



AMERICAN SOCIETY OF GROUP PSYCHOTHERAPY AND PSYCHODRAMA

Psychodrama Network News



From the ASGPP President

Daniela Simmons, PhD, TEP

Rekindling the Lights

With great pleasure, I write this PNN issue's presidential column, as the ASGPP is getting stronger every day! The environment is peaceful; and the relationships are thoughtful and professional. The activities within the organization are meaningful and constructive. The finances of the ASGPP are stable as a result of cautious budgeting and spending; careful negotiating of contracts; as well as increased income from membership dues, conference fees and fundraising events.

The membership, both individual and organizational, is growing every day, with the newly offered categories of diplomate, international and organizational membership, in addition to membership options for students, young professionals, veterans, retirees and people with a disadvantaged economic status. In addition, the current Fundraising event that aims at sponsoring graduate university students, has already assured that we will be able to invite at least twenty-five (and hopefully up to one hundred) new members.

The communication and the transparency are flourishing, as a result of the monthly media outlet, the Tele'Gram, and the frequent Membership Zoom Conferencing Meetings. Moreno's philosophy and dream about interna-

(Continued on Page 26)



2020 ASGPP CONFERENCE

April 1-4, 2020

The Hyatt Regency Schaumburg Hotel
Schaumburg, IL

We're Getting Ready for the Chicago Conference Coming April 1

By Karen Carnabucci and Shelley Firestone

The 78th annual conference of the American Society of Group Psychotherapy and Psychodrama is next month in Schaumburg, IL.

To warm up registrants – and give a gentle but firm nudge to those of you who are on the fence about attending – we invite you to a preview.

First the basics:

- The conference begins on April 1, the famed date of Dr. J.L. Moreno's first recognized psychodrama in 1921. April 1 was the date that Moreno opened the doors of a theater in Vienna, placed a throne on stage and asked next-generation leaders to take a seat.
- You may select from more than 100 events, including keynotes, pre-conference institutes, workshops, special events, ceremonies, 12-step meetings, and the annual membership meeting, all on the conference agenda. It is a mix of traditional favorites – such as the Diversity Forum and the Awards Ceremony – and new innovations that will continue until Saturday night, April 4, when the conference concludes.
- Keynote speaker will be our own Tian Dayton, prolific author, Ph.D., and TEP, who will speak on "The Power of Connection and Identification," and Richard Beck, LCSW, BCD, CGP, FACPA, president of the International Association of Group Psychotherapy, will be plenary speaker, addressing "The Importance of Cohesion in Group." Both are recognized as international leaders in their respective fields and experts in trauma and recovery.
- Sammy Rangel, MSW, CSAC, featured speaker, will address "A Life of 1,000 Wounds, Dismantling Hate and Trauma with Our Humanity," telling his dramatic story as an abused child to gang member to incarcerated person. His life was changed through experiential psychotherapy, leading him to a variety of social service roles, currently executive director of Life After Hate,

(Continued on Page 24)

INSIDE THIS ISSUE:	From the Editor.....	Page 3	Integration of IFS & PD....	Page 7	Hungarian Conference.....	Page 12	Memoriam: Delcy Morrison	Page 18
	Members in Action.....	Page 4	Psychodrama in Greece...	Page 8	Interview / Judith Teszry	Page 13	Our New Members.....	Page 19
	Trainers Corner.....	Page 4	Tele Caf News.....	Page 9	2020 Conference.....	Pg 14-15	Regional News.....	Page 20
	Unsung Heroine.....	Page 5	Drama Therapy Conference	Page 10	Save Money at Conferences	Page 16	Psychodrama in Chicago..	Page 21
	Empowerment Dynamic	Page 6	Tiawan Conference.....	Page 11	Diversity Forum.....	Page 17	PNN Guidelines.....	Page 28

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From the Editor

IN SEARCH OF THE UPWARD SPIRAL...

Nancy Kirsner, PhD, LMFT, OTR, TEP



"Between the stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor E. Frankl

Let's take a Mindful Pause together...

It's a new year, in fact, a new decade – 2020. I was born into the demographic cohort famously known as 'baby boomers.' As a group we are wealthier, more active and physically fit than any preceding generation. We were the first to grow up genuinely expecting the world to improve with time. My travels continued through higher education, parenthood, and empty nesting. Now I have even more words to describe my life stages and challenges: techno-immigrant (unlike our children/grandchildren who are techno-natives) to wise elder – it's quite a journey.

I have learned many acronyms to keep me on the path of the upward spiral. When I first became a certified positive psychologist under Dr. Tal Ben Sha-har, it was PMS or Pleasure, Meaning, and Character Strengths that correlated with Happiness. The research showed that exercise/movement and enough relationships were the key ingredients. Dr. Barbara Fredrickson's research on the Ten Positive Emotions (Love, Joy, Hope, Awe, Amusement, Interest, Serenity, Gratitude, Pride, Inspiration) elevated the significance of these feel good emotions, through her broaden and build theory. We now know that positive emotions are micronutrients for the brain increasing creativity, effectiveness, and the desire to connect.

My next iterations of the Science of Happiness/Wholebeing brought me the richness of learning about Character Strengths and SPIRE. 'SPIRE' (Spiritual, Physical, Intellectual, Relational, Emotional) became my way to check in with myself and tune up as to balancing these parts of my life. As Rumi, the 13th century poet and mystic said, "Do you pay regular visits to yourself?" SPIRE inspires and informs my regular visits with myself.

As a psychodramatist and Positive Psychologist, my brain has been 'upgraded with a neuroscience narrative' replacing New Years' Resolutions with seeking and sustaining my Upward Spiral. As Rick Hanson would say, 'always looking for the good' in all relationships and experiences.

What is 'the upward spiral' and why do we want to be there you ask? In the neuroscience world it refers to using what we now know about neuroplasticity and the Science of Happiness to elevate our lives through relationships, exercise, meditation, mindfulness, good habits and other conscious tools – all increasing our positive emotions for the greater good of all. The Upward spiral creates more energy, better sleep, more enjoyment of life - and ultimately resiliency. And guess what? We have learned that Happiness is a choice and it's an 'inside job' that takes hard work and conscious effort to shift our brain from the negative to the positive. Our brains are an interconnected web of complex brain circuitry. Every and any small change we make changes our brain circuitry.

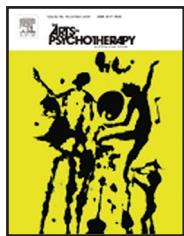
Tara Brach, author and proponent of Buddhist meditation, has been an important teacher for me. As an engaged Buddhist specializing in the application (action) of Buddhist teachings and mindfulness, her books and cell phone applications are everyday tools I use and recommend. Her latest book, *Radical Compassion*, embodies kindness, love, and wisdom in very human and doable steps. Just listening to Tara's voice is a gentle mindful pause.

At the end of your life looking back, what would most matter? When I think about wise and successful aging, I have lately been devouring *What Neuroscience Can teach us about Aging Better*, Dr. Daniel Levitin's new book. I am struck by the fact that he highlights two qualities - conscientiousness and open mind-

(Continued on Page 27)

Members in Action

* **Karen Carnabucci, LCSW, TEP**, has been teaching and presenting at a variety of locations in Pennsylvania, including the Delaware Valley Psychodrama Collective, the Lancaster Chapter of the Pennsylvania Society of Clinical Social Work and the Lancaster County Chemical Dependency Professionals. On the final Sunday of 2019, she directed a sermon in action, "Greeting the Emergent Future," at the Unitarian Universalist Church in Lancaster. Her article, "Ancestral Healing and Family Constellations," was published in the winter issue of the *Therapeutic Thymes Magazine*.



* **Scott Giacomucci, DSW, LCSW, CET III, CP/PAT** recently published a case study titled "Addiction, Traumatic Loss, and Guilt: A case study resolving grief through psychodrama and sociometric connections" in the *Arts in Psychotherapy* journal. He also began a column on experiential therapy & psychodrama in the APA *Group Psychologist* newsletter.

This fall, he presented psychodrama workshops at multiple conferences including NADTA, NASW-PA, a creative arts therapy symposium in PA, and the First International Scientific & Practical Conference on the Theory & Practice of Psychodrama in Vinnytsia, Ukraine.

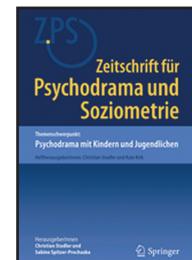
* **Dena Baumgartner, PhD, TEP, LMFT, CGP, LPC**, was honored to be on the Scientific Organizing Committee that put on the 8th International Psychodrama Congress in Iseo, Italy September 4-8, 2019. She also was a pre-conference and conference presenter.

November 29-Dec.1, 2019 Dena presented two workshops and led a large group of over 300 people on Saturday night at the "Fabric of Life" 30th Anniversary congress of the Hungarian Psychodrama Association in Budapest, Hungary.

* **Nancy Kirsner, PhD, LMFT, OTR, TEP** and Dr. Raina Murnak (Assistant Professor and Director of Contemporary Voice and Performance Artistry at the Frost School of Music, University of Miami) have just completed a pilot research study on 'VIA Character Strengths and Musical Performance.' Both Nancy and Raina are positive embodied action teachers; they conducted a 10 week experiential study based on VIA Character Strengths and their relationship to anxiety, self-compassion (Neff) and flourishing (Seligman). Six students and two teachers (vocal) completed twelve hours of action teaching with dyad and group work, best self

stories, and integrating videos built around their Character Strengths. The main research will begin in the Fall of 2020. For information contact: www.positivevoices.weebly.com.

* **Mario Cossa, RDT/MT, TEP**, reports that an article "Building resilience in youth with Therapeutic Spiral Model™ (TSM) psychodrama: Working with post-high-school youth in Bali, Indonesia" (based on work he did at Campuhan College, in Bali) has been published in the January 2020 on-line Journal: *Zeitschrift für Psychodrama und Soziometrie* (the article is in English, even though it is a German publication).



* **Daniela Simmons, PhD, TEP** visited the Indian Institute of Psychodrama (IIP), headquartered in Chennai, India, in early January 2020 to offer a 10-day training workshop on Sociometry, History, Methodology, Philosophy and Ethics of Psychodrama and Group Psychotherapy. Daniela's visit was part of the mission of the Indian Institute of Psychodrama to extend psychodrama and other action methods to the region. Participants were from: India (Chennai, Bangalore, Mumbai, and Cochin), South Korea, Kuwait and Dubai. The IIP with director **Magdalene Jeyarathnam** and resident trainer **Herb Proper**, has been inviting prominent psychodramatists from around the world; such as **Peter Howie** (Australia), **Maurizio Gasseau** (Italy), **Eva Fahlstrom** (Sweden), **Marcia Karp** (UK) and others.

* * *

The PNN Members in Action feature welcomes highlighting past events of our community.

The PNN would be delighted to highlight any psychodramatist who is an ASGPP Member that has received an award from any organization, university or not for profit organization. ASGPP Members who have presented workshops at conferences, as part of community outreach, or not-for-profit organizations, or published articles in professional journals are also accepted submissions.

Send submissions to
E-mail: asgpp@asgpp.org
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TRAINERS CORNER

Working with International and Other University Students in China

Mario Cossa, RDT/MT, CAWT, TEP



This past November/December (2019) I served as visiting professor at Huaqiao University (HQU) in Xiaman, China, under the sponsorship of their Mental Health Education Center. I first met the center's coordinators in June, 2017, when I joined Dr. Kate Hudgins and several other colleagues from Therapeutic Spiral International for a special workshop celebrating the 100th birthdate of Zerka Moreno.

During my time that summer, I worked with a number of Chinese high school students and observed the pressures they were under to achieve high scores on the College Entrance Examination so they could secure a place in an A-level University.

During my more-recent, one-month stay, I had the chance to see the ways in which those pressures continue to develop once students enter the university. Additionally, I saw and worked with a number of International students and discovered the similarities and differences in the pressures they brought with them to China from their homes throughout Asia, Eastern Europe, and Africa.

HQU boasts the third highest number of international students of any Chinese University. Most of them receive full scholarships, but this is a mixed blessing. The fact that Chinese students must score at a certain level on the entrance examinations and pay their own way while international students are accepted with less stringent requirements and get a free ride, creates resentment on the part of Chinese students. Also, dormitories and classes tend to be segregated in terms of country of origin.

The University sponsors have invited me to submit a proposal for my return in Spring, 2020, based on what I have learned about the students and faculty. What follows is a summary of two of the work experiences I had during my recent trip and my suggestions for the next phase of my work in these areas.

One of my responsibilities was to run twice-weekly, therapy groups for students at 2 different campuses. At the main Xiamen campus, the group consisted exclusively of international students. At the other campus, an over-zealous administrator recruited 24 students for the group and it was necessary to divide them into two different groups, each meeting once a

week. Because of scheduling, they divided them into one subgroup of Chinese Freshman girls and the other of international students across grade levels. None of the participants had ever experienced psychodrama before.

Two primary issues emerged in all groups: the burden of negative messages throughout childhood from parents and teachers who attempted to motivate by belittling and putting down; and a feeling of disconnection between Chinese and international students. With a limited number of sessions/hours, and with the slower process of working with an interpreter, we introduced students to the basics of sociometry and psychodramatic action and then focused on the Therapeutic Spiral Model's approach of creating a foundation of personal-, interpersonal-, and trans-personal strength. In our remaining time, we concentrated on identifying and giving back the negative messages to their sources.

My recommendations for the Spring (2020) program include: having new groups at each campus limited to 12 participants who make a commitment to all sessions, meeting twice per week for 4 weeks, having a mixture of Chinese and international students in each group, having two staff counselors with psychodrama experience to work as trained auxiliaries with each group (we had one first time)

in addition to the experienced interpreter, and offering a weekend-long psychodrama intensive for available students from the initial groups who would like to do deeper work.

For the intensive, I am requesting one experienced counseling staff member for every four students participating.

This is a model I used with great success during my work with Campuhan College students and staff in Bali. Fortunately, there are a number of staff at HQU who have received previous training in TSM Psychodrama from Kate during the work she has been doing in China during the last 15 years.

I also provided a presentation on *Intercultural Adaptation* for a group of about 60 Student Advisors and Lead Teachers. Participants, expecting a lecture, were surprised when I got them into action, as best as we could in the space, giving them an opportunity to role reverse with the experiences of an international student. I also had some of my international students attend to serve as a panel of experts.

OUR FIRST INTERNATIONAL UNSUNG HEROINE:

Magdalene Jeyarathnam

Interviewed by Nancy Kirsner, PhD, LMFT, OTR, TEP

It was noon time when I picked up the phone to call Magdalene. For her it was 10:30 pm and she had just returned (only 24 hours) from a Conference in Cairo and a full clinical day! We had prearranged this interview while she was traveling and working on her PhD in another country. From the ‘first hello’ I experienced her generosity, zest, and core nature of wanting to give and be engaged in our conversation.

I first met Magdalene a year and a half ago in Luxembourg at a psychodrama workshop we were both attending with Daniela Simmons and Joseph Dilliard. I remember her beautiful smile and dark dancing eyes as she walked into the dining room – a quiet glow about her. I wondered – who is this woman with this sparkling energy?

Magdalene has been working in social healing/justice, education and mental health for over twenty five years touching the lives of over 10,000 people. She was originally educated as a social worker. She then became an Expressive Arts therapist and Certified Psychodramatist (2016). She is the Director of the East-West Center for Counselling and Training and the Indian Institute of Psychodrama, which she also founded. She is a founding member of the Indian Academy of Professional Supervisors, and on the board of directors for the International Association of Group Psychotherapy and Group Process (IAGP). These are her titles and certainly denote a robust love of learning. AND she is so much more.

Magdalene talked about how in India you cannot treat the individual without treating the family. The Indian culture is ‘family and group oriented.’ It reminds us of the Morenian maxim, “Treat the individual as the Group and the Group as the Individual – the Social Psychological lens. She told a story about a man she sees on a street she drives on every day. For months he was alone on a blanket often eating a meal; then she noticed another person joined him. Now she sees that other people have joined them to eat — all sitting together on the street.

Magdalene shared that the political situation in India has affected mental health issues. The Government and large corporations in the name of economic development activities like mining, building dams, nuclear power stations, etc. have taken over many villages, displacing people from their homes and ways to make a living. This has created social, economic, and mental health problems.

Magdalene’s career started in Substance Abuse treatment where she worked for seven years with individuals and families. During this time she learned that 50% of injecting drug users were HIV positive. This motivated her to begin working in



the area of HIV prevention. She was now working at a grassroots level with pregnant women in prenatal public health clinics and government hospitals. Magdalene began doing interventions here as she paid close attention to practical issues like who comes with the women to the clinics? Her obvious and natural intuition for sociometry is based on her curiosity, attentiveness, and caring. It has turned out to be very useful. Magdalene lives in the state of Tamil Nadu which at that time had the highest incidence of HIV – more than 1% of babies getting infected from their parent at birth.

Magdalene’s work has always had a strong social justice core. She is proud of how she has impacted the health care delivery system in India on behalf of pregnant women with HIV. At around 30 years of age, while working in a government hospital, she drew a chart (showed them) to explain to the staff how many different places these women were shuttled — nearly 2 kilometers in one visit to get blood and complete other tests. There were high ranking officials in this meeting and they were both shocked and impressed. They invited her to meetings in Delhi and thus began her entree into a larger arena. All developing countries were dealing with HIV at this time and there was considerable funding available from government, the Global fund, and other resources.

Magdalene also changed the procedures whereby only women were tested for HIV. She noticed that the men who came with these women were neither tested for HIV nor included in the process. They were told these clinics were ‘only for women.’ She realized that the men desperately wanted to know what to do, what their wives should eat, and how they could help. Magdalene got the men involved; they were HIV tested and included in education and group discussions. In Tamil Nadu most families had only two babies. After women marry, most will return to their Mother’s home for the birth of their first child. This creates challenges in terms of how health care delivery systems can function effectively.

The vital point for prevention of HIV during the birth of infants has to do with a specific drug that must be injected during labor. While the women had their regular doctor visits from their husbands home, the births were happening at their mother’s homes often far away from where they began their initial doctor’s visit during pregnancy, a creative solution evolved giving all mothers a ‘medical record’ of their progress during pregnancy, to keep and take to all checkups/doctors. There is no stigmatization, diagnosis or mention of HIV. Only the code NVP is denoted.

Magdalene worked as a consultant to World Health

(Continued on Page 27)

The Empowerment Dynamic: Using Action to Move from Victim to Creator Orientation

Jodi Greanead, MA, LPC



"People talk about being victims of abuse and neglect, victims of alcoholic or drug addicted patterns, even victims of birth order among siblings. At work, people talk about their victimization at the hands of an insensitive boss, a backstabbing co-worker, or the company they work for." (Emerald, D, 2016)

The powerless focus of roles on the Karpman Drama Triangle are well known. David Emerald refers to

these roles as "the dreaded drama triangle." Powerlessness is the glue that links these roles and the oil that keeps them constantly moving. If it weren't for the stuck, powerless victim role there would be no need for the rescuer, and no place for the persecutor. Roles can be psychosomatic, social, or psychodramatic. (Sternberg, P & Garcia, A, 2000) The dreaded drama triangle includes all these roles. A comment from a family member might send a person's thoughts and emotions right back to an intrapsychic role of a 10-year-old. A place of powerlessness, the victim role. Social roles can show up at work when a challenging co-worker or boss creates feelings of frustration, or cries "there's nothing I can do here." Powerlessness, feeling stuck, or seeing no opportunity for change illustrates the victim orientation. According to David Emerald, in his book "The Power of TED," the victim orientation is the necessary focus of every role on the Karpman Drama Triangle.

Thankfully there are antidotes for victim-oriented roles. In the Empowerment Dynamic, Emerald lays out a roadmap for movement into empowered roles. The role of persecutor moves to challenger, the rescuer becomes a coach, and victim becomes freed as a creator. The challenger serves as a source of change for the victim. A challenger can be a person, a situation, or a circumstance. Regardless of the form, the challenger appears to incite "action, learning and growth."

The coach replaces the rescuer in the empowerment dynamic. With quality questions, a coach aids the creator (formerly victim) into new avenues of creating. Coaches see the potential in others. As opposed to the rescuer, who sees the victim as powerless and in need of rescue, the coach honors the choices and ability of others to create their own outcomes. Coaches can be a person, a podcast, a book, or any catalyst for creation.

The central role of the Empowerment dynamic is the creator. The creator moves out of the role of victim, according to Emerald, by taking baby steps. One small change, sparked by creativity and spontaneity, moves a victim out of powerlessness into an empowered, creator role. Creators increase momentum by seeking out other creators, including coaches and challengers, and co-creating with them. J.L. Moreno stat-

ed, "All creators are alone until their love of creating forms a world around them." In this freshly developed world, the victim orientation dissolves, and a new creator orientation is built. Movement into empowered roles requires AIR (attention, intention, and results) (Emerald, 2016). AIR is the space, the difference, and the oxygen that energizes the movement between the victim orientation and the creator orientation. Attention in the victim orientation is placed on what is not wanted. Attention in the creator orientation shifts to goals, desires, and what is wanted. Intentions create movement as well. In a victim orientation, intentions are focused on getting rid of problems. Creators birth intentions to create. Results identify the orientation. Victim orientation roles result in "temporary and reactive" outcomes. On the other hand, creator orientation roles generate results which are "satisfying and sustainable." (Emerald, 2016) Creator orientation illustrates role theory. Like the process a child goes through when creating with playdough. A child first takes and focuses attention (role taking) on a can of playdough. Intention is set as they begin to play with the dough (role playing). With spontaneity and creativity, a snake, a house, or a penguin results (role creation).

Roles on the drama triangle can be identified using personal examples. When put into action by selecting auxiliaries to play these roles, whether they be intrapsychic or interpsychic, new insight can be gained. The creator orientation results in freedom from stuck patterns of old thinking, feeling, and behaving. Tian Dayton refers to a personal cultural conserve as "thinking, feeling, and behavior that drives our individual lives." (Dayton, 2005) Movement from one role to another follows a different path for each person. David Emerald says, "Human beings must create; it's hard-wired." The power of creating lies within every person's potential. Action can move us from the powerlessness of a victim orientation to the empowerment of a creator orientation.

Dayton, T. *The Living Stage*. Deerfield Beach, FL: Health Communications, Inc. 2005.

Emerald, D. *The Power of TED*. Bainbridge Island, WA: Polaris Publishing, 2016.

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Sternberg, P. & Garcia, A. *Sociodrama: Who's in Your Shoes?* Westport, CT: Praeger Publishers, 2000.

Parts, Roles, and the Spark of Creation: An Early Look at the Integration of Internal Family Systems Therapy and Psychodrama

Rachel A. Longer, MSS, LSW, CET I &
Scott Giacomucci, DSW, LCSW, CTTS, CET III, CP/PAT



Psychodrama and Internal Family Systems Therapy (IFS) are complementary approaches with shared experiential practices. While some have presented workshops focused on using psychodrama and IFS therapy in conjunction, very little has

been written about integrating these two approaches. This short article hopes to create a written dialogue on the intersections between these action-based approaches.

Psychodrama practitioners and IFS therapists alike can benefit from the adoption of aspects of IFS therapy and facets of psychodrama into their respective practices. The encounter between IFS and psychodrama could be characterized by positive tele and cocreation. Considering IFS's status as an evidence-based practice, the field of psychodrama may systematically benefit from the connection with IFS. Psychodramatists can also benefit from IFS's use of theory to guide practice with structured enactments and role categories. IFS practitioners would benefit from the integration of psychodrama theory, psychodramatic interventions, and sociometric warm-ups.

IFS practice relies on the assertion of multiplicity within the psyche. The theory conceptualizes the psyche as the sum of many inner parts. Each part carries with it its own specific beliefs, personalities, and behaviors. IFS categorizes these inner parts into two domains: protectors and exiles. When a traumatic experience has transpired, a part may become injured or overwhelmed and often develops extreme beliefs. These hurt, traumatized parts are *exiled* away by protector parts in order to shelter the internal system from being overwhelmed. Exiles hold fear, pain, shame, memories of traumas, and are highly sensitive. The IFS model offers permanent healing of exile parts through the "unburdening process".

Protective parts are further categorized as either proactive protectors (managers) or reactive protectors (firefighters). Manager parts are generally controlling, motivated, and oriented toward success. Firefighters, desperate to avoid the experience of pain, employ dangerous behaviors to distract the inner system from experiencing painful overwhelm. Where manager parts are often perceived as adaptive, firefighters may be viewed as chaotic and dangerous. A critical aspect of IFS therapy is its honoring of the heroic nature in both proactive and reactive protectors, acknowledging their desire to protect exiled parts. Another important contribution from IFS to psychodrama is the practice of habitually asking permission from parts before engaging with them. This simple, yet profound practice, would

increase the level of emotional safety in classical psychodrama.

While the term "parts" is used in IFS to describe aspects of personality, psychodrama uses the term "role" to describe the same concept. In both modalities, the facilitator offers a non-pathologizing approach which supports the client's autonomy in their healing process. Similarly, both modalities offer the potential for a corrective experience through surplus reality. In IFS therapy this is achieved through visualization techniques, while in psychodrama, the presence of the group makes it possible to physically act out the corrective experience.

While classical psychodrama often has an interpersonal focus, the Therapeutic Spiral Model (TSM), is a clinically-modified intrapsychic psychodrama model. It appears that TSM and IFS have even more in common than IFS and classical psychodrama. While IFS offers classical psychodrama a novel view of defenses, TSM provides IFS and psychodrama, alike, with a strengths-based and trauma-informed approach. The practice of IFS parallels TSM's Trauma Survivor's Inner Role Atom (TSIRA), which explores and externalizes a protagonist's inner roles with the goal of cultivating connection between the inner roles (parts) and the protagonist (self).

IFS theory emphasizes the concept of the *Self* - or the core essence of an individual. IFS theorizes the *Self* as calm, curious, compassionate, and innate within all individuals. While classical Morenean philosophy does have a similar concept - the autonomous healing center within, it is rarely employed explicitly in the clinical practice of psychodrama. While Psychodrama and TSM assert that the self is the sum of the roles that we play, IFS offers a slightly different belief that the *Self* is the leader and core essence of a person who orchestrates the movement of the inner parts.

While psychodrama is usually offered within a group psychotherapy setting, IFS therapy is most often utilized in an individual psychotherapy setting, in which parts of the self are explored through mindfulness, guided imagery, and interoception. IFS therapy most often encourages an internal dialogue with parts in which the *Self* verbally conveys to the therapist what an inner part is saying and feeling. In psychodrama, this would be externalized, concretized, put into action, and displayed through role reversals.

These unique models of therapy offer a creative possibility. If utilized in a clinical setting simultaneously, clients will gain an evidenced-based action method model which is trauma-informed in nature. It is apparent that these modalities are highly complementary due to their many similarities and mutually enhanced by their differences. As there is very little literature observing the blending of Psychodrama and IFS therapy in clinical practice, this article hopes to introduce a new integrative movement in the fields of both Psychodrama and IFS.

PSYCHODRAMA INTERNATIONALLY

History of Psychodrama in Greece

Nikos Takis, PhD



Psychodrama's essence is closely related to Greek culture, as it entails the use of theatre, which was invented in Ancient Greece, more than 2500 years ago. However, the first application of Psychodrama in Greece dates back to the 1960's. Back then, the psychiatrist John Mantonakis was using a form of Psychoanalytic Psychodrama as a supplementary tool in the treatment of psychotic patients in an inpatient unit at Aeginito, the Psychiatric Hospital of the University of Athens, in the context of his Doctorate dissertation. This was also the topic of the first book published in Greece about Psychodrama [Psychoanalytic Psychodrama, J. Mantonakis, 1968]. In the following years psychodrama was mainly used for treating patients with severe psychopathological disorders in various mental health institutions.

During the 80's Psychodrama started being used more widely in private practice as well. This was usually by practitioners who returned to Greece after receiving training abroad. In 1985 it started being applied in the Open Psychotherapeutic Center (led by the psychiatrist J. Tsegos) and in the 90's in the HAGAP [Hellenic Association of Group Analysis and Psychotherapy] Institute (founded and led by the psychiatrist V. Menoutis). Soon the first training programs also appeared. The OPC was the first organization that became a member of FEPTO, the Federation of European Psychodrama Training Organizations. It is also important to note that, in the same time period, there was another training program organized in Thessaloniki by Jinnie Jefferies, Senior Trainer of the London Institute of Psychodrama.

For the next two decades Psychodrama flourished in Greece. Firstly, Konstantinos Letsios launched a training program in collaboration with the Hungarian Association and Max Clayton, a key figure of Psychodrama in Australia and New Zealand. This partnering resulted in the formation of the Psychodramatic Center for Personality Development. In 2004 the Greek Psychodrama Society was founded. The president of the society is Nena Vlassa, Director and founder of Athens Psychodrama Institute. Psychodrama is widely used and applied in diverse settings: drug addiction treatment programs, mental health services, special education, private practice with children, adolescents and adults, organizations etc.

New training institutes have been established the last couple of years, some of which are members of FEPTO, while others are in the process of becoming members. FEPTO Member insti-

tutes are: Open Psychotherapeutic Center, HAGAP, Psychodramatic Center for Personality Development, Athens Psychodrama Institute, Endohora. All of these institutes are located in Athens. The Institutes that are not yet FEPTO members (or in the process of becoming members) are: Center of Athenian Psychodramatic Encounters (Athens), founded by S. Lagarakis, Center for the Study and Application of Psychodrama, founded by S. Symeonidou, (Thessaloniki), Greek Center for Psychodrama (Thessaloniki), founded by N. Vyzantiadou. All institutes are in close collaboration with experienced European and International Trainers. Lastly, in 2015 Greece was represented for the first time on the FEPTO council through the election of Nikos Takis, Director of Endohora Institute. He was also appointed to Chair the Annual Meeting Committee. In 2017 he was elected as President of FEPTO. Furthermore in 2019, another Greek Psychodramatist, Giorgos Haniotis from HAGAP institute, was also elected to the FEPTO Council and appointed as Chairman of the Training Committee.

In regards to scientific events, the 5th International Sociodrama Conference was held in the island of Kos in September 2015, with the theme: "Oh, Eros unconquerable in battle".

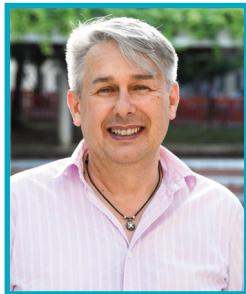
Finally, back in May 2016, the 11th FEPTO Conference (theme: "Shedding light on the shadows: Voicing the unspoken in Psychodrama") and the 24th FEPTO Annual Meeting (titled: "Cooperation and Conflict in times of Change"), were held in Marathon, Greece.

Nikos Takis, PhD
FEPTO President



The International Tele'Café

Mark Wentworth, Chair, ASGPP International Committee



For those new to the Café, come on in! The Tele'Café was created by the International Committee where we are continuing to reach out to people who are psychodramatists and maybe because of their location feel a bit disconnected from the community. Our main focus has definitely been, and continues to be, the Tele'Café. It's a great way to connect from the comfort of your own home, wherever you are.

* * * * *

Tele'Café November 21st Hosted by Reyhan Cakmak

On November 21, 2019, fifteen of us Zoomed in to open our Tele'Café and join Reyhan Cakmak as she shared with us delightful dishes from Turkey. This time our connections spread 'down under' into New Zealand — our café is really becoming international, its fame spreading far and wide.



As per usual, we chatted and shared a drink or two with friends. Our conversations varied from Cristina's work with Tarotdrama, someone's boat and of course we spent time talking about our own Psychodrama experiences. Then we found our way to discussing Ego, both in its clinical terminology and in its excess, always a good topic of conversation to chew over whilst "eating" in surplus reality some of Reyhan's home-made baklava and sarma.



What I found interesting from this Tele'Café is that it led to some interesting email exchanges afterwards. In some way we touched, in the smallest way possible, that Autonomous Healing Centre within all who were present. This led into a discussion about natural healing and homeopathy, often using the smallest minutest aspect of a remedy to stimulate a remembered natural state of balance. Is this something we do in Psychodrama? If you would like to join us at our next Tele'Café please email international@asgpp.org

If you will be joining us at this year's conference in Chicago, do add The International Tele'Café into your conference social calendar. On Thursday April 2nd (time to be confirmed) we will for the first time take the Tele'Café on the road live to a local coffee shop. To assure your participation, please reserve your spot during the conference registration process. The \$25 fee will cover sightseeing transportation and hot drinks and sweets at the café.

For more information please email:
international@asgpp.org

Until next time,
Mark



Thursday, April 2, 2020

TELE'CAFÉ ROAD TRIP

Come join us in this metaphorical caravan as we take the "tele café" out on the road. At each ASGPP conference we will find a suitable local cafe to play host for us, so that once a year the tele café manifests in a physical space.

Come join us for a coffee, tea or chocolate or juice, and connect with others as we share our stories, but maybe not our cookies!

Join us the first ever live and real "tele café"
Fee: \$25 for transportation, hot drink and dessert.

2019 Drama Therapy Conference Reflections

Rhona Case, MEd, TEP



in November 2019, in the “city of brotherly love,” where I was born! I was a virgin, having never experienced drama therapy, or so I thought!

The conference welcoming event was a Playback Theater Performance by the San Francisco Bay Area Living Arts Playback Theater Ensemble, directed by Armand Volkas. Playback Theater was founded in 1975 by our own Jonathan Fox and Jo Salas in New Paltz, NY, a stone’s throw from Hudson Valley Psychodrama Institute and the original Moreno stage. Influenced by psychodrama and oral storytelling, this method is building community throughout the world. We learned the early underpinnings of drama therapy, when Gertrud Schattner approached David Read Johnson after he had done a workshop at a psychodrama conference in 1975. Out of that first meeting, drama therapy was born. A few years after that, the NADTA was formed.

My introduction to drama therapy was an all day workshop given by drama therapists, Susana Pendzik and Ingrid Lutz, “Deconstructing the past, constructing the future: re-narrating collective trauma.” It was chock full of warm-up exercises that moved us into small groups where we created enactments based on the stories that came up for us. The grand finale was the enactment of the poem, ‘The End and the Beginning,’ by Wislawa Szymborska, where small groups depicted their version of a portion of the poem as the group flowed through the entire poem. We created re-enactments

When I saw that the drama therapy conference was being held in my backyard, Philadelphia, I jumped at the chance to represent the ASGPP and experience this method. It was the 40th anniversary of the North American Drama Therapy Association (NADTA) and the conference was entitled, “FORTY PHILADELPHIA: A Celebration of Drama Therapy Through Yesterday, Today & Tomorrow.” The conference met

of the poem by changing the tone of the written word. There was group processing of all the enactments which was quite different from the sharing we do in the third phase of a psychodrama.

I attended a couple workshops presented by our own ASGPP members. Barbara McKechnie and Amy Clarkson (both recently have taken the TEP exam) presented, “Integrating Drama & Music to help Trauma Survivors Tell their Stories.” Scott Giacomucci and Amy Stone presented, “Stage Setting for Mutual Aid & Gratitude: TSM Psychodrama & Group Work.” Psychodrama was demonstrated via short vignettes. Many students new to drama therapy were moved by the personal nature of psychodrama.

I thought that perhaps more of us psychodramatists could submit to other expressive and group therapy conferences to present our method and grow interest for further training and collaboration among our sister organizations. The conference was attended by a plethora of students enrolled in drama therapy programs at five universities. This could be our inspiration to get psychodrama back into the universities, increasing the psychodrama courses we teach throughout the country and bringing back Psychodrama to university programs.

I learned that drama therapy and psychodrama are more similar to each other than different. Both methods involve mind, body and enactment. The warm-up is critical to creativity and spontaneity in both methods. We are ‘sisters of another mister, brothers of another mother.’

We could co-create a very interesting conference if we joined forces to do so. Maybe a seed is planted!



NADTA Conference Co-Chairs and President and President-Elect celebrating at the Ruby Red Ball!



Taiwan Psychodrama Association Conference

Rebecca Walters, MS, TEP



The Taiwan Psychodrama Association held its annual conference in Taipei on Jan 18-19 and I was honored to be invited to offer a keynote on *The Wise Mind*. I also presented a three day post conference workshop on *Psychodrama and Sociodrama with Children*. The conference began with recognition of recently certified CPs and TEPs. There was a formal recognition (with flowers!) to many of the people involved with the association and the conference. The conference also honored the recently departed Dr Chen, the person who brought Psychodrama to Taiwan many years ago. An empty chair with a hat and jacket on it was placed in the front. A beautiful video made shortly before he died was played. Then one of his students put on the jacket and hat, took on his role, and people came up to thank him for his impact on their lives. It was deeply moving. Then a psychodramatic magician came out and the playing began!

Over two hundred and fifty people attended the two day conference, the vast majority of them in their twenty's and thirty's. By holding the conference at a university, costs are kept very low and many graduate students could afford to attend. The three day post conference workshop was attended by 48 participants, almost all professionals.

Taiwan has a long history of inviting American psychodramatists. Gong Shu, Dorothy Satten, Pam and Rory Remer, Katrena Hart and Zerka Moreno are among those who have run training workshops in Taiwan. This does not include those who have presented at their conferences. Many of the Taiwan psychodramatists have been certified by the American Board of Examiners. Last year a reciprocity agreement between the ABE and the new Taiwan Board of Examiners was signed.



Andrew Wang, TPA President, Molly Mo, Rebecca Walters and Adam Chou



ABE CPs and TEPs at the 2020 Taiwan Psychodrama Association Conference



Psychodrama and Sociodrama with Children — post conference workshop

The Hungarian 30th Anniversary Conference

Dena Baumgartner, PhD, LMFT, CGP, LPC, TEP



Traveling to Budapest for the *Fabric of Life* — 30th Hungarian Anniversary Congress (November 29th - December 1st) was for me a tribute to my student Don Nagy who had died and who always wanted to go back to his ancestral homeland and direct a psychodrama.

What I was going for turned into a real understanding of a country which is using psychodrama to heal from many occupations and is now ready to reach out to the world.

What helped me to understand more of Hungary's history was going to the Museum of Terror which really spelled out this country's journey. Budapest is a very beautiful city and knowing more of their history made this conference even more special.

Psychodrama in Hungary is very well established. Considering the population size, it is among one of the largest dramatic communities in Europe. The conference title "The Fabric of Life" is the idea of bringing their past stories through psychodrama into the now new future of connection. The different aspects of psychodrama such as monodrama, bibliodrama, sociodrama, child psychodrama and organizational are well established. Psychodrama in Hungary is an official accepted profession.

Ferenc Merel, a famous Hungarian social and clinical psychologist first introduced his idea of psychodrama as a group centered drama to the Hungarian Psychological Association in 1975. Then in 1981, the first original protagonist-centered psychodrama took place. Leaders in the area such as Teodora Tomcsanyi, from Greta Leutz's (Moreno Institut Überlingen). Eszter Banify, Lidko Mavers and Judith Teszary became trainers to Merel's students. In 1989 both groups formed the Hungarian Psychodrama Association (HPA). HPA is the only organization in Hungary providing psychodrama training, having over 1000 members.

The conference was well attended with over 400 people. Many workshops including different modalities took place. Weeks before the conference pre-conference workshops were held for other European trainers.

A lovely uniting of the core trainers and founders with the conference committee, workshop leaders, and helpers took place in the large group. I lead that group for the conference, and for me the honoring of my student, Don Nagy. This led to a very spiritual and connecting experience of gratitude for the journey of life they all have been through and a reconnecting of their goals. I felt so blessed to have been a part of their journey and will hold that time as special in my heart. I am sure you will be hearing more from HPA as they are venturing out again.



Csilla Hunya, on conference committee; Peter Aszalos; Chair of the conference committee; Dena; and Anna Linda Szirmai, also a committee member and Dena's interpreter



Dena with the large JL that people could sign their name on as he walked around at break time.



Dena and her interpreter with the large group of over 300 people.



Dena with Judith Teszary, one of the 8 people who helped to start and promote psychodrama in Hungary.

An Interview with Judith Teszárý

Özge Kantaş, PhD

Judith Teszárý is a psychodrama trainer and supervisor, international lecturer, and a founding member of FEPTO (Federation of European Psychodrama Training Organizations). She served as president of the federation for 6 years. She is the chair of the Swedish Association of Psychodrama- tists. She is involved in a project as socio-psychodrama director concerning Romani women's experiences in Hungarian health care. She has been doing sociodrama with Union leaders in the Swedish Industry Union and with health care personal in conflict management courses for the last 10 years. She has been working with psychosomatic patients using psychodrama in a research and treatment project at the Karolinska institute, Stress Research Department in Stockholm and as a psychologist with foster care in Stockholm City Social Department.

Ozge: When did you first encounter Psychodrama?

Judith: My first encounter with PD was at the Stockholm University in the 70s. One of my peers presented Moreno. I had never heard about him and thought who is this genius? I knew Gestalt, but they never mentioned that Perls learned from Moreno.

A fellow student informed me about a workshop with a Danish psychodramatist. It was a very large group, and the director chose to work on a symbolic level — not to reveal personal data. Whether a 'warm grain of sand' or a 'heavy backpack' in someone's life — it was an astonishing experience how quickly and cathartic it came to the very essence of the protagonists burden. This was my beginning — I wanted more. Then I was trained by Zerka in her first training abroad. Peter Kellerman was also in this group.

Ozge: If you had to choose one moment from your encounter with Zerka, which would it be?

Judith: In my first meeting with Zerka, her very different approach to people was striking. She was a human being and not an authoritarian person. While we were 40 persons sitting, Zerka shook hands and had a short encounter with each individual, instead of taking the group as a whole. Zerka's immediate, spontaneous caring ways with people, and why we were there, created trust and safety.

Ozge: Can you say a little about your first psychodrama training group, the one where you were teaching?

Judith: While my first training group was in Sweden, I prefer to talk about my first group in Hungary/Budapest. I had the privilege to teach classical Morenian psychodrama to a group trained by Professor Ferenc Mérei, a legendary psychologist,



who led groups in Budapest when it was forbidden to meet in groups. He was studying in Sorbonne, read Moreno and out of this created group-centered psychodrama — not unlike Sociodrama! I wished to know more about the Mérei model and asked them to demonstrate it to me.

Ozge: You have travelled and taught extensively worldwide. Have you noticed any differences in the way people relate to psychodrama in different countries and cultures?

Judith: People have their memories in happenings, and scenarios, so the step from the narrative to gestating is not far. Wherever I go people understand the method very quickly.

Ozge: Yes, my first international experience as a translator was with you in Turkey. And there were times when you and the group understood each other through actions without me saying any words. I was amazed!

Judith: Our nature is play, playing is the child's way to learn; it is not unfamiliar to anyone. Psychodrama is play-therapy for adults. It is life itself magnified with stage lights. Our memories are not stored as story lines or pictures, but by actions. From narrative to action, is not a big step. It is universal. Communication is 70% nonverbal, except for specific gestures or cultural sensitivities. I didn't know that nodding your head means no in Bulgaria.

Emotional action expressions are clear. There are also issues about personal space.

Ozge: Do you have a favourite part of the world to teach ?

Judith: I like to teach in the former socialist countries because I know what they went through in the Russian occupation. I'm acquainted with the socio-economic-cultural-political situation by my own experiences. My very favourite is Turkey, where I have been teaching for 16 years in Bergama, Asklepion.

Ozge: Turkey loves you too!

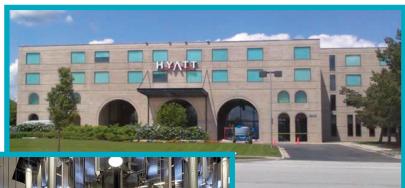
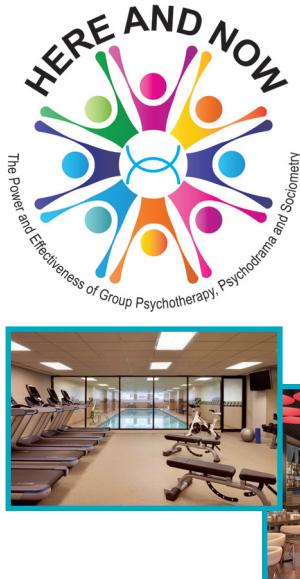
Judith: I feel like I am so creative there (Bergama/Asklepion is an ancient healing place and the spirit is still there). Since 1972 I have been living in Sweden using psychodrama in my supervision groups, and teaching Genosociogram to social workers for assessment of adoption and foster families.

Ozge: How different is the training you see today in comparison to when you were trained?

Judith: The good thing was that Zerka encouraged us to use and practice the method — wherever we worked. I was working with families and used role reversal and doubling in sessions. I

(Continued on Page 18)

2020 ASGPP Conference will be held at the Hyatt Regency Schaumburg Hotel, Schaumburg, IL



2020 ASGPP AWARDS

J.L. Moreno Award:
Tian Dayton, PhD, TEP

Zerka Moreno Award:
Canel Bingöl, MD, PhD, TEP

Hannah B. Weiner Award:
Edward Schreiber, EdM, MSM, DD, TEP

President's Award:
Antonina Garcia, EdD, RDT/BCT, TEP &
Elaine Camerota, EdD, TEP

Collaborators Award:
Herb Propper, PhD, TEP &
Magdalene Jeyarathnam, MSW, CP

David Kipper Award:
Rob Pramann, PhD, TEP, ABPP

Neil Passeriello Award:
Barbara Guest Hargin, BEd, MSW, TEP

Diversity Award:
Joshua Lee, MSW, LCSW

Innovator's Award:
Andrea Hummell, MA

William L. Moreno Award:
Jaime Rojas Bermudez, MD

ASGPP Executive Council Award:
International Association of Group Psychotherapy (IAGP)

Fellow:

Michael Gross, PhD, CADC-I, CET-III, SEP, CP/PAT
Maria Mellano, LICSW, CP/PAT
Jennifer Salimbene, LCSW-R, CASAC, CDAC, TEP
Tzivia Stein-Barrett, LCSW, RYT, LMT, CP

Scholarship Donations Welcome

Please consider a donation to this year's scholarship fund to help underwrite the attendance costs individuals who might not otherwise be able to attend due to financial constraints. No contribution is too small — contributions of any amount are welcome.

Thank you for helping us to reach out!

Your name will be listed in the Awards Program and Conference Guide.

Donate at www.asgpp.org/donate.php
or send donations to the National Office:

American Society of Group Psychotherapy & Psychodrama
301 N. Harrison Street, Suite 508, Princeton, NJ 08540
(609) 737-8500, asgpp@ASGPP.org

Auctions / Baskets

Our auctions and raffle are important fundraisers for the ASGPP and an exciting way to share in the generosity and creativity of our members and friends. You will be able to view donated items prior to the conference. You can find a link on the ASGPP website and in our email updates.

SILENT AUCTION – We are looking for donations of items such as: Jewelry * Artwork * Books * Pottery * CDs * Handmade Items * Gift Cards * Supervision with TEPs, and other interesting offerings. We feature *Artists in Residence*, where we display works of art that are handcrafted by our community. Please share your talents with our community through your creative donations.

LIVE AUCTION – We are looking for donations of larger ticket items, such as: Airline Tickets * Frequent Flier Miles * Rental Property * Timeshares * Cabins * Estate Jewelry * Weeklong Intensive Workshops * Concert/Sports Tickets, etc.

GIFT CARDS – Gift cards are a great gift idea...if you use them. Some sources state that 1/3 of all gift cards never get used! Don't just throw them in a drawer or hope the postman will want them. Put them to good use and donate them to the Silent Auction. Gift cards are one of our auction's best sellers. You don't have to wait until the conference, just send them in advance and we will include them to our donation list.

BASKETS – We will be raffling off creative and fun baskets filled with an assortment of goodies. Join with friends or your training group and create an enticing 'themed' basket of your choice.

To donate items to the auctions contact:
SilentAuction@asgpp.org

Conference Speakers

KEYNOTE SPEAKER

The Power of Connection and Identification

TIAN DAYTON, PhD, TEP



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

PLENARY SPEAKER

The Importance of Cohesion in Group

RICHARD BECK, LCSW, BCD, CGP, FAGPA



"To be a human among humans." That is one of the main goals for everyone to experience and feel in any group. When everyone in a group has the experience of feeling connected, emotionally and intellectually; when in that moment the group itself feels safe and trusting/trusted; that experience is a gift that leaders owe the members of their groups. "Group Cohesion" is a felt sense among and between group members themselves as well as between the group and its leader, conductor or facilitator. This talk will address the meaning of cohesion in groups, and will include types of interventions that foster group cohesion.

FEATURED SPEAKER

A Life of 1,000 Wounds: Dismantling Hate and Trauma with Our Humanity

SAMMY RANGEL, MSW, CSAC



The presentation will highlight best practices and current strategies on working through issues of hate, aggression and historical trauma, as Sammy, a formerly incarcerated gang leader whose life was transformed by experiential psychotherapy, tells his story about how action methods changed his life. He will talk about his work today that guides men and women away from violent far-right extremism as co-founder of Life After Hate and his professional experience working with addictions, reentry after incarceration, domestic violence, child abuse and sexual assault through crisis intervention outreach, clinical work, and inpatient treatment centers.

Exciting Events

DIVERSITY FORUM

Elevate Your Performance in Life's Diversity Games

JOSHUA S. LEE, LCSW



We are all "players" in this game called life. During this open session, we will explore our roles as players in the game called Diversity. By using the language and metaphor of sports, we will play with this topic inside of a sociodramatic framework, bringing spontaneity and creativity to co-create and establish, perhaps, new conserves within the ASGPP and in our personal lives. Like any good game, there are visible and invisible forces that impact the game, and vice versa. We will take a courageous look at each aspect through a micro and macro lens.

INTERNATIONAL RESEARCH PANEL

Celebrating David Kipper's Legacy and Warming-up to New Research in Sociometry, Psychodrama, and Group Psychotherapy

An exciting panel of distinguished American and International researchers will share their expertise on the theme of establishing an evidence-based for psychodrama as a psychotherapy. New, exciting research will be presented along with a presentation on the current state of the psychodrama research literature. Practical suggestions will be provided to encourage clinicians to engage in their own research practice, utilize their social networking, and collaborate with local universities. The legacy of David Kipper's work will be celebrated including his influence in Chicago and worldwide.

Panelists: Erica Hollander, Tom Treadwell, Hod Orkibi, Michael Wieser, Galabina Tarashoeva, Rob Pramann, & Scott Giacomucci

AWARDS LUNCHEON AND CEREMONY

ASGPP awards acknowledge members who have made outstanding contributions to our Community. Come join us as we celebrate their contributions.

ANNUAL MEMBERSHIP MEETING

Our annual open community meeting for members as well as those interested in becoming members. Come and meet your Executive Council and learn about ASGPP's recent changes, activities and plans for the future. Contribute your ideas and feedback as part of the ASGPP community.

CLOSING CEREMONY

All conference participants are invited to join us for our closing ceremony. Together we'll explore discoveries made together throughout the conference in a playful and nourishing manner through storytelling and playback theatre.

Creative Ways to Save Money at Conferences

Karen Carnabucci, LCSW, TEP



No doubt about it, professional conferences can take a bite out of your budget.

As psychodramatists we are spontaneous and we can generate that same creativity away from the psychodrama stage for saving money, feeling well fed and enjoying a good conference as well.

After years of going to conferences of all kinds, including the ASGPP Conference, I've gathered a few tips about traveling and conference attendance.

The conference is April 1-4 in Schaumburg, Ill., so we have time to make plans that are kind to our wallets.

To start with:

Explore funding or reimbursements from your place of work as well as grants, scholarships, and early bird specials.

Are you flying, driving or taking the bus or train?

- Check your flyer miles to help with your plane ticket. If you don't have enough miles, most airlines allow you to buy the balance of the miles needed; the charge may be less than a full-price ticket.
- Sign up for airfare alerts that send you a message when fares go up or down, including airfarewatchdog.com, Google Flights, Expedia, Kayak, Priceline and others.
- Planes sometimes offer discounts. A recent issue of Consumer Reports reported that fares can vary considerably for flights just hours apart.
- Subscribe to Scott's Cheap Flights, an e-letter that alerts travelers when airlines hold sales or lower their prices. More helpful sites: TheFlightDeal.com and SecretFlying.com.
- Pack lightly to avoid charges for checked baggage.
- Ship supplies, books, etc. to your hotel.
- If you're driving, invest in a E-Z Pass to save money on turnpikes; use your GPS to map a non-toll route.
- Non-hotel options might be Air or other B&B, a stay at the home of a generous friend who lives in the area, house sitting, a hostel, or other shared room experience. I've called the church of my denomination in my destination city to ask for church members who might lend me a room for a donation to the local church.
- Your place of lodging may offer a free shuttle or discounted shuttle to and from the airport.
- Be bold about asking for discounts, whether for business, students, AAA or another membership that you may have like AARP, or veteran-related. "Is there a discount available?" should be your mantra. Discount coupons with codes, for services like Uber, may also be available.
- Networking is not only great for business, it also helps share costs. You can network to share rides, shuttles, rooms, meals and trips on Uber or Lyft

to the supermarket to stock up on foods or other needs.

Food: Here are money-saving options

- Bring your water bottle and healthy snacks. Trail mix, nuts, raisins, cut vegetables, granola, garbanzo beans, squeeze packs of nut butter are easy to carry and don't need refrigeration. These are all healthy and ideal in your room, tote bag or back pack.
- Scout out your hotel and neighborhood for restaurants, delis, cafes and markets. Gift cards, 2-for-1 coupons or veterans discounts make a difference in your bill.
- Your hotel room's little fridge is perfect for storing foods, leftovers and whatever else you've brought or bought.
- Hot water plus instant oatmeal makes a decent breakfast. Other people like high-protein cookies or powdered protein drinks that are easily portable.
- Watch the schedule to learn when snacks and beverages are served - they are part of the conference perks that you have already paid for.

Other

- Sociometry: your contacts may be able to assist you by sponsoring a local program at their church, synagogue, school, training center or other venue before or after the conference.
- Keep your receipts. Every expense related to continuing education and professional development are deductible according to the Internal Revenue Service. This includes continuing professional education, development and training, membership fees, travel expenses, meals and entertainment, promotional materials and the like.
- Thinking ahead to future conferences, you may want to start a conference fund; putting aside just \$5 every week for the year will net you \$255 and \$10 per week is \$520, easily more than the cost of member registration for the three-day conference.
- When friends and family ask about gift ideas for your birthday or a holiday, don't be shy about asking for gift cards to hotels, airline tickets, airline miles and other gifts that you can use toward Conference expenses.

Perhaps you won't be able use all of these tips in 2020, but keep them in mind for 2021.

Conference Volunteers Needed

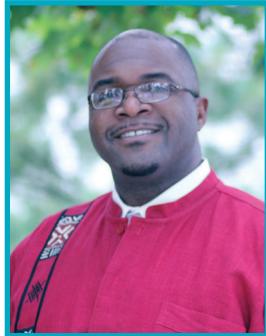
Step In to Help Out! The ASGPP is seeking members to volunteer their help with the "Here and Now" Conference in many different little ways, as teamwork divides the tasks and multiplies the successes. So your participation in this wonderful conference not only helps move us all forward, but serves for the good of all. Plus you will meet some new and committed fellows on the "Here and Now" trail.

So please step forward, contact someone you know who has worked on the conference in the past for information, or contact Shelley Firestone Korshak, sjschicago@juno.com of the Chicago Conference Steering Committee or Marianne Shapiro marianneshapiro1@gmail.com of the membership committee and talk with either of them about aspects of the conference you may be able to help out with.

You can also go to our website to sign up for tasks:
<https://www.signupgenius.com/go/20f0545a9ac28a5fa7-volunteers1>

Diversity Forum In Action: Think Globally, En-act Locally, UNDISTURBABLE PEACE

Joshua S. Lee, LCSW-C



For this Diversity in Action article I would like to introduce you to a good friend of mine who has been on the front line of having conversations about diversity, inclusion and social justice for many years. I interviewed Elliott Cisneros, founder of The Sum, a non-profit organization that has as its mission: To stand in solidarity with ALL people...where NO ONE STANDS ALONE.

For more information, go to www.TheSum.org

JL: Tell me a bit about your background.

EC: I am from a bi-racial, bi-cultural background. My father's side of the family is Hispano, from northern New Mexico and southern Colorado, indigenous and Spanish heritage. I'm a former educator, working with students with disabilities and became a school principal. I did work in social justice and became the director of human rights for the city of Fort Collins, Colorado. Further, I took the steps necessary to create a multi-cultural, multi-racial, queer-friendly, faith community and intentional community. It's critical to do this work in a way that is not about blame and shame, but about joyfulness and helping people to find out who they are.

JL: Why is it important for you to develop environments of diversity and inclusion?

EC: There's an assumption that it's important to change others, be it, individuals, organizations – something outside of oneself. I've let go of trying to create change in the world, which has led me to an inner pathway. People don't want to be changed and they resist it. This is completely antithetical to what you hear in the social justice world. I think this aligns with some of the work you [JL] do in psychodrama. The word diversity is a word that simply defines what the world is. For me, the word *inclusion* is a bit like the old word *tolerance*, as was used in the civil rights movement, "teaching tolerance". Tolerance was the best we could shoot for and *inclusion* kind of replaced tolerance. I want to replace tolerance with a sense of deeply celebrating and honoring our differences. I don't want my brothers and sisters to just have a seat at the table. I want them to be seen, acknowledged, recognized and celebrated. If I could go back a moment to add to an earlier point. One of the most important things I found with my own behavior. It is when I go out and try to change the world, it's

a brilliant way to avoid doing my own work and be in denial about my contributions to the problems. The more I learn to include and celebrate the various parts of myself, and the more joyfulness comes from that integration, the more my behavior and interest is reflected in the work that I do and the organizations I am a part of.

JL: Specifically, what do you do regarding diversity and inclusion?

EC: There's a paradigm shift I am suggesting: I provide the support that people need to really remember and unfold their greatest and deepest passions and selves. What I know about psychodrama, it's not about trying to get people to get something or change them. I think people in the social justice world are often like, "we're fighting for justice". The experiential kind of things people go through that causes reflections and people go "Wow...that really changes my paradigm and that really feels good to me!" They're able to move to a next place. Through my own work and the Heather Heyer Foundation*, we're looking at broadening our reach to bring this inner work to an automated, online setting that reaches large numbers of people across the political, social and racial spectrums.

JL: Where do you see the conversation about diversity and inclusion heading?

EC: When I take a step back, I look at and notice certain things about these patterns of what's been taking place over the years. Some say this is just where we are in our history. For me, as I continue to do my internal work, I, both, ground myself in this present moment, which feels really good, but I also widen my perspective and realize what the Buddhists call *Samsara*, the cycle of suffering, and life and death. Whatever time or place we are born in, there's a degree to which we are victimized and imprisoned. And, to the degree we are born imprisoned, we have this invitation to learn that we are free. I love the articulation of the Ausar Auset Society, a Pan-African religious organization, based on ancient African religion: "I was born in the likeness of peace that cannot be disturbed." The degree to which I get to live in that on a daily basis, well... that's my only job.

*Heather Heyer became a symbol for civil rights after she was killed during the 2017 Unite the Right rally in Charlottesville, VA.



IN MEMORIAM

Delcy Schram Morrison

Delcy Schram Morrison passed away on Dec. 31, 2019. Born on April 15, 1935 in Chicago, IL, she spent much of her childhood in Highland Park, IL. She attended Rollins College and worked as a tennis teaching pro at Highland Park Racquet Club and then at Palm Springs Racquet Club in Palm Springs, Calif.

She earned her master's degree in psychotherapy and served as a therapist for the Camelback Hospitals Western Institute for Psychodrama in Phoenix, AZ, under the direction of the late Dr. Elaine Eller Goldman until 1999. Together, they wrote "Psychodrama: Content and Process," which was



recognized as one of the leading texts on the method. The book was eventually translated and published in Japanese.

Upon retirement, Delcy moved to the town of Langley on Whidbey Island, Wash., where she resided and volunteered in the community for 20 years. She loved animals, painting, gardening and spending time with her family.

Despite a lifelong battle with Crohns Disease, Delcy's indomitable, effervescent spirit ensured. She lived a meaningful and impactful life.

Judith Teszary

(Continued from Page 13)

would ask family members or the children, to make a sculpture of how they perceived the family and how they would like to change it. Family members would reverse roles with each member and express the problem. Sometimes this double-role reversal was enough to understand each other and also understand that they were understood.

I used Psychodrama and Sociodrama very early in conflict management courses for psychiatric hospital personnel. In the beginning of the 80s, the trend was the anti-psychiatry. Large group meetings were popular as influenced by the Encounter and Human Potential movement. The entire hospital staff was present from the cleaning lady to the chief doctors. Sociometric choice issues were elaborated.

Zerka's training was an organic flow. She directed the dramas and had mini lectures on Moreno's philosophy and techniques. She often quoted Moreno. Later on we did process analyses on her dramas and when we started to direct, our own as well. Zerka also was our examiner.

Today the training in Europe is more structured: Self experience, Assistant level (Psychodrama theory and techniques) and Advanced level: directing within the training group and leading your own group under supervision. The written and onsite exam is given by one or more examiners not involved in the training.

Ozge: What is your definition of psychodrama?

Judith: My students were working with disadvantaged Romani girls from villages in Hungary. They were going from house to

house to pick up and drive them. One day, in front of a house, a dog was barking and a mom was shouting to them! "It is laundry day today so she cannot go. I need her home. By the way what the hell is psychodrama?" I told my students that if you can explain what psychodrama is to a shouting mom, and a barking dog, it means you really know what psychodrama is :)

I think psychodrama is enlarged life — with a very strong stage light. You cannot escape your thoughts, feelings, problems, and fantasies with that amplifying instrument. Everything is magnified, accepted and no longer terrifying.

Ozge: Let's role reverse! You become Ozge and I will become Judith. Ask me something I didn't ask you and I will try to reply as Judith.

Judith (as Ozge): Tell me how can I make psychodrama more recognized? What would you suggest?

Ozge (as Judith): Well, we did our best — Now it is your turn. You, as the young generation of psychodramatists, have that creativity and dynamism to work more on this. We, as the older generation, are always here to support you whenever you need our advice or help.

Judith (as Ozge): Thank you! That's great to hear that.

Ozge (as Judith): My pleasure, I really trust you!

The Future of ASGPP: Our New Members

Rev. Berthold Schlegel, DD, CP



Berthold is a retired pastor and American Board Certified Psychodramatist with extensive clinical practice in Germany for more than 40 years. Berthold has been trained by Ella Mae Shearon in her Psychodrama Institute in Cologne Germany and by Leif Dag Blomquist from the Swedish Moreno Institute. Berthold has been one of the pioneers of "Surrealistic Psychodrama", together with Dr. Ella Mae Shearon and Leif Dag Blomkvist in the early 1980's. He has been a conference speaker in International Conferences in "Surrealistic Psychodrama". Berthold nowadays is retired as a pastor and psychodramatist as well. He is glad to be joining the ASGPP for professional contacts with US psychodramatists. Both of his psychodrama teachers have been from the USA or living in Beacon/NYC for a long, long time.

Özge Kantaş, PhD



I am a Psychodramatist and a Social Psychologist, with a focus on positive psychology, human motivation, sustainable development, and wellbeing. Originally coming from Turkey, since 2016, I have been partially living in Rochester, New York to complete my doctoral and postdoctoral research.

By bridging social psychology and psychodrama with my different roles as a researcher, therapist, consultant, and university lecturer, I have helped groups, individuals, organizations, and families in different life domains (mental health, well-being in the workplace, market research, needs assessment, parenting, talent management, leadership, and development) in a diversity-sensitive manner, while addressing disparities in psychological care.

WELCOME

Welcome to our Organizational Members

Expressive Therapies Training Institute (ETTi)

Indian Institute of Psychodrama

International Center for Psychogenealogy

PIB Zentrum

Phoenix Center for Experiential Trauma Therapy

Vedadrama India Pvt. Ltd.

Shirley Bravo



My name is Shirley Bravo. I was born in Honduras, a third world country. My native language is Spanish. I am a proud veteran of this country, which now I call home. I am in my second year of an MA program as a LMFT student at Texas Wesleyan University. I was introduced to Psychodrama by Dr. Simmons a year ago and it has changed my life in an amazing way. The aspects of Psychodrama that appeal to me are its creativity and openness. In all of the theoretical models I have studied, none of them have made me feel this way. I hope to find a way to connect Psychodrama and Narrative Therapy to help veterans and their families.

Concetta Troskie, LPC, R-DMT, RDT, RYT



Concetta Troskie is owner and therapist at Mindfully Embodied, an outpatient center specializing in expressive arts and eating disorders. Concetta is also the Embodied Movement Director for immersive theater company Artstillery in Dallas, where she facilitates embodied rehearsals for theater artists. Concetta is a local advocate and presenter for the application of expressive arts therapies in the treatment of eating disorders, trauma, depression and anxiety. She is the President of the Texas Chapter of the American Dance Therapy Association, and a frequent presenter at national conferences. Concetta is excited to work alongside ASGPP President Daniela Simmons, bridging Psychodrama with dance/movement therapy and Drama Therapy through workshops in Denton, Texas.

Welcome to our New ASGPP Members

The following are new members who have joined us in recent months.

Stephan Albrecht (Germany) • Karla Andress (MS)
 Nicholas Bonacci (TX) • Shirley Bravo (TX)
 Reyhan Cakmak (Turkey)
 Svoboda Gagarova (Bulgaria)
 Donna Heenscheid (TX) • Mary Kalbach (PA)
 Ozge Kantas (NY) • Dave Koshinz (WA)
 Krum Krumov (Bulgaria) • Maria Lizardo (TX)
 Vania Macrohon (FL) • Kaamila Mohamed (PA)
 Benedicte Onarheim (Norway)
 Berthold Josef Rudolf Schlegel (Germany)
 Concetta Troskie (TX) • Lydia Yordanova (Bulgaria)

ASGPP REGIONAL NEWS

Find a Local Contact Near You

Join In and Cultivate your Action Experiences !



ASGPP REGIONAL CONTACTS

Alaska

Kaya T. Kade / k.kade@att.net / 907-743-9994

Arizona

Bill Coleman / coleman151@mac.com / 520-888-7900

Delaware Valley

Colleen Baratka / catharsisinstiute@live.com / 610-609-1465

Denver Area

Erica Hollander / ericahollander@comcast.net / 303-978-9091

Hudson Valley

Regina Sewell / asgpphv@gmail.com / 845-440-7272

Kansas/Missouri

Deb Shaddy / debshaddy@gmail.com

Mid-Atlantic

Joshua Lee / joshua@thegameplan.biz

Minnesota

Mary Anna Palmer / maryannapalmer@yahoo.com / 612-309-7940

New England

Carol Feldman Bass, Co-President / cfeldmanbass@gmail.com / 781-540-9486 • Maria Mellano, Co-President / MariaMellanoLICSW@gmail.com / 857-284-7237

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New York

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Southern

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South Florida

Linda Condon / lincondon@yahoo.com

Texas

Daniela Simmons / danielatsv@gmail.com

The Toronto Centre for Psychodrama (Canada)

Barbara Guest / barbaraguest@cyg.net

• Delaware Valley

Colleen Baratka / catharsisinstiute@live.com / 610-609-1465

The Delaware Valley Psychodrama Collective is a group of psychodramatists and clinicians interested in action methods from the PA, DE, and NJ area. We meet the fourth Saturday of each month at the Center for Families; 1225 Montrose Ave. Rosemont PA. We have a business meeting from 2-2:45, followed by a 2 hour training session from 3-5pm, for both psychodrama training hours and CEUs. In January our session was entitled "Moreno's Biographical Archetypes: Exploring & Integrating Roles", and in February "Where Gestalt Therapy Meets Psychodrama". Our upcoming March 28th session is "Psychodrama with Sexual Addictions", and April 25th is "Reclaiming Your Creativity through Play". For more information and to be put on our email list for notifications, email us at dvpsychodrama@gmail.com or call Colleen Baratka, MA, TEP at 610-609-1465.

Colleen Baratka, MA, TEP

• Denver Area

Erica Hollander / ericahollander@comcast.net / 303-978-9091

The Denver Psychodrama Collective meets once a month afternoons to do dramas, talk and discuss whatever is up. Contact ericahollander@comcast.net or (303) 978 9091 for more information. Dates are set each time we meet and we share directing and food responsibilities.

Erica Hollander, PhD, JD, TEP

• Hudson Valley

Regina Sewell / asgpphv@gmail.com / 845-440-7272

The Hudson Valley chapter offers Open Sessions on the Third Friday of the month.

Contact Regina Sewell at asgpphv@gmail.com for more information or to be put in our events mailing list.

Regina Sewell PhD, MEd, LMHC, PCC, CP

• Mid-Atlantic

Joshua Lee / joshua@thegameplan.biz

The Mid-Atlantic Collective had their first meeting as a new board on Zoom on December 21st. Participants were Carley Foster (secretary), Andrea Corella (treasurer), and Joshua Lee (president), all new to the board. They talked about the following: 1. changing the language of the bylaws to reflect the new relationship with ASGPP, namely, from "chapter" to "collective"; 2. increasing outreach and online presence; 3. treasury report.

At their February 1st meeting, Milton Hawkins, TEP, and Felicia Lightfoot, LCSW-C, presented on the Intersection Between Polyvagal Theory and Psychodrama.

Joshua Lee, LCSW

REGIONAL NEWS

Psychodrama is raising its profile in Chicago

Karen Carnabucci, LCSW, TEP

Come to the 2020 conference and you'll get the chance to check out the explosion of psychodrama that is happening in the Midwest metropolitan swath of what is popularly called "Chicagoland."

For decades Elaine Sachnow and Lorelei Goldman, both TEPs – along with the late David Kipper – persisted in keeping psychodrama alive with regular meetings, helped along by a handful of others.

Now, the area has been experiencing an exciting resurgence in the study and practice of psychodrama in the last few years:

- Chicago area psychodramatists and trainees have been key members in the planning committee for the conference, taking leadership roles with the silent auction fund raiser; marketing and presenting to local and regional group practices, treatment centers and organizations; and serving as presenters.
- There is the website www.psychodramachicago.com, which lists all things psychodramatic, including activities of the Chicago Psychodrama and Sociometry Collective Professional Practice Group, a calendar of area training events, videos and a page listing practitioners and advanced students. The site is maintained by Kate Merkle.
- John Rasberry, a visiting TEP from The Mid-South Center for Psychodrama and Sociometry, has developed an ongoing training program in Chicago with at least three candidates from various disciplines preparing for the psychodrama certification exam in October 2020.
- Clinical psychologist and CP/PAT Brittany Lakin-Starr started the Chicago Center for Psychodrama in 2017 and collaborates with drama therapist Azizi Marshall and her Center for Creative Arts Therapy.



Advocate Illinois Masonic Medical Center,
Chicago

Front Row Right to left: Corinna Correia,
Shelley Korshak, Brittany Lakin-Starr,
Sue Parcell, Sandra Stevens.
Back Row: Tracy Muklewicz, Brian Fagan



Mount Sinai Hospital, Chicago
Brittany Lakin-Starr, Tracy Muklewicz,
Erica Ligons, Nery Jaime,
Britney Kummerer, Caitlin Miller

Plus:

- Brittany Lakin-Starr and Shelley Firestone have been presenting one-hour programs at various centers and clinics, promoting awareness of psychodrama and talking about the conference.
- Mary (Peg) Lane, a CP who is a certified Special Education Resource Teacher for elementary and high school students, has been recruiting teachers and educators at colleges and graduate schools in the area.
- Sue Parcell, ATR-BC, LCPC and psychodrama trainee, has been collaborating with area organizations to collect interesting donations for the conference auctions – for instance, a Chicago agency willing to donate marketing and design services for a private practice or group, and with the Art Institute of Chicago to create warm-up boxes.
- Mallory Primm, a PsyD student in Chicago who is pursuing certification in psychodrama and has a background in marketing and public relations along with theater and improvisation, is planning YouTube videos with interviews of our conference speakers and reaching out to radio stations to promote our conference.

Several in the group have been organizing a psychodrama and sociometry library at Nourishment Works, a group practice in Chicago. Books are being gathered from the library of the late psychologist and TEP David Kipper, plus books and materials donated by Jill Winer Prouty, a TEP from Northbrook, Ill., and the now-retired physician and legendary writer and TEP Adam Blatner. The organizers are proud to have a vintage copy of "Who Shall Survive?" signed by J.L. Moreno himself.



Advocate Illinois Masonic Medical
Center, Chicago
Maggie Embick, Monique Cleminson,
Sue Sheket, Nikki Bishop. Back Row:
Kate Merkle, Mary Saggau,
Mark Hatfield, Sue Parcell



Center for Creative Therapy,
Downers Grove, IL
Front row: Luisa Acevedo, Maggie
Embick, Karli Baldus, Lynn Wilhite
Back row: Theresa White,
Tracy Muklewicz, Kate Merkle,
Monique Cleminson, Mark Hatfield,
Amanda Peclat-Begin

CONFERENCES AND NETWORKING OPPORTUNITIES



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

March 2 - 7 — "AGPA Connect 2020. Group: Growth and Renewal" American Group Psychotherapy Association (AGPA). Sheraton New York Times Square Hotel, New York, New York. Contact: www.agpa.org

March 12 - 14 — Psychodrama Congress and 25th Encounter of the Asociación de Sicodrama y Sicoterapia de Grupo (ASSG). Lisbon, Portugal. Contact: <https://congreso.assg.org/en/>

April 1- 4 — "Here & Now: The Power and Effectiveness of Group Psychotherapy, Psychodrama and Sociometry" 78th ASGPP Annual Conference. Hyatt Regency Schaumburg Hotel, Schaumburg, IL. Contact: www.asgpp.org

April 2 - 5 — "Land of Enchantment: Exploring and Embracing Diversity through Poetry Therapy" National Association for Poetry Therapy 40th Annual Conference. Embassy Suites Hotel, Albuquerque, New Mexico. Contact: <https://poetrytherapy.org>

April 16 - 19 — "Break Through" ACA 2020 Conference and Expo. American Counseling Association (ACA). San Diego, CA. Contact: www.counseling.org

May 22 - 24 — "The Healing Power of Psychodrama" 15th Federation of European Psychodrama Training Organisations (FEPTO) Conference. Ohrid, North Macedonia. Contact: www.fepto.com

June 3 - 6 — "Resilience & Sustainability" 45th Internationally Contributed Group Psychotherapies Congress Aesclepiion, Pergamon, Turkey Contact: <http://bergamakongresi2020.org/>

June 24 - 27 — "Politics and Systems: Navigating Complex Relational and Global Issues" 42nd American Family Therapy Association (AFTA) Annual Meeting and Open Conference. Hilton Alexandria Old Town Hotel. Alexandria, VA. Contact: <https://afta.org/conferences-2020/>

Check the ASGPP website,
www.asgpp.org,
for additional Upcoming Conferences.

Check the organization website for Calls for Proposals and other information.



**THERAPEUTIC SPIRAL
INTERNATIONAL**

Join us as we start new cohorts in our International Certification in Trauma Therapy using TSM Psychodrama.

Brain In Action: The Neurobiology of Trauma
March 13-15 — Brighton-London in the Sea, UK

Containment: The Key to Safety with Action Methods

March 20-23 — Zagreb, Croatia

**International Woman's Salon
for Post Traumatic Growth**
April 16-19 — Boulder, Colorado

Making Friends with Your Defenses

May 1-3 — Penn State, Philadelphia
June 26-28 — Zagreb, Croatia

International Certification in Experiential Trauma Therapy

- Personal and Professional Consultations by Skype
- Personal Confidential Dramas with Certified TSM Teams
- Training and Personal Growth Workshops • Private Team Intensives
- Exam Preparation

Kate Hudgins, PhD, TEP & Mario Cossa, RDT/MT, TEP
Charlottesville, VA / 434-227-0245 / DrKateTSI@mac.com
www.therapeuticspiralmodel.com

HUDSON VALLEY PSYCHODRAMA INSTITUTE

Judy Swallow, MA, TEP & Rebecca Walters, MS, TEP

**March 20-22 — I Don't Wanna...You Can't
Make Me!** — Singapore
Jennifer Salimbene

**April 17-19 — Sociodrama and Story
with Children** — Istanbul, Turkey
Rebecca Walters

May 16-17 — DBT in Action — NYC
Rebecca Walters

July 9-13 — Summer Psychodrama Intensive
Judy Swallow, Deb Shaddy and Jenny Salimbene

August 19-24 — Directing Intensive
Rebecca Walters

Ongoing Core Training Programs
begin In March and October

HVPI offers NBCC CEs for most trainings. HVPI in collaboration with The Sociometric Institute offers NYS CE Hours for licensed social workers, mental health counselors and creative arts therapists.

**Boughton Place, Home of the Original Moreno
Psychodrama Stage, Highland, NY**
HVPI • 845-255-7502 • hpvi@hvpi.net • www.hvpi.net

History Keeper Awards of Recognition

The History Keepers Initiative would like to recognize members in three separate categories:

1. History Keeper Certificate Award:

For Members in ASGPP 20 years or more.

2. History Keeper/Elder Certificate Award:

For Members in ASGPP 35 years or more.

3. History Keeper/Elder/Pioneer Certificate Award:

For Members in ASGPP 45 years and certified by JL Moreno.

These awards of recognition are issued in appreciation for continuous support, contribution and service to ASGPP. If you meet the eligibility requirements for any of the categories and would like to reserve your certificate of recognition, please send an email to Anath Garber anathga@icloud.com or Linda Ciotola linda.healingbridges@gmail.com with the following information: Full name, credentials, and years of membership.

Looking forward to hearing from you,
Anath Garber MA, TEP, PDD
History Keepers Initiative, Chair

ASGPP Education Committee Project: Members' Special Interest Groups

Purpose:

1. Encouraging new sociometric connections within the organization;
2. New opportunities for connecting on the basis of similar interest for educational and professional support;
3. Offering an additional ASGPP Membership benefit.

The Education Committee will connect people who share similar interests.

The groups are encouraged to work independently via an online platform of choice or phone, e-mail, etc.

Each group meets on their own terms and time and communicates with the Education Committee as needed.

Note: The groups are for ASGPP members, both domestic and international.

There are over 20 areas of special interest listed to choose from. To sign up, go to <https://forms.gle/hsKyZtGij7zXD9PcA>

PSYCHODRAMA & Creative Arts Therapy Institute, NYC

25th Annual Summer Residential
Boughton Place, NY / July 20–25, 2020

**Advanced Psychodrama/
Directing Training Program**

March 6, 7, 8; May 1, 2, 3

Saturday Workshops

March 7

Director Training Weekends

May 1, 2, 3

- Weekly Psychodrama Training & Therapy Groups
 - Individual, Group Supervision & Consulting
 - Literature Review & Exam Prep Course
 - Trial Consultant

Louise Lipman, LCSW, CGP, TEP

1133 Broadway Suite 1227 / New York, NY 10010

lipmannyc1@aol.com

917-698-2663

CEUs available

Mixing
psychodrama,
sand tray,
energy healing
and the
Orders of Love
from Family
Constellations



**Lancaster School of Psychodrama and
Experiential Psychotherapies
in southcentral Pennsylvania
with Karen Carnabucci, LCSW, TEP**

CE and psychodrama credits!
Schedule and e-letter at realtruekaren.com

2020 Conference

(Continued from Page 1)

a non-profit organization that works to rehabilitate those who have been involved in white supremacist and extreme hate activity.

New additions to the conference – developed with leadership from Shelley Korshak Firestone, and her energetic and enthusiastic planning team of psychodramatists and trainees – include:

- Mentoring program, where you may sign up to become a mentor of a new conference attendee, or ask for a mentor to help you navigate the conference.
- 12-step meeting in the evening, added to the regular morning 12-step meeting every day.
- Raffle boxes – added to the traditional silent auction raffle baskets – that travel easy and will contain a variety of interesting items for warm ups.
- An optional evening trip to downtown Chicago on Saturday night for a taste of the city's entertainment and nightlife.
- Dinner meet up in Schaumburg Saturday evening for attendees who wish to dine together and build their sociometry.

The conference hotel is the Hyatt Regency Schaumburg Hotel, easily accessible by All Star Taxi for a flat rate of \$29-33, or Uber or Lyft for \$20-35 from O'Hare Airport.

Registration is available for the full conference, one-day, or single session passes, with student, group and veteran discounts available. Details of the conference, brochure and registration information is online at www.asgpp.org.

ATTENTION MEMBERS

2020 Conference Annual Membership Meeting

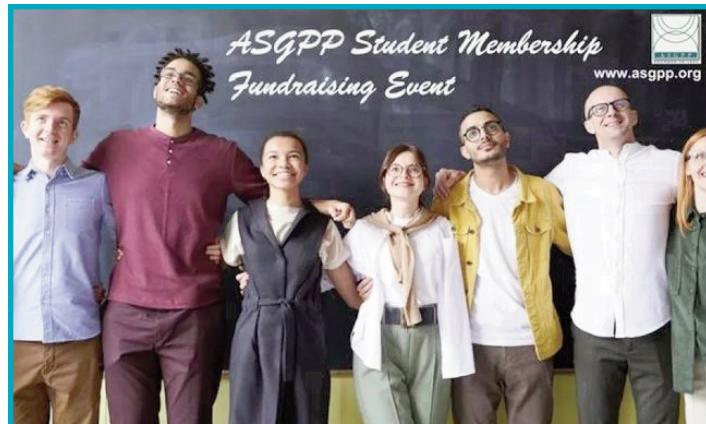
Friday 12:15 pm - 1:45 pm

Please note: membership is notified that requests for consideration of business to be placed on the agenda at the Annual Business Meeting must be made in writing to the President at least 30 days prior to established meeting. Thank you.

**Deadline for submission is
March 1, 2020**

Please send to Daniela Simmons
at the ASGPP office
asgpp@asgpp.org

ASGPP Student Membership Fundraising Event



We have raised over 25% of the \$6,500 goal!

Please consider making a donation - any amount is deeply appreciated!

The ASGPP Executive Council and the Fundraising Committee would like to thank each person who has already made a donation on Charity/GoFundMe or via check for our Fundraiser to ADD at least 100 STUDENT-MEMBERS to ASGPP in 2020!

As ASGPP is a tax exempt, non-profit, charitable organization that falls under section 501(c)(3), your donations will be considered deductible contributions for your taxes.

The proceeds will allow for eligible graduate students to join ASGPP as new members and become part of our community! With our help, they will have the opportunity to bring their energy and enthusiasm to ASGPP; and learn about the method.

HOW CAN YOU HELP?

- a/ Please consider making a donation;
- b/ Share the fundraiser with your friends;
- c/ You can also send a check (write on the memo line of the check "Student Membership Donation"), made out to ASGPP, PO Box 1654, Merchantville, NJ 08109-9998.

<https://charity.gofundme.com/.../asgpp-student-membership-fun...>

For complete conference information and to register online, go to our website:
www.asgpp.org.

Working with students in China

(Continued from Page 4)

My recommendations for continuing work with this group include: move out of a lecture hall into an appropriate group space; divide the group in half and do two workshops, one for each; have each advisor invite one or two students from each of the different national groups they serve to participate; and conduct the workshops using sociometric activities and socio-drama to build connection between the various groups, and explore common issues in action.

The activities described in this article are but a sampling of my beginning relationship with the Mental Health Education Center at HQU. I look forward to our continued collaboration.



Consultation in Action Group

Quarterly in 2020

Soozi Bolte, LPC, PAT & Grayce Gusmano, LPC, PAT

Annual Psychodrama Intensive

June 4-7 - Total 25 hours

API Co-Founders Marlo Archer & Deb Gion
Early Bird \$495, Advance \$580, then \$630

API Readin' 'ritin' & Researchin' LIVE ONLINE STUDY GROUP

Monthly Sundays 12:30 - 2:30 pm AZ Time

Register online (or in-person with Marlo Archer) for ANY 2020 API workshop during the ASGPP Conference April 1-4 and after you attend that workshop, you will be refunded **HALF THE COST!!!**

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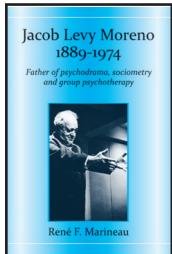
Jacob Levy Moreno 1889-1974

By René Marineau

René Marineau's book

Jacob Levy Moreno 1889-1974
is available for purchase through
Amazon.

To order your book,
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Psychodrama Training Institute

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THE KINDNESS CASCADE



AN ACT OF KINDNESS: Stephen Kopp

Our colleague, Stephen Kopp, has been sending out hand written notes to ASGPP members when the occasion calls for it: in times of illness and loss or in times of celebration. Stephen collects greeting cards and wants to help out in this way. If you hear of someone in our society who would appreciate receiving a card, please contact Stephen at steve4lifecoach@earthlink.net.

Thank you, Stephen, for your big heart and generosity!

* * * *

Send your story of an act of kindness that someone has done for you to the PNN so we can start a kindness Cascade in ASGPP.

ELECTION RESULTS

Treasurer: Janell Adair

Secretary: Rhona Case

Executive Council:

Uneeda Brewer & John Scandalis

Nominations Committee: Tzivia Stein

Professional Standards Committee:

Rebecca Walters

CONGRATULATIONS!!!

From the President

(Continued from Page 1)

tional sociometry is being realized with almost 20% of the membership consisting of international members; and several international entities joining as organizational members. People from around the world now have the opportunity to place membership or/and to register for the conference paying a rate corresponding to the World Bank country bands. Three international scholarships were awarded for the upcoming conference – one sponsored by the Zerka Moreno Fund; another by the ASGPP General Sponsorship Fund; and a third one sponsored by a private donor (also a council member). The International Tele Café has been welcoming people from around the world, both members and non-members, to meet via Zoom Video Conferencing and Face-to-Face for over a year now.

It has been a real pleasure seeing membership involvement getting stronger every day! The ASGPP committees are functioning well with strong leaders and in addition to the already experienced members, have welcomed new members, bringing additional energy and spontaneity. I am deeply thankful to my colleagues from the Executive Council for their leadership, consistent, diligent work and dedication: Rhona Case (Treasurer), Shelley Firestone (Secretary) and members (alphabetically): Aida Hernandez; Carol Feldman Bass; Janell Adair; John

Skandalis; Marianne Shapiro; Mark Wentworth; Mary Anna Palmer; Ron Collier; and Scott Giacomucci; to our Office Administrator, Paula de Franco, for her professional and kind approach in handling the huge load of communications and various ASGPP business in a timely manner; and to Patty Phelps, for handling an endless number of very important duties of the organization regarding publicity and publications, conference planning, design and marketing. Thank you to the editorial teams of the ASGPP Journal and the Psychodrama Network News (PNN).

I want to also recognize the Conference Liaison Committee, consisting of three council members, and the Conference Steering Committee – our colleagues from Chicago, who are working hard preparing the upcoming 2020 ASGPP Conference and in offering their warm hospitality to all of us. Thank you also to the Workshops Selection Committee, and all of the excellent speakers and presenters, who are offering a wonderful conference program with 96 workshops. I'm happy to point out that for the first time the ASGPP will offer an International Research Panel during peak hours (Saturday morning), with the topic, "Celebrating David Kipper's Legacy and Warming-up to New Research in Sociometry, Psychodrama, and Group Psychotherapy"; where distinguished American and International researchers will share their expertise on the theme of establishing evidence-based research for psychodrama as a psychotherapy.

We have accomplished a lot, but there is so much more that we can do! I would like to invite every member to give a hand with even a small task, to contribute with their experience, ideas and creativity.

Zerka Moreno wrote "*I stand at the point of light; I am that light. And with that light I serve. Moreno taught me to rekindle the light for others*" (Moreno, Z., 2012, *To Dream Again - A Memoir*, page 521). *I am certain that, together, we can rekindle and keep alive the many lights we need – the lights of kindness, connectedness and peace.*

Sincerely,
Daniela Simmons, PhD, TEP
President of ASGPP

Unsung Heroine

(Continued from Page 5)

Organization Consultant for three years. Her territory was the SE Asia Regional Office and she traveled to all parts of Asia writing HIV training and counseling manuals for training.

Then her own state, Tamil Nadu, wanted her to come home and she became the first, and to this date, the only Counseling Consultant for her state in India. In the next few years they set up over 385 HIV Centers, eventually soaring up to 1500 Centers. There were 'Universal Precautions' for all doctors; and counselors at all levels – pregnancy, surgery, and HIV results/protection.

Magdalene was a huge part of this and today this 'mothers' medical book' is used in all of India. Even many years later, Magdalene is known as someone who brought to attention essential issues that changed the health care delivery for the better. In early 2005, she addressed issues where surgeons were unwilling to operate on pregnant HIV mothers. C-sections cut down the risk to babies by 50%. She advocated that 'Universal precautions protection,' masks and goggles, were provided to surgeons and later, all doctors.

Magdalene left Government service when pregnant with her daughter and married Eric, a New Yorker with a PhD in Folklore. They shared an attraction to rituals, customs, and storytelling. Their common interest was the ritual of 'Oppari' – a ritual lament by women only – a kind of spontaneous narrative singing and chanting offered as healing for grieving and bereavement. At this point in her career Magdalene was working with children with HIV and teaching them how to care for themselves. Her interests now leaned toward music, art, movement and story-telling to help the children.

Now for the Adam Blatner connection! How many sociometric connections our dear Adam has made. In the late 1990s Magdalene's husband, Eric, had written a paper on 'Storytelling' and mentioned psychodrama which somehow Adam read in 2007. Adam emailed Eric and copied Herb Propper, as who was regularly going to Bangladesh to do psychodrama training. In Eric's return email to Adam, he mentions that his wife might be interested in Psychodrama; Adam sends this to Herb. There you have it – Sociometric serendipity in action. Herb invited Magdalene to come to Bangladesh; she goes and shadows him for three weeks. Magdalene was swept away by Psychodrama and knew immediately she wanted to do it the rest of her life. Within ten months she brought Herb to Chennai and started training. She completed her CP with Herb and Sue Daniels of Australia as her two trainers.

Magdalene loves people and connecting. When she heard that Jorge Burmeister, then President of IAGP, was going to be nearby, she reached out to meet him. After a two hour meeting in the Chennai airport, Jorge sent her an IAGP membership. She began connecting through email to members. She let them know that there were no trainers (other than Herb) in India. She asked if anyone was interested in coming and got more than 12 responses. At the next IAGP board meeting Jorge set up a Committee headed by Sue Daniels to bring psychodrama training to India. Things were in motion – there was no turning back on Magdalene's mission. Magdalene mentions a special email she received from Zerka in 2011 (which is on her website)

telling her that she was proud of her for introducing Psychodrama to India. She treasures this.

I asked Magdalene about her strengths. She is vocal and not afraid to speak to anyone. When struggling with something, her strength lies in expressing it to others. Once she mentions it, she can manage it. When asked about challenges, her biggest fears were about how to finance what she wanted to do to bring Psychodrama to India. She leveraged her strength of talking openly with others, and like many resilient people, she reaches out to ask for what she wants. IAGP, Sue Daniels, and others, Herb from ASGPP have responded with time and generosity of spirit to help. In 2013 this led to her founding The India Institute of Psychodrama.

When our time together ended, we parted warmly and both knew we had spent several hours together in that delicious upward spiral of grace, gratitude, and service to all of mankind. This is Magdalene...

From the Editor

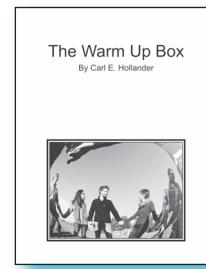
(Continued from Page 2)

edness as the heavy hitters in aging. He then contextualizes this by concluding that the stories we tell about ourselves (our internal narratives) exquisitely impact how we age! Is this not music to your Psychodramatists' heart?

So now, this can all be heady stuff without a daily simple practice. For me that is daily acts of kindness and gratitude expressed, felt, and savored. This I know how to do and I can usually pull this off no matter my daily stress or state of mind. They have become my good habits, like brushing my teeth. There is more evidence-based research on Gratitude than any other character strength. Research suggests that having a Gratitude Practice can have great effects on our brain. It increases the brains' production of the neurotransmitters serotonin, norepinephrine, and dopamine making it easier for us to feel Positive Emotions. It improves physical health, decreases symptoms of depression, you sleep better, feel happier, pain and anxiety are reduced, you make better decisions, and you have increased enjoyment of life. As well, feeling and expressing gratitude inclines you towards acts of kindness with others. Last but not least, don't forget about YOU – befriend yourself with kindness and lots of compassion. I praise my neuroplastic magnificent wise elder brain – I have learned this is a more gentle way to live.

The Warm Up Box

By Carl E. Hollander



The Warm-Up Box is a reservoir of warm-up ideas useful for anyone who works with groups. The introductory booklet explains the warming-up process. A section on sociometry and group cohesion follows. Finally, there is a discussion designating for which populations each of these warm-up techniques are most suited.

To order, go to:
www.asgpp.org/pub/pubindex.html

PNN Submission and Policy Guidelines

The Editorial Staff has created the PNN Guidelines to help you get your submissions accepted and also to make our decision making process transparent to the community.

In the last two years with generous help from our writers in the U.S. and International, we have a robust diverse colorful newsletter. We know that many of you write professionally and well. In an ideal world, you would like to see any changes to your submitted copy. We are not able to do this. Please understand these policies before you make your submission to us.

EDITED ARTICLES ARE NOT RETURNED TO AUTHORS FOR THEIR REVIEW.

THE EDITORIAL STAFF HAS THE FINAL SAY IN WHAT GETS PRINTED IN THE PNN.

The PNN is the official newsletter of ASGPP and it is our goal to provide opportunities for connection, support, sharing of ideas, and communication within the society as well as between the ASGPP membership and other groups, organizations and communities in the United States and internationally. The Editorial Staff welcomes submissions from many sources and strives to have high standards that are clear and transparent. The PNN is published three times a year; Winter, Spring/Summer and Fall. It is emailed to our membership and posted on our website. Previous issues remain on the site indefinitely.

The PNN Editorial Staff (PNN Editor, Designer, ASGPP President and other contributing editors or designees) reserves the right to accept or reject any article submitted and to edit submitted articles in any way deemed appropriate and necessary. **EDITED ARTICLES ARE NOT RETURNED TO AUTHORS FOR THEIR REVIEW.** However, the Editorial Staff may request additional information from authors when they deem it necessary.

THE EDITORIAL STAFF HAS THE FINAL SAY IN WHAT GETS PRINTED INTO THE PNN.

The PNN does not accept stories or features that promote trainings or workshops done by any individual or group. No names of training groups or training workshops will be included.

The PNN Members in Action feature welcomes highlighting past events of our community. While individual names may be used, names of training groups or training workshops will be excluded.

The PNN would be delighted to highlight any psychodramatist who is an ASGPP Member that has received an award from any organization, university or not for profit organization.

ASGPP Members who have presented workshops at conferences, as part of community outreach, or not-for-profit organizations, or published articles in professional journals are also accepted submissions.

Articles should have a title and list the full name(s) of all authors. Please send no more than a three line bio for each author including title and place of work. When possible, submit photos of author(s) or related to that event. Any links to source material are encouraged.

*The PNN does not feature stories or information previously disseminated by our sister organization, The American Board of Examiners (ABE).

As the PNN has grown in size and variety of submissions, **please check the word count requirements before submission. Documents which greatly exceed word counts will be returned to you.**

WORD COUNTS:

ARTICLES – 800

COLUMNS – Presidents, Editors, Trainers Corner, Unsung Hero/Heroine, International, etc. – 600

MEMBERS IN ACTION – 75

REGIONAL NEWS, EC/COMMITTEE REPORTS – 100

If you have any questions or comments, please contact the ASGPP office at asgpp@asgpp.org, 609-737-8500 and denote that your communication is for the PNN.

Respectfully submitted,
PNN Editorial Staff

Send submissions only to
E-mail: asgpp@asgpp.org
Please put “PNN Copy” in the Subject

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Spring/Summer: May 25 for publication July 1

Fall: September 20 for publication Nov 1