring Relationships through Psychodrama

German Sanchez, LCSW

Relationships are the core of human experience. We put on a “mask” in romantic, family, or friend relationships, and these masks can serve different purposes, like protecting us from feeling vulnerable or helping us avoid conflict. Psychodramatist frequently encounter clients grappling with these issues. This workshop will help therapists learn how to use mask as a projective technique to allow individuals to externalize parts of themselves and communicate aspects of their identity, fears, desires, and perceptions of self and others in a relationship.

Learning Objectives ●

- Explain how mask can be used to explore with clients the topics of identity, fears, desires, and perceptions of self and others in a relationship. Facilitate deeper self-awareness and understanding of authentic connection in relationships.
- Demonstrate how participants explore the different personas, or “masks,” they wear in intimate relationships.



CONFERENCE SCHEDULE AT A GLANCE

WEDNESDAY, MAY 6

9:00 AM - 5:00 PM	Full Day Special Institutes
9:00 AM - 1:00 PM	Morning Half-Day Special Institutes
2:00 PM - 6:00 PM	Afternoon Half-Day Special Institutes
6:15 PM - 8:15 PM	Welcome Reception
8:15 PM - 9:00 PM	Sing A Long

THURSDAY, MAY 7

8:30 AM - 9:30 PM	Opening Sociometry and Welcome
9:45 AM - 12:15 PM	2.5 Hours Workshops
12:30 PM - 1:30 PM	New Members / First Time Conference Attendees Lunch
1:45 PM - 3:15 PM	Affinity Groups
3:30 PM - 6:00 PM	2.5 Hours Workshops
7:30 PM - 9:00 PM	90 Minute Workshops

FRIDAY, MAY 8

8:30 AM - 9:30 PM	Keynote - Dr. Richard Ryan
9:45 AM - 12:15 PM	2.5 Hours Workshops
12:30 PM - 2:00 PM	AWARDS LUNCHEON
2:15 PM - 3:15 PM	ABE Hour, Networking & Research Hour, Poster Session
3:30 PM - 6:00 PM	2.5 Hours Workshops
7:30 PM - 9:30 PM	Sociatry and Social Justice Forum

SATURDAY, MAY 9

8:30 AM - 9:30 PM	Plenary - Dr. Amy Reynolds
9:45 AM - 12:15 PM	2.5 Hours Workshops
1:45 PM - 3:15 PM	90 Minute Workshops
3:30 PM - 6:00 PM	2.5 Hours Workshops
7:30 PM - 10:00 PM	PARTY

SUNDAY, MAY 10

9:00 AM - 11:30 PM	Selection and Workshop
11:45 PM - 12:30 PM	Bonus Closure Activity

FRIDAY, May 8, 2026



8:30 AM - 9:30 AM	Keynote - Dr. Richard Ryan
9:45 AM - 12:15 PM	2.5 Hours Workshops
12:30 PM - 2:00 PM	AWARDS LUNCHEON
2:15 PM - 3:15 PM	American Board of Examiners Hour, Networking & Research Hour, Research Poster Session
3:30 PM - 6:00 PM	2.5 Hours Workshops
7:30 PM - 9:30 PM	Sociatry and Social Justice Forum

8:30 AM - 9:30 AM

Keynote
Dr. Richard Ryan



Richard M. Ryan, PhD, is a Professor at the Institute for Positive Psychology and Education at Australian Catholic University in North Sydney and a Visiting Professor at Imperial College London. A clinical psychologist and co-developer of **Self-Determination Theory (SDT)**, Dr. Ryan is a leading scholar on human motivation, vitality, and well-being. He has authored over 450 papers and books and is among the most cited psychological scientists worldwide. Recognized as one of the world's top researchers across disciplines, he has received multiple lifetime achievement awards and holds honorary doctorates and professorships internationally.

Human Motivation and Flourishing: A Self-Determination Theory Perspective

How do people move toward genuine vitality, integration, and flourishing?

In this keynote, Dr. Richard M. Ryan draws on decades of research as a co-founder of Self-Determination Theory (SDT), along with his background in clinical psychology, to explore the motivational foundations of healthy development and full psychological functioning. SDT offers a broad framework for understanding how social contexts shape motivation, self-regulation, and well-being across the lifespan.

Central to this perspective is the idea that human flourishing is supported when three basic psychological needs—autonomy, competence, and relatedness—are actively nurtured. Research shows how the satisfaction or frustration of these needs shapes individuals' engagement, behavioral persistence, vitality, psychological integration, and openness to growth across life domains.

Drawing on research across clinical, health, educational, and organizational contexts, Dr. Ryan will examine how interpersonal practices and broader social environments can either support or disrupt these basic needs—and why approaches grounded in pressure, control, or external regulation often fall short. He will also highlight the role of awareness/mindfulness and reflective functioning in supporting more autonomous forms of motivation and self-regulation. The talk emphasizes cultivating conditions that allow people not merely to function, but to truly thrive.

9:45 AM - 12:15 PM

2.5 Hours Workshop

27 The Garden Within: Where Resilience Blooms

Mihaela Marin, P, CTP-2, S

Daniela Damian, P, FT, TA

Inspired by Moreno's view that "spontaneity is the engine of resilience," this psychodrama workshop explores resilience as the creative power to regenerate and respond to life's challenges. Using the metaphor of the "Inner Garden," participants will explore their inner world—its burdens, neglected parts, and hidden potential. Through warm-up, role reversal, improvisation, and symbolic scenes, each person will enact and cultivate their garden. The group becomes a supportive community of "gardeners," nurturing spontaneity, creativity, and emotional truth. By the end, participants will reconnect with their inner resources and experience resilience in action.

Learning Objectives ●

- Apply the metaphor of the "Inner Garden" to explore and examine the inner landscape of strengths, blockages and emerging resources.
- Examine spontaneity, creativity and experience co-creation through psychodramatic techniques such as surplus reality, role reversal, double and mirror.

28 Military and First Responders: Trauma Responsive Psychodrama for Aid in Healing

Adena Hope Bank, LCSW, LIAC, CP

This workshop equips participants with trauma-informed approaches to working

with military veterans and first responders. Through experiential learning, participants will explore role theory, containment techniques, and adaptations of classical psychodrama to address PTSD, moral injury, and cumulative stress. Emphasis is placed on safety, cultural competence, and the therapeutic use of action to foster resilience and healing in high-risk populations.

Learning Objectives ●

- Examine and apply psychodrama strategies to create a safe, supportive environment for participants while managing intense emotions and trauma triggers.
- Demonstrate the unique challenges faced by veterans and first responders and how to engage them effectively in therapeutic settings.

29 Reimagining Inclusivity Using Sociometry and the Johari Window

Linda Iannacone, MA, ATR-BC, SP

Scottie Urmey, TEP, LCSW

Holly Bittner, LPC

In a world urgently calling for a new paradigm of inclusivity, sociometry offers essential tools for group leaders to promote group equality and cohesion. This experiential workshop invites participants to explore how sociometric interventions understood through the lens of the Johari Window can help counter the sociodynamic effect. The Johari structure helps a group to explore the blind/hidden in order to increase visibility and connection. We will examine how sociometric choices can either reinforce or challenge social inequality, and discover how bringing forward the voices of the overlooked can transform group dynamics and deepen collective wisdom. Warm ups and a unique application of sociometric choosing will develop into group action.

Learning Objectives

- Describe how sociometric interventions can be viewed through the framework of the Johari Window.
- Demonstrate how pairing the sociometric positions of isolate and star can be a benefit to healthy group functioning.

30 Returning to the Here and Now with Hope and Joy

Nina Garcia, EdD, TEP, RDT/BCT

Our days are often so crammed with things to do, places to go and regrets about the past that it's easy to be dragged back to the there and then or kicked anxiety-ridden into our unknown future. This workshop will focus on how psychodrama can help us to return to the here and now with hope and joy.

Learning Objectives

- Identify the difference between the here and now and there and then.
- Describe what mindfulness is and how it can be combined with psychodrama to help us choose the here and now.

31 Tapping into the Psychodramatic Autonomous Healing Center with Self-Determination Theory

Ozge Kantas, PhD, CP, PAT

This interactive workshop invites participants to step inside Moreno's "autonomous healing center" in psychodrama through the lens of the Self-Determination Theory of Ryan & Deci. Blending motivation science with action methods, we'll explore how spontaneity and creativity meet universal basic psychological needs for autonomy, competence, and relatedness to fuel genuine healing, teaching, changing, and leading from within. Through brief psychodramatic exercises—role reversal,

doubling, mirroring, and surplus reality — attendees will experience how groups can cultivate psychological safety, cohesion, and need satisfaction even under stress. We'll also play out those universal needs, discovering diversity as a resource for resilience, innovation, and joyful leadership in professional, educational, and clinical settings.

Learning Objectives

- Define the basic psychological needs universal to human experience for effective functioning meanwhile identifying and analyzing person- or group-specific ways of satisfying those needs in a diverse and inclusive approach.
- Applying human-centered intervention design and supportive settings with sociometry and playfulness to match therapy, consulting, and business goals.

32 The Anatomy of Addiction Treatment

Shelley Firestone, MD, FAGPA, PAT

Borrowing from developmental, attachment, IFS, trauma, and twelve step theory to better understand addictions, this largely experiential workshop examines addictive processes and addiction treatment. We will work with the roles operative in our addictive (including eating disorders), compulsive and dysfunctional behaviors, and reveal the secret of the addict within. Using the empty chair and a modified sociodrama, we will recognize "the flow forward!" and evolve a path of recovery.

Learning Objectives

- Identify five roles operative in addiction treatment and explain the role of the inner child.
- Apply the technology of the empty chair treating addictive processes.

12:30 PM - 2:00 PM

AWARDS LUNCHEON

*Complimentary Tickets are provided for **THREE-DAY FULL CONFERENCE** attendees. All other (single workshop, single day, two day, pre-conference only etc..) attendees who wish to attend the luncheon, please purchase a ticket on the registration or at the conference desk.

Join us for a special luncheon honoring the brilliant stars among us who have made outstanding contributions to our field and to society.

This celebratory gathering offers an opportunity to recognize excellence, leadership, and service within the **ASGPP** community.

Hosted by our spontaneous and creative Masters of Ceremonies,
_____ & _____

2:15 PM - 3:15 PM

**American Board of Examiners in
Psychodrama, Sociometry, and Group
Psychotherapy Hour**

Join the American Board of Examiners (ABE) special meeting to learn more about the certification process and to celebrate 50 years of ABE.

Attendees will have the opportunity to meet current and former board members, including past presidents, and to ask questions about certification and ABE's role in the field.

2:15 PM - 3:15 PM

Networking and Research Hour

Join the Journal and Research Committee for a special session featuring opportunities to warm-up to writing and connect with journal editors, authors, researchers, and poster presentations.

This hour-long gathering invites participants to engage with current scholarship, exchange ideas, and spark enthusiasm for the research and writing process.

2:15 PM - 3:15 PM

Research Poster Session

33 Counselors Pursuing Psychodrama Training: An Exploration of Research and Beyond

Sarah Springer, PhD, LPC, ACT
Shelby Tortorello, LPC
Michelle Reno, LPC

34 Effects of Psychodrama on Psychological Well-Being in Individuals with Personality Disorder Characteristics

Amber Bartlett, MA

3:30 PM - 6:00 PM

2.5 Hours Workshop

35 Are We Buffaloes or Geese?

Norma Kay Lord, LCSW-S, LMFT, TEP

Rashmi Sundaram, MA

Suparna Majumdar, PsyD, TISS, ICTA

The Morenian concept of a group was that no one person is more important than the other or even the leader. Then how does that work in modern day organizations including training institutes where when the leader falters the whole group is in crisis? We propose looking at the Model of geese rather than buffaloes.

Learning Objectives

- Explore the difference between group centered leadership and leader centered.
- Examine how being invested in an organization promotes community and individual responsibility.

36 From Hanging to Handing: Flowing Forward to Hand-in-Hand Encounter

Céline Périer, MPs, PhD, PEF

Desislava Bozhkova, MPs, PEF

Olivier Lacroix, MPs, PEF

Chaos is a disease, learning and structuring is healing. But who/what leads us on this path? Following Moreno's footsteps, this workshop is an "Invitation to an Encounter," hand-in-hand beyond the differences and barriers we face today, for which we all share responsibility. We invite you to truly meet yourselves and others, exploring uncomfortable roles like cultural divides, linguistic challenges, immigrants' issues, disabilities, and discrimination of all kinds. How do we experience ignorance? Who creates these differences? When do we become creators? Hang(d)ing hand-in-hand - after asking ourselves questions and experiencing "The Encounter": "Who shall survive"? Sharing about the action will let participants reflect on their experience, containing the chaos safely.

Learning Objectives ●

- Explore and identify unknown, denied, or uncomfortable aspects of differences through "The Encounter".
- Distinguish and try out new resources of creativity to flow forward with internal barriers.

37 Igniting Hope: Helping Clients Imagine Better Possibilities

Regina Sewell, LMHC, PCC, TEP

Jennifer Salimbene, LCSW-R, TEP

Clients often come to counseling looking for hope. Their circumstances, experiences and internal dialogue can make it difficult to see that something better is possible. Our job is to help them challenge the narratives that keep them stuck and find the resources that can help them lean into hope. Hope is an act of imagination with real-world consequences. In this workshop, we will talk about the science of hope and show how to use psychodramatic techniques to spark clients' hope so that they can find the motivation needed to change.

Learning Objectives

- Explain how exploring and challenging internalized messages can help clients access hope.
- Describe one psychodrama technique to help clients experience hope in action.

38 Psychodrama as Ritual: Rites of Passage and the Healing Circle Model

Carolyn Skolnick, LMHC, MA, TEP

Sara Ramos-Amador, LMHC, EMDR

This workshop is an introduction to John Raven Mosher's healing circle model. Participants will learn about 4 rites of passage and ways to use psychodrama as ritual to help protagonists complete their particular passage. The Healing Circle Model can be used to help identify which ritual elements are needed for each particular journey and to discover new skills to create alternative choices and behaviors to complete a rite of passage.

Learning Objectives

- Identify four rites of passage developed in the Healing Circle Model.
- Identify healing resources and new skills needed to find ways of being more vital and spontaneous.

39 The Winding Road Back: Psychodramatic Tools for TBI Recovery and Role Reintegration

Colleen Baratka, MA, TEP, CTP-3

Deborah Karner, MSS, LCSW, TEP

Mild traumatic brain injury (mTBI) and psychological trauma often trigger a cascade of role disruptions that destabilize identity and create complex relational challenges across familial, occupational, medical, and legal systems. This workshop will provide clinicians with an integrated framework using Moreno's role theory to understand post-injury identity fragmentation and systems-level dysfunction. Participants will learn to apply the AAA model of recovery—Aware (insight), Accept (catharsis), and Adapt (role training)—to guide treatment goals in psychodramatic and experiential interventions. Neuropsychological insights into the traumatized and injured brain will be interwoven throughout to support trauma-informed, action-based recovery planning.

Learning Objectives

- Identify at least one way how brain injury affect a person's roles and identity.
- Practice at least one psychodramatic technique to support healing in clients with mTBI.

40 We Are All Gods: The Spirituality of Psychodrama

Lori Budman, MSS, LCSW, CP/PAT

Joel Thayer, LMHC, MFA, CP/PAT

Moreno's philosophy argues that humans are not only biological, psychological, and social creatures, but also cosmic creatures. He was deeply influenced by various world religions and treated everyone as if they were equal Gods themselves, with each person possessing the same divinity and capacity for creativity as the other. His conceptualization of all people as Gods supported his belief that we are all co-responsible and capable of contributing to the enhancement of the world. In this workshop we will explore some of Moreno's spiritual concepts and together co-create a fun pageant of creativity, spontaneity and healing.

Learning Objectives

- Learn in action two (2) of Moreno's core concepts of spirituality.
- Through co-creation, experience the power of the God within.

7:30 PM - 9:30 PM

Sociatry and Social Justice Forum



Join our Sociatry & Social Justice Forum at the Annual Conference as we flow forward together—bridging psychodrama practice with collective healing.

Through experiential dialogue and action methods, we'll explore how sociatrical awareness helps us meet today's injustices with creativity, courage, and connection.

This forum invites participants to co-create pathways toward equity, resilience, and meaningful change—within our communities and ourselves.

SATURDAY, May 9, 2026



8:30 AM - 9:30 AM | Plenary - Dr. Amy Reynolds

9:45 AM - 12:15 PM | 2.5 Hours Workshops

1:45 PM - 3:15 PM | 90 Minutes Workshops

3:30 PM - 6:00 PM | 2.5 Hours Workshops

7:30 PM - 10:00 PM | PARTY

8:30 AM - 9:30 AM

Plenary
Dr. Amy Reynolds



Amy L. Reynolds, PhD, is Department Chair and Professor in the Department of Counseling, School, and Educational Psychology at the University at Buffalo. She earned her doctorate in counseling psychology from The Ohio State University. Dr. Reynolds's scholarship, teaching, and consultation focus on cultural and structural competence, multicultural organizational development, and liberatory frameworks for institutional change. She has published over 50 journal articles, 20 book chapters, and delivered more than 120 presentations. A past President of the Society of Counseling Psychology (Division 17), she currently serves as APA Council Representative and is a Fellow of SCP.

“Wake up everybody:” Finding our way towards liberation and transformation

“Wake up everybody” is a call to critical consciousness in a moment of profound sociopolitical rupture. Escalating racialized violence, attacks on bodily autonomy, widening economic inequities, climate crisis, and ongoing collective trauma are not peripheral to mental health—they are central to it. In this talk, we will examine how these realities create harm and shape disconnection and despair. I further argue that these conditions demand not only new approaches and interventions, but a transformation of our disciplines.

Drawing on liberatory and critical frameworks, we will explore how oppression lives in roles, relationships, and group dynamics, and how it is often reproduced—unintentionally—within clinical and training spaces. This talk will invite practitioners to engage power, context, and positionality as ethical imperatives rather than political distractions. Psychodrama, sociometry, and group process are tools that can make invisible visible, transforming internalized oppression, and restoring collective agency.

Rather than focusing primarily on individuals and even groups, this speech reframes our task to address the structural barriers and systems within our work. We must “wake up” to our responsibility to foster collective care, solidarity, and transformative possibility in the face of ongoing sociopolitical harm.

9:45 AM - 12:15 PM

2.5 Hours Workshop

41 Beyond the Surface - Sociometry: the Foundation for Deep Psychodramatic Healing

Louise Lipman, LCSW-R, CGP, TEP

Sociometry is the umbrella and container for Psychodrama and Group Psychotherapy. It helps to create safety, identify connections in groups, reveal our choices and lay the foundation for deep emotional and spiritual work. Sociometry is much more than just a set of warm-up exercises. It is the philosophy and methodology that guides psychodramatic group work to touch the depths of one's soul. In this workshop we will explore the ways in which sociometry is the guiding light for safe, deep psychodramatic healing. As Jonathan Moreno says, "Sociometry without Psychodrama is sterile, and Psychodrama without Sociometry is blind."

Learning Objectives

- Identify the ways in which Sociometry deepens the Psychodramatic experience.
- Describe the ways in which Sociometry helps to clarify group dynamics.

42 From Freeze to Flow: Warm-ups for Connection and Action

Rhona Case, MEd, TEP

Warm-ups are the essential first step in any psychodrama session. They include sociometric exercises designed to build connections among group members and

establish a foundation of safety and spontaneity. These activities set the stage for deeper, more meaningful work by opening up multiple pathways for action. Join me in discovering the part of psychodrama I love most—creative, projective, and playful warm-ups. Together, we'll explore a variety of techniques and even co-create a warm-up that we'll put into practice!

Learning Objectives

- Describe many types of warm-up exercises that prepare your group for action.
- Identify possible courses for enactment.

43 From Step Parent to Bonus Parent. Transforming Transgenerational Role Influence

Cristina Schmidt, LP-S, AP

The rising number of blended families worldwide brings into focus the complex role of step-parents, historically burdened with negative expectations and transgenerational scripts of rejection and rivalry. This workshop explores how the presence of step-parents in family histories can unconsciously influence how individuals inhabit this role today. Using psychodramatic techniques, participants will uncover inherited patterns, reframe limiting narratives, and practice more compassionate and intentional ways of relating — transforming the "step-parent" into a true "bonus parent," fostering connection and healing within blended families.

Learning Objectives

- Identify transgenerational role scripts.
- Redefine Bonus Parent Role.

44 Slowly I Learned, Step by Step: Psychodrama Deliberate Practice Session

Marlo Archer, PhD, CGP, TEP

NIAGARA FALLS will be the site of the next offering of Deliberate Practice by Arizona Psychodrama Institute (API). Deliberate Practice is a method Trainers can use to improve their Student Director's skills and confidence. This session offers an overview of the Deliberate Practice process, one live demonstration, then a majority of the time for you to try it, repeatedly, with a partner; while API assistants circulate to provide guidance. Discover how Athletic Coaches and Orchestra Conductors have been helping their charges build muscle memory for centuries. Mild to Moderate Confusion / Frustration included for no extra fee.

Learning Objectives

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

45 The "Self-Care Chair" in Action

Linda Ciotola, TSM, CST, TEP

The Self Care chair has 4 legs: nutrition, exercise, sleep, and stress management; the seat of the chair is spiritual practice; the back is support group. Essentials are put into action revealing how all these parts are required for well-being- and what action steps are needed to remove any impediments.

Learning Objectives

- Identify all elements of the self care chair.
- Identify obstacles and take action.

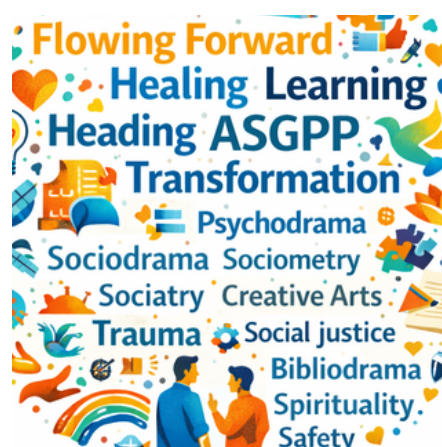
46 Trauma-Focused Psychodrama for CPTSD: Resourcing, Healing, and Integration

Scott Giacomucci, LCSW, CGP, TEP

This workshop presents psychodrama as a trauma-focused treatment for Complex Trauma and CPTSD. The importance of resourcing before trauma processing and integration after trauma processing will be emphasized. Multiple experiential sociometry processes will be demonstrated, followed by a psychodrama demonstration that underscores the importance of resourcing and integration. Risks of retraumatization in trauma-focused psychodrama will be addressed. New research will be briefly presented to update our conceptualization of the relationship between spontaneity and traumatic stress. This workshop will include reference to the presenter's forthcoming book on the topic, SAMHSA's trauma-informed principles, and APA's new guidelines for treating complex trauma.

Learning Objectives

- Describe the importance of resourcing and integration in psychodrama.
- Explain the relationship between spontaneity and traumatic stress.



1:45 PM - 3:15 PM

90 Minutes Workshops

47 Bringing Trauma Informed Stabilization Treatment (TIST) Alive with Psychodrama

Kimberly Matoka, MC, LPC, EMDR-CT
William Randle, LCSW, CSP

Janina Fisher developed TIST early this century to answer the cry for effective, humane care for those with severe trauma and fragmentation of the self. A century prior, J.L. Moreno developed psychodrama to meet a similar desperate need to help those with experiences of trauma and marginalization. This workshop integrates the innovative and powerful works of TIST and psychodrama to bring stabilization and healing to diverse clients with significant traumatic experiences. We will provide an overview of TIST, Structural Dissociation, and psychodramatic methods before demonstrating and practicing the interweave of these modalities to be able to bring them directly into your work with individuals or groups, online or in person.

Learning Objectives ●

- Identify 3 components of the TIST approach.
- Demonstrate 3 methods of integrating Psychodrama and TIST with survivors of significant trauma.

48 Dr. Suess joins Dr. & Zerka Moreno in Keeping Spontaneity and Creativity Flowing Forward

Darlene Vanchura, LCP-S
Betty Garrison, BFA, MA, CMHC

Come to participate in a bibliodrama based on a book by Dr. Seuss where he tells a whimsical tale of young Marco and his creativity and spontaneity as he walked home from school.

Learning Objectives ●

- Recognize the importance of promoting creativity and spontaneity.
- Describe your own experience in playing spontaneously!

49 Frozen, Flooded, Free: Healing through the Wisdom of Water

Mirjana Stankovic, CTP-3, PP, MA

This psychodrama workshop explores the hidden power of water within us: its fluidity, memory, and emotional morphic resonance. Participants will be able to embody water's many shapes: frozen, flowing, tidal, tranquil. Mythology, Jungian symbolism, Taoism, Emoto's vibrational insights and polyvagal theory will meet psychodrama, to explore how water reflects our emotional withdrawal, blockages, anxiety, resilience, and transformation. Water will be enacted as a metaphor for life transitions, unconscious depths, and healing. Participants will be able to find out whether, or how they resonate with various external vibrations and how their inner waters change their aggregate state in a symbolic dance between Eros and Thanatos, drought and flood, stillness and motion.

Learning Objectives ●

- Examine how external vibrations influence and shape our inner emotional flow, through psychodrama.
- Apply water metaphors for identifying the hidden power and healing potential of water within us.

50 Navigating the Improvised Warm-Up Toolbox for Psychodrama and Sociodrama

Jing Baer, LMFT, RDT, PhD

Rehearsals for Growth (RfG) uses improvisational theater games to enhance spontaneity, connection, and relational awareness. This experiential workshop introduces RfG as a dynamic toolbox for warm-up activities in psychodrama and sociodrama. Participants will learn how RfG exercises support group cohesion, reduce resistance, and prepare members for deeper action work. Through active participation, attendees will explore playful, low-risk interactions that foster trust and readiness. Practical guidance will be offered for selecting and adapting RfG warm-ups across diverse settings and populations.

Learning Objectives ●

- Describe the principles of Rehearsals for Growth (RfG) and their relevance to warm-up processes in psychodrama and sociodrama.
- Demonstrate at least three RfG exercises that promote spontaneity, connection, and readiness for action methods.

51 Savoring the Now: Spontaneity, Music, and the End of Time

Ashfique Rizwan, MPH

This workshop explores savoring—the intentional amplification of joy, meaning, and presence—as a path to healing and temporal integration. Through musical sociometry and embodied warm-up, we enter the subtle interplay of sound and silence, where memory, imagination, and awareness converge. Drawing from Eastern philosophy, positive psychology,

and Moreno's spontaneity theory, participants will engage in Role Reversal Future Projection, and the Musical and Dancing Double—to experience moments beyond time, where the observer is the observed. In this workshop, participants will be able to reflect on how Eastern non-duality, psychodramatic spontaneity, and temporal integration offer an experiential inquiry into the dissolution of linear time.

Learning Objectives ●

- Define savoring and explore its anticipatory and retrospective dimensions as experiential access points to timeless awareness.
- Apply Musical and Dancing Double, Role Reversal, Mirror, and Future Projection to embody presence and emotional depth.

52 We Have, Before All Else, a Body

Andy Nickolson, MA, CCFI

Crossing Moreno's notions of Somatic Roles and Tele; Augusto Boal's "Image Theatre", and Gendlin's "Felt Sense" the workshop aims at broadening understanding of "The Body" in Action. Employing some of Moreno's Psychodramatic techniques, "Image Theatre" and "Games" from Augusto Boal's arsenal, we invite a 'felt sense' of fresh offering to one's practice, expanding one's role repertoire.

Learning Objectives ●

- Actively examine an understanding of "The Body" in action.
- Apply warm up games and Image Theatre techniques from Boals Theatre of the Oppressed.

3:30 PM - 6:00 PM

2.5 Hours Workshop

53 Across the Great Beyond: Psychodrama After a Death

Judy Swallow, CRS, LCAT, TEP

When someone dies, we often have unfinished business with them. We wish we had said something, done something, asked something - before it was too late. Psychodrama allows for these conversations, or even wished-for scenarios. In this workshop you will have a chance to explore and practice different approaches such as appreciative, redressive and questing psychodramatic structures.

Learning Objectives

- Describe two (2) action interventions that can be used to communicate psychodramatically with the deceased.
- Demonstrate a psychodramatic conversation with a dearly departed.

54 Career Flow: Using Basic Psychodrama Techniques in Career Counseling

Amna Jaffer, Ed.D, TEP

Career satisfaction is deeply tied to the meaning we make of our vocational lives. Grounded in Career Construction Theory (Savickas), this experiential workshop invites participants to engage in embodied storytelling, self-reflection, and life design using basic psychodrama techniques such as mirroring, doubling, and role reversal. Through active exploration of their career narratives, participants will surface life themes and core motivations that guide personal meaning and purpose. This process fosters greater adaptability and self-awareness, both key resources for traversing the uncertainty and transitions inherent in career paths today.

Learning Objectives

- Apply psychodramatic techniques such as role reversal, concretization, and embodied storytelling to explore personal career narratives.
- Identify recurring life themes and values that shape one's sense of vocational purpose and fulfillment.

55 Connect with Your Flow: Harness the Power and Co-Create

Julie Wells, LCSW, TEP

Ever been in the 'Zone'? Felt the 'Flow'? Join us today to connect with your Flow and inner peace. This experiential workshop invites participants to explore the role of their Flow through sociometric exercises, sculpting, expressive arts, and mindfulness practices. Together, we will expand perspective and merge as a group to co-create a supportive space to gain wisdom, forge the future, and anchor insight. Come share this experience shaped by spontaneity, creativity, and meaningful connection.

Learning Objectives

- Apply role reversal with an intra-psychic role.
- Identify two affirmations that support creativity, and spontaneity.

56 Finding Peace in the Empty Chair

Julia Moss, PhD, MSW, CP

We are often unable to have a sense of closure with important people in our lives. We all have unexpressed or unresolved feelings, which can contribute to self-blame, anger, alienation and isolation. Psychodrama offers us a way to experiment with expressing our deeper feelings directly, and increase our empathy for others. Through demonstration of the use of the empty chair, role reversal, doubling and soliloquy, participants will have the opportunity to explore their "unfinished business" in action and work towards a greater sense of peace. Special attention will be paid to the warm-up process, and safety structures.

Learning Objectives

- Demonstrate how use of an empty chair can help facilitate self-expression.
- Apply two psychodramatic techniques to empty chair work.

57 Rediscover Our Resilient Hearts

Eve Brownstone, LCPC, CP

To create a safe and supportive space for self-expression and connection, acknowledging collective trauma, releasing emotions through art creation, yoga movement and psychodrama, and building connections. Participants will find ways to release stored stress, reconnect body and heart, and cultivate inner calm. The workshop includes experiencing at least one psychodramatic technique of Role Creation and Reversal.

Learning Objectives

- Define collective trauma & its emotional, psychological, and somatic effects.
- Apply expressive arts techniques to externalize/reflect emotional experiences.

58 Re-parenting the Inner Wounded Child: Embodying the Nurturing Parent Role for Trauma Repair

Sylvia Istael, LMFT, TEP, BCT

We have within us our own first-born child. Our job is to re-parent that child. - Dorothy Satten, PhD, TEP- Developing the role of the Nurturing Parent is an important aspect of trauma repair. Yet often we, and/or our clients, are at a loss for words and actions, unable to fully take the role. Psychodrama, somatic practices,

movement and music will support us to embody our Nurturing Parent role and talk to and care for the Wounded Child. The Magical Child, the part of us that was never touched by trauma, will surely join us on the journey. Remaining in the window of tolerance will be essential for safety, spontaneity and healing.

Learning Objectives

- Name two important aspects of the Nurturing Parent-Inner Child dialogue.
- Discuss the importance of assisting clients to stay in the window of tolerance in order to access spontaneity and healing.

7:30 PM - 10:00 PM

**Multicultural Rhythms:
Many Beats, One Pulse -
One heck of a Party!**

Celebrate culture, connection, and creativity through a lively, participatory dance experience.

Bring your multicultural costumes and dance moves as we share our cultures and co-create a collective dance experience. Together, we will explore diverse rhythms, music, and movements from around the world.

All conference participants are welcome. Light refreshments will be served.

We are inviting you to:

- 🎵 **Bring music from your cultural background**
- 🌶️ **Teach a dance from your culture**
- 🌍 **Introduce us to rhythms, gestures, traditions, and stories that live in your body**

CLICK HERE TO SIGN UP

**Co-Create the Music.
Share the Movement.
Expand the Roles**



SUNDAY, May 10, 2026

9:00 AM - 11:30 AM | 2.5 Hours Workshops
11:45 AM - 12:30 PM | Bonus Closure Activity

9:00 AM - 11:30 AM

2.5 Hours Workshops

Bonus Offering for Three-Day Conference Participants

All participants registered for the three-day conference are invited to attend this special bonus day at no additional cost.

Workshop participation will be determined through sociometric choice, conducted on the day of the event immediately prior to the parallel sessions.

(One/Two Day Conference Participants may attend this workshop after purchasing additional "One Workshop" when registering or on-site)

59 Bring Sociometry to the Forefront

Nan Nally-Seif, LCSW, TEP

This workshop will look at enhancing our knowledge and ability to use sociometry. We will look at the breath of sociometry as it presents itself in the warm-up, action and sharing of a psychodrama. We will focus on hands-on sociometry and attention will be given to formulating relevant criteria questions for sociometric exploration. We will use our sociometric exploration to warm-up our spontaneity and creativity to construct a psychodrama.

Learning Objectives

- Define, demonstrate and practice sociometric techniques including developing criteria questions for hands-on sociometry.
- Recognize how sociometry appears in the warm-up, action and sharing of a psychodrama group, and how this valuable information helps the director.

60 Harnessing Waterfalls: Mystical Moreno and Social Action

Ed Schreiber, MSM, CTPT, TEP
Bojana Glusac-Draslar, TTT

In this workshop the mystic ideas of social action for the world will be presented. This will lead to an action process using sociometry to explore both the underlying structure to society that can be seen within a group; and the presence of the "harnessing energy" what Moreno called the First Universe where all things are sacred. A puja for the heart. "The harness of waterfalls is the most economical method known for drawing energy from the sun." Nikola Tesla. Nikola Tesla's work is rooted in this area of the Falls.

Learning Objectives

- Distinguish the mystic nature of JL Moreno in action.
- Demonstrate the social action tool of sociometry.

61 Radical Rest: Practices for Coming Home

Courtney Meadows, LCSW, RDT

Karen Carnabucci, LCSW, TEP

So many of us working for justice push our bodies and hearts past what we can sustain. Inspired by Tricia Hersey's "Rest Is Resistance," this workshop invites us to reclaim rest as a radical, communal, and spiritual act of liberation. We'll slow down together, using psychodrama and sociodrama structures, body awareness, reflection, and ritual to notice how oppressive grind culture lives in us – and how we can choose differently. This is a space to name what exhausts us and practice resting in community. We'll unlearn the old story that says we must earn rest. We're already worthy of it.

Learning Objectives

- Describe rest as a personal, political and spiritual act, grounded in Hersey's book.
- Identify the internal roles and shared narratives that prevent rest and experiment with new ones.

62 The Sociodramatic Empty Chair

Rebecca Walters, LMHC, LCAT, TEP

The sociodramatic empty chair is an engaging vehicle for exploring common issues in online and in person groups. It can be used in counseling, therapy and psychoeducation groups, the classroom, corporate settings and community settings where people want to address shared issues without revealing their own vulnerabilities. It offers opportunities to express strong feelings, increase understanding of others and develop empathy leading to more effective communication and problem solving. It is.

applicable to elementary school age children, adolescents and adults. This workshop will demonstrate the use of several sociodramatic empty chair structures, during the warm up, action and sharing phases of a session.

Learning Objectives

- Differentiate between the Psychodramatic and Sociodramatic Empty Chair.
- Describe the use of several Sociodramatic Empty Chair structures.

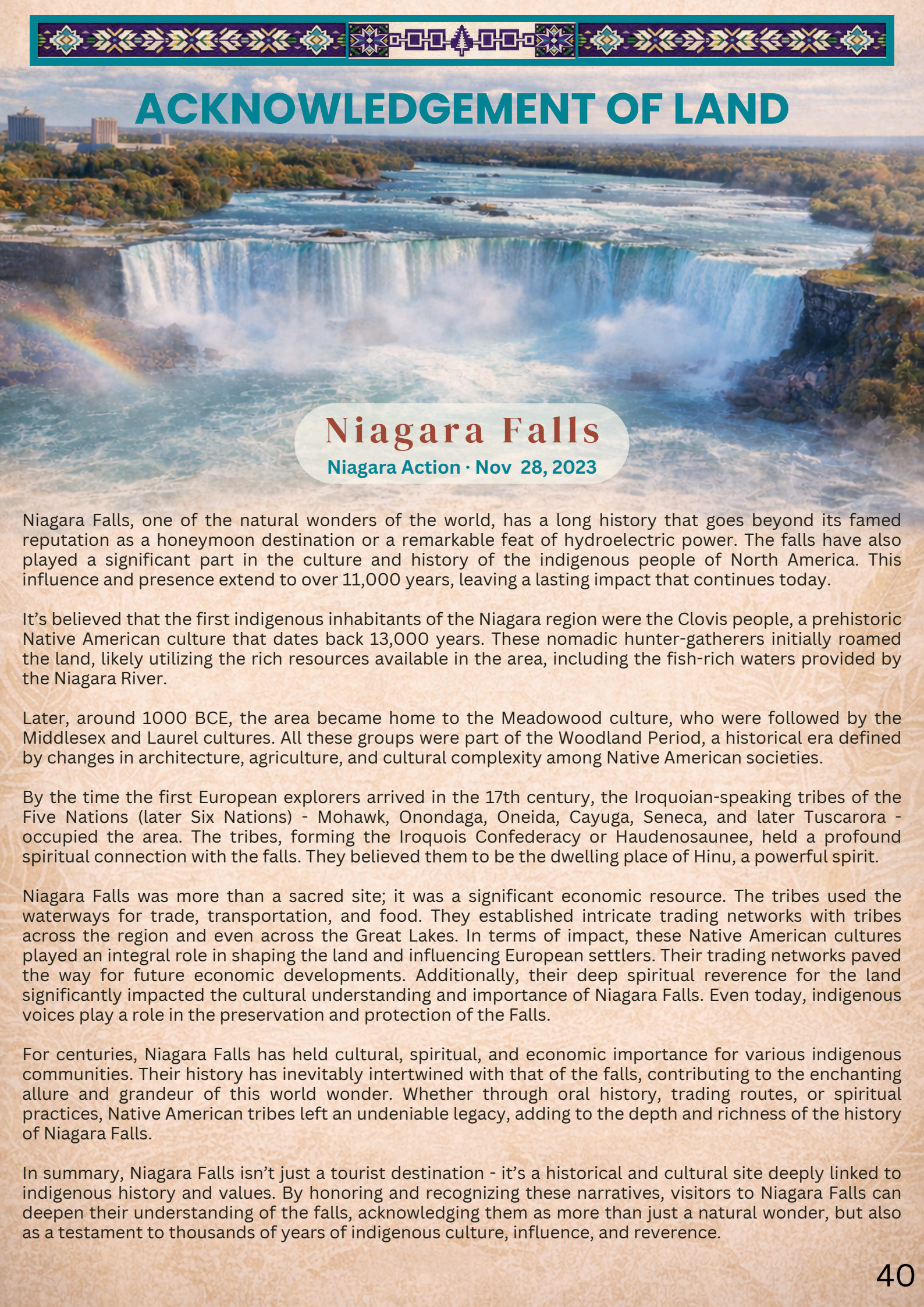
11:45 AM - 12:30 PM

CLOSING

A time to honor and reflect on what we have gained as we move forward with renewal into our lives - ready to share what we have learned, to continue healing and to lead others.

We will utilize an exercise designed to consider what each of us desires to offer the world.

**FLOWING
FORWARD**
**PSYCHODRAMA FOR HEALING,
LEARNING, & LEADING**



ACKNOWLEDGEMENT OF LAND

Niagara Falls

Niagara Action • Nov 28, 2023

Niagara Falls, one of the natural wonders of the world, has a long history that goes beyond its famed reputation as a honeymoon destination or a remarkable feat of hydroelectric power. The falls have also played a significant part in the culture and history of the indigenous people of North America. This influence and presence extend to over 11,000 years, leaving a lasting impact that continues today.

It's believed that the first indigenous inhabitants of the Niagara region were the Clovis people, a prehistoric Native American culture that dates back 13,000 years. These nomadic hunter-gatherers initially roamed the land, likely utilizing the rich resources available in the area, including the fish-rich waters provided by the Niagara River.

Later, around 1000 BCE, the area became home to the Meadowood culture, who were followed by the Middlesex and Laurel cultures. All these groups were part of the Woodland Period, a historical era defined by changes in architecture, agriculture, and cultural complexity among Native American societies.

By the time the first European explorers arrived in the 17th century, the Iroquoian-speaking tribes of the Five Nations (later Six Nations) - Mohawk, Onondaga, Oneida, Cayuga, Seneca, and later Tuscarora - occupied the area. The tribes, forming the Iroquois Confederacy or Haudenosaunee, held a profound spiritual connection with the falls. They believed them to be the dwelling place of Hinu, a powerful spirit.

Niagara Falls was more than a sacred site; it was a significant economic resource. The tribes used the waterways for trade, transportation, and food. They established intricate trading networks with tribes across the region and even across the Great Lakes. In terms of impact, these Native American cultures played an integral role in shaping the land and influencing European settlers. Their trading networks paved the way for future economic developments. Additionally, their deep spiritual reverence for the land significantly impacted the cultural understanding and importance of Niagara Falls. Even today, indigenous voices play a role in the preservation and protection of the Falls.

For centuries, Niagara Falls has held cultural, spiritual, and economic importance for various indigenous communities. Their history has inevitably intertwined with that of the falls, contributing to the enchanting allure and grandeur of this world wonder. Whether through oral history, trading routes, or spiritual practices, Native American tribes left an undeniable legacy, adding to the depth and richness of the history of Niagara Falls.

In summary, Niagara Falls isn't just a tourist destination - it's a historical and cultural site deeply linked to indigenous history and values. By honoring and recognizing these narratives, visitors to Niagara Falls can deepen their understanding of the falls, acknowledging them as more than just a natural wonder, but also as a testament to thousands of years of indigenous culture, influence, and reverence.

OUR HOTEL IN NIAGARA FALLS, NEW YORK

Our conference hotel and lodging is the Sheraton Niagara Falls, located at 300 3rd Street, Niagara Falls, New York.

The hotel is 25 miles from the Buffalo Niagara International Airport and offers a walking distance to Niagara Falls.

Among the many amenities of the hotel:

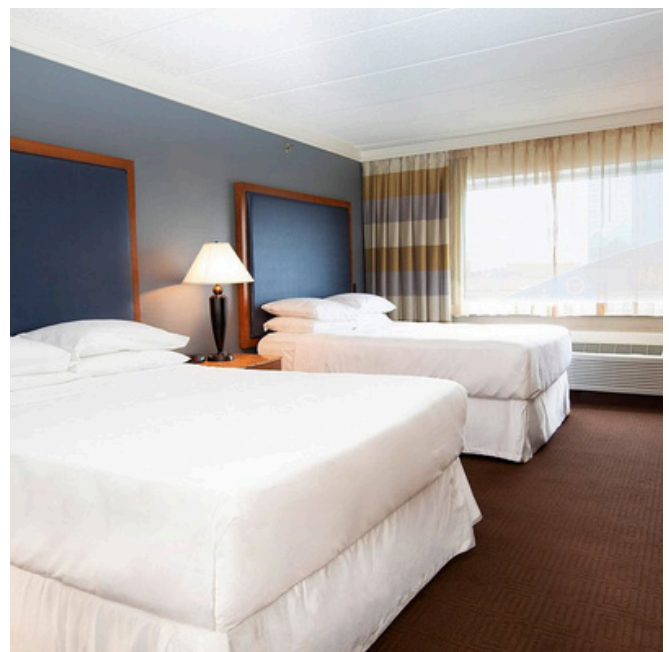
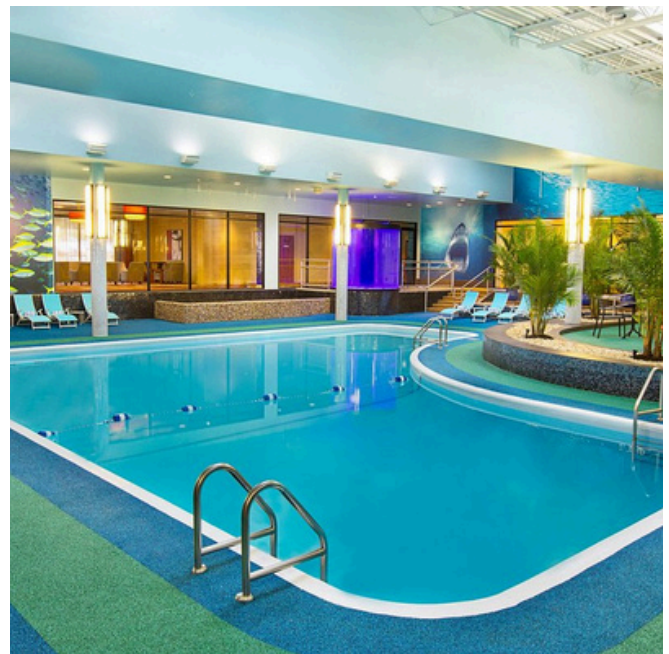
- Indoor pool & fitness center.
- Rooms equipped with practical amenities and complimentary Wi-Fi, Mobile Key, and Guest Room Entertainment.
- Features an arcade, laundry facilities, gift shop, and concierge services.

Rainforest Cafe, Swift Current Eatery, Torrent Bar & Restaurant, and Starbucks Cafe are on-site at the hotel for your convenience

Walk just 3 blocks from the hotel to experience the majestic Niagara Falls State Park.

From the hotel's prime location, numerous other attractions are easily accessible such as Seneca Niagara Resort & Casino, Maid of the Mist Boat Tour, Aquarium of Niagara, Cave of the Winds, and Fashion Outlets of Niagara Falls

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



TRANSPORTATION TO NIAGARA FALLS

Buffalo Niagara International Airport (BUF) & Toronto Pearson International Airport (YYZ)



Niagara Falls Conference Venue



! CANADA → US
BORDER CROSSING REQUIRED

Below is a summary of transportation options for traveling from nearby airports to Niagara Falls, including buses, trains, shuttles, and taxis.

Buffalo Niagara International Airport (BUF) → Niagara Falls (USA or Canada)

1 Bus Services

- [FlixBus](#) or [OurBus](#): Bus departures from Buffalo Airport to Niagara Falls (USA side). Tickets typically \$6-\$87 (extra charge for baggages) and the journey takes about 50 minutes.
- [Megabus](#) or [Greyhound](#): Regular bus routes from Buffalo city to Niagara Falls (USA or Canada) with fares often under \$10-\$15 and about 1-1.5 hours travel.

2 Local Public Transit

- You can take the [NFTA Metro bus #24](#) from Buffalo Airport to downtown Buffalo and then transfer to a bus to Niagara Falls. This costs around \$2 per ride, but can be slower and less convenient with luggage.

3 Train

- There are train options from the downtown [Buffalo Amtrak station](#) to Niagara Falls—you'd first travel to downtown and then take the train (multiple times daily). Fares start around \$14 and travel time under 1.5 hours.

4 Taxi / Ride-Hailing

- [Taxi/Uber/Lyft](#) from the airport to Niagara Falls is available; typical costs vary. For example, an [Uber/Lyft](#) ride may be \$40-\$60 to the USA side (not including Canada border crossing issues).

5 Shuttle Services

- Airport-based shuttle companies (like [Buffalo Super Shuttle](#) or [Niagara Airbus](#)) offer door-to-door transfers with private car pricing.

Toronto Pearson International Airport (YYZ) → Niagara Falls, NY (USA) - Border Crossing Required

1 Bus Services

- [FlixBus](#) or [Megabus](#): Buses run from Toronto Pearson (or downtown Toronto) to Niagara Falls (Canada). Typical cost \$12-\$55 CAD and travel takes about 2-3 hours.
- [GO Transit](#): Take the UP Express from Pearson to Toronto Union Station, then transfer to a GO train or GO bus to Niagara Falls. A combined trip around \$25-\$30 CAD.

2 Train + Bus Routes

- Can combine train and bus services from Toronto to Niagara Falls via [Union Station and GO/WEGO networks](#) for scenic and budget travel.

3 Taxi / Ride-Hailing

- [Uber/Lyft](#) or [Taxi](#) from Pearson to Niagara Falls is possible. A car trip takes about 1.5-2 hours, though cost can be significantly higher than bus/train options

4 Shuttle Services

- [Niagara Airbus](#) / [RideBooker](#) and similar door-to-door shuttle options run between Pearson Airport and Niagara Falls region; these offer more convenience than regular buses.



TRAVEL REMINDER

Travelers Arriving via Toronto (Canada):

The conference takes place in **Niagara Falls, New York (US)**. If arriving through CANADA, please continue past Niagara Falls, **Ontario** and cross the U.S.-Canada border (Rainbow Bridge or nearby crossing) to reach **Niagara Falls Convention Center**, New York.

Valid passport and required U.S. entry documents are necessary.

ROOM & RIDE SHARING REQUESTS

DEADLINE: APRIL 1, 2026

To support connection and ease of travel, ASGPP will be offering Room Sharing and Ride Sharing services as a courtesy to conference participants.



ROOM SHARING

If you wish to share a hotel room and do not already have a roommate, please submit your request via the ROOM SHARING form.

Your submission should include:

- Date of arrival and departure
- Phone number
- Email address

After the deadline, all participants who have submitted room-sharing requests will receive the names and contact information of others who have also expressed interest. You will then have the opportunity to communicate directly with one another and make your own roommate arrangements and hotel reservations.

[TO SIGN UP FOR ROOM SHARING: CLICK HERE](#)



RIDE SHARING

If you are interested in sharing transportation to or from the conference venue, please submit your request via the Ride Sharing form.

Your submission should include:

- Phone number
- Email address

After the deadline, all participants who have submitted ride-sharing requests will receive the names and contact information of others interested in sharing a ride, allowing you to coordinate travel arrangements directly with one another.

[TO SIGN UP FOR RIDE SHARING: CLICK HERE](#)

Important Notes

- Room and Ride Sharing services are provided as a courtesy by ASGPP.
- Each participant is solely responsible for contacting others, making arrangements, and confirming hotel or transportation details.
- ASGPP does not coordinate or manage individual agreements.

For further information or questions, please contact: conference@asgpp.org

Niagara Falls

ATTRACTIONS

**ADD A VACATION
TO YOUR
CONFERENCE!**

DESTINATION

- ✓ Niagara Falls State Park
- ✓ Goat Island
- ✓ Maid of the Mist Boat Tour
- ✓ Old Fort Niagara
- ✓ Whirlpool State Park
- ✓ Aquarium of Niagara

MORE INFO!



Niagara Falls tourism info [here](#).
More destinations [here](#).



More Buffalo attractions [here](#).
Find discount coupons [here](#).



THINGS TO DO IN NIAGARA FALLS, NEW YORK

This conference is your opportunity to visit Niagara Falls, the extraordinary “City of Falling Waters” and one of the world’s most spectacular natural wonders.

We encourage you to come early and stay late to experience the raw power and beauty of the falls, combining a great conference with an unforgettable vacation in a magnificent setting.

We have boat tours, exhilarating walks behind the falls, hiking, history, thrilling viewing points, wonderful restaurants, a world-class aquarium, museums, shopping - and more.

- **Journey Behind the Falls and Feel the Power:** Experience the thundering water up close. Take the iconic **Maid of the Mist** boat tour right into the basin of the falls, or journey down into the gorge at the **Cave of the Winds** to stand on the "Hurricane Deck" just feet from the Bridal Veil Falls. These are core experiences of the **Niagara Falls State Park**, the oldest state park in the nation.
- **Explore History and Nature:** A short drive north takes you to **Old Fort Niagara**, a strategically important 17th-century fort on Lake Ontario with original buildings and historical re-enactments. Closer to the falls, **Whirlpool State Park** and **Devil's Hole State Park** offer incredible hiking opportunities with dramatic views of the turbulent Class VI rapids and the natural whirlpool downstream.

Restaurants in Niagara Falls, New York (US)

- **Dining with a view:** Top of the Falls Restaurant, The Silo
- **Family-Friendly:** Dee’s Sugar Shack, Reid’s Drive-In, Sammy’s Pizzeria, Goodfellas Pizzeria
- **Romantic & Award-Winning:** Red Coach Inn Restaurant, Griffon Brewery and Gastropub
- **Only in Niagara Falls:** Hard Rock Cafe, Fortuna’s Italian Restaurant & Banquets, Anchor Bar
- **Under \$10:** ElCubilete, Gadawski’s

Restaurants in Canadian Niagara Falls

- **Dining with a view:** Skylon Tower Revolving Dining Room, Massimo’s Italian Fallsview Restaurant, Prime Steakhouse
- **Bar & Grill:** Overtime Sports Lounge, Lucky’s Restaurant & Bar, Mick & Angelo’s Kitchen & Bar, Morton’s Grille
- **Canadian:** Beaver Tails, Trius Winery Restaurant, Ravine Vineyard Estate Winery Restaurant

To cross the border, passport is required

Restaurants in Buffalo, New York (Approx. 30 Minutes Away)

- **Best Wings:** Duff’s Famous Wings, Glen Park Tavern, Cole’s, Anchor Bar, Gabriel’s Gate, Gene McCarthy’s
- **Vegan/Vegetarian:** Strong Hearts, Guud & Evul Vegan Eats, Betty’s, Homegrown Kitchen, Amy’s Place, Breadhive Bakery & Cafe, Sunshine Vegan Eats, Macky’s Essex St. Pub
- **Gluten Free:** Dapper Goose, Mister Pizza, Bocce Club Pizza, Osteria 166
- **Halal:** Habibi Halal Restaurant Abuhamra, M Asian Halal Foods, Clay Handi Restaurant, The Halal Guys

Local Specialty & Must-Try Foods

Buffalo Wings The region's most famous dish

Beef on Weck A regional sandwich specialty made with rare roast beef on a kümmelweck roll

Polish Platter Explore the area's Polish heritage with a platter featuring pierogis and sausage

Local Wine The Niagara region is renowned for its wines, including unique ice wines.

Travel tips

TO NIAGARA FALLS



TEMPS

Expect moderately chilly temperatures in early May, with average highs of 61-63°F (16-17°C) and lows of 40-42°F (4-5°C). Be prepared for breezy conditions and the possibility of light rain.

RESTAURANTS

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

EXCURSIONS

Many day trips are available, including Old Fort Niagara, Whirlpool State Park, Devil's Hole State Park, the nearby city of Buffalo, and the Canadian side of the Falls (passport needed).

MEALS

Good restaurant choices: The Red Coach Inn Restaurant, Anchor Bar (in Buffalo), Griffon Gastropub, Savor, Duff's Famous Wings (in Buffalo)

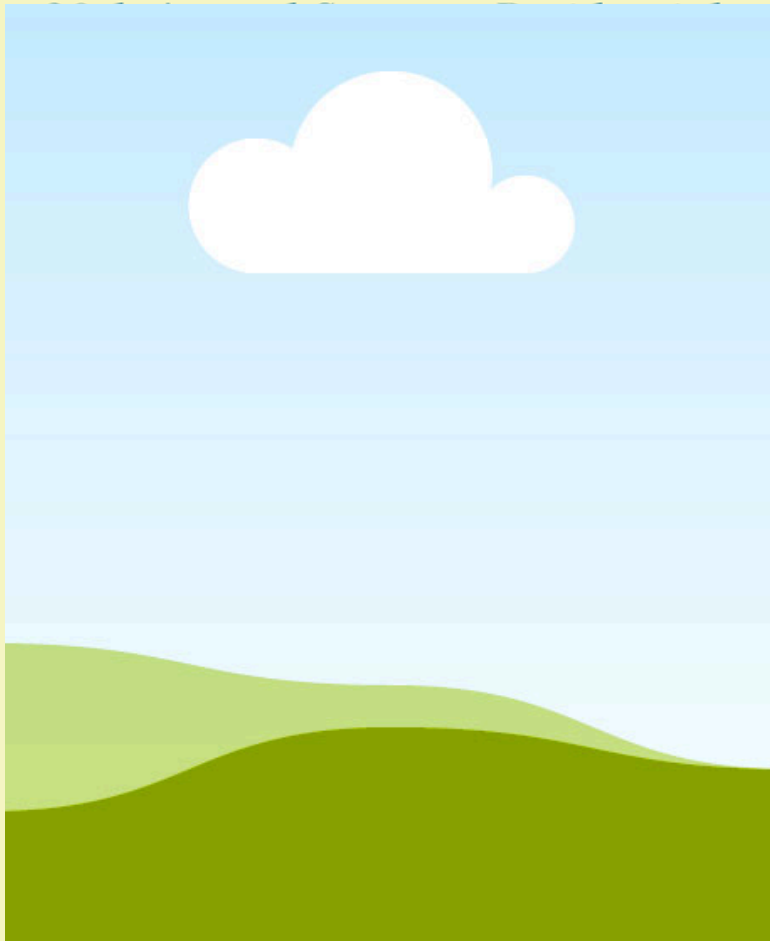
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Louise Lipman, LCSW, CGP, TEP

1133 Broadway, Suite 1227, New York, NY 10010

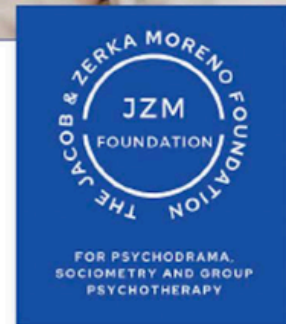
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FOR FURTHER INFORMATION

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October 9-11, 2026
December 11-13, 2026
March 5-7, 2027
May 7-9, 2027

***Co-Trainers: Cathy Nugent
and Paula Catalan Bayon***



Paula Catalan Bayon
LCPC, TEP,
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Residential Psychodrama Intensive Five-day training

June 17-22, 2027

Topic and Co-Trainers: To Be Announced

Professional Development Workshops 9 one-day workshops

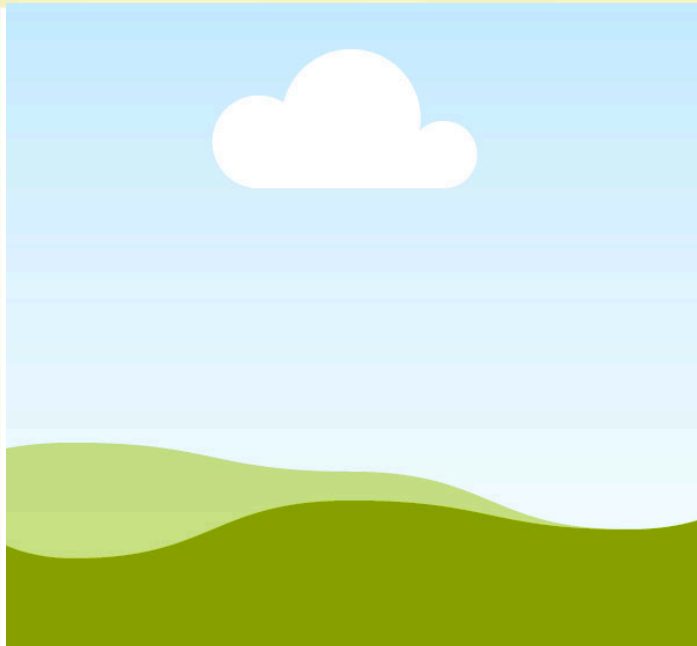
***Dates, Topics, and Co-Leaders at
<https://lptipsychodrama.com>***

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2026 Workshops based on content in Trauma-Focused Psychodrama, for Complex PTSD

2026 Workshops

-  **May 15-17**
Psychodrama Structures in Addiction & Mental Health Treatment
-  **June 12-14**
Working with Complex Trauma & CPTSD
-  **August 10-14**
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-  **September 18-20**
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-  **November 9-13**
Trauma-Informed Directing Practice

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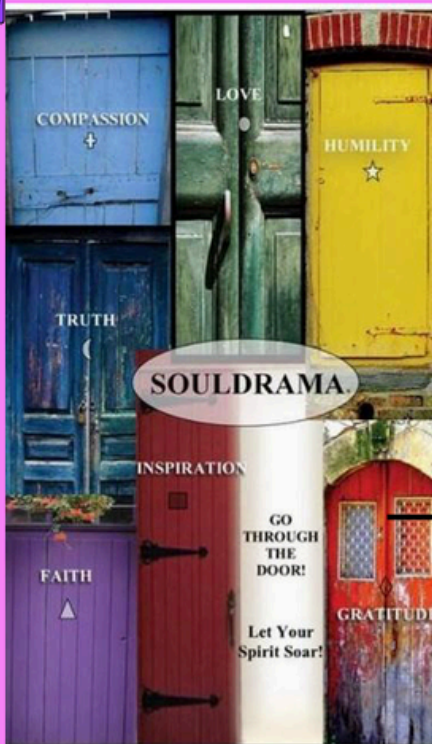
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Puerto Rico

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Bali, Indonesia

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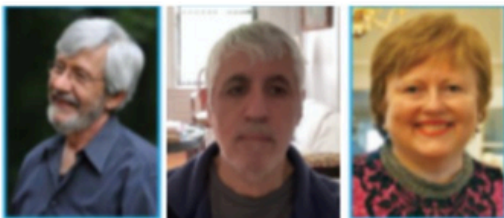
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PSYCHODRAMA

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 of 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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Created by Karen Carnabucci, LCSW, TEP for
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Interested in psychodrama certification requirements?

See psychodramacertification.org

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Jacob Gershoni, LCSW, TEP - Co-Director
431 E 20th St., Suite 3G, New York, NY 10010
917-584-1136 (Nan) / 917-796-5410 (Jacob)
nnallyseif@gmail.com / jacobg12@gmail.com
www.psychodramany.com
NY State CEU's and Psychodrama Training Hours given

Psychodrama NJ

Scottie Urmei, LCSW, TEP
220 Monmouth Rd, Suite 7, Oakhurst, NJ, 07755
732-221-7306 / scottie@psychodramanj.com
www.PsychodramaNJ.com
ASWB, NASW-NJ, ABE

South Tampa Psychodrama Training

Susan Mullins, LMHC, TEP; Sandra Seeger, LMHC, TEP
3502 Henderson Blvd. #217, Tampa, FL 33609
813-205-4900 / 813-205-8834
susanmullinslmhc@gmail.com / sseeger.sandra@aol.com
www.southtampapsychodramatraining.com
Psychodrama training hours for all programs; CEUs for
Florida licensed LMHC, LMFT, and LCSW

Tele'Drama International

Daniela Simmons, PhD, TEP
www.teledrama.org
zoomroom.international@teledrama.org
Various training hours offered; please contact the office for
details

The Centre for Psychodrama and Sociometry of Ontario

Miriam Zachariah
333 Atlas Ave, Toronto, ON M6C3P8
416-652-1473 / miriamzachariah@gmail.com
<https://www.tcps.on.ca/>
CEUs or Training Hours Offered: More than 100 hours every year

The International Institute for Souldrama and Psychodrama Training

Connie Miller, TEP, ACS, LPC, ACG, NCC
732-259-6256 / connie@souldrama.com

The Jacob and Zerka Moreno Foundation

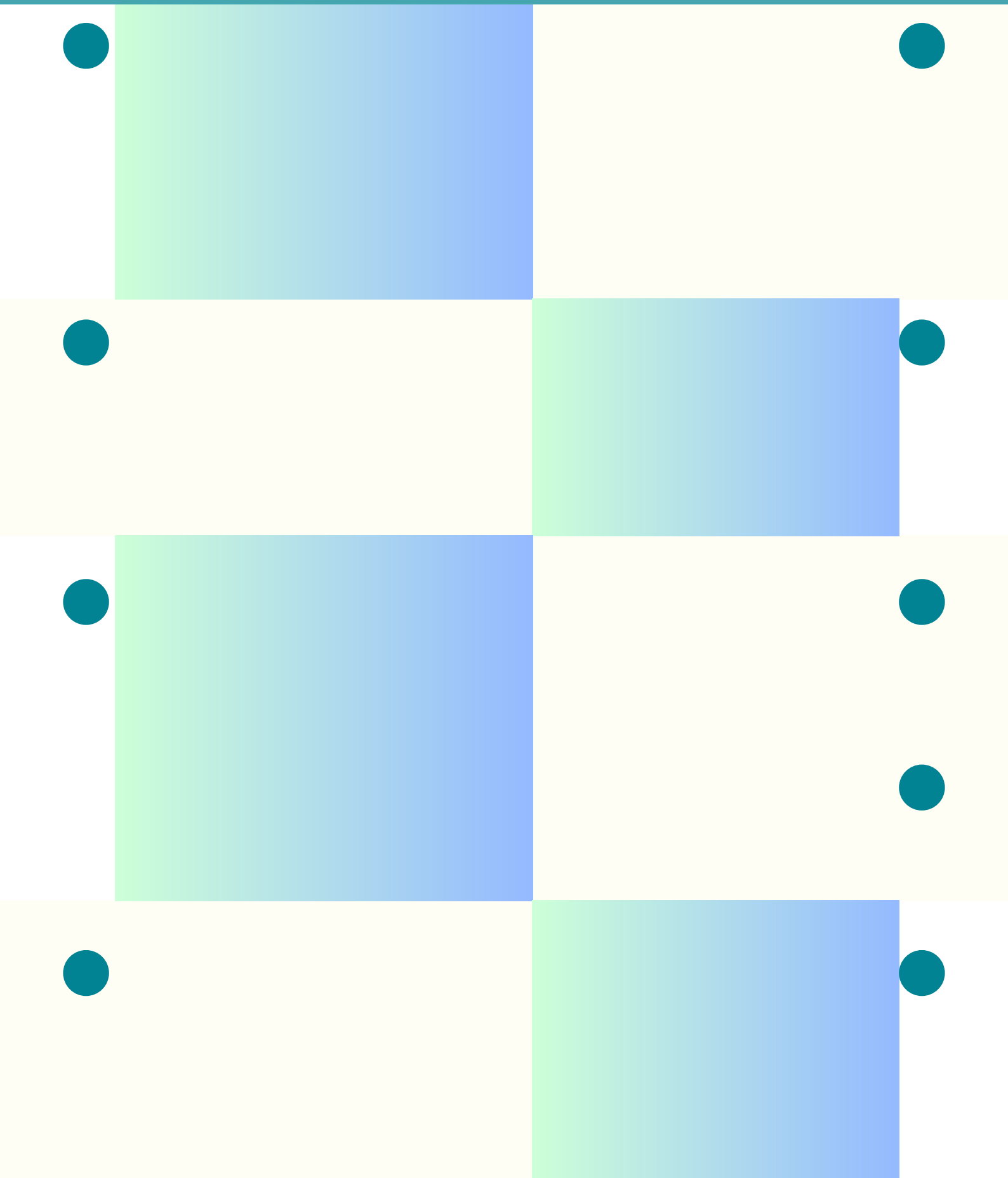
Shelley Korshak Firestone, MD
312-263-3110 / sjschicago@juno.com
www.PsychodramaChicago.com

Theatre for Social Justice Inc.

Daisy Martinez-DiCarlo, TEP
5020 Clark Rd., #257, Sarasota, Florida 34233-3231
203-613-5832 / daisymartinezdicarlo@gmail.com
theatreforsocialjustice.squarespace.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.
#psychodrama2026



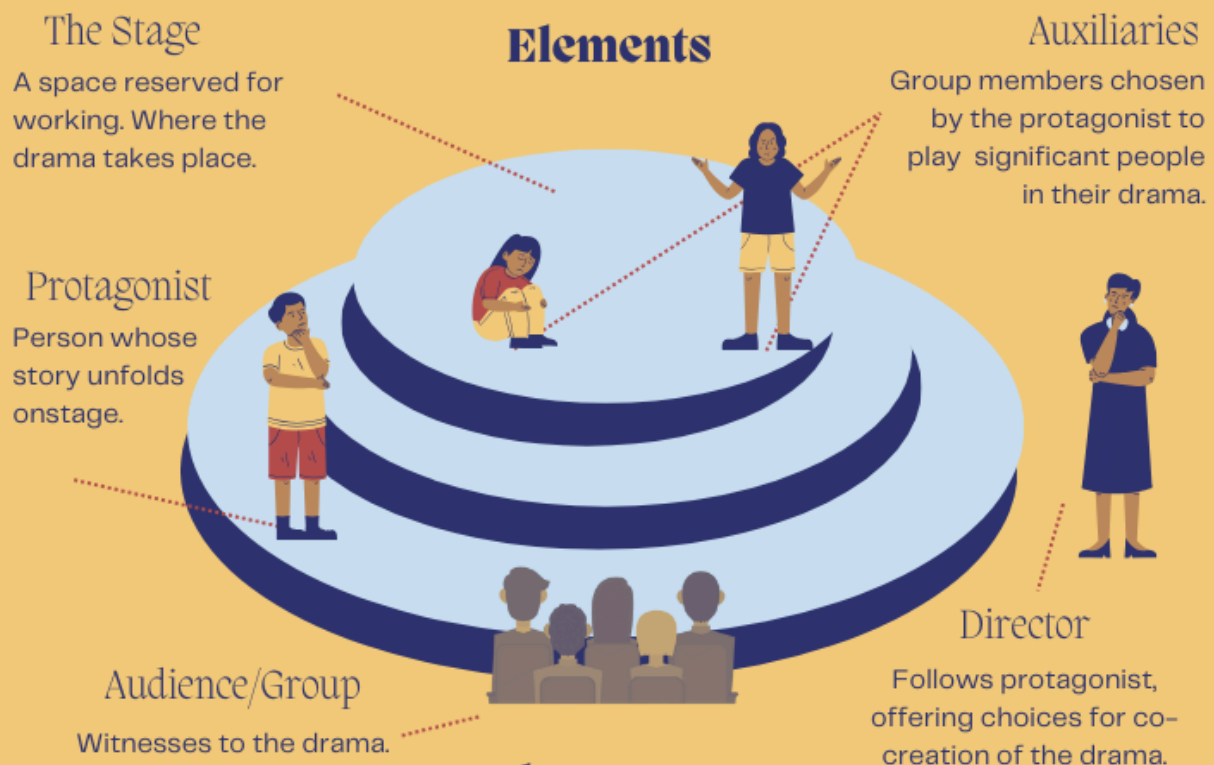
WHAT IS PSYCHODRAMA?

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 psychiatrist Jacob L. Moreno (1889–1974), and further developed by his wife and collaborator, Zerka T. Moreno (1917–2016).



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, LCSW, 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.



Step-in Circle



"Step in if you are the oldest child in your family."

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

Locogram



"In which area would you like more joy?"

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



"How would you prefer to meet for staffing?"

Polarity

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



"How energized are you feeling (scale 1 to 10)?"

Spectrogram

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

Sociogram



"Choose someone in the group you would like to go to lunch with."

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

For more information, visit The American Society of Group Psychotherapy and Psychodrama at asgpp.org.

MORE ASGPP EVENTS IN 2026 & 2027

