



PSYCHODRAMA NETWORK NEWS

AMERICAN SOCIETY OF GROUP PSYCHOTHERAPY AND PSYCHODRAMA

SPRING/SUMMER 2006



From the ASGPP President

By Nick Wolff

"Individual commitment to a group effort — that is what makes a team work, a company work, a society work, a civilization work," said legendary football coach Vince Lombardi, who took the Green Bay Packers to multiple Super Bowl championships. As psychodramatists, we know that each role has value, that we need each other. Let me begin with recognition of the commitment, creativity, and contributions of some special members of our team. Our deepest thanks and honor go out to:

- ❖ 2006 San Francisco Conference Personnel:
 - Co-chairs **Judith Glass Collins, John Olesen** and **Sylvia Israel**, who conceived and actualized a remarkable event. Of special note was the implementation of Teacher's and Lawyer's Tracks, which will be repeated at future conferences.
 - **Jean Campbell** and **Martie Bush**, who administered the Session Assistants and Volunteers;
 - **Bonni Cardoza** who headed up the Silent Auction;
 - **Tamar Berg**, who coordinated the Exhibit Tables;
 - **The entire conference committee.** A list of these hard-working volunteers is on page 8 in our special conference section;
- ❖ Executive Committee members who recently completed their terms, having served as officers and Executive Council members for a

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Opening Plenary at the 64th Annual Conference by Tian Dayton, PhD Neuroscience and Psychodrama: Validating the Mind/Body Approach of Psychodrama

Part I of II

"The body remembers what the mind forgets." J.L. Moreno



Neuroscientists are currently validating principles that have been guiding psychodramatists for nearly a century. One example of this is Moreno's philosophy of co-creation, that is, that we are beings who develop not in isolation but within a relational context. Another is that that creation is corporal as well as mental, that emotions live in and are processed by both the mind *and* the body. Our early relational experiences inscribe themselves onto our neural systems. Each tiny interaction between parent and child actually hardwires itself into our brain/body system and in turn wires our limbic system. The limbic system sets the mind's emotional tone, filters external events through

internal states (creates emotional coloring), tags events as internally important, stores highly charged emotional memories, modulates motivation, controls appetite and sleep cycles, promotes bonding and directly processes the sense of smell and modulates libido. (Rosenthal 2002).

Our senses are the gateways through which we take in all the information that is then processed by the brain/body system. The more senses that are involved in an experience, the more the brain remembers that experience. For example, the first responders on the scene at 9/11 were more likely to develop PTSD because so many of their senses were immediately involved in the experience. They saw, smelled, heard and touched the people and events at The World Trade Center. There was even a taste in the air that all New Yorkers probably remember.

Similarly, grandma's house with the evocative smell and taste of food, the sight, sound and feel of familiar scenes, people, objects and places, all engrave themselves on our memory system. Living in any home is a sensorial experience. Children take in this sensorial input and learn from it at a dizzying speed. A child is born with over 100 billion neurons or brain cells. That's enough neurons to last a lifetime, since no more neurons will develop after birth. These neurons form connections, called synapses, which make up the wiring of the brain. At age eight months, an infant may have 1,000 trillion synapses. However, by age 10 the number of synapses decreases to about 500 trillion. The final number of synapses is largely determined by a child's early experiences, which can increase or decrease the number of synapses by as much as 25 percent. Each experience that a child has, such as seeing a mother's smile or hearing a parent talk, strengthens or forges the links between cells. Pathways in the brain that go unused eventually wither away. Thus, a child's early experiences can help determine what that child will be like in adulthood.

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Psychodrama Network News

Spring/Summer 2006

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Psychodrama Network News is ASGPP's primary means of communication with its members about association and member activities and developments in professional practice. It carries statements of opinion by a variety of spokespersons and members and, as space permits, letters to the editor. The views expressed here do not necessarily represent positions of ASGPP. It is designed to inform, inspire and connect our members in their professional roles and personal lives.

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The Whole of Mankind



by Sue Barnum

LOVE AT FIRST SIGHT BECOMES LIFE-LONG PASSION

In almost every article I've written for this column in the last five years, my "protagonist" tells me that they fell in love with psychodrama at first sight. It always makes me think that if we can just expose people to these amazing action methods, we might really have a chance of changing the world. This was not just Moreno's dream but one that many of us hold. That's why Nina Garcia's story about the way she applied her love for and skill with the modalities thrills me to know, and to share with you. Since 1978, she has brought sociodrama to day care workers, librarians, teachers and guards in juvenile detention centers, special ed teachers, well over a thousand college students and teachers, door-to-door canvassers, detention center students, a ton of psychodramatists, as well as the general public in open sessions. Nina loves psychodrama — which she finds exhilarating, life-changing and deeply satisfying — but she has a unique passion for sociodrama, rooted in the belief that it can reach so many more people in so many more settings.

Her introduction to psychodrama, when she was studying for her Masters in Theatre, immediately captivated her with its power and beauty. Ten years later, having built a theater department at a college, she asked herself "what next?" on that brand new stage. The very next day her friend Elaine Camerota called with news that Rutgers University had a doctoral program with creative arts therapy courses, psychodrama among them. "I'm in!" was out of her mouth before she could think twice about it. As soon as she began her training with Bob and Jacquie Siroka soon thereafter, she felt like she'd "come home."

"I saw that here was a way to combine spontaneity and creativity while co-creating loving, supportive community," she says. "An enactment can be more powerful and moving than the best theater, and can heal in ways that no theater can ever do. There are moments in which the scenic elements of psychodrama are as beautiful and stirring as the finest art of theater." Nina has been directing plays since she was sixteen. She loved the sense of community and co-creation that would build in a group as they mounted a production. I would call that the real marker for a future group therapist, wouldn't you?

As she finished grad school, she had the idea and hope for developing an on-campus theater that would bring students, teachers, graduates and members of the community together. Luckily she worked in a place where she was able to do just that. In the meantime, a local police chief who had taken a class in theater from her husband Ed — our Executive Director presently — came to the college where Nina taught to ask about role playing. Subsequently she had begun using role play to train police officers to deal with difficult people. She had learned that 75% of policemen's injuries occurred in domestic violence situations, so she began to teach them the principles of family crisis intervention, through role play — a natural next step for a theater director — and it is important to remember that this is before she discovered psychodrama. She also trained sex crime investigators in how to handle sex crime victims, role reversing them so that they could come to understand that the victims didn't "ask for it."

The State Police Academy approached her about working with them on an idea they were developing to train an entire recruit class using role-plays. There were up to ten "stations" — sex crimes, motor vehicle stops with difficult people or disoriented people, domestic violence situations, dealing with suicidal or psychotic people, among others — situated across the entire campus and the recruits would move to, participate in and learn from each one. Nina recognized

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THIS IS YOUR COUNCIL

"I do know the only ones among you who will be really happy are those who have sought and found how to serve."
Albert Schweitzer

PUBLICATIONS COMMITTEE

Greetings members. The Publications Committee has been very busy addressing concerns with the Journal of Group Psychotherapy, Psychodrama and Sociometry. Vickey Finger and the Executive Editors of the Journal have been diligent in their efforts to make the submission and review process more user friendly while the Journal attempts to offer academic and professional integrity. The presence of three of the Executive Editors Tian Dayton, Pam Remer, and Tom Treadwell at the San Francisco conference has been most helpful in this process change.

The Web committee has been engaged in the transition to the new web format and design. It is being built with the temporary site now available for membership viewing. Let us know what you think!

The resignation of Jude Treder-Wolff as Editor of PNN has been a hard truth to accept. Jude's work has been outstanding and we owe her much thanks! She will be leaving first of the year after the new editor has experienced training and guidance from Jude. Applications for the PNN editor can be submitted to myself at midsouth-center@aol.com.

Well, that's the news for now. Exciting changes are under way!

John Rasberry, Chairman

WEBSITE COMMITTEE

We are making great strides in developing the new ASGPP website with our new designer Peter Moulton. You probably have noticed the fresh new look on the "Temporary Website" with attractive colors and style. Our prize accomplishment to date has been the completion of the interactive form for the submission of proposals to the 2007 ASGPP convention in New York. It is no longer necessary to handwrite your submission and make 6 photocopies. Just click on "form," fill it in online, click on "submit," and it gets to the ASGPP office, where the text can be easily cut and pasted into the conference brochure if it is accepted. This means less work for the conference workshop selection committee. We managed to do this in time for people to use it for the 2007 conference.

This is the first of many innovations that will make communication with the central office and between members much easier and faster. Our president, Nick Wolff spent many hours testing out the numerous trial versions that the designer presented to us, making sure each part functioned properly before it was made available on our website, and guiding the design to get what we wanted. Both Nick and I have worked to make each module clear

and accurate.

We expect to have an up to date directory of members available online soon, and a fresh discussion board that we hope you will use to tell your Executive Council what you want and to share ideas and learn more about psychodrama and sociometry. We are also making it possible to have online voting on issues such as changes to the Bylaws, and online membership renewal. Take a look today and return often. Go to www.ASGPP.org.

Esme Pitel, BSc, MA, PAT

EVALUATIONS COMMITTEE

Evaluations for the overall conference are being compiled by Kathy Brown. If there is any additional feedback that you would like to share about the conference, please do so by contacting me at SBlockNJ@aol.com. I will soon send out the workshop evaluations to all those who presented at the San Francisco Conference.

Staci Block, MSW, LCSW, Chairperson

NOMINATIONS COMMITTEE

A call for nominations for open Executive Council and committee positions will soon be mailed to the membership. We would appreciate all your efforts to volunteer or encourage candidates for these positions.

Michael Traynor, LCSW, CGP, CP, PAT

BYLAWS COMMITTEE

At the 2006 Annual Meeting, members voiced a desire to have input concerning proposed changes to the Society's bylaws. Michael Traynor, new chairperson of the Bylaws Committee as of April 30, 2006 who brings legal training to the task, has written a letter citing changes in the bylaws related to the terms of office and composition of the Executive Council. The present version of the bylaws, which were last updated in 1995, is posted on the new website Discussion Board. You may go to the topic about the bylaws, read for yourself what our rules of governance are and download a copy if you want. There will be a three month period wherein members can discuss the proposed changes on the Discussion Board before we will call for a vote. You will be able to vote on each proposed change separately, and you will be able to vote online. Please visit the Discussion Board on the ASGPP.org website and make your opinions known to other members. We are hoping you all take an interest in this as it is the only way we, the Executive Council, can be truly representative of your wishes.

*Esme Pitel, and Mike Traynor, LCSW, CGP, CP, PAT,
Bylaws Committee*

Increasing Your Public Visibility



By Karen Carnabucci

Marlo Archer gets up real early — early enough to get interviewed for the 6 a.m. news shows in her hometown of Tempe, Ariz. That willingness has resulted in about 75 television appearances in the past three years. Broadcast journalists know that she's

able to give good concise quotes about current topics that relate to mental health. They like that, and they keep calling.

Dr. Marlo — as she calls herself — has commented on the air about everything from smart gift-giving at Christmas to childhood depression to ways to detect abuse. Archer presented one of two marketing-oriented workshops at ASGPP's annual conference in San Francisco in April; Rebecca Walters presented on marketing tips for TEPs with training programs.

Archer's program focused on getting public visibility for private practice work. A PhD psychologist, she refers to her college minor in public relations, knows how to write a press release, develop relationships with media folk, what kinds of pitches appeal to the press and the importance of returning calls to press people in four hours or less.

During her workshop, she shared her many success stories for media coverage. One way is to tie her expertise in human relationships and mental health into current news stories. For instance, she appeared on television to comment on a recent prison hostage standoff in Phoenix. She also commented on emotional affairs when gossip about Angelina Jolie and Brad Pitt first surfaced and gave her perspective on female aggression when the movie, "Mean Girls," debuted. She also writes columns on mental health topics for local newspapers. Through the past three years she's estimated that she's received thousands of dollars worth of free publicity.

"Media exposure helps the public and your practice," she says. Though she doesn't have figures of exactly how many new clients the publicity attracts, she says her current clients are pleased to see her on television, and new clients do call. She also has collected short clips of her television appearances on DVD, which is available at her office at no charge. Her picture and contact information is printed on the CD cover.

Other Dr. Marlo tips:

- Talk to the press without breaking confidentiality. For instance, in commenting about the current immigration controversy, Archer might say, "In my practice in Tempe, I have many clients who have a range of feelings about illegal immigrants." She goes on to talk about the complex feelings in a concise and provocative way.
- Archer offers simple gifts that are branded with the name of her practice and contact information. Many are

popular with teen-agers — such as temporary tattoos — and other populations she wants to attract.

- Offer an e-mail newsletter to people in your database, with useful information on topics that will appeal to your target population, such as parenting, relationships and the like.

In a separate workshop, Walters detailed how she and Judy Swallow have attracted professionals to the Hudson Valley (New York) Psychodrama Institute for the past 20-plus years to create a thriving training program.

- Make sure you have a good product. Many trainers are unclear about the difference between professional and personal growth. Training should focus on skills that professionals are seeking. Name workshop titles accordingly: "The Uses of the Empty Chair," "Creative Group Building," "The Art of the Double."

- Keep programs short and affordable at the beginning, shifting from a half-day workshop to an eight-week training group to a group that is a semester. Long weekends and residential programs will hook people when they are ready.

- In-service programs and open sessions geared to professionals are a good way to introduce psychodrama to the professional community. If your plan is to offer a Tuesday evening training group, offer introductory workshops or open sessions on Tuesday evenings; you will know your preferred audience has this time slot open.

- Plan a training session six to 10 weeks after a conference presentation or in-service program. The session may be a half-day or one day if the conference was local, and three days or more if you are far from the conference site.

- Create a database that will serve as a mailing list. The Hudson Valley institute has a mailing list of more than 11,000 names, which is culled every three years if recipients do not respond.

- Contact the post office for information about bulk-mailing rates, which are about 20 cents cheaper per item than first class rates.

- Create an e-mail database. Use e-mail for announcements and reminders, as busy people do not always respond to the first-time announcement.

- Affiliate with well-known non-profit organization such as a hospital or treatment center to sponsor your training program. The organization may print brochures, send press releases and pay for your mailings.

- Start or join an ASGPP chapter or collective that can

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ACTION BOARD

Connie Miller, CP, Pat presented "The Art of the Double-What's Not Being Said" To the New Jersey Counselors Association on May 1, and co-presented "Souldrama and Transgenerational Psychodrama" with Manuela Maciel in Portugal May 20-28.

Dena Baumgartner, TEP presented "To Dream Again" comparing Jung and Moreno and then directed a dream drama at The Southern Arizona Friends of Jung public forum. She will present a two-day pre-conference psychodrama workshop for all international graduate students at the International Association of Group Psychotherapy Conference July 17 and 18, 2006, in Sao Paulo, Brazil as well as her workshop on "Gratitude."

Adam Blatner, MD presented "Applications of Psychodramatic Methods in Everyday Life" and another workshop on "Whitehead and Moreno as Philosophical Foundations of Creativity" at the annual meeting of the American Creativity Association in Austin, TX, March 24, 2006.

Mario Cossa, MA, RDT/MT, TEP, CAWT helped develop and facilitate the Living Moments Reflective Theatre Company in Melbourne, Australia, utilizing principals of playback, improvisation, and sociodrama. The group played an integral role in providing a new and different approach to participant reflection at the conference: "International Education: A Matter of Heart," sponsored by Monash University and held in Kuala Lumpur, Malaysia in February, 2006. A highlight of this conference, with educators from around the globe, was a sociodrama with all participants to illustrate a concept for one of the Keynote Speakers. Mario has also written the book and lyrics for a new musical entitled *Sex Tapes For Seniors*, with music written by Michael Cohen, his friend and colleague from New Hampshire. The principal characters are a group of baby boomers and slightly older folks who become friends at a progressive retirement community. As they are coming to terms with their lives and relationships, they decide to produce a series of instructional sex videos for, by and with senior citizens. Mario is directing a staged reading of this frank, funny, and poignant show in late August and plans to see it through to Broadway.

Reflections, the teen improvisational issues-related theatre group under the direction of **Staci Block, LCSW** presented a series of interactive workshops for the Bergen County Teen Arts Festival, held at Bergen Community College in Paramus, New Jersey. These teens have also been creating discussions with audiences recently on topics such as sexual decision making, cultural diversity, parent/teen conflicts, peer pressure, cutting, substance abuse and Safe Prom. Through her business, Creative Interventions, Staci has done interactive performances on the topic of bullying in schools, cyberbullying

on the internet, and social awareness, and trained a group of adult peer educators from Safe Space in Jamaica, New York to do their HIV education in the community in more spontaneous and creative ways via the use of action methods. Through the Rutgers Center for Families and Children, she taught a one day course entitled "The Use of Action Methods in Substance Abuse Treatment."

Psychodrama and action method presentations at the American Group Psychotherapy Conference in San Francisco February 20-25, 2006 included: "Bridging the Gap: Incorporating Psychodramatic Procedures in Traditional Group Therapies" by **David Kipper, PhD, TEP**; "The Integration of Psychodrama With Family Systems Therapy" by **Chris Farmer, MD** and **Marcia Geller, PhD, CGP**; "Roundtable Theatre: Bridging the Differences Internally and Externally" by **Elizabeth Berney, PhD**, and **Joseph Mancini, Jr., MSW, PhD**; "Interpersonal Gestalt" by **Judye Hess, PhD, CGP**; "Healing the Wounds of History: Theatre and Ritual in Intercultural Conflict Resolution" **Armand Volkas, MFA, RDT/BCT**; "Healing the Divide Between Psychodrama and Group Psychotherapy" by **Louise Lipman, LCSW, TEP & Mary Jo Amatruda, MA, TEP**; "The Group Therapist as Corporate Trainer" by **Rick Tivers, LCSW**.

Jean Campbell, MSW, TEP, taught "Introduction to Psychodrama" in a Group Work class in a Substance Abuse Certification program at the University of California at Los Angeles. She presented "Timing is Everything: Stages of Change and Action Methods" at the Orange County Chapter of the Women's Association on Addiction Treatment on July 5.

NEW PSYCHODRAMA WEBSITE:

Ann Hale provides a rich and much-needed resource for knowledge and connection with her new website, www.sociometry.net. It is loaded with information and such features as:

- Definitions of sociometry as a methodology;
- Sociometry Discussion Group which looks at ways we come to know about our interpersonal and group world;
- Sociometry Questions Group, where sociometry questions for practitioners and persons training to be trainers will be posted twice a month, with answers by Ann Hale and invited guests — along with an archive of questions and answers — posted two weeks later. This will be useful for persons studying for certification exams, such as the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy located in the US;
- Links
- Training events.

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REPORT TO THE MEMBERSHIP: From the Executive Editors of the Journal of Group Psychotherapy, Psychodrama and Sociometry

By Linnea Carlson-Sabelli, PhD, Tian Dayton, PhD, TEP, Pam Remer, PhD, ABPP, TEP, and Tom Treadwell, EdD, TEP

The Executive Editors, along with Vickey Finger and John Rasberry, had a long and productive meeting in San Francisco in which the following concerns about the journal were discussed:

1. Timeliness of review process;
2. General review process;
3. Helpful APA writing hints posted on the Heldref & ASGPP websites;
4. Annual executive editorial meetings with Heldref;
5. Consulting editors.

We are aware that there have been problems regarding the timely return of articles, along with problems getting clear and helpful feedback. In order to remedy this, we propose several concrete changes that will hopefully speed up our review process and make our comments to authors more useful and cohesive. These changes will be formalized at a face to face meeting that is currently being organized for the fall.

We very much want to make the journal relevant and useful to the membership. If PNN is our interface within our own community then the journal is our interface with the larger mental health world. It is our vehicle for communicating group psychotherapy, psychodrama and sociometry to that larger world and making our disciplines an accepted part of the scientific literature. As a result we need to keep the quality of articles high in areas of

research, case studies, and technical or technique reviews so that we can be on equal footing with other disciplines.

To this end we are making changes that will make it easier for authors to participate in writing for the journal.

- APA Guidelines are posted on the Heldref and ASGPP web sites as an attempt to help writers to demystify APA style.
- For those of you who feel you need a mentor, we are organizing an effort to have volunteers who are willing to play that role with you. More information will be made available as this plan develops.

Today Heldref produces 47 publications with the assistance of hundreds of scholars and teachers who contribute their time and expertise as editors and advisors. Many of the magazines and journals published by Heldref have won Educational Press Awards. Georgetown University Library, Washington, DC, is the official archivist for Heldref Publications. The current president of the Helen Dwight Reid Educational Foundation is Jeane J. Kirkpatrick and the director of Heldref Publications is Douglas J. Kirkpatrick. Heldref is instrumental in helping us to bring the journal to libraries, bookstores and a wider audience of mental health professionals. We will keep the membership posted as we continue to refine our process and hopefully make writing for the journal a more accessible and positive experience.

Neuroscience and Psychodrama

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The family, our first social atom, is arguably our most significant classroom on relationships. If the family has caused emotional and psychological damage through creating an environment that either does not support healthy emotional growth or contains the kinds of problems that actually traumatize children and undermine or interfere with sound emotional development, repair needs to occur after the fact. If the trauma defenses of numbing and dissociation have been repeatedly mobilized by the child, their genuine feelings surrounding a situation may remain out of reach and symptoms may lie dormant for many years.

By the time the traumatized child, for example, is even aware that problems from their past are interfering with their present, they may be well into adulthood. This makes a therapeutic approach that allows the child within the adult, at any point along the developmental continuum, to reemerge all the more important. That is, the child

inside of the adult will need to revisit the emotional and psychological milieu in which learning took place to begin with in order to resolve blocks and learn new emotional and psychological skills.

Growing up in a less than optimal early environment can cause problems deep in the limbic system that may resonate throughout life. These problems may emerge as mood disorders, depression, and anxiety to name a few; and can lead to acting out through substance or behavioral addictions. The body can't tell the difference between an emotional emergency and physical danger. When triggered, it will respond to either by pumping out stress chemicals designed to impel someone to quick safety or enable them to stand and fight. In the case of childhood problems, that is where the family itself has become the proverbial saber toothed tiger; there may be no where to run. Children in these systems may find escape impossible. And so they do what they can. They may shut down their inner responses by numbing or flee on the inside through dissociating. Though these strategies may help

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Psychodrama Training Within the University Setting

Part II in a series of articles about Psychodrama in Academia and Education

By Jude Treder-Wolff

The future of psychodrama may turn on our capacity to identify and address underlying reasons the field seems increasingly marginalized in both mental health and educational fields. Many believe this trend will continue unless psychodramatists act to re-direct it. This article deals with the argument that absence of an academic "stamp of approval," as Pennsylvania's West Chester University professor Tom Treadwell, EdD, TEP puts it, is an issue critical to the survival of the profession, and explores two programs that seek to address it.

In the recently published *Psychodrama in the 21st Century*¹ Herb Propper, PhD, TEP notes that progress in educational settings has fallen far behind expansion in areas of personal growth/healing and clinical work. An emeritus professor at Johnson State College in Vermont, Dr. Propper has many years experience both in teaching classes in sociodrama and psychodrama, and in using the methods of sociodrama and sociometry in classroom settings. He feels that "establishing psychodrama in university settings can bring many benefits, and also help to widen the recognition and acceptance of these methods." Significant obstacles to this remain, however, which he observes to be "entrenched prejudices and conserved thinking that will require considerable patience and dedication" to overcome.

Dr. Treadwell maintains that in order to survive, "action oriented group psychotherapy and sociometry must merge with academic institutions to add credibility to the discipline," adding that without this, these therapies "can easily fade into psychosocial archives. Having the psychodrama training included as part of departmental course offerings opens the door for the discipline to be integrated into the curriculum. In addition, it gives the discipline admission to branch out as a specialty area in group psychotherapy."

In 1989, Dr. Treadwell developed the Concentration in Clinical Psychology: Specialization in Group Psychotherapy, Psychodrama, and Sociometry at West Chester University and continues as core faculty there with V.K. Kumar, CP, PhD. His program, which conforms to the academic requirements for Clinical Practitioner and Trainer, Educator and Practitioner certification specified by The American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy consists of two tracks:

- Academic, for students pursuing a career in allied health professions after completing the MA program, the 'Post Master's Program' in Clinical Mental Health in Preparation for Counseling Licensure, or doctoral work in an area related to the allied health sciences;
- Professional, for professionals holding advanced degrees who need required group therapy courses and practicum hours to satisfy The American Board of Examiners specified certification requirements.

The current general program can be viewed online at: www.wcupa.edu. Dr. Treadwell acknowledges that while there is debate about the pros and cons of merging with academic institutions to ignore this option the psychodrama community risks being continually marginalized.

A new psychodrama training program at Texas State University at San Marcos is emerging out of connections linking the corporate world, the community, and the school. Dr. John Garcia, EdD, Associate Professor and Coordinator of the Counseling Practicum Clinic for the Department of Educational and Administration and Psychological Services, is currently putting together "the nexus of this program," which grew out of students' demand for more psychodrama courses after Psychodramatic Methods proved very popular, combined with his success utilizing Action Methods in corporate workshops which garnered their support for creative programs to meet the demonstrated needs of people who live and work in the community. It was also helped greatly by a timely connection to Adam Blatner, MD, whose book he uses as a text with students and, he was happy to discover, lives just ten miles from the campus.

Dr. Garcia has been so successful in demonstrating to his corporate clients that through the tools of sociodrama and action methods "we can help stimulate creativity within the organization, we can help make a change in the way the business does business" they support the university in its efforts to expand professional training in an area where they will directly benefit. "I ask my corporate clients to tell us what they need. I ask them, for example, 'who here is going through some sort of transition right now?' and make the connections between the stress of those changes and the problems they have," he explained. "There are transitions that affect entire communities — downsizing, military deployment, economic upheaval, cultural competency issues — as well as personal transitions like loss, career concerns that everyone recognizes as affecting their lives and work but perhaps not as mental health issues." Dr. Garcia's wellness orientation redirects conventional thinking about therapy from a focus on pathology to patterns of need. This reframe can shift perception about psychodrama and action methods. "I tell people I have something to offer that affects people where they live," he explains, and when he delivers on that promise people are willing to take the next step. We will be following the progress of this innovative, new university program with great interest as it gains momentum.

In their survey of psychodramatists' views about the future of the field - published in the *Journal of Instructional Psychology* — Peter L. Kranz, PhD, and Nick L. Lund, report that as a group, psychodramatists observe that significant issues and a need for change face the profession. Integrating "psychodrama's theoretic-

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2006 Conference Honor Roll:

Conference Co-Chairs:

Judith Glass Collins, Sylvia Israel and John Olesen

Conference Committee:

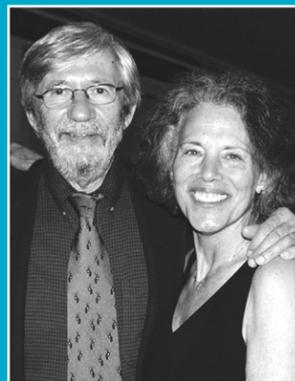
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 Stefan Dobuszynski
 Karen Drucker
 Adina Rose
 Jennifer Gordon
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 Marianne Shapiro
 Aaron Testard
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 Chris White
 Cynthia Zecick



2006 ASGPP AWARD WINNERS



J. L. MORENO AWARD
 WINNER: Dorothy Baldwin Satten (left) with her son, Frederick Marshall



J. L. MORENO AWARD
 WINNER: Jacqueline Dubbs Siroka (right) with Robert Siroka



HANNAH B. WEINER AWARD
 WINNER: Karen Carnabucci



INNOVATOR'S AWARD
 WINNER: Susan Aaron



FELLOWS
 Joseph Romance and Lorelei Joy Goldman, Susan Wapner Thiele and Rosalie Belazar Minkin (not pictured)

*Photos thanks to:
 Sue Barnum
 Adam Blatner
 Jude Treder-Wolff*

DAVID A. KIPPER SCHOLAR'S AWARD:
 James Sacks (not pictured)

The Whole of Mankind

(Continued from Page 2)

this model as similar to the morality plays in Medieval times, in which actors performed on a series of wagons, with audiences moving from wagon to wagon to see each play.

Experience with the effect of role plays on the policemen, and how this work differed from psychodrama, lent clarity about how healing sociodrama can be for society. Because of her passion for this work, she began doing sociodrama with as many people as she could get her hands on in as many different venues as possible — you can see from the list above that she has certainly succeeded in that — then training people to do it. She figured that if she could train ten people to do sociodrama and they went out and did it, she'd be touching so much more of the world. She has presented in England, Canada and Australia, and at a Creative Arts Conference in St. Petersburg, Russia, where she conducted the closing ceremony. Most recently, she conducted a three-day training in Seoul, South Korea, for the Korean Association of Psychodrama and Sociometry.

I found her report of the Korean training fascinating. The book Nina co-authored with Pat Sternberg, *Sociodrama: Who's in Your Shoes*, has been translated into Korean, which made Nina a natural to train there. They were interested in how to use sociodrama in business settings and with difficult people, such as those for whom treatment is mandated. Well aware of the cultural tension between North and South Korea, Nina offered a very successful "build-a-culture" exercise, with themes of inclusion and exclusion. The Koreans were extremely creative in their enactments, many of which focused on empowerment, and Nina found very moving. The last one, which lasted for 2-1/2 hours and featured a person on death row with moments left to live, dreaming of two of his murder victims, who came to him as avenging angels, was particularly powerful. Even the food of his last meal was enacted. In the end, the theme was a Buddhist one: how to use the limited time we are allotted in this life.

Nina and Dale Buchanan — partners for many years — conduct the Psychodrama Summer Camp in Florida each year, now in its 15th year. Nina refers to this as "truly a living of the dream I had so long ago. Many of the trainees come to meet their psychodramatic cousins and play and do psychodrama. Graduates of our groups return to Camp as a family reunion. What is also wonderful is that new people are warmly welcomed and integrated quickly into the group. Lots of fun, laughter and the sharing of deep emotions that always happens with psychodrama." Nina and Dale became friends and close colleagues when he was the Executive Director of the Board of Examiners and she was the Chair. Together with other Board members, they developed the PAT program over several years before it was ready to go "on the road," a process that entailed a lot of thought, conflict and working through. Nina is pleased that the Board of

(Continued on Page 14)

CONFERENCES AND NETWORKING OPPORTUNITIES



EACH OF THESE CONFERENCES IS A DOORWAY TO EXPANDED POSSIBILITIES FOR PSYCHODRAMATISTS.

August 2-5, 2006

Social Justice in a World of Change

11th International Social Justice Conference, Humboldt University, Berlin, Germany. Contact Bernd Wegener, Humboldt University, Institute of Social Sciences, D-10099 Berlin, Germany or by e-mail at wegener@isijr2006.org. Complete information available at www.isijr2006.org

August 10-13, 2006

Places! Taking Our Place: Drama Therapy and Professional Standing

27th Annual Conference of the National Association for Drama Therapy, New Brunswick, New Jersey. Contact NADT, 15 Post Side Lane, Pittsford, NY 14534, 585-381-5618, nadt.office@nadt.org. Complete information available at www.nadt.org

October 26-28, 2006

24th Annual Meeting of the Association for Applied and Clinical Sociology

Crown Plaza San Jose Downtown Hotel, San Jose, CA. Contact Benjamin Ben-Baruch, Vice President and Program Chair, 4789 Pine Bluff Suite 3C, Ypsilanti, MI 48197, (734) 528-1439, ACS2006ProgramChair@aacesnet.org. Complete information available at www.aacsnet.org

November 22 - 25, 2006

Memory, Narrative, and Forgiveness: Reflecting on Ten Years of South Africa's Truth and Reconciliation Commission

University of Cape Town, sponsored by University of Cape Town South Africa's Truth and Reconciliation Commission. Complete information at www.uct.ac.za

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October 27 - 29

Moreno Seminar with Ann Hale

December 1-2

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January 11 - 15, 2007

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You are invited to come to Zerka's home in Charlottesville, VA to attend weekend psychodrama workshops conducted by the First Lady of Psychodrama. These themed workshops start Friday nights from 6:30 to 9:30 p.m., continue on Saturdays from 10:00 a.m. to 6:30 p.m. with a break to go out for lunch and they conclude with a Sunday session from 10:00 a.m. to 1:00 p.m. They are each limited to 12 participants and are appropriate for all levels of training from first-timers to TEPs. The cost is \$350 with a 10% discount for ASGPP members. CEUs are offered for psychodrama, NBCC and NAADAC. Send registration to: Dr. Jeanne Burger, 1023 West Princess Anne Rd., Norfolk, VA 23507, 757-622-4986, with checks written to Zerka T. Moreno Workshops. Directions and lodging suggestions will be sent upon registration.



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WORKSHOPS SCHEDULED

August 4, 5 & 6, 2006

The Courage to Dream Again

September 29, 30 & October 1, 2006

Encountering Psychodrama with Zerka Moreno

May 19, 20 & 21, 2007

Moreno's Birthday Workshop

OUR COLLEAGUES IN ACTION: CONFERENCE OVERVIEWS

AGPA KEYNOTE FEATURES PROMINENT NEUROBIOLOGIST: BRIEF REPORT

By Michael Traynor LCSW, CGP, PAT

The opening plenary topic at the annual conference of The American Group Psychotherapy Association was interpersonal neurobiology, featuring Daniel J. Siegel, MD, author of the influential book *The Developing Mind*. He remarked that "novel experiences coupled with emotional arousal increase neural plasticity" in the brain, resulting in a mind that is more adaptable, flexible and open. Dr. Siegel believes that these new experiences result in lasting changes at an organic level. His interdisciplinary view of human experience draws on many branches of science, and appears supportive of many aspects of the developmental theory of psychodrama, particularly the need for social interaction to resolve rigid or chaotic mental processes that interfere with internal integration. For further information see www.drdansiegel.com.

PSYCHODRAMA ON THE EQUATOR: A REPORT ON THE FIRST PSYCHODRAMA CONFERENCE OF THE ANDES, QUITO, ECUADOR: MAY 18 - 20, 2006

By Joe Romance, TEP, PhD

I'm surprised the Customs people didn't check my luggage for drugs on my return to the States from attending this first Psychodrama Conference of the Andes because I was so 'high' on psychodrama. Although this was the first conference to include psychodramatists from other Andean nations, it was the Third Conference for the young psychodrama community of Ecuador. I say "young" because psychodrama was introduced in Ecuador a short 10 years ago by Esly Carvalho, a TEP currently working in Texas, soon to return to her native Brazil. While Esly is still very connected to the psychodrama community in Ecuador, her successors continue to train psychodrama-

(Continued on Page 15)

President's Column

(Continued from Page 1)

number of years in a variety of roles that include running committees and the Miami conference, always performing with distinction:

- **Mary Bellofatto**, outgoing Treasurer;
- **Sue McMunn**, outgoing Secretary.
- ❖ I welcome the new officers, who already hit the ground running and bring great depth and experience to these roles, and have been active, engaged Council members for a number of years:
 - **Sue Barnum**, in-coming Secretary
 - **Esme Pitel**, in-coming Treasurer

I also welcome newly-elected Council members **Dave Moran** and **Joan Stevenson**, and re-elected members **Staci Block** and **Rich Paschke**. **Fiona Cordoza**, who completed her term on the Council, is now serving on the Professional Standards Committee.

Roberto Cancel and **Louise Lipman** bring tremendous vision, expertise and passion to the tasks ahead of them as co-chairs for the 2007 conference, and I thank them in advance for stepping into these roles.

We now have available the capability to send e-mail blasts to every member with an e-mail address, which means we can update you regularly about important developments and announcements. If you have not

received the e-mails that have gone out over the past few months, please provide Eduardo Garcia with your current e-mail address. If you do not have e-mail access at home, perhaps you can receive these updates at your workplace. Also many libraries have computers for people in the community to create e-mail boxes.

Also in the works is the establishment of a committee responsible for securing future conference locations and chairs, so that we can plan conferences several years ahead.

Something else Vince Lombardi said, "People who work together will win, whether it be against complex football defenses, or the problems of modern society," speaks to my concern about our willingness to work together to solve the problems of our society.

There is much to do to keep the society's business running, and to innovate in ways that can expand and strengthen us as a group. Our committees are seriously understaffed, which means that a great deal of work falls to very few people. I would encourage any of you with serious concerns about the future of our society to volunteer and work within a committee. Your creativity, ideas, and energy are the life force of our society, and working within a committee is a wonderful experience in collaboration, group problem-solving and social action.

A Moreno Return

By Joseph Moreno

In October and November, 2002, I enjoyed a 5-week tour of workshop presentations in Europe focusing on my work in music and psychodrama. One highlight of this trip was a sentimental return to Romania, the country of origin of my father, William Moreno, and his brother, Jacob Moreno, the father of psychodrama. Both were born in Bucharest, Jacob in 1889 and William in 1892. My own presentations took place in Cluj, in northern Romania. An interesting old city, with a mixed Romanian and Hungarian heritage, my work there was very rewarding with many special moments.

I did have time afterwards for a short stopover in Bucharest, barely enough time to make a quick but personally important visit to the Moreno (Moreno Levy) ancestral home, now identified by a permanent plaque which was placed there in 2001. My hosts in Bucharest, while being ardent psychodramatists, had never actually been to this home. After some considerable asking and searching we finally located the home at address 38 Calea Serban Voda. However, it was more than a little disconcerting to find the plaque fixed not on the kind of run-down older residence that I had anticipated, but rather on the front of a rather palatial and elegant building. This was hardly in keeping as the home of a family with unquestionably humble origins.

We rang the bell to inquire, and, no, there were no Moreno doubles inside! Rather, the pragmatic present occupants are

a part of a high-tech Swiss consulting firm, and it turned out that this building is not the original Moreno home after all, but rather the site of the former home that I later learned had long ago been demolished. However, the surrounding neighborhood looked as one might have expected. There were a number of older buildings, as well as a prominent nearby church that is known to have been standing more than a 100 years ago when the Morenos were there. It was strange to stand on that street and imagine William and Jacob walking and playing there as little children. In this strange transposition of time, it is as if one almost becomes the father of one's own father, a role-reversal with a special kind of poignancy.

In fact, I had been to Bucharest once before, as a student more than 30 years ago with my father and mother, Anne Moreno, for what was a return for my father to his Romanian roots, his first return to Europe since his own early immigration to America.

Somehow, my return to Romania was a kind of replay of my father's return, but a generation later. At the time of my first visit I could hardly have imagined that 30 years later I would return through my own work carrying on the Moreno tradition, or that I would have written my book, *Acting Your Inner Music: Music Therapy and Psychodrama*, which is now happily set for a Romanian translated edition.

In 1996 I had visited the home of Moreno Nissim Levy in Pleven, Bulgaria, the father of William, Jacob and their siblings. While he is not remembered as a supportive parent, perhaps his neglect in this role somehow pushed Jacob towards seeking a more archetypal father figure that had its adult culmination in his great work *The Words of the Father*. This Romanian visit contributed to a timeless feeling relating to fathers and sons, life and death, closing circles, and all the connections that help make us who we are.

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Neuroscience and Psychodrama

(Continued from Page 6)

them to get through a painful situation, they may also teach them, slowly over time, to foreclose on, deny or reject their authentic reactions. In so doing, they may lose access to valuable information that could help them to navigate their relational world and accurately evaluate social cues. They may have trouble regulating their own emotional and psychological responses to life situations.

The ability to "escape" or take one's self out of harm's way is central to whether or not one develops long term the trauma symptoms of Post-Traumatic Stress Disorder (van der Kolk 2006). If escape is possible, the person experiencing trauma is less likely to become symptomatic as they were actually able to act on their biological urge to flee. If escape is not possible, the intense energy that has been revved up in one's body to enable fight or flight becomes thwarted or frozen (Levine 1997). Because the urge to flee is thwarted, it lives within the self system as a *thwarted intention* similar to what we, in psychodrama, refer to as act hungers. Symptoms related to the original event or cumulative events may manifest after the fact, even well into adulthood, as a post traumatic stress reaction. The discarded contents of these unconscious memories can fuel problems in thinking, feeling and behavior throughout life. Traumatized people live, in part, as if the stressor is ever-present, as if a repeated rupture to their sense of self (van der Kolk 1996) and their world lurks just around the corner, i.e. they become hyper vigilant. Psychodrama, allows for these act hungers and their emotional contents, to find their way into action through role play; to have both a voice and a physical expression. Additionally, psychodrama allows for the full social atom, rich in its relational structure, to be concretized on the therapeutic stage. Through role-play, scenes containing act hungers and open tensions that haven't been brought to adequate closure can be restructured within the relational context of the protagonist.

The part of the brain that is responsible for reasoning and long range planning, the cortex, shuts down when we're in survival or fight-flight mode. Consequently, we're often unable to make sense of traumatic events when

they're occurring, that is to say, we get and record pieces of the picture but not the whole picture. The sense we make out of a situation through thought and reflection may be missing. As a result, when trauma related memories get triggered they often return as body sensations and flashes of memory. Because the emotional contents of these memories are at least partially unconscious, it may get mindlessly projected onto the situation that triggered the memories. And because trauma responses are fear based, when they are triggered, they may make current life circumstances feel threatening even if they aren't. This is one way the past unconsciously impacts the present.

Part II of this article will appear in the next issue of the Psychodrama Network News.

Levine, P., *Waking the Tiger: Healing Trauma*. (Berkeley, CA: North Atlantic Books, 1997).

Rosenthal, N., *The Emotional Revolution* (Seacaucus, New Jersey: Citadel Press, 2002).

van der Kolk, B, lecture, *The Meadows Conference*, New York City, June, 2006

van der Kolk, B., with A. McFarlane and L. Weisauth (Eds.). *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*. (New York: The Guilford Press, 1996).

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Action Board...

(Continued from Page 5)

NEW PSYCHODRAMA PUBLICATIONS:

Real is Better Than Perfect: Stories and Sayings for Self-Healing, by **Dorothy Baldwin Satten, PhD, TEP**, published by Westwood Institute in LaVerne, CA. To purchase this book go to www.hopedancing.org, or write to Westwood Institute, 4633 Williams Avenue, LaVerne, CA 91750.

Souldrama: A Journey Into the Heart of God by **Connie Miller, PAT** is now published and available on Amazon and Lulu.com. Her chapter "Spirituality, Psychodrama and Souldrama" is soon to be published in *New Advances in Psychodrama*, edited by Clark Baim, Rutledge Press.

"Working toward aesthetic distance: Drama therapy for adult victims of trauma" by **Judith Glass, PhD, TEP**, Chapter 3 in *Expressive and Creative Arts Methods for Trauma Survivors*, edited by Lois Carey, Jessica Kingsley Publishers.

Psychodrama Research

Austrian researchers in Psychodrama have begun to use the Derogatis Brief Symptom Inventory (BSI) and the Zielke and Kopf Mehnert Emotional and Behavioral Changes in Psychotherapy Questionnaire (VEV-R-2001) to investigate the effectiveness of psychodrama psychotherapy. Participants complete the BSI before the first session, after six months of treatment, and at the end of psychotherapy. Six months after psychotherapy is concluded they complete both BSI and VEV-R-2001. Presently, 35 patients are collaborating and the researchers hope to increase the population to 100. If you would like to discuss this project or discuss other research matters contact Michael Wieser at michael.wieser@uni-klu.ac.at

The Whole of Mankind

(Continued from Page 9)

Examiners and the ASGPP were patient and persistent "because it truly became a co-created process with whomever in the psychodrama community wanted to participate (in its drafting)...and many people did." Nina learned a lot about conflict resolution during these years of refining the PAT process, to trust what she knew about sociometry and believe that consensus could be reached if they could just to hang in and follow the process. We're glad they did, since in my view it helped structure our training progression in beneficial ways for both trainers and trainees.

Initially inspired by Moreno's theories and methods, Nina shares that she is continually inspired by how each of us is able to build on his ideas and develop our own creative ways to heal individuals, families, groups, society, to develop our own "personal imprint." Nina has certainly done that in many, many ways and my hope is that her work will inspire you to find more of your own personal imprint with these magical methods.

Psychodrama Training...

(Continued from Page 7)

cal and practical tenants within other established modalities" and teaching psychodrama "within those modalities at colleges/universities"² are two of several strong recommendations from respondents cited. This article can be read online at www.findarticles.com

Efforts of the university professors interviewed for this article, along with the many professionals who bring psychodramatic methods to students in academia are significant contributions to the future of the field. Whether the focus is to achieve acceptance as an academic discipline or relocate psychodrama and action methods in the public consciousness, creative thinkers will chart the course for our collective future.

¹ Propper, Herb "Psychodrama as Experiential Education: Exploring Literature and Enhancing a Cooperative Learning Environment" *Psychodrama in the 21st Century: Clinical and Educational Applications* Gershoni, Jacob, Ed. (New York: Springer Publishing 2003).

² Lund, Nick, Survey of Psychodramatists' Opinions: Issues Facing the Profession for the New Millennium (Statistical Data Included) *Journal of Instructional Psychology*, (December, 1999).

Increasing Your Public Visibility

(Continued from Page 4)

also announce your programs. "It offers professional validity, decreases fear of competition, and as a nonprofit, offers more possibilities for free publicity," says Walters. Newspapers that defer printing profit-making programs due to editorial policy may print a program if it is co-sponsored by the Hudson Valley ASGPP chapter, for instance.

- Involvement with local and regional conferences, as well as local chapters of the National Coalition of Creative Arts Therapies Associations also will raise visibility.
- Find help in creating a business plan from your local Small Business Administration office or university or other programs available in your community.
- Don't worry if no one comes to your workshops. As far as the public is concerned, the workshop happened.
- Get a web site so your offerings are online.

Archer's Web site is www.drmarlo.com. Walters' Hudson Valley Web site is www.hvpi.net.

Karen Carnabucci, LCSW, TEP, is the author of "Whole Person Marketing," a self-published book on practice-building that emphasizes both creativity and structure. A psychodramatist and clinical social worker, her training and therapy practice is based in Racine, WI. Questions about practice-building are welcome for this column and may be sent to karen@companionsinhealing.com.

Our Colleagues in Action...

(Continued from Page 11)

tists and to enhance the legacy left by Esly. These successors, including Dr. Santiago Jacome, Dr. Maria Guadalupe Alcazar and Maria de los Angeles Vaca, put together a phenomenal conference, co-sponsored by The Association of Psychodrama and Sociometry of Ecuador (APSE) and by the Venezuelan School of Psychodrama, headed by Dr. Niksa Fernandez, who studied with Moreno. Although the majority of the participants came from Ecuador, there was a large contingent of folks from Venezuela, Colombia, Argentina and Brazil.

Having lived in Ecuador as a Peace Corps volunteer from '68 - '72, and having a sense of Latin culture, I was concerned that the conference participants would compare themselves negatively to the psychodrama community in the US, as there tends to be that bias that the US is superior in what it has developed. Therefore, I went to the conference with an attitude of what I might learn, versus of what I might teach. And learn I did. Prior to the conference, all the workshop presenters were gathered together to do a 'collective warm-up' in which we were invited to select an 'anchor' and a mantra to help diminish our anxiety and thereby increase our spontaneity.

The keynote speaker, Dr. Sergio Perazzo, a psychiatrist from Brazil, warmed up the entire group of nearly 250 participants with songs, sculpts and sociometric exercises

that established a sense of safety and confidentiality. He then directed a very powerful and moving psychodrama. This was a most memorable keynote address. Venezuelan psychodramatist Henry Gonzalez' original one-act play was performed the first night of the conference by a famous TV actress from Venezuela, Catherina Cardozo. There were 5 concurrent workshops for participants to choose from in every time slot for two full days, with subjects ranging from applications of psychodrama for health care workers, community organizers, educators, and mental health providers as well as organizational and industrial applications.

The closing event was breath-taking and awesome. The folk dance troop of Ecuador performed dances that date back to Inca times, ending in the entire group of participants dancing with the performers. Moreover, recently certified psychodramatists were awarded their certifications at the closing.

I am inspired by the enthusiasm for psychodrama in Latin America, in awe of the psychodramatists of Ecuador for putting together such a phenomenal conference, and grateful for the warmth with which they welcomed me and the other participants from other countries. I look forward to more sharing with our psychodramatic cousins to the South in the years ahead.



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SEEKING PNN EDITOR

Jude Treder-Wolff will step down as editor of the Psychodrama Network News after role training the new editor on the Fall issue. Anyone interested in taking on this position please contact Publications Chair John Rasberry at midsouthcenter@aol.com for details about how to apply.



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