



## From the ASGPP President

Daniela Simmons, PhD, TEP

Dear Colleagues,

Since the previous PNN issue and my presidential column, ASGPP and each of us went through a crisis of never-before-experienced challenges and changes. On an organizational level, we were planning the 78th Annual ASGPP Conference that was to be held at the beginning of April in the Chicago area, and enthusiastically announcing the rich program of educational and social events the conference was to offer in order to gather all of us together and become another unforgettable event. Then, Coronavirus suddenly showed up. Within days everything developed such that we needed to change what we were accustomed to and to abandon what we had been planning and expecting to happen. Leaving the comfort of our well-established cultural conserves, without time for a sufficient warm up, we needed to jump into spontaneity in order to move into the 'new normal' that none of us have ever planned or wished for. To say that this was not easy for any of us, and for our organization, is probably an understatement.

Consequently, we followed Dr. J.L. Moreno's advice on how to survive – through spontaneity and being together. The Executive Council initiated a series of online sociodrama sessions,

*(Continued on Page 25)*

## THE ASGPP KINDNESS CASCADE

Kindness is the quality of being friendly, generous, and considerate. Other words associated with kindness are affection, gentleness, warmth, concern and care. Some see kindness as the action component of love and compassion for others. We all know a simple act of kindness – a smile, hello, an unexpected note – can turn your day from gloomy to good in a second.

The release of serotonin through acts of kindness generates calm feelings, boosts positive emotions, and increases your having a positive perspective on things.

Happiness and wellbeing is spread through kindness; it has a contagious effect on us creating a cascade of prosocial actions. We take the time to be kind, giving others a better day, and our day is enhanced by feelings of satisfaction and gratitude as well. It's a win-win for all.

There are many benefits of kindness: it increases our happiness, creates a healthy heart, slows down the aging process, improves relationships and connections – indirectly boosting your health and Wellbeing.

The power of kindness has been ignited in our community with our Support Groups and our Trainers coming forth as facilitators volunteering to conduct pro-bono workshops as part of a fundraising initiative by the ASGPP.

*(Continued on Page 16)*



Kindness casts a huge shadow.  
You may not always see it,  
but it's always there.  
-Doe Zantamata

## Moving Ahead to the Rest of 2020 and Beyond

Deborah Shaddy, LMHP, LCPC, TEP



And to the future!

The ASGPP is moving forward with plans for the 2021 Conference at the Double Tree Hilton Hotel in Newark, NJ, April 7-10, 2021. We are working with the hotel as it responds to increased needs to create spaces that maximize health and safety for everyone.

In the meantime, we have initiated several virtual educational modules that provide opportunities to continue psychodrama training and experience many different psychodramas trainers. Thanks to the generous contribution of time and talent by the trainers, these modules also are fundraising events for the ASGPP.

We are also pleased to announce a virtual international conference scheduled for October 9-10, 2020. This is an exciting opportunity. Watch your emails for the announcements as plans are formalized.

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# Psychodrama Network News Spring/Summer 2020

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

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## From the Editor



## EMBRACING THE WHOLE: CRISIS AND POSITIVITY

Nancy Kirsner, PhD, LMFT, OTR, TEP

On 3/14/20 I shut down my clinical office and "I stayed at home." Within a few weeks we had a word for it – "Sheltering" a place giving temporary protection from bad weather or danger. Today is June 1 – 80 days later. It is Florida's first official day of our six-month hurricane season. Our lives, according to Maslow's hierarchy of needs, have been reduced to the deficiency needs at the lower tiers of the triangle: Physiological needs (breathing, food, water, sex, sleep) and Safety needs (security of body, employment, resources, morality, the family, health, property). I remind myself daily to take three cleansing breaths that calm.

Most of us have never before been in a pandemic crisis – with a full spectrum of PTSD, trauma symptoms, political unrest and rioting in our streets. In a recent webinar, Dr. Barbara Fredrickson, researcher of the Positive Emotions commented that, "We are suffering in synchrony."

The impact of Positive Emotions in the Science of Happiness has demonstrated that there is a complementarity between positive and negative emotions that goes way beyond the intrinsic pleasure of how they feel to us. Positive emotions improve cardiovascular health and optimize wellbeing and health in general. And yet, it can be a daily challenge to accept the many negative emotions we have (sadness, fear, anxiety, anger) and to not allow them to hijack our brain over to the dark side!

You might ask, given these realities, how does Positivity fit in with sadness, grief, and tragedy? The positive emotions (love, joy, gratitude, awe, inspiration, hope, humor, amusement, pride, serenity) are essential ingredients for balance – we need to maintain a "context appropriate Positivity" and specifically activate them through action methods – role reversal, scene enactments, precious moments vignettes, and savoring. These aspects of our lives are always present in everyday realities and "surplus reality" - even in the worst of times. The Positive Emotions stimulate the Happy chemicals of our brain – dopamine, serotonin, oxytocin, and endorphin to counteract a sometimes dominant cortisol environment.

Positive Psychology researcher Dr. Karen Reivich finds that Resilient people win out with a set of skills that both embrace the negative emotions and also feel the positive emotions. It's not an either or... it's the power of the AND BOTH.

As we have been Zooming with webinars, lunch 'n' learns, schools and universities with online education, and workshops galore – the gifts of connecting through technology have creatively exploded reaching young and old. Images, videos, jokes and more have been harvested by magnificent and creative people displaying their best through

### The 1919 Pandemic – History Repeats Itself This is Timeless....

And people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed.  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless.  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.

Kitty O'Meara — March 16, 2020  
*Poet Laureate of the Pandemic*



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# Members in Action

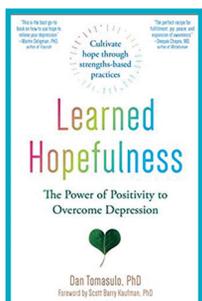
\* **Scott Giacomucci, DSW, LCSW, CET III, CP/PAT** was chosen as the first recipient of NASW's Emerging Social Work Leader Award which was presented at its 2020 national conference in June.

Scott recently co-authored a quantitative psychodrama research study in the *Frontiers in Psychology* journal titled "The Effectiveness of Trauma-Focused Psychodrama in the Treatment of PTSD in Inpatient Substance Abuse Treatment" and a paper in the *Social Work with Groups* journal titled "Experiential Sociometry in Group Work: Mutual aid for the Group-as-a-whole." In February he co-presented workshops at the Puerto Rico conference of the Association of Specialists in Group Work (ASGW) with Leela Ehrhart and Maria Sotomayor-Giacomucci. And in early May he offered a Zoom presentation for Turkish and Ukrainian psychodrama trainees on vicarious post-traumatic growth through the Dr. Ali Babaoglu Jungian Psychodrama Institute.

\* **Anath Garber, MA, TEP, PDD**, was interviewed in a two-part episode on Broadway Podcast directed to the art community. She talked about Psychodrama and the relevance of "Homo Spontaneous" for the survival in 21st century, plus reminisced about J.L., Zerka and the theater in Beacon and New York City.

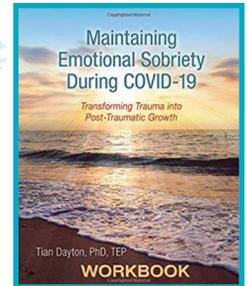
\* **Peter Lewis Kranz, PhD**, was presented with the 2020-2021 Albert Nelson Marquis Lifetime Achievement Award by Marquis Who's Who as a leader in the psychology and education industries. The honor is based upon career longevity, philanthropic endeavors and lasting contributions to society.

\* Thanks to **Rachel Longer, MSS, LSW, CET I, Daniela Simmons, PhD, TEP**, and **Nina Garcia, PhD, TEP**, for offering ZOOM events with proceeds donated to the ASGPP. Rachel conducted a "Guided Mediation" on April 26. Daniela directed "Directing Psychodrama via Zoom Video Conferencing — The Path to a New Cultural Conserve: Experiential Training" June 8. June 10 Nina directed a training workshop, "Using The Johari Window and Seligman's 24 Character Strengths to Build Sociometric Connection."



\* **Dan Tomasulo, PhD, TEP**, has a new book, *Learned Hopefulness: The Power of Positivity to Overcome Depression*. *Learned Hopefulness* offers powerful exercises grounded in evidence-based positive psychology to help you identify your strengths; ditch the self-limiting beliefs that diminish your capacity for positivity; and increase feelings of motivation, resiliency, and wellness.

\* **Tian Dayton, PhD, TEP**, has a new workbook, *Maintaining Emotional Sobriety During Covid-19*, which offers a process through which one can heal the kinds of issues that confinement and COVID-19 either cause or trigger. It is filled with focused, experiential, exercises designed to deal with the kind of anticipatory grief that COVID-19 engenders as well as the historical trauma and grief issues that are inevitably triggered. The exercises can be adapted for experiential zoom groups or one to one.



Tian has also created a free downloadable coloring book to help anyone that may need it, *Healing from the Inside Out: Affirmations and Coloring Pages for Covid-19 Days*.

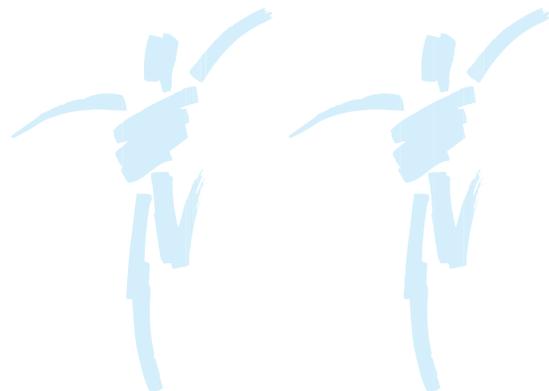
\* **Karen Carnabucci, LCSW, TEP**, presented "Our Ancestors, Ourselves and the Coronavirus Pandemic," for members and friends of the Delaware Valley Psychodrama Collective in May, looking at the use of the action methods of psychodrama, sociometry and Family Constellations to explore the generational legacies of past epidemics and pandemics and learn how to gain wisdom from the experiences of our ancestors rather than carry the burdens of their fear, pain and grief.

\* \* \*

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](mailto:asgpp@asgpp.org)  
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## OUR ASGPP COMMUNITY: Connecting during the Pandemic

Our members have created an online community to support and connect us.  
Our members have volunteered their skills and time allowing us to stay in touch!

### SUPPORT GROUPS Rhona Case

If you are a member of ASGPP you have been receiving EBlasts each month inviting you to sign up for our **free** support groups. In light of the stress and suffering from COVID-19, the ASGPP initiated Monday night support groups that started in mid-March, from 7 to 8:00 pm. Check your email for upcoming support groups that start the first Monday of each month.

Experienced ASGPP members have volunteered to co-facilitate these groups for one-month commitments. Attendees choose the group they wish to commit to for the month. We would welcome hearing from you about how these groups have helped you during this time and any other suggestions for online programming.

**We want to thank our co-facilitators who have so generously volunteered their time and expertise.**

April Facilitators: Daniela Simmons • Peter Pitzele & Judy Freed • Karen Carnabucci & Rhona Case • Jennie Kristel & Joshua Lee • Pamela Goffman & Steve Gordon • Herb Propper & Paula De Franco

May Facilitators: Rhona Case • Rebecca Walters & Katrena Hart • Deb Karner & Colleen Baratka • David Moran & Janell Adair • Lorelei Goldman & Paula De Franco

June Facilitators: Paula De Franco • Anath Garber & Kate Hudgins • Basil Varelztsis & Julie Wells • Milton Hawkins & Joshua Lee • Mary Kalbach • Darlene Vanchura

If you are interested in being a co-facilitator, please contact the ASGPP either by email, [ASGPP@asgpp.org](mailto:ASGPP@asgpp.org) or via phone, 609-737-8500. We use the Zoom platform and Paula De Franco expertly handles that aspect for our facilitators.

### ASGPP FRIDAY SOCIAL HOUR Paula De Franco

Have you heard? In May, ASGPP kicked off a weekly Friday Social Hour from 7:30 pm - 8:30 pm EASTERN STANDARD TIME. This event is hosted by me, your ASGPP Administrator.

So pour your favorite beverage and join us, as we “unwind” from the week and connect. Each week brings a different theme, and each week brings us together to “unwind”, share some laughs, vent, or simply hang out in the ASGPP lounge, a space “where everybody knows your name”..... humming to the tune of “Cheers.”

I hope to see you at our ASGPP Friday Social Hour!



# YOUR COUNCIL AT WORK



ASGPP Executive Council

## Fundraising Committee:

The fundraising committee is dedicated to increasing ASGPP fundraising going forward. Co-chairs Aida Hernandez and Shelley Firestone have been having active discussions about future campaigns, significantly increasing scholarship availability, and securing donations to ensure the ongoing viability and legacy of ASGPP. We are grateful for generous donations from birthday donations, registration funds, website contributions, and our Facebook and Go Fund Me campaigns. We have begun integrating our list of all donors in 2020 from different donation streams — please add your name!

*Shelley Firestone, MD, CGP, FAGPA & Aida Hernandez, MA, LPC, Fundraising Committee Co-Chairs*

## International Committee:

While we have been limited by our physical connections we have been actively connecting with psychodramatists around the world. Our international membership continues to grow.

The success and numbers attending the Tele'Café continues to grow. We are very much looking forward to the Travelling Tele'Café at next year's conference. It's a way off yet but the Tele'Café, like chocolate brownies, are open to a slow and gentle warmup.

*Mark Wentworth, International Committee Chair*

## Membership Committee:

We are excitedly looking forward to the grand opening of our new ASGPP website. Specifically, the membership sign up process has been completely streamlined and members no longer have to go through a two-step process to join!

What this means, is that the membership committee can shift the focus from what was a cumbersome process on the back end, to a more hands-on activity, such as getting to know our new members and reconnecting with our current members.

*Marianne Shapiro, LMHC, TEP, Membership Committee Chair*

## Professional Liaison Committee:

The Professional Liaison Committee has completed a document proposing best practices for teaching psychodrama in university settings which was approved by the Executive Council and will be published on the new website. The best practices document focuses on the role transition/differentiation between psychodrama trainer and psychodrama professor.

A database of psychodrama university syllabi is currently being organized. In the future, once permissions to be shared are confirmed, it will be released on the new website. This will help warm-up psychodrama trainers to developing their own psychodrama syllabi.

Email [Scott@SGiacomucci.com](mailto:Scott@SGiacomucci.com) for more information or to join the committee.

*Scott Giacomucci, DSW, LCSW, CTTS, CET III, CP/PAT, Professional Liaison Committee Chair*

## Research Committee:

The Research Committee is planning to move the cancelled 2020 Conference International Research Panel on evidence based Psychodrama and Psychotherapy to the 2022 ASGPP Conference in Chicago. Its focus will be on honoring David Kipper's legacy. We would also like to bring everyone's attention to two exciting upcoming journal special editions: one on Social Work with Groups and Psychodrama and secondly, the Frontiers in Psychology journal on the Psychological Benefits of the Arts. Email [Scott@SGiacomucci.com](mailto:Scott@SGiacomucci.com) for more information or to join the committee.

*Scott Giacomucci, DSW, LCSW, CTTS, CET III, CP/PAT, Research Committee Chair*

## Scholarship Report 2020:

Scholarships are funded through the raffles sales, Basketcases, silent auction and individual people's fundraisers. These sales generated enough money to increase the number of scholarships given: Three Zerka Moreno

# THE ELDERS' COMMITTEE (INITIATIVE)...

Chairpersons: Anath Garber, Linda Ciotola, Mary Anna Palmer

## What and who are ASGPP elders'?

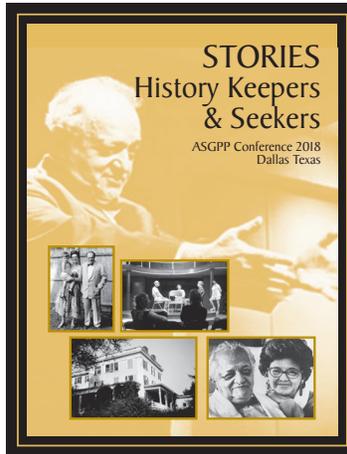
After a sincere and heartfelt discussion took place within the 2015 Executive Council meeting, the ASGPP president asked Anath Garber, a wise choice and a wise elder, if she would explore and chair this endeavor. Anath has persisted steadily as the name and mission of this Committee has been discussed and evolved overtime.

This is an important dialogue about the value of those individuals that have contributed so much to ASGPP and Morenean theory: Individuals who trained at Beacon with the Morenos, those that began Institutes/Training Centers, and those that prolifically wrote about and expanded on the Morenos' work.

An early question was, exactly who are our elders? What criteria are meaningful for this? Do people even want to be called elders? What do our elders want and need and what can ASGPP offer to the individuals that embody our "roots" and "history"?

This came poignantly to the forefront in Zerka's last few years and especially after her death in 2018. ASGPP initiated in Texas at our conference some videotaping of some of our senior trainers. There was a sense of urgency around these years. After Zerka's passing an era was over ... issues of belonging, where do I fit in, what is my status? Was I trained by one of the Morenos or someone else? People wanted to share "their stories" about the early years with J.L. and Zerka. Those trained by first generation trainers also wanted to share their histories through stories. We began to realize all of us hold the stories, the original stories and then those of later generations. All of these stories matter deeply!

Also, a Scholarship Fund emerged from this initiative which was chaired by Mary Anna Palmer the last two years. The History Keeper Scholarship category was created for individuals in need of financial assistance to attend the conference. Criteria for this scholarship are individuals who have contributed to ASGPP through their leadership, presentations at the conference, and the support of the society by serving on committees. This scholarship provides three full days at the annual ASGPP Conference. Two scholarships



are selected by lottery each year.

As the Elder Committee evolved, it decided that this group of folks needed to be honored and recognized for their loyalty to Psychodrama and ASGPP. These are our members and our Society exists because of and for its members. We created the categories of pioneers and elders and considered everyone a History Keeper. A special certificate was to be presented to these individuals in Chicago. It will now be even more special when we present them for the first time at The 100th Birthday of Psychodrama in Newark in 2021.

In 2018 at the ASGPP Conference in Dallas, Texas, the first edition of 12 Stories – *History Keepers and Seekers* was published (Bob Siroka, Jacquie Siroka, Rebecca Walters, Linda Ciotola, Elaine Camerota, Anath Garber, Merri Goldberg, Kate Hudgins, Lorelei Goldman, Marcia Karp, Joke Meillo, Rosalie Minkin). At this time the Elder Initiative is continuing this tradition by inviting our Elders/Pioneers to submit a 500 words or less personal story about their early training and experiences. Please edit your piece or it will be returned if it is too long. Submit your stories to chairperson, Anath Garber at [anathga@icloud.com](mailto:anathga@icloud.com). These stories will be shared with our community either through the PNN, website, and/or at the 100th conference in Newark in 2021.

The Elder committee is soliciting more members to expand its initiative. The chairpersons would like to hear what elders/pioneers would like from the organization they have been so loyal to over so many years. You matter to us!



## HISTORY KEEPERS – OUR STORIES

*In 2018 under the initiative of the Elders Committee, we solicited stories from elders in our community and we received 12 delightful stories. Not many people saw these as we handed them out in a first-time workshop in Texas, conducted by Anath Garber, History Keepers in Action.*

*We thought the stories very rich and wanted to share one with you each issue. We are also inviting you to send us a story, 500 words or less with a photo for consideration for this feature in each PNN.*

### Lady Zerka

Lorelei Goldman, TEP



She stood there with great poise and was as straight as an arrow. It was startling for me to witness her empty shoulder with no arm extending down through her blouse. After several minutes the “phantom arm” fell away. Her persona was to me so strong that I lost the compulsion to stare at this empty space on her body. I observed her strong articulation, slight Amsterdam accent and lovely tones.

My current trainer encouraged me to travel to Beacon, New York and take further learning. Zerka had brought her sister, Binny who was

mentally ill to the States to be under the treatment of Dr. Jacob Levy Moreno the “father of group psychotherapy” at his sanitarium. Dr. Moreno employed action techniques especially role reversals to heal the universe. Binny never fully recovered yet did become a librarian as she matured.

Zerka became the wife of J.L. Moreno and we corresponded about our mentally ill siblings. I remember she sent me an article entitled, “sibling loss” that gave information on the state of mental health. She worried about Binny and I worried about my brother Ron. We had a common regard and bond. Zerka became the muse of Psychodrama and the Doctor’s main double. A double in psychodrama is taught to support the protagonist by speaking their inner voice, showing the mannerisms and adding what is unsaid or not shown. It is a very powerful role — basically saying and showing unexpressed feelings and thoughts.

With Zerka I could be the favorite child. The one chosen and given attention which was not the case in my own home. She challenged me, was firm and yet loving and became my wise mentor. It was thrilling to be taught by Zerka T. Moreno. She knew the story and the legend of “Die Loreley” written by Henrich Heine, a German Jew and poet. She then named me “Lady on the Rock” and she used that salutation when she corresponded. This seemed to me a better name than, “lingerlooch” a Yiddish term for “long noodle” given to me when I was very young. I loved “Lady on the Rock.” She taught me about the vicissitudes as well as the demons that can be around. I named her as my secondary trainer and she guided me in the techniques and philosophy of Psychodrama. She once told me, “you may never become a trainer.” I showed her and did become a trainer. It did take me almost ten years. I passed the first level and became certified, and then the board had me take an oral exam. I remember the orange suit that I wore as I anticipated the test. I did pass and have been doing this passionate and compassionate work to this day.

I watched her as she directed with empathy, power, wisdom, creativity and ease. I had those qualities too and knew that the early days of watching my mother teach drama in our home, listening to my mother recite

pieces from Shakespere and with her articulation reminded me of Lady Z and so Lady Z became my spiritual mother. I had an affinity for helping and was once told by an analyst that I had a “salvation complex,” the need to save others. Zerka and I carried no competition with each other and I trusted her completely.

At a large training group at Omega Institute, Zerka asked me while we were in action to sit on her lap. I was very hesitant and timid but did so and could feel her prosthesis through her white silk blouse where her missing arm should have been. She had lost that arm to cancer. It was in this enactment that I told her and the group at large that my mother was mentally ill and my brother was diagnosed as schizophrenic. Zerka responded, “oh, two in one family.” No one who cares had ever said that to me.

At a large gathering at one of our conferences we experienced Playback Theatre. Here we saw Zerka’s history and immigration from Amsterdam. When it was time for her to board the boat to America she was asked by the director to choose her sister Binny for role-playing. She chose me and said, “I choose Lorelei, she knows the role.” I felt blessed. I felt confident and I felt grateful and excited. She was right, I did know how to play the role of a sibling in distress. Then there was being on the original Psychodrama stage near New Paltz, New York, and enjoying Zerka singing, “vun de bar” on the balcony of the stage. As I was looking up at her I sang with her as well. She once had lunch at my home and was always eating yogurt and cranberry juice. She was histrionic, clever and wise — just like my mother. She had the capacity of being present, tender and caring which my mother lost with me because of her medical condition. Zerka filled a much needed gap in my development.

She taught me that one needs to have a heart and not just a head when directing and in life. She taught me, “that the body remembers what the mind forgets” a statement that I repeat consistently in my teaching.

At another conference she walked over to me, took my hand saying that she wished to show me something. We walked over to a sketch of “the empty chair” and she remarked that was not created by Fritz Perls, another psychotherapist. It was invented by J.L. Moreno.

My last time with Lady Z was in her home in Charlottesville where she invited me to come and use her library. Five of us held a training in her home. I was to double a participant who had polio. I had to lie on the carpet and be her inner voice and support. This was not easy for me, as I had never had any experiences like hers in the drama. We were in an iron lung. I shared possible wishes with her that she may have had in that very solitary and irregular iron lung. What did she yearn for and what did she need? Zerka created surplus reality which practitioners employ in directing. This is when we move out of our own reality into a novel and different reality. I can still hear her laugh and sometimes I actually sound like her when I laugh and it is truly her giggle that I hear.

## Daniela Simmons in India

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 Propper 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.



100 Years of Psychodrama, Sociometry  
and Group Psychotherapy



Honoring Our Past & Visioning the Future

MARK YOUR CALENDAR

2021 ASGPP  
Conference

April 7-10, 2021

DoubleTree by Hilton Hotel Newark Airport  
Newark, NJ

# The International Tele'Café

Mark Wentworth, Chair, ASGPP International Committee



**Tele'Café April 23rd, 2020**  
**Hosted by Mark Wentworth,**  
**from The Colour House,**  
**Norfolk, UK**

After a pause and acknowledgement of the disappointment of not meeting physically for the

Tele'Café live in Chicago, we moved on to start this meeting, which proved most colourful indeed.

The April Tele'Café was hosted this time by International Committee Chair, Mark Wentworth. He was Zooming in from The Colour House near Norwich, on the East Coast of the UK.

We definitely lived up to our name of being international this time around as we more or less covered the four corners of the globe. We still live in hope of connecting the final dot from down-under in Australia or New Zealand.

With tea and cake poised, Mark invited us to think of a colour that would best express psychodrama, and then role reverse with the colour to experience how it is to be that colour as psychodrama. We

had happy sunny yellow being able to put the smile back on people's faces, there was deeply connected purple, as well as active and spontaneous red.

With everyone getting so colourful, Mark invited us next to give a colour to COVID-19, this time in role reversal we had pink bringing love and reconnection back into the world again, green to remind us of the natural world, and finally intuitive Indigo to reconnect us back to our roots.

As a final take-away with our coffee, teas, spring waters, cookies and donuts, Mark asked us to imagine what conversation would take place if the colour of psychodrama sat down for a coffee with the colour of COVID-19.

And that, as they say, is another story for another time.

Keep an eye on your emails for the next Tele'Café gathering. Who knows who will show next time.

*\*The nine-colour square painting used in the photo with the flags is an original from The Colour House.*

For more information please email: [international@asgpp.org](mailto:international@asgpp.org)



## CALL FOR PNN WRITERS! THE POWER OF YOUR WORD.

As Adam Blatner is always telling us — It's important to write about what you are doing — people want and need to know about you and your work. The PNN staff welcomes your submissions and is very user friendly as to helping you write, edit, pull ideas together and then share them with your community.

Areas we want to know about:

- Trainer's Corner and tips
- Student/Trainee viewpoints/learnings/the Training experience
- International members – what you're doing
- Research in planning or in process



- A History Keeper or training story
- Any other creative ideas you want to write about are WELCOMED.

As your editor, I welcome any collaborations and I am here to help you. I love to write and edit.

*Nancy Kirsner*

The PNN Guidelines are on page 27.

CONNECTING AND TRAINING IN THE DIGITAL AGE

# THEY WERE WAY AHEAD OF THEIR TIME!

Nancy Kirsner, PhD, LMFT, OTR, TEP

**Linda Ciotola** is a TEP: trainer-educator-practitioner of psychodrama, group psychotherapy, and sociometry, with 50 years experience in education, group facilitation, and lifestyle counseling. She is a Health Coach, Personal Trainer, an ACE Fitness Instructor, and a Fitness Nutrition Specialist. She holds certifications in Yoga, indoor cycling, and as a Mind Body specialist. Linda is a Reiki Master Teacher and Practitioner and an Interfaith Minister. Linda is also an accredited Trainer in the Therapeutic Spiral Model™ used specifically for working with trauma survivors, and is Co-Developer of the Therapeutic Spiral Body workshop. Her psychodrama trainers were JoAnn Thacker, Kate Hudgins, Joe Kenna and Mario Cossa. Her TSM trainers were Kate Hudgins, Mario Cossa, and Karen Drucker.

Perseverance, self regulation, and deep values were in Linda's life from the beginning – 18 years of Catholic school and having a father who served under General Patton from the landing at Utah beach through the Battle of the Bulge and the liberation of concentration camps. This set strong role models of what was important in life. In collaboration with professionals from a variety of fields, Linda has interwoven many modalities to create a unique and wholistic strategy of healing. As a body oriented clinician, Linda sees a person as an essential embodiment of mental, emotional, social, and spiritual life.

Her areas of expertise include nutrition, exercise, trauma, eating disorders, women's health, and mind body wellness. She has designed and taught health and fitness classes at the college level, facilitated eating disorders support groups, and worked in academic, hospital, and community settings as well as private practice. She has presented widely at regional, national and international conferences.

Linda has been honored by ASGPP as a Fellow. the Zerka T. Moreno Award (2008) and the Collaborator's Award (2019)

**Nancy Alexander** was trained classically having a B.S. and masters' degree in social work. She spent seventeen years at Sheppard Pratt (Psychiatric Hospital-Baltimore, MD) beginning in pediatrics and getting a strong Psychoanalytic background. Nancy believes this gave her the gifts of a unique learning framework, interpretation, and a skilled way of viewing problems. Along with this she was taught perseverance and seeing



things through to the end. She came to create and lead clinical and educational programs there and segued into a Psychoeducational role. As a child Nancy was ill the first six years of her life and this gave her a deep acceptance and appreciation of how things are, melding her unique creative strengths, mind set and her desire to care for others.

Nancy had never heard of psychodrama before meeting Linda, and then she attended a TSM Psychodrama workshop Linda led at Baltimore College. She was mesmerized and knew immediately that this was something she wanted to learn for her clients. At this time, Linda was in training for her CP (Certified Practitioner) and TSM (Therapeutic Spiral Model) certification. From the beginning they liked each other immediately, had much in common, and fairly soon began collaborating around clients they shared. They both felt as if they had worked together for years. Nancy's primary psychodrama training has been with Linda and also with Cathy Nugent and Joe Kenna.



### ACTS IS BORN 2017

Online programming was the cutting edge in digital technology and the most efficient way to spread the word. What courage, intelligence, and persistence this required as it presented a steep learning curve in technology. Their goal sounded simple enough – they wanted to create an online Psychodrama Training Program to keep alive what they loved and knew was powerful.

There were years of collaboration (beginning in 2002) and a long warmup and then after 15 years ACTS (Alexander and Ciotola Training Service) was born. It is a story of love, patience, persistence, and the kind of professional collaboration we all dream about having with a colleague. Linda and Nancy as two gifted woman have grown together and brought out the best in each other for 20 years – stretching each other spiritually, personally, and intellectually in ways they could have never imagined – that special way you can grow in the light and love of a healthy relationship. I felt this again and again while talking with them.

ACTS was the first online course developed (as far as we know), **An Introduction to Psychodrama with Trauma Survivors**. After working for over a decade, they wanted to pass on their learnings to others in the recovery world. When Nancy retired from her clinical practice in 2015, she and Linda

(Continued on Page 23)

CONNECTING AND TRAINING IN THE DIGITAL AGE

# TELE'DRAMA and Daniela Simmons

Nancy Kirsner, PhD, LMFT, OTR, TEP

Anyone who knows Daniela Simmons knows she is very much a “citizen of the world.” While born in Bulgaria and then moving to the United States, her friendships and global travel and trainings delight her and are core to who she is. Her Sociometry extends wide and she had a need and a vision long before we found ourselves dealing, under the crisis of COVID-19, with how we could stay connected, continue our professional lives, and transfer action methods via technology to each other, our clients, our trainees.



This has been a small personal introduction to creative talented members of our ASGPP community who were ahead of their time and are role creating in the digital surplus reality of technology – Facebook, Zooming, streaming. The world of communication, connection, education and training was already morphing quickly. The COVID-19 experience sent it zooming!

In the fall of 2017, AS A TRAINER, Daniela wanted more time to teach the didactic aspects of Psychodrama to her students. She wanted to keep costs down and being in Texas, distance could be an issue. Daniela’s number one VIA strength is Creativity. She began experimenting with her trainees – she had plenty of time. They were all comfortable with each other.

**Learning tip #1 – you need lots of warm up with the technology you are using; unpressured time to play with it; and best to start with some folks you know.**

**Learning tip #2 – don’t expect immediate results. Moving online is a different model and requires adaptation and skills to support it. Be in it for the long haul – it’s here to stay.**

As Daniela warmed up with her high Creativity and spontaneity, she began to expand and see all the ways psychodrama could be adapted to train, both didactic and action wise, and ultimately to conduct a drama. This has been a three year plus learning curve – and Daniela was way ahead of the ball!

Daniela was strategically positioned when COVID-19 hit, to guide and teach about Zoom technology and online training.

Tele’drama is a term coined by Daniela to mean a “method for offering psychodrama and other action methods’ training, counseling and other interventions by using an online video conferencing approach.” The creation of the surplus reality visual room can bring together the director and group members from around the world. The benefits of keeping costs down, being in the ease of one’s own home/office, and connecting a world-wide community are abundant.

As we have explored, studied, and experienced more online workshops and seminars in this last nine weeks of sheltering, as a trainer and educator I have been thinking a lot about how we can pull together and develop **Best Practices for Online Training? It has me thinking about:**

1. Warm up and practice the technology and how it works before you offer trainings.
2. Safety issues, confidentiality, limitations of confidentiality.
3. Ethics need to be examined and applied to this new way of teaching.
4. Know the security settings available for whatever you are using.

HOW ABOUT YOU? How are you using, enjoying, and thinking about all the online learning, activities, and training?

We welcome any stories, insights, and thoughts you have about moving this part of our lives ONLINE.



CONNECTING AND TRAINING IN THE DIGITAL AGE

## ONLINE BIBLIODRAMA: SACRED WHITE FIRE GOES DIGITAL “Finding Peace in the Midst of Chaos”

Nancy Kirsner, PhD, LMFT, OTR, TEP

It was a Saturday and 42 days into my ‘sheltering at home’ marathon when I participated in my first online Bibliodrama workshop. I signed on for three hours with a group of 14 strangers. I knew one person on the ‘Hollywood Squares’ Zoom screen. I was intrigued as to how they were going to make this work.

Since ‘the day I went home to live’, I have participated in more workshops, lunch and learns, and Zoom calls than in years of professional life! Feeling a mixture of gratitude, anxiety, and over-exposure, about our new ways of staying connected, now my favorite form of Psychodrama – Bibliodrama was being offered.

Hosted by the founders of the Michigan Psychodrama Center, Dr. Elizabeth Corby, TEP, and Patrick Barone, Esq. (PAT), here was the invitation: “In this difficult time of sheltering in place, social isolation and great uncertainty for how our lives will be different on the other side of this pandemic exists. How do we find peace in the midst of chaos?”

We learned that Bibliodrama with a capital B refers to participatory storytelling from sacred texts. We were about to put the scriptures to the digital test – could we engage, capture, and feel the meaning with each other through our little zoom windows? This was certainly a different kind of Scripture Window than Peter Pitzele wrote about in his classic book (1998). Our directors, Patrick and Elizabeth have their own unique styles; Patrick has trained with Peter Pitzele.

In Bibliodrama, much of the enactment emerges from the spaces between the words... this is called ‘the white fire’ and it refers to what is not said but what we might imagine. In Judaism it is referred to as ‘midrash’ or the many interpretations that Rabbi’s and others give to Biblical texts. In the case of Christian sacred texts, they were often interpreted through art – drawings and paintings.

There were 14 of us with different spiritual backgrounds: Jewish, Christian, an Episcopal and Catholic Priest, an interfaith minister and a seminary student. We had different careers: educators, therapists, attorney, and medical. Most had some experience with Bibliodrama; one was attending for a first time. Slowly we became a group at a very deep level, as we were led with exquisite sensitivity and timing through the stages of warmup, scene setting, and role taking, playing, and creating. It was the highest level of engagement I have felt on a Zoom workshop since this all began.



Attention to details and safety: Warm Up begins with the first hello!

The emails that announced and prepared us for the workshop were clear and detailed. They told us how to access the workshop for good results, and what we needed to have with us and basic time commitments. The host/directors outlined and took their time establishing safety and ground rules – including a well of confidentiality; and permission to participate as much or as little – or even leave a role if desired. Safety, choice, respect, and kindness was abundant. No one was ever interrupted, cut off, or corrected... and this is no easy accomplishment on technology with an unknown group and co-leading.

Once the call began, we learned that Patrick and Elizabeth were married and would be co-leading. Elizabeth held the technical role expertly providing a fluid experience that involved attention to the whole group, screen sharing, sociometric voting, and holding the time framework gracefully. Patrick did most of the directing with a calm, receptive style that allowed time for feeling and accessing our body as well as our thoughts. One thing I learned that was new Zoom info and useful was that in a group this size, if everyone keeps their microphones on – ‘hot’ it allows for more spontaneity than muting and unmuting and waiting.

We warmed up with a reading of Psalm 23 – The Lord is my Shepard – by spontaneously reading one couplet at a time. We read comfortable familiar passages. The rhythm was beginning...

Patrick’s calm voice said... Imagine you are a sheep in this valley... What’s going on for you? Combining storytelling and well thought through questions, we became sheep as we grazed around our electronic field together.

Now feel the shepherd’s hand upon your head. How does it feel when he is not touching you? Can you put a sound to that feeling? Let’s see if we can mirror that sound and connect with the feeling of the sheep. We all derole from being sheep.

Next we experience the role of the shepherd. The director echoes (similar to the mirror) and repeats what people speak, i.e., “I feel safe when my shepherd is here.” The echoing deepens and slows down the process to activate feelings and thoughts.

We return to the Psalm...

Thou preparest a table before me in the presence of my enemies: thou anointest my head with oil; my cup runneth

*(Continued on Page 20)*

## Diversity Forum In Action: Think Globally, En-act Locally, **DUMBFUNDED!**

Joshua S. Lee, LCSW-C, CP



*“We sought a ‘technique of freedom’, a technique of balancing the spontaneous social forces to the greatest possible harmony and unity of all.” – J.L. Moreno*

This quote began the April-May 2020 ASGPP Tele’Gram. I use it here because I was struck by the contrast of the sentiments of this society’s founder and the recent experience expressed by one of our members.

It can’t just be about mastering the “technique” only. It must also be about authentically and courageously addressing and countering those “social forces” that keep us from “the greatest possible harmony and unity of all. I write this article in that spirit with the intention of moving everyone to wholeness.

I am not certain which category this incident should be placed in: diversity versus non-diversity, inclusion versus exclusion, equity versus equality, or simply, ignorance versus absent-mindedness. I won’t go so far as to cast it in the bucket called racism. However, one thing is for certain, when it happens, and especially in a so-called safe space offering “emotional support” to its members, it can sting like being popped with a wet towel on bare skin.

### **BACKGROUND:**

Several weeks ago, on a Zoom ASGPP Emotional Support call, we were talking about the impact of this current pandemic. Dr. Michael Watson spoke about himself being a polio survivor from the perspective of a Native American. Suddenly a woman stated, “You don’t look Native.” I didn’t think much about the comment at the time, particularly because Michael rebutted by saying, “Not all Native people are dark skinned.” The conversation continued. Several days later, as many of you saw, Michael submitted his statement on the ASGPP Listserv.

My spirit was unsettled about this for several days. As one of only a few African-American men currently active within the society, it didn’t rise to the level of insult. Should it have, I wondered? I was curious about that, sat with it and then reached out to Michael. I learned a lot about Michael and the challenges he has overcome in his life.

Michael graciously allowed me to interview him about the incident, using The Game Plan for Better Living© experience.

The Game Plan is an action-based coaching system that uses the language and metaphor of sports to help people garner their strengths and resources to overcome their oppo-

nents in life. I created this system and have been developing it over the past 12 years. Honestly, I wasn’t sure how he would take this offering. As I saw it, he could take it in one of two ways: 1) from the standpoint of blaming him for getting upset, or 2) as an opportunity to discover something new about himself/the situation, even in the face of being “dumbfounded by blatant privilege, ableism and racism that continues to be enacted at ASGPP,” as he stated in his listserv statement. To his credit, he came from the latter space. How many of us would be willing to take a critical look at ourselves in this way?

During the Game Plan session, I could tell that he was taking this opportunity seriously, being very thoughtful in considering the questions at hand. He reversed roles with, and reflected on, what members of his social atom had to say about this situation (the “game” we were exploring) and his performance in it. Meaning, that if life is a game and we’re players in it, how effective are we executing our roles? A simple metaphor: All games have fans, coaches, referees and teammates — our social network. If we reverse roles with each, we gain a different perspective on how we are playing the game.

Here are several of Michael’s roles; from his inner fan: “Thanks for speaking up!” But he was cautioned by his inner referee to “Don’t beat your head against the wall in frustration.” His coach said: “Pick your battles!” and “Maybe not care so much because caring too much can drive you nutty if the other side doesn’t care.” And from a neutral place of non-judgment, he noticed that he felt more self-compassion when he was able to “look at everything in context.” Additionally, he seemed to extend some compassion to the entire situation, stating, “It’s not simple, it’s multifaceted.”

You may be wondering if this is an isolated incident with only one person? As it turns out, a number of others expressed similar experiences in response to Michael’s listserv pronouncement that he will no longer put himself in “harm’s way by participating in ASGPP online groups” and is “reconsidering my membership in ASGPP.”

As we enter into the 100th year of psychodrama’s existence, I am imagining a thriving organization that has the courage and will to withstand the social forces that adversely impact this organization. Let’s take this on... together for the whole of mankind!

---

**Editors’ note:** Since this column was written, time has elapsed and Michael renewed his ASGPP membership and he has participated in Friday evening support groups. We are grateful for opportunities to dialogue and repair.

# ASGPP REGIONAL NEWS

## Find a Local Contact Near You

Join In and Cultivate your Action Experiences !



## ASGPP REGIONAL CONTACTS

### Alaska

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### Arizona

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

### Delaware Valley

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

### Denver Area

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

### Hudson Valley

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### Kansas/Missouri

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### Mid-Atlantic

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### South Florida

Linda Condon / lincondon@yahoo.com

### Texas

Daniela Simmons / danielatsv@gmail.com

### Toronto (Canada)

Ananta Chauhan / anantachauhan2014@gmail.com

## • Delaware Valley

Colleen Baratka / [catharsisinstitute@live.com](mailto:catharsisinstitute@live.com) / 610-609-1465

The Delaware Valley Collective has stayed active through the COVID-19 days. We have been running a weekly virtual support group on Saturdays from 2:00-3:00pm. We also continue to have our monthly trainings on the fourth Saturday from 3:00-5:00pm via Zoom. Both have opened support and learning beyond our Tri-state borders and we've had international attendance for both the support group and training. Our trainings offer psychodrama credits and Pennsylvania CEUs. If you'd like more information or to be put on the email list please call Colleen Baratka 610-609-1465 or email [dvpsychodrama@gmail.com](mailto:dvpsychodrama@gmail.com).

*Colleen Baratka, MA, TEP*

## • Denver Area

Erica Hollander / [ericahollander@comcast.net](mailto: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](mailto: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*

## • Toronto, Canada

Ananta Chauhan / [anantachauhan2014@gmail.com](mailto:anantachauhan2014@gmail.com)

Two years ago a decision was made to disband Toronto Centre for Psychodrama and Sociometry (TCPS), which had provided quality training in psychodrama and sociometry since its founding in 1976 by Ann Hale and a number of enthusiastic and talented psychodrama students in Toronto.

A small group of Canadian psychodramatists have been meeting since December 2018 with the goal of re-establishing a training centre that will better meet the needs of contemporary students and professionals. We have been offering a limited number of training workshops during restructuring; but stay tuned for announcement of a new website and a more robust calendar of 2020-2021 training workshops!

*Kim Irvine-Albano, TEP, Ananta Chauhan, TEP  
Mike Lee, TEP, Barbara Guest-Hargin, TEP  
Rob Hawkings, CP*

**THE ASGPP KINDNESS CASCADE:  
HOW WE ARE "GROWING THE GOOD"**

**THANKS TIAN**

Nancy Kirsner in collaboration with Dr. Tian Dayton

**Dr. Tian Dayton – a gift to us!**

*PSYCHODRAMA VOLUME I* by Jacob Levy Moreno was newly published (April 16, 2020) completing an extensive labor of love by Dr. Tian Dayton, MA, PhD, TEP.

**Some interesting history –  
Zerka and Tian**

Originally Zerka and Tian talked about doing an edited version of Volume One which Tian worked on for close to fifteen years!

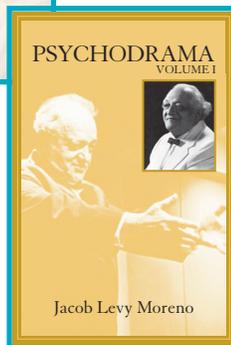
They also talked about dividing and editing aspects of Volume One and Two differently for clarity and easier to follow better training literature using source Moreno writings. Dr. Dayton still considers the possibility of an 'edited version' that removes some of the verbiage that obscures and would update Moreno's wonderful voice and brilliant ideas.

Zerka was worried about the books living on and she was of an age when the only way to keep them in print was to print and store hard copies at considerable expense as Dr. Dayton had done with Volume One. Now that there is such a thing as print on demand, Zerka's dream is easily accomplished.

The original printed versions of Psychodrama Volumes I, II and III had a light cover and sometimes fell apart as you were reading them. When these copies ran out in the mid 1980s, Dr. Dayton made Volume One available by having it scanned and reprinting 5,000 copies of it which she then donated to ASGPP. These were the red books we've been using for the past many years.

Fast forward to recent times and ASGPP ran out of copies and turned to Dr. Dayton to solve the problem. Now she knew much more from her own publishing of books and she wanted to give students a nicer experience. She basically had to start over and rescan Volume One into editable text so that it could be typeset into a more readable and modern format. There was a lot to do as the amount of typos was astronomical and the text had to first be cleaned up. As well, the footnotes were occasionally embedded in the text and they had to be had to be put back where they belonged by referring to the original text. This part was incredibly tedious, difficult and time consuming. It took years of painstaking work to shake out all the typos and garbled words.

Dr. Dayton is very pleased with the result because it's a much cleaner and clearer version than the one done previously. The only difficult part was scanning, preparing and typeset-



ting the text. Now that the book is uploaded onto KDP/Amazon publishing, the book can live forever and be printed "on demand" as they are ordered. Zerka's dream can be accomplished.

Thus began Psychodrama Press and its mission to keep Moreno's writings available and to respect the family's generosity and donate 100% of the proceeds to ASGPP, which was Moreno's original wish.

*Dr. Dayton is a prolific contributor and writer in the fields of addiction and psychodrama, having published fifteen books. Her creative abilities even within our worldwide COVID-19 crises are impressive as she has just released a very significant book entitled, Maintaining Emotional Sobriety During COVID-19: How to turn Pre-Trauma Symptoms into Post Traumatic Growth (a workbook).*

*Dr. Dayton is a Senior Fellow at the Meadows and was on the NYU Faculty for eight years teaching psychodrama. She has been a guest speaker on NBC, CNN, MSNBC, Montel, Rikki Lake, John Walsh and Geraldo. Dr. Dayton is a Fellow of ASGPP, winner of their Lifetime Achievement Award, Scholar's Award, and the President's Award. She has also been editor of the Journal of Psychodrama, Sociometry, and Group Psychotherapy and serves on the Professional Standards Committee.*

In Dr. Dayton's own words:

"It was a labor of love to the community and to Zerka who I had spent so many years training with and being mentored and befriended by, I was so grateful for her guidance, training and friendship.

"I am thrilled to have finally gotten this job done. I made a great push to get it out for the April conference but as we all know, that was cancelled. But I hope that people will begin to enjoy Moreno's voice in a cleaner and more accessible form."

There are not enough words to express the gratitude we feel toward her!

As we read and use the "new" Volume One, let's be sure to express our thanks to her for her generosity and dedication to our field.

\*Special thanks to Dr. Sergio Guimaraes who at the zero hour rescued the very blurry photos and diagrams and turned them into the clearest rendition possible. He has performed yet another wonderful service to the field.

**THE ASGPP KINDNESS CASCADE:  
HOW WE ARE "GROWING THE GOOD"**

## Behind the Scenes of ASGPP with Peter Moulton WEB MASTER

Nancy Kirsner, PhD, LMFT, OTR, TEP

Sometimes we forget to notice and thank the everyday people who stand behind us and have been there for ASGPP for decades. One of these people is Peter Moulton.

Peter has been with ASGPP since 2005. Peter was born in Hampton, New Hampshire and his original profession was as a Doctor of Pharmacy (PharmD). He raised his family in Maryland where he worked as a pharmacist for 30 years. When he retired, he wanted something new so he went back to college, shoring up forgotten math skills and did graduate work at Loyola University School of Computer Engineering where he learned programming.

In this second career, he got into website programming at the beginnings of the internet/website design era and started doing sites for a few clients. That was when he met Nick Wolff and his wife Jude Treder-Wolff and created a website for them, [Lifestage.org](http://Lifestage.org).

When Nick became the president of ASGPP, they worked together and created the second website for the organization. While there had been a prior website, its functionality was limited and it had not been updated in a long time. With the new website Nick and Peter created, ASGPP had its first conference online registration!

Through the years and many changes in the presidency and administration, Peter has loyally stayed with ASGPP. Peter works closely with Patty Phelps, our ASGPP designer, and she is probably his most consistent relationship. From Patty, "No



*project or request, no matter how difficult, large or time sensitive, has ever been met with anything but professionalism and helpfulness by Peter. Day or night, weekends and holidays he's always been available to solve problems and keep our site working and up to-date – and done quickly without a complaint. The ASGPP and I can never thank him enough for all that he's done. And what a joy it's been to have him as my colleague, helper and friend."* In his own words, and Peter has a great dry sense of humor, "I have hung on like a barnacle and

here we are today."

So that is Peter's story and he has enjoyed the years and people that he has worked with at ASGPP. Here again, Peter considers himself very fortunate. The truth is we have been very fortunate to have such a skilled, patient, and highly flexible professional managing our electronics. Peter has had to be incredibly resilient to deal with all the people and personalities in ASGPP. As well, our computer system has been old and very difficult to 'hold together' and coordinate with newer software and updates. This has required years of creative engineering and problem solving.

Speaking of gratitude, Peter expressed this about Patty Phelps: *"Patty is the most professional and capable person I have ever worked with and she deserves all the credit for the way the content comes out."*

***In these times of our slowed-down world, let us be grateful for Peter and all his years of loyal service to ASGPP.***



**THE ASGPP KINDNESS CASCADE:  
HOW WE ARE "GROWING THE GOOD"**

## Our Gratitude to the Chicago Conference Team and the many more that helped!

ASGPP would like to take this opportunity to thank the Chicago Planning Committee, under the leadership of Shelley Firestone: Nikki Bishop, Eve Brownstone, Monique Cleminson, Lorelei Goldman, Brittany Lakin-Starr, Peg Lane, Erica Ligons, Kate Merkle, Marcia Nickow, Xing Yao, Tracy Muklewicz, Mary Anna Palmer, Mallory Primm, Sue Purcell, Karen Carnabucci, and Elaine Sachnoff.

As well, we would like to recognize and thank the Conference Liaison Committee (Rhona Case, Janell Adair, Paula De Franco, John Skandalis, Carol Feldman Bass), and the EC Leadership Team, (Rhona Case, Daniela Simmons, Janell Adair) and Patty Phelps.

We also want to thank all who planned to present and attend, and express our gratitude to our sponsors, advertisers, exhibitors, and those who donated items for our auctions.



Thank you to our Office Administrator, Paula De Franco; to our Designer and Publicity Committee Chair, Patty Phelps; the Workshop Selection Committee and all our colleagues from Chicago. We know that there were endless hours of hard work and planning that went into this conference.

It is very disappointing and frustrating to have done all that work on the ground and be ready for the Conference and then.....HALT! While everyone understands the circumstances, we want to name and acknowledge the hard work of everyone.

While everything is in flux regarding large meetings and conferences, ASGPP does have plans to return to Chicago in 2022. And, we now know the map of the territory and have an excellent team to help us.

## FROM THE BACK ROOM.. With Paula De Franco, MBA, Doctoral Candidate, ASGPP National Administrator

Hola, ASGPP Community. We would like to welcome you to the inaugural "Back Room" article with our very own ASGPP administrator.

When Paula was asked what were the high points of what she wanted the community to know her immediate response was, "Don't shoot the messenger!"

As our face and frontline, Paula is in the difficult role of a first responder. Paula came on board during the past presidency of Dr. Nancy Kirsner and it was a time of crisis, transition, financial issues, and we had no administrator. She bravely and competently stepped into a huge role with her MBA skills, high social intelligence, and a patient style of communication. People and kindness matters to Paula – if you have dealt with her – you know that!



Paula works constantly to foster community connections and to implement procedures and policies that will remain in place and be responsive to changing times. Paula believes her greatest assets are her flexibility, openness, and work ethic. She has a special soft spot for our Elders and enjoys keeping them engaged and feeling valued.

We are so fortunate to have Paula with us for all these skills and values she brings to ASGPP. She is a lot more than our national administrator, she is an ASGPP member, she studies psychodrama, and has implemented action methods into her doctoral research on "Cultivating Self Awareness using Action Methods."

Above all, Paula is a person of gratitude – she values all she has learned and ways she has grown in her time with ASGPP.

# The Future of ASGPP: Our New Members

## Reyhan Cakmak



I'm a Psychological Counselor. I have been doing psychodrama since 2006. I love the equal, fair, free and healing atmosphere of the groups. I have been actively managing groups for 10 years. My work mostly consists of groups for women, summer and winter camps, Bibliodrama groups with the book "Women Who Run with the Wolves" and workshops. For me psychodrama means freedom and a way to do service for society. As in many parts of the world, there are difficulties being a woman in my country (Turkey). I want to open spaces where women can experience a sense of freedom to the fullest and they can express themselves on the stage.

My long-term goal is to establish an inclusive healing center in nature for everyone. I am a member of ASGPP because I want to meet my colleagues from different countries of the world, to feel together, to produce together and to learn together. Another world is possible by peace, freedom, justice and solidarity. I am here for us to beautify the world together.

# WELCOME

If you know of someone who is a new ASGPP member who has joined within the past two years and you would like to see featured, please ask them to submit a profile and a photograph to the PNN so we could all get to know them better. We are interested in who our new members are. It gives us all hope and trust in the future of the ASGPP.

## Haydn Briggs



Through my studies in high school and college I developed a deep passion for interpersonal neurobiology and the neurobiology of trauma. This led me to study social work at the graduate level — with the hopes of applying this knowledge to help people directly. Psychodrama and related experiential group work are the perfect intersection of my interests and, in my personal and professional experience, an extremely effective therapeutic and educational modality. Excited to be a part of this group!

## Welcome to our New ASGPP Members

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

- Nikki Bishop (IL) • Darrell Briggs (DE)
- Haydn Briggs (PA) • Helga Byrne (NY)
- Daniela Damian (Romania) • Allie DiTucci
- Margaret Embick (IL) • Matthew Glowiak (IL)
- Adam Hibma • Jerry Ignatius (TX)
- Ayala Krizel • Anne Catherine Lukins
- Rivital Matter (Jerusalem)
- Karen Rothstein Pineda
- Bozena Simon (WI) • Cheryl Stampley (IL)
- Scott Strubinger • Michelle Quinlan (Canada)
- Jerome Yelder (SC)

## Check out our Social Media Pages



[www.facebook.com/ASGPP.National/](http://www.facebook.com/ASGPP.National/)



<https://twitter.com/asgpp>



[www.instagram.com/theasgpp/](http://www.instagram.com/theasgpp/)



ASGPP Videos

## ASGPP YOUTUBE CHANNEL

Visit our new YouTube channel to see the testimonials of our beloved colleagues.

<https://www.youtube.com/channel/UCmrZ8Bxu196GbpG9yZKbzHw>

Thank you to Krum Krumov, Website Committee member, for creating the channel.

# CONFERENCES AND NETWORKING OPPORTUNITIES



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

**September 25 - 27 — 2nd International Children and Youth Psychodrama Conference.** Zagreb, Croatia.  
Contact: <https://childrenyouthpsychodrama.com/>

**October 15 - 18 — 55th American Dance Therapy Association (ADTA) Conference.** Sheraton Le Centre Montreal Hotel. Montreal, Quebec, Canada. Contact: <https://adta.org>

**October 25 - November 1 — “Art Therapy in the Nation’s Capital: Advancing Mental Health” 51st American Art Therapy Association (AATA) Conference.** Washington, DC.  
Contact: <https://arttherapy.org>

**November 5 - 8 — “Riding the Wave: The Next Act of Drama Therapy” 41st Annual North American Drama Therapy (NADTA) Conference.** Bahia Resort Hotel, San Diego, CA. Contact: [www.nadta.org](http://www.nadta.org)

**November 5 - 8 — “The Little Prince and his Magic Journey to the Universe” Second Balkan Conference in Psychodrama, Sociodrama and Other Action Methods in Education.** Isanbul, Turkey.  
Contact: [www.balkanpsychodramaconference2020.org/](http://www.balkanpsychodramaconference2020.org/)

**November 12 - 15 — 11th Annual Expressive Therapies Summit, NYC.** Contact: [www.cvent.com/d/nhq642](http://www.cvent.com/d/nhq642)

**November 19 - 22 — American Music Therapy (AMTA) Conference.** Hyatt Regency Minneapolis, Minneapolis, MN.  
Contact: [www.musictherapy.org](http://www.musictherapy.org)

**January 20 - 24, 2021 — Australian and Aotearoa New Zealand Psychodrama Association (AANZPA) Conference.** Melbourne, Australia. Contact: <https://aanzpa.org/conference/>

**April 8 - 11, 2021 — “100 Years of Psychodrama, Sociometry and Group Psychotherapy: Honoring the Past and Visioning for the Future” American Society of Group Psychotherapy and Psychodrama (ASGPP) Conference.** DoubleTree by Hilton Hotel Newark Airport. Newark, NJ.  
Contact: [www.asgpp.org](http://www.asgpp.org)

Check the ASGPP website,  
[www.asgpp.org](http://www.asgpp.org),

for additional upcoming conferences.

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

## TSM GOES ONLINE



TSM Leadership Group—**Dr. Kate Hudgins and Joshua Lee.** Every other **Tuesday, 9-11am** NYC time

TSM Women’s Group with **Dr. Kate Hudgins and Ina Hogenboom.** **Wednesday’s 8-10am** NYC time

Learn and Practice TSM Doubles.  
Body Double **July 16 7-9PM** NYC Time  
Containing Double **July 17 8-10am** NYC time  
**Dr. Kate Hudgins and Dr. Steven Durost**

SOULGYM by **Andrea C Hummel**, Four-week series (Sep, Nov, Feb, April, June) **10am noon or 5-7pm** (USA east coast time)

Building Resilience in Youth with TSM Psychodrama by **Mario Cossa**, **July 14- August 18, 7-9.30am** UTC (London)

**Containment: The Key to Safety with Action Methods** by **Mario Cossa** and **TSM team**, Saturday and Sunday, August 8-9, 15-16, 22-23, **4.30pm-7.30pm** (Singapore, Hongkong and Bali Time)

Making Friend with Defenses by **Dr. Kate Hudgins and Dr. Steven Durost**, **September 18-20, 8-11am and 12.30-3.30pm** NYC time.

TSM Men’s Group by **Gabriel Thibaut and Joshua Lee**, To be arranged

**TSM organized TSM’s 2<sup>nd</sup> International Online Gathering to face the pandemic with spontaneity and creativity. More than 120 participants from 30 countries joined the free event.**

For details and registration, please contact: [tsi.sushan@gmail.com](mailto:tsi.sushan@gmail.com), [drkatetsi@mac.com](mailto:drkatetsi@mac.com), WhatsApp: +8801922447509

## HUDSON VALLEY PSYCHODRAMA INSTITUTE

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

**August 19-24 — Directing Intensive**  
Rebecca Walters, MS, LMHC, LCAT, TEP

**August 27-31 — Summer Psychodrama Intensive**  
Judy Swallow, MA, LCAT, TEP  
Jennifer Salimbene, LCSW-R, CASAC, TEP

**Core Training in Psychodrama, Sociometry and Group Psychotherapy**

**Core One** — Fri-Sun Six Times a Year  
Judy Swallow, MA, LCAT, TEP  
Jennifer Salimbene, LCSW-R, CASAC, TEP

**Core Two** — Thurs-Tuesday Three Times a Year  
Rebecca Walters, MS, LMHC, LCAT, TEP  
Deborah Shaddy, MS, LMHP, LCPC, TEP

**Directing Cohort** — Thurs-Mon Three Times a Year

*HVPI offers NBCC CE Hours 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 • [hvpi@hvpi.net](mailto:hvpi@hvpi.net) • [www.hvpi.net](http://www.hvpi.net)

## Training in the Digital Age / Bibliodrama

(Continued from Page 12)

over.”

We pause and imagine the feeling of the sacred oil on our head – the smell and sensations. We speak as the oil... an evocative spiritual image brings forth a round of deepening feelings and thoughts.

It is 15-minute break time and it is suggested we leave the screen, walk around, and find an object in our home to represent the anointed oil – to bring it back to the call for sharing.

Once back together, we imagine we are David having just been anointed by God with oil. The director pauses, as we visualize the oil going over our body. As we take this in, individuals speak as David

Then a change of pace, as Patrick briefly tells the story of Exodus, the slavery of the Jews, pleas to “Let my people go,” and the plagues. A new twist to Bibliodrama was that an art image depicting the angel of death and a family around what might be a Passover dinner were shared with the group. We were invited to select a character from the image for a role reversal. Everyone took their virtual empty chair and became a character sharing who they were, who brought them and why they were here today. As we moved into this final scene we spoke as our character. It was very moving.



We heard from the angel of death, the Father, the sacrificial lamb on the table, the incense, the anointing oil, and the little child – I was the little girl. I spoke last – I am scared, confused, and sense something important is happening. The group of “characters” spontaneously responded to comfort me. The director interviews us in role. This informs the role, deepens, and connects the final scene with all before it.

As we shared and were saying goodbye, I was aware I had been in that magical psychodrama space of eternal time with fourteen special people who had all shared deeply.

The directors did some processing and responding to questions from the group. The attention to planning, details, and ethics was obvious in every mindful response.

My cup runneth over... I truly found peace and safety in this highly skilled teamwork of Patrick and Elizabeth. And much of this is also about the way they feel about and treat people. You know that other people matter deeply to them.

### BEHIND THE CURTAIN: DIRECTORS' PLANNING AND PROCESSING

Written by Patrick Barone/Elizabeth Corby

**Warm Up and Content:** My preparation consisted of spending a day reviewing the cultural conserve of Bibliodrama, including my prior supervision notes with Peter Pitzele and related scripture. Elizabeth was keen on selecting scripture and creating an experience that would be true to the description offering resources of support in a time of chaos.

#### Process: How

How to structure the progression from chaos to order? The first

chaos stories we considered were Noah and Jonah. As well we looked at Jesus' healing of the lepers, Psalms, and the valley of dry bones. We settled on Psalm 23 which is used by Jewish and Christian faiths and for both is strong supportive scripture.

At the beginning of the pandemic, Elizabeth and I discussed how in that moment we felt like the Jews during Passover, and how we might paint our doorsills so that the virus would pass us over. Weeks later as I prepared for the workshop, I tried to figure out how we could incorporate this well-known story and find the right role moments. I searched the Internet for different depictions and found an image that I thought was rich enough to use as a warm up to role taking.

As we discussed the structure for the workshop, Elizabeth wanted to use some trauma informed techniques as we would be dealing with the potentially traumatic story of the Passover with an angel of death. Elizabeth settled on ‘the anointing oil’ as the supportive object (positive anchor) to use during the workshop and afterward. This was an important director’s choice as we were trying to help people get to a place of peace out of the chaos of the pandemic. This worked exceedingly well, and we incorporated the sharing of the object during the sharing of the Bibliodrama at the end.

We also discussed the progression of beginning with a support piece Psalm 23, moving to a more difficult piece, the Passover story, to a place of order, and ending in a place of hope. Once stories and passages were selected, it was more demanding selecting the appropriate role moments from the readings.

We opened up the Zoom room 10 minutes prior and waited for all group members to arrive. An unstructured informal check-in began which resulted in not getting started on time taking time away from sociometry. Of four planned sociometric polls, we were only able to do the “closeness to the Bible” poll (the majority of the group rated themselves 7-10 on a 10 point scale). Through Zoom technology we quickly showed the results and moved on.

I followed this with a didactic, which included a 20-minute PowerPoint. I explained what Bibliodrama was, where it came from, what the mirror is and the idea of white/black fire, I introduced the chair back, deepening double metaphor.

We began the formal Bibliodrama. I introduced the Psalm 23 and did some storytelling, setting the stage for our work (kind of like a walk and talk and contract at the beginning of a psychodrama).

The **first sheep role moment** worked out great as people got into the role deeply.

Allow yourself to imagine that you are sheep in the presence of your shepherd; you are not always with the Shepherd, sometimes you are in the pen, sometimes you are doing other things alone. What is it like for you to see the shepherd arrive?

The **anointing oil role moment** was one of the highlights of the day. From the Psalm text, I enrolled the group members: You are the anointing oil, and you’ve been used in the scriptures throughout the ages. For example, you are poured over the head of Saul by Samuel who identifies him

## Training in the Digital Age / Bibliodrama

(Continued from Page 20)

as the next King of Israel; and Jesus is anointed with oil on three occasions, including just prior to his crucifixion. Imagine that you are this anointing oil; tell us, when God pours you over the head of David, what is this moment like?

T. shared about how the weight of the oil enveloped him. D. told how the oil deeply penetrated her pores and she felt it vibrating within her body. I deepened this by echoing and asking her to say more.

After a break we began the Passover story. We read select verses and then I displayed an image of the Angel of death at the doorway that had been painted with the blood of the lamb; you could see through a window of the home, a family inside around a table. On the table was a slaughtered lamb. The father was lifting his hands in prayer. Around the table were family members, women and children. There is a cauldron of incense above the table.

Group members selected a character and had the opportunity to role reverse into that role. This was very impactful for the group. L. became the incense and spoke of its cleansing power and how enveloping the incense was as she breathed it into her lungs. During the sharing many group members referred to L.'s incense role as being one of the highlights of their experience.

Another highlight was when N. became the little girl depicted in the Passover image. She spoke as the girl and answered questions. Someone asked her name. While talking the little girl was becoming visibly distressed and it was clear that she needed support. I also knew it could be damaging to "leave" the little girl in that emotional state. Not knowing exactly what to do, I turned to the wisdom in the group and asked if anyone had anything they would like to say to her; I called her by name. The group collectively helped to sooth the girl, and as a result her affect (voice, body language, expression) changed and relaxed. I asked the girl if this was a good place to end. This was an amazing and rich mini-drama and it was evidence that N. fully experienced the role. It was also clear that the mirror was deep at work.

### Closure/Sharing

Time was running out and we wanted to be sure that everyone had an opportunity to take on a role. I asked the group if anyone needed to leave at 1:00 so that we could say goodbye, and offer closure before continuing slightly past the determined ending time.

The sharing was rich and deep. Several talked about how meaningful this experience was for them and as mentioned, many referenced the powerful roles of the anointing oil and incense. The personal connections to the scriptures, roles, and each other was palpable and visible.



## AMERICAN BOARD OF EXAMINERS IN PSYCHODRAMA, SOCIOMETRY AND GROUP PSYCHOTHERAPY

1629 K Street NW, Suite 300 - Washington, DC 20006 - 202-483-0514  
 abepsychodrama@yahoo.com - www.psychodramacertification.org

*A truly therapeutic procedure cannot have less an objective than the whole of mankind. — J.L. Moreno, M.D. (1889-1974)*

The American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy is committed to a compassionate, creative and spontaneous response to the pandemic while simultaneously upholding the integrity of the certification process.

### Existing Standards

Applicants for practitioner certification may credit, with their primary trainer's approval, up to 120 hours of distance learning.

It is the responsibility of the applicant, in consultation with and approval from the primary trainer, to complete a supervised practicum in psychodrama, sociometry and group psy-

chotherapy. There is nothing in the current standards that prohibits applicants from providing some of those required services via Zoom, FaceTime, etc.

### Pandemic Accommodations

Certified Practitioner (CP) and Trainer, Educator and Practitioner applications are due July 15. However, this year applicants have until October 9, 2020 to complete and submit documentation of training hours, practicum hours and endorsements.

Practitioner-In-Training (PAT) application deadline has been extended from July 15 until September 09, 2020.

## 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>

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



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

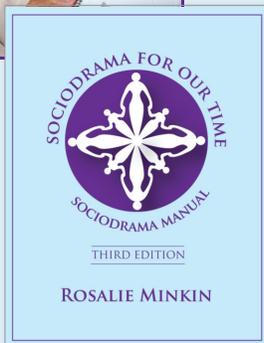
CE and psychodrama credits!  
Schedule and e-letter at [realtruekaren.com](http://realtruekaren.com)

## SOCIODRAMA FOR OUR TIME A SOCIODRAMA MANUAL

By Rosalie Minkin, TEP



This 54 page manual illustrates four structures with which to construct a sociodrama for a variety of settings including organizations and educational systems. The step-by-step manual illustrates the basic sociodrama procedures, from "Warm-Up" to "Integration." — \$20



**CONTACT:**  
Rosalie Minkin  
267-973-4798  
[rorobear@aol.com](mailto:rorbear@aol.com)

## The Warm Up Box

By Carl E. Hollander

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. These warm up suggestions may be augmented by ideas you already use.

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.

Over 150 warm-up techniques are included. Each card and each exercise tells the kinds of groups and levels of cohesion for which the particular warm-up is appropriate.

To order, go to:

[www.asgpp.org/pub/pubindex.html](http://www.asgpp.org/pub/pubindex.html)

## Training in the Digital Age / ACTS

(Continued from Page 10)

devoted their passion and commitment to psychodrama to bring their project to fruition. Planning, rehearsing, and recording live psychodramas took over a year. The ACTS Team included a Technology business manager-marketing director; Linda as Director; Nancy as Producer; two trained female auxiliaries; and a male protagonist/team member. All day-long private dramas had a team (Linda, Nancy, and two trained auxiliaries – Lisa Miller, Connie Newton) and each intervention was tailored to meet the complex needs of that client. All auxiliaries had some degree of classical and TSM Psychodrama training. Later, Will Halm joined in as an auxiliary and protagonist. The consistency, high team quality and cohesion, leadership and love created a rare opportunity for bonding, validation, attachment repair, and no one – neither client or team member – was the same. Everyone grew for the better.

ACTS is a 13 hour, online training program with an integrated academic piece. It combines the basics of Psychodrama, Therapeutic Spiral Model, Trauma Theory within a grounded group psychotherapy context. It contains 11 video modules with handouts, a full live psychodrama with teaching comments, and has opportunities for CEU's. There are 113 slides throughout the video, providing detailed didactic information. It also includes a fully engaged, experienced psychodrama team demonstrating sharing and processing. The team also discusses techniques, feelings, and underlying theories. The fee is \$300-\$400 and a sliding scale is available. All team members donated their time and efforts over the years.

ACTS has been approved by the American Board of Examiners for 6 CEU hours. This course also fulfills the requirements for The Neurobiology of Trauma which is a required TSM course. The overarching goal of this major project was to make psychodrama accessible and to spread the word about psychodrama as an essential powerful treatment in the trauma healing process.

Talking personally today, Linda and Nancy speak easily with passion as they describe how they used a triple double – a combination of the classical, body and the containing double (from TSM). As Nancy continued to treat the clients individually, sometimes seeing them 2 to 3 times a week, Nancy was always in the compassionate witness role to keep the boundaries clear. This population of clients had a history of severe trauma and Linda states very matter of factly, that “at least twelve people are alive today because of the work Nancy Alexander did teaching them how to keep themselves safe!”

### OUR LEARNINGS/TRAINER'S TIPS

1. For Linda, it is always SAFETY first – it is her main training cultural conserve. Creating and holding sacred space is primary. She applies this to the entire team, not just for clients. The team did their own dramas, and as a Director she paid close attention to what team members were learning.
2. This model requires doubling from the Director role. Our

ACTS drama and the private ones that preceded it required this because of the small size of the team. While an adaptation, it builds a strong empathic bond and promotes self-agency for the client.

3. Directors need to be attuned to their own process/issues; and know their counter transference.
4. Nancy talks about the important of “holding the frame,” bracketing your own issues/challenges aside. Keep the working space uncontaminated. And having the skills to clear things up.
5. Having a contract BEFORE beginning the drama and sticking to it, unless modifying is mutually agreed upon by both the director and the protagonist.
6. Using highly skilled trained auxiliaries to hold the perpetrator roles/energies. This left Nancy, as the private clinician, neutral and free of transference.
7. Respecting individual differences, pacing, and needs. Not having any goals as a Director and getting out of the way (Zerka called this “midwifing the process”).

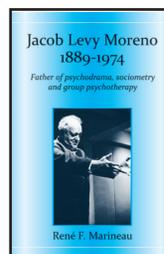
### DREAMING ONWARD...

It is hard to understand the reasons ACTS has been so underutilized IF you have seen it. It is well thought through and executed, and the action, discussion and academics portions are well integrated. Beyond the well-directed experiential drama, one could easily ask trainees to review the academic parts and write a summary – which would well prepare them for understanding theory that supports what we do – and for an ability to write about our work – and even prepare for the CP or TEP exam. There is a goldmine here!

Linda and Nancy invite your responses. You can learn about ACTS at [www.ac-ts.com](http://www.ac-ts.com).

## 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,  
click [HERE](#)

## UPCOMING ASGPP EVENTS

### FRIDAY NIGHT SOCIAL HOUR:

Paula De Franco, our ASGPP Office Administrator, hosts a social hour, Friday evenings from 7:30 to 8:30 EST This ASGPP Zoom social is our virtual "Cheers." Pour yourself a beverage, stop in for some laughs, and to connect to your ASGPP community. Register here:

<https://us02web.zoom.us/join/register/tJEpcumqqzkjHdDtL3JGIFrEDhKFPowVc-Fe>

### MEMBERS SOCIAL JUSTICE DISCUSSION:

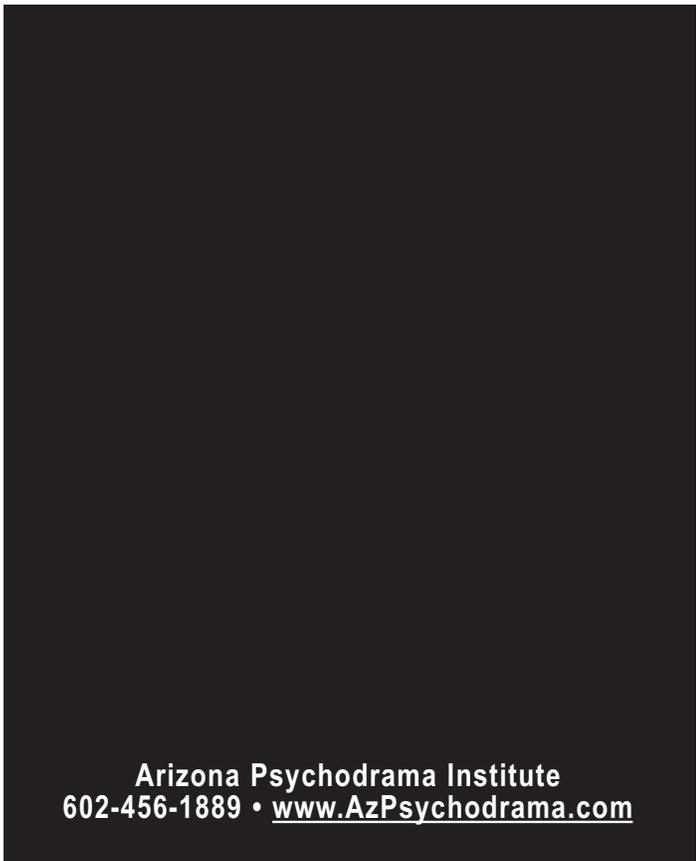
To embody and concretize our commitment to social justice, inclusion, and to continue this dialogue, we will be hosting a social justice discussion.

We will collectively examine the impact of racism and oppression within our professional society and the larger society. We encourage your input, experiences, and suggestions within this forum. This will take place on Sunday, July 12th from 1:00 to 3:00 pm EST.

Register here: <https://forms.gle/3u2sKnz9VGSgom1BA>

### ASGPP 2-DAY ONLINE CONFERENCE:

This two-day conference, "The Power of Spontaneity in a World of Uncertainty", will be offered on Friday & Saturday, October 9-10, 2020. It will include didactic and experiential sessions, a plenary speaker and panels. Detailed information will be coming soon.



Arizona Psychodrama Institute  
602-456-1889 • [www.AzPsychodrama.com](http://www.AzPsychodrama.com)



## Psychodrama Training Institute

A DIVISION OF  
**the Sociometric Institute**  
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### Weekend Training Program

Nan Nally-Seif, LCSW, TEP, Jacob Gershoni, LCSW, TEP, and Jaye Moyer, LCSW, TEP

Oct. 2 & 3 • Dec. 4 & 5 • Feb. 5 & 6 • April 2 & 3

### Intensive Psychodrama Weekend Workshops

July 17-19 Nan Nally-Seif, LCSW, TEP

August 14-16 Jacob Gershoni, LCSW, TEP

### Weekly Groups and Monthly Personal Growth Workshops

Nan Nally-Seif, LCSW, TEP & Jacob Gershoni, LCSW, TEP

**Saturdays:** Sept. 12, Oct. 10, Nov. 14, Dec. 12, Jan. 9

**Sundays:** Sept. 20, Oct. 18, Nov. 15, Dec. 20, Jan. 17

### "Time In" – Sunday Afternoons

July 12, Oct. 11, Nov. 8, Dec. 13

Please join us on Sunday afternoon from 1:30 to 3:00 via zoom. In these shorter, online sessions, we will explore topics through guided meditation and experiential action

### CEU Training: "The Sociometry of Compassion: Action and Reflection"

September 13

Jacqui Siroka, ACSW, TEP, BCD & Jaye Moyer, LCSW, TEP  
For information: [www.Integraltherapy.net](http://www.Integraltherapy.net) or [www.JayeMoyer.com](http://www.JayeMoyer.com)

*All Trainings offer Training credits and NYS CE's for social workers, mental health practitioners and creative arts therapists*



### PSYCHODRAMA TRAINING INSTITUTE

19 West 34th Street, Penthouse, New York, NY 10001  
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Jaye Moyer, LCSW, TEP — Co-creator of Integral Therapy  
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## From the President

(Continued from Page 1)

weekly emotional support groups, weekly Friday night events, support groups for TEPs and trainees, membership meeting, the international Tele'Café, etc. Recently the Council also started offering online educational events as fundraising events in support of ASGPP. Numerous ASGPP members stood up to help by facilitations and offering pro-bono training modules. The present situation has taken us all to a higher level of acknowledging and supporting each other; as well as being connected.

Unfortunately, a terrible act of racism happened in Minneapolis that led to new turmoil and ongoing protests in the United States and around the world.

The Sociodynamic Effect phenomenon, described by J.L. Moreno, is about "...a greater concentration of many choices upon few individuals and of a weak concentration of few choices upon many individuals"; "...underlying unequal distribution of wealth and power"; "...a process of persistently leaving out a number of persons of a group". It is about inequality, injustice and systemic oppression towards those in our society who are most vulnerable.

The most popular definition of oppression is "harsh, unjust and authoritarian treatment" of those with power against those without. Brazilian creator and practitioner, Augusto Boal, gave to the world his Theatre of the Oppressed to promote social and culture change. Boal encourages us, instead of being 'spectators' to become 'spect-actors', going on the stage and participating, being able to change the path of the actions around us. Boal taught us that "solution can never be violent" but could be reached only through "empowering by creative collaborative problem solving."

I wish the global society didn't have to wait until a powerless African American man was denied the right to breathe. I wish Dr. Moreno's message for the need of healing the Societies would have been heard by the World decades ago. I hope the present time will help us step up in assuring rights, safety, and freedom for everyone. I believe that we at ASGPP, can find the way to apply the powerful tools that are Moreno's methods and philosophy to make a difference in our professional society and in our extended communities.

In regard to leadership, I was pleased to appoint the new ASGPP Vice President, Deborah Shaddy, TEP. I am deeply thankful to my colleagues from the Executive Council for their leadership, consistent, diligent work and dedication: Rhona Case (Secretary), Janell Adair (Treasurer) and members (alphabetically): Uneeda O. Brewer; Ron Collier; Carol Feldman Bass; Scott Giacomucci, Aida Hernandez; John Skandalis; and Mark Wentworth. Thank you 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, design and marketing. Thank you to the editorial teams of the ASGPP Journal and the Psychodrama Network News (PNN).

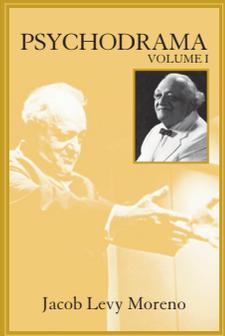
We have accomplished a lot, but there is so much more that we can do! I hope that everyone at ASGPP will continue to contribute with their rich experience, spontaneity and creativity.

Sincerely,  
Daniela Simmons, PhD, TEP  
President of ASGPP

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## From the Editor

(Continued from Page 2)

technology, the arts, writing, music, dance – it has become the nourishing matrix supporting human connection during this time.

Some of our members are participating and conducting Zoom sessions for their communities and ASGPP support as well. In the sessions I have led in my Miami community we have covered a range of topics: Gratitude, Ways to handle social distancing, Using our Character Strengths (VIA), 6 aspects of Resiliency, the Corona Coaster stages of crises, Daily Quarantine Questions, the Importance of Positive Emotions Now, Why am I sad? – Disenfranchised Grieving, 13 things Mentally Strong People Avoid, Cultural Racism in the Pandemic, and some fun (and meaningful) sessions like ‘wear a favorite piece of jewelry (men bring an object) to the next call; and on Mother’s Day – ‘introduce us to your Mother – what advice would she give you now?’

For a guest presenter, my neuroscience colleague, Dr. Sherry Kelly shared in a workshop, “Taking Care of our Brains in the Digital Age,” that adults are spending 6 or more hours “on screen” and kids are spending 10 to 12 hours looking at computer screens! Dr. Sherry gave us tips about self-care for our brains during this time of overexposure.

I’ve been thinking a lot about the transcendent character strengths from the Values in Action (VIA) - hope, love, spirituality, gratitude, and humor. Character strengths are our positive trait-like ways of feeling, thinking, and behaving that are innately ‘us.’ The Transcendent strengths are especially important now as they help us connect to a larger universe and provide meaning in our lives. VIA research and practice teaches us to activate and play to our strengths consciously. When I think about the Transcendent strengths Victor Frankl comes to mind (*Man’s Search for Meaning*, 1946). Living imprisoned through the Holocaust he maintained his hope, love, spirituality, and gratitude. Let him inspire us to do the same.

Lately, I am focusing big time on cultivating HOPE. Hope is about having positive expectations about the future. As Dr. Rick Hanson (neuropsychologist, bestselling author) would say – it’s about optimistic thinking focusing on the greater good around us and believing there are good things to come. Dr. Hanson writes and speaks about the intersect of neuroscience and contemplative practices. Embedded in all his teachings are optimism and hope.

Hope is a complex circuitry of thoughts and feelings in which us fearing the worst actually activates a yearning for the better and being able to see a more positive future. The research about the benefits of hope are powerful and motivating. People who are hopeful are less likely to be depressed and anxious. And even better, having hope leads to a healthier, happier, more successful, and longer life.

Here are two exemplars of hope in action from our own community. Our colleague, an intellectually productive writer in many areas, Dr. Dan Tomasulo released his new book, *Learned Hopefulness: The Power of Positivity to Overcome Depression*. This is a beautifully articulated how-to book, supported by Dan’s wealth of knowledge and research in Positive Psychology, and

more importantly infused with his compassion and wisdom. This book couldn’t have come at a better time!

Speaking of Hope – which must have a how and an action component, another of our prolific writers, Dr. Tian Dayton, cranked out a practical workbook, *Maintaining Emotional Sobriety During COVID-19: Transforming Trauma into Post Traumatic Growth* as we all have been at home! Tian focuses on growing through our uncomfortable feelings, becoming more resilient and leaning into a recovery in which we are more because of what we went through.

This all leaves me HOPEFUL as I have heard your words, and seen your eyes and heart as I have connected with you in these new ways of creative technology.

I am zooming with HOPE as my guide.

*Hope is the thing with feathers that perches in the soul and signs the song without the words, and never stops at all.*

Emily Dickinson

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## Your Council at Work

(Continued from Page 3)

International 4-day attendance scholarships were given, instead of two; Three History Keeper 3-day attendance Scholarships instead of two and Ten General Scholarships (\$150) for matriculated students, first time attendees and members in financial need. The committee welcomes new members to carry out its tasks. If you are interested in connecting with psychodramatists all over the world, reaching out to our history keepers or meeting the next generation of psychodramatists, this committee is for you. If you want to be more involved and contribute to this important committee, we welcome you. Contact Mary Anna Palmer, TEP, Scholarship Committee chair, at [psychodramacenter@gmail.com](mailto:psychodramacenter@gmail.com) or phone 612-309-7940.

Mary Anna Palmer, TEP, Scholarship Committee Chair

## Website Committee:

The website committee is slowly but surely plugging away. There have been periods of busyness followed by long periods of waiting while the programmers put together our site. We are hoping to have the new website up and ready to launch soon but doing anything in the midst of a pandemic just seems to take longer so we are crossing our fingers.

In the meantime, we have gotten our new YouTube page up and running: ASGPP Videos  
<https://www.youtube.com/channel/UCmrZ8Bxu196GbpG9yZKbzHw?reload=9>

Regina Sewell, PhD, LMHC, PCC, CP,  
 Website Committee Chair

# 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 in the United States and internationally we have a robust diverse colorful news-letter. 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 who 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](mailto: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](mailto:asgpp@asgpp.org)  
Please put “PNN Copy” in the Subject

**Copy and Publication Deadlines:**

- Winter: January 20 for publication March 1
- Spring/Summer: May 25 for publication July 1
- Fall: September 20 for publication Nov 1