



American Society of Group Psychotherapy & Psychodrama

# 81st Annual Group Psychotherapy & Psychodrama Conference

Fordham University  
The Bronx, New York, NY  
March 29 - April 2, 2023



**CEs** – ASGPP: National Registry of Certified Group Psychotherapists, Counselors (NBCC); Ce-Classes.com: CEs for Psychologists (APA); Social Workers; California and Texas Board Approvals; The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling  
**The entire conference (Wednesday - Sunday) offers up to 32 hours toward CEs.**

# ABOUT THE ASGPP

The American Society of Group Psychotherapy and Psychodrama was founded in April, 1942 by Dr. J. L. Moreno. In 1947, Dr. Moreno started the journal, Group Psychotherapy, which later became The Journal of Psychodrama, Sociometry and Group Psychotherapy, the first journal devoted to group psychotherapy in all its forms. ASGPP was the pioneer membership organization in group psychotherapy and continues to be a source of inspiration for ongoing developments in group psychotherapy, psychodrama 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.

The workshops will be offered by leaders from the US and countries around the globe, showcasing their work and the wide reach of psychodrama and sociometry in a variety of applications and settings both clinical and non-clinical. Workshops are for individuals who are interested in psychodrama and sociometry including social workers, professional counselors, psychologists, nurses, substance abuse counselors, creative arts therapists and other healthcare providers. Workshops are appropriate for beginning, intermediate and advanced level practitioners. The learning objectives for the conference are for participants to:

1. Integrate psychodrama, sociometry and group psychotherapy into their clinical work.
2. Apply theories and methods of psychodrama, sociometry, and group psychotherapy in their professional discipline.

## EXECUTIVE COUNCIL

### PRESIDENT

Daniela Simmons, PhD, TEP

### VICE-PRESIDENT

Deborah Shaddy, MS, LMHP, LCPC, TEP

### SECRETARY

Rhona Case, MEd, TEP

### TREASURER

Janell Adair, MA, LPC, TEP

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Pamela Goffman, LCSW, TEP, CIRT

Ed Schreiber, LADC1, TEP

Rebecca Walters, MS, LMHC, LCSW, TEP

Mark Wentworth

William H. "Bill" Wysong, MA, LPC, EMDR II, TEP

### ASGPP NATIONAL OFFICE

ASGPP / PO Box 1654, Merchantville, NJ 08109-9998

(609) 737-8500 / [asgpp@ASGPP.org](mailto:asgpp@ASGPP.org) /

[www.ASGPP.org](http://www.ASGPP.org)

# 2023 ASGPP AWARDS

### J.L. Moreno Award

Barbara Guest-Hargin

### Zerka T. Moreno Award

Mark Wentworth

### President's Award

Rebecca Walters, Elaine Camerota, and Carol Feldman-Bass

### David A. Kipper Scholar's Award

John Nolte

### Collaborators Award

Hudson Valley Psychodrama Institute

### Innovator's Award

Nien-Hwa Lai

### The Diversity Award

Jennie Kristel and Michael Watson

### Hannah B. Weiner Award

Erica Hollander

### The William L. Moreno Award

Robert Siroka

### ASGPP Executive Council

Society and Social Justice Committee of the ASGPP

### Fellows

Uneeda Brewer and Deborah Karner

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## ASGPP REGIONAL CONTACTS

### Delaware Valley

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### Texas

Daniela Simmons / [danielatsv@gmail.com](mailto:danielatsv@gmail.com)

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## 2023 CONFERENCE STEERING COMMITTEE

**Council Liaisons:** Pamela Goffman, Rhona Case, Rebecca Walters

**Conference Chairs:** Karen Moser-Levin, Lori Budman, Dave Moran

**Awards Ceremony:** Rhona Case, Dave Moran

**Publicity:** Karen Carnabucci, Rebecca Walters, Samuel Egber

**Registration:** Samuel Egber, Riyas Muhammed

**Designer:** Samuel Egber

# HOTEL, MEETING, EXHIBITING & REGISTRATION INFORMATION

## HOTEL ACCOMMODATIONS

Please be sure and make your reservations early. There are two hotels that we have contracts with for you to receive special rates. The special room rate will be available until **February 22, 2023**. After that date, rooms are available on a "space and rate available" basis determined by the hotel. The special room rates are available March 24 - April 3, 2023, depending on availability. We recommend that you reserve your room early in order to avoid disappointment. When making reservations by phone, be sure to identify yourself as attending the ASGPP 81st Annual Conference and request the group rate for the American Society of Group Psychotherapy group to obtain the special conference rate.

### Hotel Contact Information:

**Courtyard Yonkers Westchester County**  
(\$119 per night - price does **not** include breakfast)  
5 Executive Boulevard, Yonkers, NY 10701  
Phone: (914) 476-2400

**Residence Inn Yonkers Westchester County**  
(\$139 per night - price includes breakfast & parking)  
7 Executive Boulevard, Yonkers, NY 10701  
Phone: (914) 476-4600

To make reservations for either hotel on-line, please **CLICK HERE**.

## EXHIBITING MEMBER/NON-CORPORATE EXHIBITOR

One of the benefits of membership in the ASGPP is a complimentary space at our Members' Table to display copies of one piece of printed material. As space is limited, we ask that you observe the one promotional piece per member requirement.

Those of you who have products which you think will appeal specifically to conference attendees may want to consider reaching this market in the Exhibit Area. Table space is also available for rent to those individuals who wish to promote their training programs, institutes, workshops, publications and other specialty products. The cost for a full exhibit table is \$300; 1/2 exhibit table is \$150. NOTE: Renters are responsible for set up and the security of all items and products during the entire length of the conference.

## CORPORATE EXHIBITOR

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

## COVID POLICY

**All attendees MUST be up to date on all vaccines and be ready to show vaccine card. To view the complete Fordham University Covid Policy, please click [HERE](#)**

## REGISTRATION INFORMATION

- Workshops are filled on a first come, first served basis. Space is limited, so please indicate your 1st, 2nd and 3rd choices. Not listing your 2nd & 3rd Choices will delay your registration process.
- While early registration is highly suggested, be aware that workshop choices cannot be guaranteed as requested in all situations even if your forms are received by post-mark date of January 31, 2023.
- To receive the early registration discount, your forms must be post-marked by January 31, 2023.
- Member rates are for those whose membership is current (through April, 2023)

## CANCELLATION POLICY

Request for cancellation must be postmarked by February 28, 2023. While no refunds will be given, cancellations will receive credit for the 2024 ASGPP Annual Conference ONLY. Credit is non-transferable and is only applicable to the person requesting the credit for the next year.

## PSYCHODRAMA GROUP RATES

ASGPP is offering a reduced rate to psychodrama training institute trainees pursuing their CP journey towards an ABE certification, with a group of four or more trainees - \$425 per person. The discount does not apply to PATs and TEPs. All registrants taking advantage of the trainee rate must be members of the ASGPP. *Participation in a training group will be verified in order for the discounted rate to apply.*

ASGPP offers a special group rate for the Full 3 day Conference to college/university students\* and faculty. Four (4) or more students must register together at the Group Rate of \$275 per person.

\*Students must be matriculating in an accredited college/university and carrying a minimum load of 9 credits and/or pursuing a full-time residency or internship. All student registrations must be sent in the same envelope and include photo copies of college/university picture identification.

New discount group: 10% off registration across the board for all veterans.  
Please note: Anyone paying a "Group Rate" is considered a "Full Conference Registrant".

We are also offering a group rate for three (3) or more attendees from a mental health or medical agency or hospital at the rate of \$440 per person. Registrations must be sent together with a letter from the agency/hospital administration, listing the attendees/employees.

## PAYMENT PROCESS

The ASGPP prefers payment by check or money order in US funds mailed to: ASGPP, P.O. Box 1654 Merchantville, NJ 08109. You may also pay with a credit card directly when you register online. Payment must be received in order for registration to be processed and your workshop seats reserved.

## PHOTOS & VIDEOS

The ASGPP takes photos at open events at the 2023 Conference and may reproduce them in our publications or on our website. Videos may also be taken for our website. No photos or videos will be taken of personal work or workshops.

## ASGPP DISCLAIMER

ASGPP activities and workshops are educational in nature. They are not intended as therapy. 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 ZONES

All times listed are EST (USA).

# Psychodrama Training Credits & CE Information for Licensed Professionals in the United States

## PSYCHODRAMA TRAINING CREDITS

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

## CONTINUING EDUCATION UNITS (CEs)



ASGPP is pleased to partner with Ce-Classes.com to offer conference participants a variety of CEs from different credentialing bodies. *There are no known conflicts of interests for the workshops.*

### PSYCHOLOGISTS:

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

### SOCIAL WORKERS:

Ce-Classes.com is approved as a provider for social work continuing education by the following State Social Work Boards: **California** (CA Board of Behavioral Health Sciences (BSS) recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements); **Florida** (FL Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 03/31/2023); **Ohio** (OH Counselor, Social Worker, and Marriage and Family Therapist Board, Provider # RCST031201); **Massachusetts** (Provider # TBD); **New York** (Ce-Classes.com is recognized by the NY State Education Departments' State Board for Social Work as an approved provider of continuing education for licensed social workers, Provider #SW-0120), **Texas** (TX Board of Social Work Examiners: Ce-Classes meets the requirements for acceptable education).

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

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

Ce-Classes.com is approved by the following State Boards as a provider for Marriage & Family Therapy, Mental Health Counseling, and Addiction Counseling: **California** (CA BSS recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements; CA Consortium of Addiction Programs and Professionals (CCAPP), Provider # OS-12-147-0223, Expires 02-2023); **Florida** (FL Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling Provider # 852 BAP-Expires 03/31/2025); **Ohio** (OH Counselor, Social Worker, and Marriage and Family Therapist Board Provider # RCST031201); **Massachusetts** (Provider # TBD); **Texas** (TX Board of Professional Counselors: CE-classes.com meets the requirements

• *Additional note:*

*Payment, in case of cancellation, will be credited to future ASGPP events.*

for acceptable continuing education); **New York** (New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the 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. New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211

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

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

### GROUP PSYCHOTHERAPISTS:

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

### NURSES:

Nurses may receive CE credit for this conference as follows: **California** (The CA Board of Registered Nursing, CEP 15647, Expires 11/30/2024); **Florida** (The Florida Board of Nursing, CE Provider #: 50-4896, expires 10/31/2024. Do not send certificate to the FL Board of Nursing. You must keep the CE certificate for 4 years).

### CERTIFICATES OF ATTENDANCE:

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

## CREDIT HOURS

The Pre-Conference (Wednesday, March 29 & Thursday, March 30, 2024) offers up to 6 hours. The regular conference (Friday, March 31 - Sunday, April 2, 2023) offers up to 26 hours. The entire conference (Wednesday - Sunday) offers up to 32 hours toward Continuing Education Units (CE's). Check with your provider.

## CE CERTIFICATES

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

## ADMINISTRATIVE POLICIES

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

**Special Accommodations:** Please complete the section in the registration form to request special accommodations for disability (ADA).

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

# WORKSHOP TRACKS

Conference Institutes and Workshops are listed according to Tracks to help you easily identify sessions that may match your interests. Workshops may be listed under several tracks.

Create a personalized program by attending sessions listed under one track or mix and match sessions from various areas for a diverse conference experience.

SUBJECT	Wednesday	Thursday	Friday	Saturday	Sunday
Addictions/Eating Disorders		6		15, 35	41, 43, 52
Business/Coaching	3			37	
Creative Arts				18, 24, 28, 31, 32	42, 55
Education	3				
Family/Couples/Children & Youth	2, 3	6		21, 25	50
Healing/Self Care			11, 12	14, 16, 17, 19, 20, 28, 29, 30, 34	
Neurobiology					
Psychodrama in Other Fields					
Psychodrama Foundations	1	4, 5, 7	8, 9, 10, 11, 12	14, 16, 24, 25, 26, 27, 32, 34, 35	41, 46, 47, 48, 49
Social Justice (Racism/Gender Issues/LGBT/Ageism/Multicultural, etc.)				36	
Sociodrama/Playback/Drama Therapy/Bibliodrama				18, 22, 23, 39	
Sociometry	1, 2	5, 6	8, 9, 10, 12	27, 33, 37, 39	45, 47, 48, 49, 50, 53
Spirituality		6		36, 38, 40	44, 51, 54
Trauma/Bodywork		6, 7		19, 20, 23, 29, 30, 40	42, 44, 51, 52, 54

## DAILY CONFERENCE SCHEDULE

### Wednesday, March 29

#### Pre-Conference

10:00 am - 5:00 pm FULL DAY SPECIAL INSTITUTES

### Thursday, March 30

10:00 am - 5:00 pm FULL DAY SPECIAL INSTITUTES  
 9:00 am - 1:00 pm HALF DAY MORNING INSTITUTE  
 2:00 pm - 6:00 pm HALF DAY AFTERNOON INSTITUTE

### Friday, March 31

9:00 am - 10:15 am KEYNOTE ADDRESS  
 10:30 am - 1:00 pm 2.5 HOUR MORNING WORKSHOPS  
 1:00 pm - 2:00 pm LUNCH BREAK ON YOUR OWN  
 2:00 pm - 4:30 pm 2.5 HOUR AFTERNOON WORKSHOPS  
 4:45 pm - 6:45 pm DIVERSITY FORUM  
 6:45 pm - 8:00 pm ASGPP WELCOME  
 8:00 pm - 10:00 pm COFFEE & COMEDY

### Saturday, April 1

8:00 am - 9:00 am NEW MEMBERS/ATTENDEES BREAKFAST  
 9:00 am - 10:15 am TIAN DAYTON PLENARY ADDRESS  
 10:30 am - 1:00 pm 2.5 HOUR MORNING WORKSHOPS  
 1:00 pm - 2:30 pm AWARDS LUNCHEON  
 2:30 pm - 4:00 pm 90 MINUTE AFTERNOON WORKSHOPS  
 4:15 pm - 6:45 pm 2.5 HOUR EVENING WORKSHOPS

### Sunday, April 2

9:00 am - 11:30 am 2.5 HOUR MORNING WORKSHOPS  
 11:30am - 12:30pm LUNCH BREAK ON YOUR OWN  
 12:30 pm - 3:00 pm 2.5 HOUR AFTERNOON WORKSHOPS  
 3:15 pm - 4:15 pm CLOSING CEREMONY

# ASGPP 2023 Conference Registration Fees

## REGISTRATION FEES

*All fees are given in \$US*

	Member Student / Retiree	Non-Member Student / Retiree	<i>Before February 21, 2023</i>		<i>After February 21, 2023</i>	
			Member	Non-Member	Member	Non-Member
Full Conference ( <b>Fri, Sat and Sun</b> )	\$325	\$375	\$475	\$660	\$525	\$720
1 Day Conference Package ( <b>Fri, Sat, Sun</b> )	\$140	\$155	\$170	\$225	\$185	\$245
Full Day Special Institute ( <b>Wed, Thurs</b> )	\$140	\$155	\$170	\$225	\$185	\$245
One (1) Half Day Special Institute ( <b>Thurs</b> )	\$70	\$80	\$85	\$115	\$95	\$130
One Workshop	\$50	\$75	\$80	\$100	\$100	\$120



**WEDNESDAY, March 29, 2023**

**10:00 am - 5:00 pm PRE-CONFERENCE SPECIAL INSTITUTES\***

*\*Additional Fee*

**10:00 am - 5:00 pm  
FULL DAY  
PRE-CONFERENCE SPECIAL INSTITUTES**

**1 COGNITIVE BEHAVIORAL PSYCHODRAMA, & PROCESS GROUP THERAPY: A BLENDED EXPERIENTIAL MODEL**

**Thomas Treadwell, Ed. D, CGP, TEP, Center for Cognitive Therapy, American Group Psychotherapy Association; Hanieh Abeditehrani; Joseph Williams, ABD, MA, BA**

Blending Cognitive Behavioral, Psychodrama & Process Group therapy offers an opportunity to increase knowledge along with fostering effective interaction skills needed for a wide range of human interactions. This workshop examines implications of these three intersecting similarities: the use of groups to achieve therapeutic change. Focus is identifying, exploring negative automatic thoughts & irrational beliefs, placing them in action and challenging negative thinking. This process assimilates Yalom's four primary therapeutic factors of group therapy.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe how Blended Experiential model can be used to create a safe and secure environment where individuals can share their dilemma(s) without restraint.
2. Complete & interpret the Automatic Thought Record (ATR).
2. Describe and implement the major psycho-dramatic techniques; role-playing, interview in role reversal, protagonist, auxiliary ego, doubling, concretizing and the empty chair techniques.

**2 SYSTEM THEORIES, FAMILY THERAPY AND PSYCHODRAMA**

**Jacob Gershoni LCSW, CGP, TEP, The Sociometric Institute; Private Practice**

J. L. Moreno, the creator of psychodrama and sociometry, was one of the earliest pioneers of systemic thought and family therapy. From the early days of developing psychodrama Moreno viewed each person in his/her context. Thus, he considered many forces that shaped the persons and their relationships: parents, ancestors, siblings, community, spiritual heritage, current events and more. In this workshop we will explore how our past and various systems affect present relationships. A special focus will be on family of origin and families of choice. Using sociometry and psychodrama we will look at how we develop social, personal and intimate connections to others.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify principles of system theories
2. Apply psychodrama techniques into family therapy.

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

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

**3 NEURODIVERSITY AND PSYCHODRAMA-BEYOND SPECIAL NEEDS**

**Carol Feldman-Bass, JD, Social Dynamix; Asperger/Autism Network; Jonathan N. Bass, M.D., F.A.A.P.**

Recent social change has seen a marked awareness of the complexity of being a Neurodiverse individual in today's society. Both Neurotypical and Neurodiverse individuals struggle to see the world from one another's perspectives resulting in inefficient productivity and unsatisfactory social relationships for both parties. This workshop will demonstrate how specific techniques used in Psychodrama, Sociometry, and Improvisation may be used to assist Neurodiverse individuals, and the systems in which they exist, negotiate critical social interactions involving social relationships at work, in school, at home and within couples/families. The audience will have the opportunity to participate and discuss a series of vignettes as well as explore material from their own practices.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify specific techniques within Psychodrama, Sociometry, and Improvisation that may be used when working with Neurodiverse individuals.
2. Apply these techniques with the Neurodiverse students, couples, and family and work systems in their practices.



10:00 am - 5:00 pm PRE-CONFERENCE SPECIAL INSTITUTES\*  
9:00 am - 1:00 pm PRE-CONFERENCE MORNING HALF-DAY SPECIAL INSTITUTE\*  
2:00 pm - 6:00 pm PRE-CONFERENCE AFTERNOON HALF-DAY SPECIAL INSTITUTE\*

\*Additional Fee

## 10:00 am - 5:00 pm FULL DAY PRE-CONFERENCE SPECIAL INSTITUTES

### 4 ETHICS IN ACTION FOR ACTION-ORIENTED HELPERS & HEALERS

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

As action-oriented psychotherapists, we engage with clients in non-traditional ways, stepping out of our chairs and into a less clearly defined zone of collaborative action with clients. In this action space, we find opportunities for powerful healing and recovery. However, we also encounter ethical issues that do not arise in the same way in many other, less experiential, modalities. This workshop takes a deep dive into at least two of such ethical issues: the intentional therapeutic use of touch, self-disclosure and multiple relationships. We consider findings from theory and research and use sociodramatic and psychodramatic role-play to explore these topics in depth. Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate boundary crossings from boundary violations.
2. Describe the ethical social atom as a self-awareness and ethical decision-making tool.

### 5 PSYCHODRAMA, SOCIOMETRY, & GROUP PSYCHOTHERAPY THE TRIADIC SYSTEM OF CONNECTION

**Louise Lipman, LCSW-R, CGP, TEP, Psychodrama & Creative Arts Therapy; Trial Lawyers College**

J.L. Moreno saw Sociometry as the umbrella for Psychodrama and Group Psychotherapy, forming a Triadic System that promotes healing through connection. Using warm-up, action and sharing we will explore the covert and overt structure of the group, create a connected healing community and experience the triadic system. This workshop is didactic and experiential. As Jonathan Moreno said "Psychodrama without Sociometry is blind and Sociometry without psychodrama is sterile".

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate the Triadic System of Sociometry, Psychodrama and Group Psychotherapy
2. Examine the classical psychodramatic structure of warm-up, action and sharing

## 9:00 am - 1:00 pm MORNING PRE-CONFERENCE HALF-DAY SPECIAL INSTITUTE

### 6 Building A Bridge: Helping Family Relationships Recover from Addiction

**Lori Budman, MSS, LCSW, CP/PAT, Healing Collective LLC; Dave Moran, LCSW, TEP; Karen Levin Moser LCSW, PAT**

Addiction and other dysfunctional behavioral patterns impact families in profound ways. The trauma of addiction on an addict's life and family life is significant and can challenge relationships. Using Sociometrics, an approach created by Tian Dayton, participants will explore experiential ways to build sociometry in families recovering from addiction. Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify three ways that addiction impacts families
2. Utilize sociometric tools to build empathy and facilitate open and honest communication.

## 2:00 - 6:00 pm AFTERNOON PRE-CONFERENCE HALF-DAY SPECIAL INSTITUTE

### 7 TRAUMA-INFORMED PRINCIPLES IN PSYCHODRAMA

**Scott Giacomucci, DSW, LCSW, TEP, Phoenix Center for Experiential Trauma Therapy; Bryn Mawr College Graduate School of Social Work; Haydn Briggs, MSS, LSW, CET II, Phoenix Center for Experiential Trauma Therapy**

Everyone claims to be trauma-informed nowadays, but most are unaware of the six trauma-informed principles. This workshop presents the six trauma-informed principles as outlined by SAMHSA and their utility in group work, psychodrama, and leadership. Trauma-informed principles will be approached as both clinical guidelines and ethical imperatives. Trauma-informed and trauma-focused will be differentiated. Participants will be challenged to critically reflect on their relationships to these principles and explore ways of further integrating them into their psychodrama practice and training. Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify SAMHSA's trauma-informed principles
2. Explain the ethical value of trauma-informed principles in preventing retraumatization





## FRIDAY, MARCH 31, 2023

9:00 am - 10:15 am KEYNOTE ADDRESS  
 4:45 pm - 6:45 pm DIVERSITY FORUM  
 6:45 pm - 8:00 pm WELCOME RECEPTION  
 8:00 pm - 10:00 pm ENTERTAINMENT

### KEYNOTE ADDRESS 9:00 am - 10:15am

#### Robert Siroka, PhD, Sociometric Institute

Live and In person Bob will speak on some of the history of ASGPP, Executive Council, Psychodrama and our Conference. As a past President, EC member and active member for 50 yrs he can share on the times of large conferences and leaner. But the importance of connecting with each other in the format of our annual Conference previously referred to as "our Annual Meeting" which in the 70's was a blast.

### 10:30 am - 1:00pm MORNING WORKSHOPS

#### 8 "FEELINGS IN-BETWEEN" - PSYCHODRAMA FOR EMERGING ADULTHOOD

##### Daniela Simmons, PhD, TEP, International Tele'Drama Institute (ITI), ASGPP

'Emerging adulthood' is a distinct phase between adolescence and adulthood, from the late teens through the mid-twenties, where young people explore various life possibilities and develop a more definite identity and understanding of the society around them. Emerging adults have a unique set of needs and responses to psychotherapy as compared to children, teens, and older adults. The participants will recognize and explore the "feelings In-between" of that age group and how psychodrama can be utilized to assist emerging adults in making a healthy transition to adulthood.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Examine this distinct period of age through psychodrama and other action methods.
2. Identify the five features that distinguish emerging adulthood from other life stages.

#### 9 PSYCHODRAMATIC CLOSURE AND BEGINNING ANEW

##### Scottie Urmey, BS, MSW, LCSW, TEP, Psychodrama New Jersey; American Board of Examiners; Ronald C. Collier, LCSW, TEP

When we experience incomplete or problematic endings in life it can make new beginnings difficult and challenging. During the Covid 19 pandemic problematic endings have been prolific-jobs that people never returned to, funeral services that never took place, loved ones in care facilities that could not be visited. In this workshop we will use the social atom and the instruments of surplus reality to find closure and begin anew with enhanced hope, resilience, and connectedness.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate how a social atom can be used to assess grief and loss issues associated with the Covid 10 pandemic.
2. Demonstrate how the concept of surplus reality can create corrective moments for clients dealing with the grief and loss issues

#### 10 CREATING HEALTHY CONNECTIONS; TRANSFORMING DRAMA TRIANGLE ROLES IN ACTION

##### Linda Condon, LMHC, TEP, Private practice; Suncoast Psychodrama Training

The connections we create with others are role related. This workshop will explore how the behavior patterns of the Victim, Rescuer and Persecutor roles both limit and hurt relationships which causes an increase in drama and disconnection. Healthier role patterns for restoring Communication, Empowerment, and Collaboration will be examined. Participants will experience various strategies to create and role train more satisfying connection with themselves and others.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the behaviors associated with the drama triangle roles of Victim, Rescuer and Persecutor.
2. Demonstrate strategies for role training healthier role training behaviors.

### 2:00 pm - 4:30 pm AFTERNOON WORKSHOPS

#### 11 I LOVE BIGGIE! EXPLORING THE HUMAN-COMPANION ANIMAL BOND

##### Catherine D. Nugent, LCPC, TEP, Laurel Psychodrama Training Institute; Barbara Guest-Hargin, B.ED, MSW, TEP

Anatole France observed "Until one has loved an animal, a part of on as soul remains unawakened". Join us as we explore the human-animal bond through the lens of attachment. The workshop includes psychodramatic enactment of beloved animal companions and their significant role in our lives. Special emphasis is given to pet loss and grieving.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe three typical patterns of human-companion animal bonding.
2. Describe at least one psychodramatic intervention to help a person grieving the loss of a beloved pet.

#### 12 JOURNEY OF THE SOUL: FROM ACCEPTANCE TO CELEBRATION

##### Nina Garcia, EdD, LCSW, RDT/BCT, TEP, Private practice, NYU Drama Therapy Graduate Program

Given the challenges we and our clients have faced during this time of the Pandemic, many of our old coping skills have proven to be either insufficient, or in their overuse have become toxic. This workshop will offer theory and concrete methods for accepting life as it is, finding joy in the dark corners and opening to celebrating all that we are as we evolve into a new and more resilient self.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define acceptance and Resilience.
2. Identify opportunities for growth.

## 13 MORENO'S PSYCHODRAMA

**Anath Garber, MA, TEP, PDD, Private Practice** Anath, one of the last JL Moreno's students, will direct a full psychodrama similar to the open sessions she directed at the Moreno Institute which were held daily in NYC and weekly in Beacon. A full psychodrama session will be offered, consisting of a warm-up, action, and sharing. Processing will follow including a discussion of the use of open sessions.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the three phases of psychodrama: warm-up, action, and sharing.
2. Explain the difference between open and closed sessions.

8:00 pm - 10:00 pm

## COFFEE AND COMEDY

*Come join us for a cup of coffee, dessert, and laughter following the welcome reception. Comedians Dion Flynn and George Walsh will be with us for an evening of spontaneity and fun with comedy.*

4:45 pm - 6:45 pm

### DIVERSITY FORUM: Presented by the Sociatry & Social Justice Committee

*Envisioning a more accessible  
ASGPP community*

*We strive to form a conference and organization that preferences social justice and inclusion. The Diversity Forum examines the barriers to that goal and possible ways forward, including the Green Bottle Initiative and creation of affinity groups where people of similarly lived experiences of marginalization can come together to share stories of resiliency in the face of marginalization, and create more empowering roles that serve to build us up as a community. Please join us!*

6:45 pm - 8:00 pm

## ASGPP WELCOME

*The Conference Chairs, President, and Executive Council look forward to welcoming everyone to our Welcome Reception planned for Friday evening March 31, 2023 from 6:45 PM - 8:00 PM. This will be a time to reconnect with old friends and colleagues as well as to reach out to welcome new members. Come say hello and share the warmth live and in person!*



**SATURDAY, APRIL 1, 2023**

**8:00 am - 9:00 am** NEW MEMBERS / NEW ATTENDEES BREAKFAST  
**9:00 am - 10:15 am** PLENARY  
**1:00 pm - 2:30 pm** AWARDS LUNCHEON

## Plenary

**9:00 am - 10:15 am**

**Tian Dayton, PhD, TEP**

*will speak on the importance of Connection, Sociometry and her recently published Sociometrics. She is a recipient of ASGPP's life time achievement award, scholarship award and president's award. A Senior Fellow at the Meadows and author of 15 books. Dr Dayton is the Director of the New York Psychodrama Training Institute where she runs training groups in Psychodrama, sociometry and Group Psychotherapy. She is a Nationally renowned speaker and expert in Psychodrama, trauma and addiction. Responsible for authoring the NAADAC credential for Relationship Trauma Repair and Sociometrics.*

**10:30 am - 1:00 pm**  
**MORNING WORKSHOPS**

### **14 HEALING THROUGH CONNECTION IN TIMES OF CRISIS**

**Mary Catherine Molpus, LCSW, CP, PAT, Private Practice-Boulder, CO**

This workshop will focus on how to build and maintain safety and connection while navigating our dynamic world. Many of us and our clients have been challenged with spontaneity tests to remain connected during times of crisis and stress. Participants will experience warm-up, action and sharing in the classical psychodrama format. Participants will have an opportunity to participate in role reversal and doubling to move from isolation and fear to connection and groundedness. Let's join together and use this as an opportunity to connect and access spontaneity to heal and thrive.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify sociometric exercises that promote safety and connection building.
2. Describe the 3 parts to a classically directed psychodrama which includes warm-up, action and sharing

### **15 DISMANTLING ENABLING SYSTEMS**

**Jennifer Salimbene, LCSW-R, CASAC, TEP, Hudson Valley Psychodrama Institute, Private Practice**

Enablers keep our clients stuck by reinforcing undesirable behaviors. By shielding clients from the consequences of their addiction or other problematic behaviors, they make it difficult for clients to achieve sustained recovery. Therefore, we must help our clients identify their enablers and explore how their enablers behavior negatively impacts recovery. We can then help clients assess whether they can transform their relationship with their enabler or if they need to sever ties with them in service of recovery. Using action methods and a psychodrama we will explore how to help clients dismantle their enabling systems and identify support systems.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define enabling.
2. Describe two psychodramatic techniques to help clients explore the impact of enabling behaviors

### **16 STUCK LIKE GLUE! EXAMINING AND HONORING ATTACHMENT STYLES PAST & PRESENT**

**Aimee Johnson, LMHC, CCTP, PAT, Creative Minds Counseling, LLC; NeuroRestorative Clearwater; Kerry Conca, LMHC**

Are you feeling anxious about a big decision or struggling with burnout and self-care? Are you having difficulty setting boundaries or feeling stuck making your next move? In this experiential workshop, participants will learn about a variety of attachment styles, their origin, and how they show up in present roles and relationships. Participants will explore multiple roles and how their attachment style influences their level of connection to each role. Exploring attachment styles can assist participants with developing insight into decision making about career, relationships, and life choices.

Participants will be able to utilize resources presented in this workshop for working with individuals and families.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify and define at least four attachment styles and evaluate how they function in relation to different roles
2. Apply psychodramatic interventions to help individuals and/or families develop safe and secure attachments across roles and relationships

### **18 USING ART THERAPY AS A WARM-UP IN PSYCHODRAMA**

**Sue Parcell, ATR-BC, LCPC, CP, Advocate Illinois Masonic Behavioral Health and Private Practice**

Creating a warm-up using selected art materials becomes a vehicle for the participants to discuss their images, receive supportive feedback from others which allows for relating to the identified issues which can aid in a protagonist selection.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify with each other via the art created
2. Apply art therapy to increase spontaneity

**19 THE PHOENIX RISING: PSYCHODRAMATIC EXPLORATIONS OF RENEWAL AND REBIRTH**

**Sandra Seeger, LMHC, TEP, South Tampa psychodrama Training and South Tampa Counselors; Susan Mullins, LMHC, TEP, CEDS**

The Phoenix symbolizes birth, death and rebirth, as well as eternity, strength and renewal. Healers are spiritual warriors who have found the courage to defeat the darkness of their souls. Awakening and arising from the depths of their deepest fears like a phoenix rising from the ashes. " Melanie Koulouris. The last few years of world crisis has left many of us needing to rebuild our strength and renew our spirit. We can not help others to rise if we ourselves have not done so. This workshop will help us to transform all of the experiences that have been forged in the fire, helping our clients to do the same.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate psychodramatic techniques to facilitate transformation of trauma
2. Demonstrate the concretization psychodramatically of the phoenix rising.

**20 HEALING THE DARK MIRROR: CHALLENGING NEGATIVE CORE BELIEFS**

**Stephen Kopp, MS, TEP, Dreamer2doer**

Hans Christian Andersen's Snow Queen begins when a mirror of negativity shatters, causing those infected to view the world from a distorted perspective. Early family dynamics can likewise distort self-perceptions. These can become so familiar that we are unaware of maintaining misinterpretations as adults. At the same time, these significantly distort our capacity to make healthy connections in the present. Psychodrama offers an effective means to examine what we misconstrued as children from an adult perspective and alter long-standing scripts. Psychodrama empowers our clients to repair these flaws and reclaim their creativity and strengths. This enhances our capacity for fostering nurturing relationships.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify how negative core beliefs are masked by less destructive cognitive distortions
2. Demonstrate 2 ways to use sculpting and action methods to shift a client's perspective to more accurate self-awareness.

**21 FAMILY LIFE CYCLE, THE POWER OF CONNECTION**

**Paula Ochs, LCSW, TEP, Family Service League; Chyalis Clinical Supervision & Training**

Participants will experience the power of multi-generational connection through role play. We will explore the problems that could arise from various issues such as birth, adolescence, empty nest, divorce/separation, retirement, chronic illness, and death. We will also discuss effective interventions in these cases.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define key moments in the family life cycle.
2. Demonstrate knowledge of problems that can arise at each key moment in the life cycle.

**22 JUICY AFTER 50**

**Deborah S. Shaddy, MS, LCPC, TEP, Sophia Center, LLC; Hudson Valley Psychodrama Institute**

As women age, roles shift, change, and all too often, contract. When embraced, age can also provide space to access powerful new energies and tune into archetypes of compassion, outrage, power and new layers of wisdom. The gift that years and experience offer is the potential for increased clarity and voice. Moreno's methodologies of psychodrama and sociodrama provide avenues to expand roles and find new ones. In this workshop we will provide tools to help clients identify archetypes who will help them step fully and confidently into the fullness of their most authentic selves.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify archetypes useful for women over 50
2. Describe two psychodramatic techniques useful in working with women over 50

**1:00 pm - 2:30 pm**

## **Awards Luncheon**

*Come celebrate with your colleagues as we honor our "movers and shakers" in the psychodrama community. All of membership chose those we honor in 2023. Imagine a future projection where You are the recipient of a much deserved award, chosen by your peers for your hard work and dedication to psychodrama.*

**2:30 pm - 4:00pm  
AFTERNOON WORKSHOPS**

**24 EMBODYING THE BODY THROUGH WARM-UP AND ACTION**

**Nicole Wegweiser, LCSW, ASCH Certified Hypnotherapist, Mindful Therapy of Monmouth County LLC; Psychodrama NJ**

This experiential workshop will explore the different ways we embody Psychodrama. We will begin by warming up participants' bodies through a series of movement exercises and improvisation activities, and then experience the different ways one can physically embody a role, whether it be protagonist, director, or an auxiliary in a Psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate the ways one can deepen the experience of being in a role through full embodiment.
2. Apply a variety of movement exercises and techniques to warm up the body towards action.

**25** INCREASING ENGAGEMENT IN TREATMENT GROUPS FOR NON-VOLUNTARY CLIENTS

**Frank Bartolomeo, Ph.D., LCSW, Silver Hill Hospital, New Canaan, CT**

Non-voluntary clients, defined as those who face non-legal requirements to participate in therapy groups are often labeled "resistant, unmotivated, or uncooperative." Though Moreno viewed resistance as a consequence of inadequate warm-up, most often there are other complicating factors that contribute to disengagement particularly the dynamic impact of coercion on the therapeutic relationship and situation. The less known Theory of Reactance, for example, offers a perspective on the normative responses to actual and perceived impingements of personal autonomy. Psychodramatic and experiential techniques offer effective ways to assist group members to step in the role of voluntary client.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate the non-voluntary participants in groups.
2. Define the theory of reactance and to apply responsive strategies

**26** BUILDING RESOURCES WITH INDIVIDUAL CLIENTS

**Yechiel Benedikt, LCSW, LCADC, CASAC, Chemed Health Center, Pesach Tikvah**

Resource development increases a client's capacity to manage symptoms and increase level of functioning. Resourcing is used in various models including Psychodrama, EMDR, Somatic Experiencing and EFIT. Increasing a client's capacity through various forms of resourcing, increases their ability to remain whole and present in working through challenges both in therapy and in their daily life. This workshop will demonstrate how to utilize resourcing with individual clients from various cultural backgrounds using Psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate how to put resources into action with individual clients.
2. Describe how to apply surplus reality to concretize internal and external resources.

**27** TAPPING INTO SPONTANEITY AND CONNECTION: AN EFT WARM-UP

**Patricia Hannah, MSW, LCSW, Psychodrama NJ**

In this workshop, participants will learn how to use Emotional Freedom Technique (EFT) as a psychodrama warm-up. Emotional freedom technique or "tapping" is a quick, easy way to reduce stress and promote emotional regulation. A tapping warm-up can help to lessen anxiety and thereby increase the spontaneity and creativity of the psychodramatic process. Moreover, it can be used as a co-regulating tool if needed throughout the drama. Participants will learn and practice EFT tapping points and learn how to incorporate this into a sociometric building warm-up. Please come and see why this self help tool effectively pairs with the mindful and co-regulation properties of psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the acupuncture tapping points utilized in clinical EFT and demonstrate as a form of self-regulation.
2. Apply EFT coupled with the psychodrama spectrogram to create a sociometric enhancing warm-up.

**28** WHEN POLARITIES DIVIDE US: FINDING THE DIAMOND IN THE OPPOSITES

**Linda Iannacone, MA, ATR-BC, Trenton Psychiatric Hospital, MindGuide Creative Therapy (private practice); Tessa Kleeman, MA, LMHC**

Being able to tolerate the tension of opposites long enough for something new to emerge is a vital part of personal growth. Expressive therapies provide a safe container for such a transformative process. This workshop combines art and psychodrama techniques, demonstrating how to tolerate and move through ambiguity or conflict. Akin to the diamond of opposites, the art therapy mandorla is a symbol of two interlocking circles, forming an almond or symbolic middle path. Moreno refers to this as "the encounter." This session will offer the opportunity for participants to do some personal exploration as we move our mandorlas into action with psychodrama, learning skills to enrich our clinical work.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate 2 methods of psychodrama and art expressive therapy to use when faced with a client presenting issues of ambivalence or conflict.
2. Explain the theory and application of the art therapy mandorla structure as a warm up to psychodrama

**29** HEALING YOUR WOUNDS THROUGH THE POWER OF CONNECTION

**Cristina Schmidt, Associate Professor - Bucharest University, Licensed Psychotherapist, Psychodramatist, Transgenerational Psychotherapist, IAGP, Romanian Association for Psychodrama**

The journey of healing is a complex process of transformation and reconnection with the self and the world. The split self, as a result of trauma, will influence the choices of wounded persons, most of them disbalancing their lives. Once the healing process starts, the "pieces of the self" start to reconnect. The healing will be completed when the inside connection will be expressed and used in the outside world, the world of relationships.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify their resources they can reconnect to.
2. Apply the matrix of inside reconnection to their relationship world.

### 30 THE PROCESS OF TRANSFORMATION: EXPANDING AWARENESS

**Julie Wells, LCSW, TEP, Suncoast Psychodrama Training, ABE Vice President**

As we emerge from a COVID-19 fog, the multiple shifts and changes of the pandemic reverberate among us. The power of psychodrama, specifically the psychodramatic techniques of role reversal and mirroring, help develop some sense of security in knowing and owning our own past internal resources and accomplishments. Additionally, axiodrama, allows experiential action-based exploration of abstract concepts such as transformation and post-traumatic growth. This 90-minute trauma-informed workshop uses movement, mirroring, and axiodrama to allow attendees to celebrate moments and roles of transformation. Through action-insight we will concretize strength found in past experiences of survival and transformation.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define axiodrama and differentiate it from a classical psychodrama
2. Examine moments of transformation to anchor and generalize aspects of internal strengths and resources to access in times of difficulty

## 4:15 pm - 6:45pm EVENING WORKSHOPS

### 31 TO CONNECT DEEPER WITH MANDALA, TELE, AND ROLE REVERSAL

**Ning-Shing Kung, ATR-BC, LPAT, TEP, St. Clare's Hospital, Hudson Valley Psychodrama Institute**

Start with drawing a personal Mandala to define one's inner resources. Follow with a series of steps: writing, sharing, making choices, connecting in visual art and words, and expanding the connection from a dyad to a group, also growing from a seed to the vision of a possible community growth in the future. This experiential workshop helps one immerse in the exciting and playful ah-ha moments while finding the connection to each other one way or another. Art therapy, psychodrama, and sociometry are integrated along the entire session.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply auto-tele in reflection to the Mandala drawing in order to strengthen the relationship to self and with one and another.
2. Identify the flow from visual art to words and vice versa, from self immersion to interaction and vice versa, from an individual to a dyad/a small group and vice versa, from diversity to oneness.

### 32 CHANNELING YOUR INNER SUPER HEROINE/HERO WITH OTHERS FOR SUPERCHARGED CONNECTION

**Dr. Margo Fallon, Ph.D. - Counseling Psych; MA-Counseling; BSE - Theatre, Art, Social Science, Artful Interventions, Clinical Associates of Lenexa**

Experience Power Connection with your and other's Super Heroine/Heroes through Expressive Arts Techniques - art, music, dance and drama therapies

Learning Objectives.

After attending this workshop, participants will be able to:

1. Examine your own Super Heroine/Hero Personal Power
2. Recognize/Connect with the Super Heroine/Hero in Others

### 33 IDENTIFYING & HEALING SOCIOMETRIC CONNECTIONS IN THE WORKPLACE TODAY

**Kim Irvine-Albano, RP, TEP, Resolve Counselling Services Canada and Private Practice; Ananta Chauhan, PhD, MA, MED, RP, TEP**

Much of our work depends on sustaining successful connections in a group. However, the workplace has become a source of stress for many in the wake of the collective experiences of the pandemic. Our relationship to work and workplace connections has shifted. This sociometry workshop will examine the meaning of group cohesiveness today, increase awareness on how to identify the underlying group dynamics, and provide some sociometric interventions to address group tensions or stagnations.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify factors which affect group cohesiveness in the workplace today.
2. Apply sociometric interventions to increase a group's connection and functioning.

### 34 GETTING OUT OF THE VICTIM ROLE USING KARPMAN'S TRIANGLE

**Sonora Thomas, MA, LMHC, PAT, Private Practice; Kevin Thomas, MA, PHR, Green River Coaching**

Without knowing it, clients in group psychotherapy often adopt the victim role under stress. At the time they learned this role, it was an adaptive strategy, but for most adults, the victim role blinds clients to constructive responses to their current situation. In this program, we demonstrate how psychodrama can be used to move out of the victim role into roles that have greater capacity for action, connection, and expression.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the Karpman triangle
2. Apply psychodramatic methods to help clients recover a sense of agency and power.

### 35 HEALING THROUGH CONNECTION; SOCIOMETRIC & PSYCHODRAMATIC TECHNIQUES TO TREAT EATING DISORDERS

**Brittany Lakin-Starr, PhD, TEP, Chicago Center for Psychodrama; Chicago Center for Growth and Change; Kate Merkle, MSW, MPH, RDN**

Eating disorders can be all consuming. Patients suffering from eating disorders often feel isolated and alone as their eating disorder becomes their main relationship. When patients are over-connected to their eating disorder they lose connection with the meaningful people, places, and things in their lives that can aid and support their recovery. In this workshop, we will demonstrate how to use sociometric and psychodramatic techniques (e.g., spectrogram, empty chair, role-reversal) to help patients identify and build connections with their resources and supports to help their recovery.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify one sociometric and one psychodramatic structure (e.g., including spectrogram, empty chair) and one way they can be used with individuals with eating disorders.
2. Recognize how action methods can help facilitate healing in patients with eating disorders

## 36 GETTING IN TOUCH WITH GENDER EXILES

**Ellie Taylor, LSW, Phoenix Center for Experiential Trauma Therapy; Kaamila Mohamed, LSW**

What can we learn from our gender-exile parts of self? Where are they hiding and why? How do we integrate them into our lives now? ALL are welcome, regardless of the gender identity and expression you hold at this time!

Learning Objectives.

After attending this workshop, participants will be able to:

1. Examine ways in which rigid gender socialization has shown up in participants' own lives.
2. Identify ways in which participants join in upholding rigid gender norms.

## 37 SOCIOMETRICS IN A WORK ENVIRONMENT AND HOW TO IMPLEMENT INTERVENTIONS

**Greg Reid, LMHC, CP, PhD, Experiential MHC; Jess Baglione, MS, LMHC**

We will explain how to create criteria questions and generate sociometrical criteria for small to mid businesses or organizations. A real world example will be analyzed and findings will be explained. Identifying Incongruencies, conflict, and cliques will be taught. Then we will enact sociodramatic interventions with issues that come to light using the sociometric analysis.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify incongruencies, conflict, and cliques in sociometric diagrams
2. Apply analysis to create interventions for Incongruencies, conflict, and cliques

## 38 ENERGY DRAINS AND ENERGY GIVERS

**Carole Oliver, M.Ed, LPC, TEP, FMHCA**

In this workshop we will use psychodrama to explore that which drains our energy such as perfectionism, low self esteem, challenging people, etc and discover that which gives us energy. We will take a look at how to manage energy drains over which we have no control and find creative ways to address those in which we do have some control. We will explore ways to bring energy givers into our lives.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define the terms: energy drains and energy givers
2. Identify ways to set boundaries; Demonstrate ways of practicing self care

## 39 ELECTRIC FUSION: DESPERATE OR NOT ARTISTS COME FIND YOUR MUSE

**Cynthia Rose Freeman-Valerio, M.A., LPC, ARTSOUL, Inc. & Creative Therapy Unlimited; Isabella Christodoulou, LCSW-BACS**

You may identify as an actor, singer, dancer, writer, musician, painter or any other type of artist. It might be that those parts of you have been awake or asleep for a while.

In this action-based workshop, we will begin with a short didactic piece about the concept of the Muse. We will utilize warm-ups, sociometry, role reversals and doubling to give you the opportunities to meet and be inspired by your Muse.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Discover warm-ups and role reversals that connect participants to their creativity.
2. Apply experiences with the Muse to their creative processes.



**SUNDAY, APRIL 2, 2023**

**3:15 pm - 4:15 pm CLOSING CEREMONY**

**9:00 am - 11:30am  
MORNING WORKSHOPS**

**41** **EMPTY CHAIR(S)**

**Rebecca Walters, MS, LMHC, LCSW, TEP, Hudson Valley Psychodrama Institute ASGPP**

The empty chair is a blank screen. It is extremely flexible. It can concretize anything or anybody. It brings the work immediately into the here and now. Psychodramatic and sociodramatic empty chairs can be used to address interpersonal relationships, explore the intrapsychic and work in surplus reality. It can be used as a warm up, a piece of the action/therapeutic exploration and for sharing and closure. Empty chair work can be used to encourage expression, to clarify and explore multiple parts of self or others, to facilitate role reversal and to develop spontaneity in various roles in our lives in the present and future.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe two ways to use the empty chair to warm up the group
2. Apply the Empty Chair to the three phases of a psychodrama

**42** **WHEN WORDS ARE NOT ENOUGH: MUSICAL DOUBLING FOR CONNECTION & EXPRESSION**

**Amy L. Clarkson, LCAT, MT-BC, TEP, Montclair State University; American Board of Examiners; Barbara McKechnie, LPC, LCAT, RDT/BCT, RPT, TEP; Exceptional Wellness Counseling, Psychodrama and the Creative Process**

Music has the capacity to bridge the head and heart, the mind, body and spirit, helping us to safely connect with emotions and inner resources that may otherwise be hard to access. In this workshop, we will explore the therapeutic role that musical doubling can play in helping the protagonist to feel less alone, to stay present to their feelings, and to have cathartic, healing moments of integration. Participants will learn effective ways of incorporating sound and music expression to enrich the warm-up, action and sharing phases of psychodrama. Prior musical training is not needed for meaningful application of the techniques that will be explored.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe 3 different variations of musical doubling that can be incorporated in psychodrama.
2. Demonstrate one example of musical doubling.

**43** **UNWINDING CODEPENDENCY**

**Regina Sewell, PhD, LMHC, PCC, PAT, SUNY New Paltz, Hudson Valley Psychodrama Institute**

At the root, codependency is strategy people developed to manage fear. Codependency causes people to lose themselves by focusing their attention on someone else's needs and ignoring their own. This workshop will provide deeper understanding of codependency, an opportunity to identify how codependency plays out, and in action, explore new ways to be in relationship with others.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define codependency
2. Describe two psychodramatic techniques to help clients explore new ways to be in relationship with others.

**44** **ACROSS THE GREAT BEYOND**

**Judy Swallow, MA, LCAT CRS, TEP, Hudson Valley Psychodrama Institute/private practice**

Can we really contact the dead? How? Psychodrama is one of the best ways to ask questions, get perspective, give appreciations and finish unfinished business with those who have passed. This workshop will include ways to warm up to the conversation, set the scene, provide safety and support, and follow the invitation to its conclusion. Rituals for any desired ongoing connection will also be explored.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Distinguish differences between self and other through role reversal.
2. Apply the anchoring technique to concretize results.

**45** **METTAOMETRY: APPLYING SOCIOMETRY AND GROUP PROCESS TO BUDDHIST PRACTICES**

**Jacqueline Siroka, LCSW ACSW, TEP, NASW**

Loving Kindness, Forgiveness and Compassion are 3 Buddhist practices that open the heart. We practice for ourselves and others to be more deeply connected. Sociometry and action methods bring them alive. The 3 practices will be presented and then experienced with the use of Sociometry and group process.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the difference between using Sociometry in a guided meditation and Sociometry in the action space.
2. Describe how to use compassion practices as a warmup in a Psychodrama group.



## 46 PSYCHODRAMA RESEARCH: SIMPLIFYING RESEARCH FOR PRACTITIONERS

**Joshua Marquit, PhD, Penn State Brandywine; Scott Giacomucci, DSW, LCSW, BCD, CGP, FAAETS, TEP, Phoenix Center for Experiential Trauma Therapy; Bryn Mawr College**

This workshop is designed to warm up psychodrama practitioners and trainers to the wonderful world of outcome-based research. This experiential workshop will introduce attendees to basic research ideas and create a safe space to explore our relationship with research. Using sociometry and role playing, we will explore our own barriers to research while affirming the importance of research in our work and community. Presenters will discuss their own personal experience with research and share findings from their current psychodrama studies.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate between quantitative, qualitative, mixed methods approaches to research.
2. Explain the importance of outcome research to the Psychodrama Community.

## 47 HEALING THE HATE WITHIN; CONFRONTING INTERNALIZED HOMOPHOBIA WITH PSYCHODRAMA

**Joel Thayer, MA, MFA, JD, Massachusetts Bar Association, Elevate Counseling Services Inc.; Jason Hasko MA-RDT, LCAT, CP, PAT**

As LGBTQ+ identified persons growing up in a heteronormative world, many in the queer community experience repeated negative messaging from an early age. Over time, recurring exposure to homonegative microaggressions can teach individuals to hide, ignore, and in many cases internalize hate for who they are. In this workshop, we will explore our own internalized shame and homophobia utilizing sociometry and psychodrama to safely address and transform old patterns and beliefs into ones of acceptance and healing. This workshop will be pertinent to persons of any sexual orientation, gender identification or cultural heritage.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate how to use sociometry warm-ups to build safety and connection within an LGBTQ+ group setting.
2. Identify the impact internalized homophobia has had both personally and collectively on the LGBTQ+ community and how it still continues today within our youth.

## 48 SOCIOMETRY & THE SOCIAL ATOM

**Mimi Moyer, LPC, LCAT, CP, PAT, BC-DMT, Private practice**

Sociometry promotes inclusion/cohesion in groupwork and is essential to Psychodrama. I will introduce 3 different Sociometric Warm-Ups for use in Psychodrama: Locograms (answer the question which one), Step-ins (allow group members to choose their criteria), and Spectograms (how much?). Experiential exercises focus the group, move them into the here and now, and build safety for choice-making, allowing the director to access readiness for action. For Moreno the smallest unit of mankind was the social Atom. Moreno, the "social atom repairman," believed change happens by intervening at the level of an individual's social network. I will teach how to diagram their social atoms, ask for a volunteer and move into action.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate/describe 3 sociometric Warm Ups which build sociometry.
2. Demonstrate diagramming the Social Atom.

## 12:30 pm - 3:00 pm AFTERNOON WORKSHOPS

### 49 PSYCHODRAMA AS A SUPERVISION METHOD

**Jacob Gershoni, LCSW, CGP, TEP, The Sociometric Institute; Private Practice**

Psychodrama is adaptable to many forms of therapy, and is similarly useful as a supervision method. Utilizing psychodrama in supervision groups has many rewards: the enactments can help therapists and clients get unstuck, find creative and novel solutions and rehearse them in action. It enlivens the session and instill a sense of hope. Such enactments can simulate individual, family or group situations. The group of supervisees play various roles, in the case of group therapy, and help expand the repertoire of the participants. Another added benefit is the possibility to explore therapists countertransference issues, deepened by doubling and role reversals. Workshop is open to all levels.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Distinguish when to move from talk to action
2. Recognize various psychodrama techniques

### 50 STEP IN THE SHOES OF THE TEENAGER USING SOCIODRAMA!

**Lauren Shpall-Brown, MA, MEd, CP, PAT, United Federation of Teachers, American Mental Health Association; Daisy Martinez-DiCarlo, LMHC, LPC, CP, PAT**

Sociodrama enables young people to examine human relationships through group action methods, creativity and spontaneity. Through the co-creation of a Sociodrama, participants in this workshop will explore personal, social and political issues that matter to our teenagers today.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Examine the personal, social and political issues our young people care about.
2. Apply at least two sociodramatic techniques in their professional work - Role Reversals, Doubling, Aside...

### 51 POST PANDEMIC HEALING: REBOOT FOR BODY, MIND, HEART, AND SPIRIT

**Louise Lipman, LCSW-R; CGP; TEP, Psychodrama & Creative Arts Therapy, NYC; Trial Lawyers College**

The world changed forever after March 2020. Cultural conserves exploded. We were confronted with the loss of: cherished people, professional relationships, health, identity, connections, time, safety and financial security - facing heartbreaking circumstances. We now have the chance to reboot body, heart, mind and spirit. How we meet these challenges - reaffirm our old connections and make new ones - impacts our communities and the world. We can grieve together, lean on one another for support, validation and kindness and do life differently. In this workshop we will have the chance to look at our transformation: re-inventing cultural conserves while restructuring our internal and external role repertoires.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply Moreno's Role theory to the process of personal growth and change.
2. Explain Moreno's Theory of spontaneity and Creativity in developing resilience.

## 53 ENHANCING OUR ABILITY TO USE SOCIOMETRIC TECHNIQUES

### **Nan Nally-Seif, LCSW, TEP, The Sociometric Institute and Private Practice**

This workshop will focus on hands on sociometry, pen and paper sociometry, and sociograms. Attention will be given to formulating relevant criteria questions for each of these techniques. We will use this sociometric exploration to warm up to a psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define, demonstrate and practice three sociometric techniques: hands on sociometry, pen and paper sociometry, and sociograms.
2. Recognize the importance of formulating a criteria question for each of these three sociometric technique.

## 54 PSYCHODRAMA AND PSYCHOLOGICAL SAFETY KITS FOR TRAUMA

### **Colleen Baratka, MSS, LCSW, National Association of Social Workers; International Society for Traumatic Stress Studies; Nicole Martin, MSS, MLSP, LCSW**

This workshop will include a didactic presentation about Object Relations, Attachment Theory, Sensory Integration and Psychodrama Theories. Participants will create sensory based safety kits and follow up with attachment-based role reversals and dramas to experience the transition necessary for increased grounding and mindfulness. This process is necessary for many clients with early trauma histories in creating the ability to choose adaptive coping skills. Training Session will end with processing and question and answer session.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Participants will be able to describe a therapeutic PTS safety kit.
2. Participants will be able to identify the impact of sensory input on creating safety in trauma treatment.
3. Participants will be able to explain the integration process through attachment-based role reversals.

## 55 OPENING NEW DOORS

### **Eve Brownstone, LCPC, CP, Private Practice**

This 2.5-hour experiential workshop highlights the therapeutic impact of Psychodrama when combined with other Expressive Arts Therapy. Eve shares 30+ years of experience using Psychodrama and the creative process to help people find their voices and move into action. Participants will actively explore choices using the metaphor of a door. This workshop promotes self-awareness, self-acceptance, self-empowerment play, and group cohesion. Participants will come away with some creative interventions to use for themselves and to explore with clients.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate how to combine psychodrama with other expressive arts therapy
2. Examine change using the metaphor of a door

3:15 pm - 4:15 pm

## Closing Ceremony

*All good things must come to an end, and the Conference Chairs will host our Closing Ceremony on Sunday, April 2 from 3:15 - 4:15. This will be a time to reflect on our time together and to look forward to our next conference. We hope you'll join this ceremony to complete your 2023 Conference experience.*

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May 9, 23; June 13, 20

### PAT Online Training and Supervision

March 4; April 22; May 13;  
June 17; July 15

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### July 7-11: Summer Psychodrama Intensive Deb Shaddy, Jenny Salimbene, and Judy Swallow

### July 16-21: July Directing Intensive Rebecca Walters

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Jan 14, Feb 11, April 22, May 13, June 17

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Jan 15, Feb 12, March 19, April 16, May 21, June 18

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August 11-13 — Jacob Gershoni, LCSW, TEP

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### Weekend Affinity Group Invitation to Women Who Identify as Puerto Rican American Basic Intro. to Psychodrama, Sociometry and Group Psychotherapy



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Daisy Martinez-DiCarlo, LMHC, LPC, CP, PAT  
At Daisy's Home in Sarasota, FL  
Text or Call Daisy for an interview at 205-613-5852  
Registration is open (limited seats available) at <https://daisymartinezcounseling.com>

The purpose of this affinity group is to provide an opportunity for Puerto Rican American Women to create a space where they can share one another's strengths and share their similar lived experiences of marginalization. In this space, they can build each other up through action methods and help one another to expand their empowering roles for the future.

May 19th - 21st, 2023  
Friday, May 19, 9am - 5pm  
Saturday, May 20, 9am - 5pm  
Sunday, May 21, 9am - 1pm

#### Goals:

1. Identify and share your resilience and strengths in action.
2. Identify and use action methods to share similar lived experiences of marginalization.
3. Identify and use action methods to plan for a future expansion of empowering roles.

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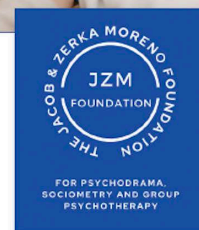
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