



*From the  
ASGPP  
President*

Linda Condon, LMHC, TEP

"Don't cry for me when I'm gone. Go out and have a good dinner. Enjoy yourself and your own life and above all, remember, I've had a ball." Zerka T. Moreno\*

As the psychodrama community comes to terms with Zerka's passing we are encouraged by her to enjoy life and our loved ones, just as she did. The ASGPP Executive Council and the American Board of Examiners did that as we met jointly in Clearwater Beach the weekend after her death. We enjoyed a meal together. And we discussed ways to collaborate in order to expand the field of psychodrama, not just as a therapy, but as Zerka and JL envisioned "a way of life to make all human lives more meaningful." \*ASGPP plans to celebrate and honor Zerka's life at our annual meeting May 4-7 in Clearwater Beach, FL.

In addition, donations for the Zerka T. Moreno Memorial Fund are currently being accepted in order to 1) publish a special memorial issue of *The Journal of Psychodrama, Sociometry, and Group Psychotherapy*; 2) catalogue a Zerka T. Moreno collection at the Countway Medical Library (where JL Moreno's collection is held); and 3) establish a Zerka T. Moreno International Scholarship for the annual ASGPP meeting. Dale Richard Buchanan has agreed to Chair this fundraising effort. For more

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## The Zerka T. Moreno Memorial Fund

Dale Richard Buchanan, PhD, CGP, TEP



Dear Psychodrama Supporters:

In the fall of 2015 The American Society of Group Psychotherapy and Psychodrama (ASGPP) established a Zerka T. Moreno Memorial Task Force. Dale Richard Buchanan, Jeanne Burger, Karen Carnabucci, Linda Ciotola, Linda Condon, Kate Hudgins, Louise Lipman, Ed Schreiber, and Sandy Seeger served on the Task Force. The purpose of this task force was to be prepared to send out death notifications when Zerka passed, and to agree upon ways to honor her after her passing.

This task force unanimously agreed upon three priorities: 1) printing a special Zerka T. Moreno Memorial issue of *The Journal of Psychodrama, Sociometry and Group Psychotherapy*; 2) raising funds for the Countway Medical Library so that the Zerka T. Moreno Collection can be accessioned and catalogued; and 3) establishing a Zerka T. Moreno International Scholarship for the annual meeting of the ASGPP. In September 2016, the ASGPP approved these three recommendations and appointed Dale Richard Buchanan to serve as Chair for the Zerka T. Moreno Memorial Fund.

The Countway Medical Library is the professional library that is home to the J. L. Moreno Collection. It is the Medical Library for both Harvard University and Boston University. Zerka T. Moreno's materials will not be available to scholars and researchers until the materials have been catalogued. Once catalogued the library is responsible for the administration and upkeep of this permanent collection. The Countway Library has informed us that when all her materials are catalogued, organized and summarized in an online-accessible "finding aid", there will be approximately 18 cubic feet of books and 17 cubic feet of manuscript items in the collection.

Contributions of any amount are welcome. Persons who donate \$100 or more will be listed in the memorial issue of the journal, and in the next several issues of *Psychodrama Network News*. After the first \$100, donors will be listed by

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## 2017 ASGPP CONFERENCE

May 4-7, 2017

Hilton Clearwater Beach  
Clearwater, FL

For information and to register,  
go to [www.asgpp.org](http://www.asgpp.org)

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# Psychodrama Network News

Fall 2016

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

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Please put "PNN Copy" in the Subject

*Publication deadline:*

WINTER: Dec. 18 for publication Feb. 5  
SPRING/SUMMER: May 6 for publication July 1  
FALL: Sept. 2 for publication Nov. 1

**Refer to our Advertising Policy on our website: [www.asgpp.org](http://www.asgpp.org)**

## From the Editor

Nancy Kirsner, PhD, LMFT, OTR, TEP



I wanted to reach out to you as your PNN Editor and share my excitement, new ideas, and my Mission Statement for our newsletter.

This is a new role for me. While I come from a family of writers' – my mother, son, and daughter-in-law were all professional writers – and I did craft a very long PhD thesis – I have avoided the self-regulation and discipline it takes to write things down. As for many of us psychodramatists and sociometrists, we much prefer the excitement and spontaneity of the experiential in-the-moment co-creations. Won't you be a Conserve Buster

with me and rename our phrase "walk and talk" to "walk, talk, and write?"

**MY PNN MISSION:**

1. To extend the sociometry of our "Contributing Writers" in all role categories of our community-(volunteers, new members, first time conference attendees, trainees, trainers, first time writers, experienced and faithful writers).
2. To make the PNN more engaging, interactive, useful and fun. This Fall includes two new feature areas: **UNsung HEROIOES AND HEROINES;** and **TELL US A STORY: PHOTO VIGNETTES.**
3. To harvest the rich intellectual, countrywide, and International experiences our readership attends by writing brief articles for the PNN. To bring Psychodrama and Sociometric learnings into Main Street Action language for all to use and understand.
4. To provide a venue for people to be SEEN and HEARD and articulate their profession and the unique and diverse ways action methods are being applied in all fields.
5. To provide a user-friendly way to continue or begin the role of WRITING.
6. To move toward a new conserve of WRITING, NARRATIVE and ANECDOTAL research and other forms of research that would ensure our professional place in a climate of evidenced based criteria.

Would you please support the PNN and send a short written piece (400 to 850 words) on what you're jazzed up about from Psychodramatic Action Methods, a Training Tip – from the role of trainee or trainer, or sum up your favorite Conference Workshop from our outstanding conference in Phoenix, Arizona in April, or share a pertinent article or book relating to our field.

I am here to serve you and assist you in your writing in any way that will make it easier for you and facilitate your saying YES, YES, YES ! My door is open to you – creativity and spontaneity welcomed !

With Warm Writing Regards,  
Nancy  
[nancykpnn@gmail.com](mailto:nancykpnn@gmail.com)

## UNSUNG HEROES AND HEROINES

We would like to sing the strengths, praises, and gratitude we have for COLLEEN BARATKA and ERICA HOLLANDER, both TEP's, who have shared themselves generously within and without the ASGPP and Mental Health fields.

### — COLLEEN BARATKA —



COLLEEN BARATKA, MA, TEP, Mom and Psychodramatist for 27 years and a member of ASGPP for 29 years. Colleen co-chaired our Annual Conference for four years (1999, 2012, 2013, 2015) and appropriately created our Social/Dance events as well. Before co-chairing, Colleen volunteered at every Conference she attended. Colleen has been instrumental in reviving the Delaware Valley Psychodrama Chapter

in 1991 and 2015. Anyone who knows Colleen sees her as embodying “ultimate spontaneity and creativity,” – and being a bright and cheerful teammate.

For the last year Colleen has been recovering from a serious auto accident that presented challenges on every front – thinking, mobility, and communicating. She was not able to attend our Annual Conference in Phoenix, Arizona to present and be with “her tribe.” A beautiful walking stick for Colleen was brought to the Conference and artistically cut and shaped by Marlo Archer’s husband Jon. Throughout the week, people carved messages and their names to send hope and love to Colleen.

In speaking with Colleen over the last year, yet another level of her heroic courage and spirit has shined through. Colleen IS an amazing woman – she embodies Transformation and Post Traumatic Growth. She talks about the gifts of this time in her life – a forced slowing down that has elevated her presence of “being-in-the-moment.” The joy of doing nothing and rest have become friends at last ! This is no small accomplishment being the mother of four (19, 16, 14, 10), a wife, a clinician with her own practice, and an active participant in all of her childrens’ activities.

Colleen stated poignantly that people close to her have commented and she is aware that she is in a time of confluence and integration of all that has happened and changed. “My work (and I would add her life) is not just something that I do, it is who I am.”



### — ERICA MICHAELS HOLLANDER —



ERICA MICHAELS HOLLANDER, PhD, JD, TEP is a woman with a wide range of education and talents. She has been in ASGPP since the early 1990s and been Vice President of ASGPP for six years. Erica has been a trial lawyer and taught Human Communication at several Universities until her retirement in 2012. Erica has been leading the Denver Psychodrama Collective 13 years since Carl’s death. She has applied her

Psychodrama skills in trial preparation, consulting, teaching and in her work with various populations.

Erica is an “unsung heroine” as she embodies humility and a quiet strong “behind the scenes” kind of leadership that has been a taproot of stability for ASGPP, especially during her years as ASGPP VP. Erica’s presence and communication skills have helped navigate complicated issues and conflicts. Despite living in Littleton, Colorado, she has traveled to be at EC meetings and ASGPP Conferences. Erica’s love of Psychodrama, her loyalty and consistent service to ASGPP began in her early years with her beloved late husband, Dr. Carl Hollander, and have continued over three decades.

Most recently, moved by the need to encourage evidence based studies and Research to support Psychodrama, Erica has worked hard creating a Research Initiative, organizing to support and inspire collaborations to lend credibility to Psychodrama. Erica has presented a Research Workshop at five ASGPP Conferences, established a research listserv, a blog on the ASGPP website, posted research articles and helped promote the *Multi-Site Research Project on Effectiveness of Psychodrama* authored by Rory Remer.

Erica and Marian Craig authored a Research Study about working with Sex Offenders (*Sexual Offender Treatment*, Volume 8 (2013), Issue 2). She and Amna Jaffer have an article in press on using Psychodrama /Sociometry to encourage retention of minority students.

Erica uses the word “retired” with comfort and joy these days. As an artist she enjoys the freedom to create through her distinctive paintings which she generously donates to our Silent Auction every year. Erica brings her wisdom, dry humor, openness, and sense of wonder to all experiences. She is always about “reaching, touching, expressing” that which is within in a way which enhances all of us.



## International Retreat, “The Power of Healing Through Play - Action Methods and the Magic of Personal and Social Transformation”

(Held in July 2016, UK)

Daniela Simmons, PhD, PAT



“Charles, you have lost your senses! This is impossible!”, exclaims Lord Ascot sometime in late 19th century London ... Charles Kingsleigh answers with a smile: “Precisely! The only way to achieve the impossible, is to believe it’s possible!” Later his daughter, Alice Kingsley, will apply that wisdom while in Wonderland ...

Little did we know that offering the story of Alice in Wonderland (Lewis Carroll, 1865) for our teaching one morning, would become the background of the whole week... where many, seemingly impossible things became undeniably possible. In July 2016 Mark Wentworth, from the UK, and I held a week-long intensive seminar, combining a variety of action methods. The event took place at the Purley Chase Conference Centre, located in a beautiful and secluded area outside of Birmingham, UK.

Mark and I met several years ago and began a wonderful partnership aimed at bringing the power of action methods to people from diverse groups. Our first large project was Mark’s visit to North Texas in October 2014, when we offered several workshops which included close to 240 people. Since then Mark and I have collaborated on several projects – from writing articles to increasing awareness among young people about mental health. (We are currently planning a variety of public events, training workshops and conferences.) And here was our next exciting project: offering an intensive week-long retreat for action methods training and personal growth to an international group of people from six countries and three continents – Bulgaria, Lebanon, Netherlands, Turkey, UK and USA.

The retreat center was set on seven acres of

beautiful grounds enhanced by spectacular trees. The beautiful castle-like building, the meeting rooms, the lounge, game rooms, library and the patios ensured a comfortable working and living environment. The welcoming settings created by the hosts, their constant caring efforts, and the great variety of home-style cooking made us all feel like we were at home.

The retreat started with sociometric activities. The following days alternated teaching with experiencing various action methods and techniques, within the context of exploring personal and social issues, ancestor’s stories, dreams, forgiveness, etc. Our long and exciting days also included jazzercise or yoga in the morning, and fun activities in the evening.

The group was diverse by nationality, culture, religion, language and age, which brought an additional richness to our retreat. In our work we validated all faiths and welcomed open dialogue between people with various religious and spiritual beliefs.

The event took place during a time of unrest for Europe and the rest of the world. Only 10 days before our retreat in the UK, a hotly contested referendum decided that the country would leave the European Union (Brexit = Britain & Exit). The European migrant crisis has altered the relationships in societies. Islamist terrorist attacks have affected feelings and attitudes. During the week of the

retreat, with five of the group participants being from Dallas, Texas - a domestic terrorist attack took place in their home city. Those events influenced the dynamics of the retreat and several powerful sociodrama sessions were held. We explored J. L. Moreno’s concept of Sociatry – the need for the social healing of “entire communities and nations” (J.L.Moreno, 1964b, p. 153); a concept that is very apropos in today’s world!

Jacob L. Moreno believed that in a healthy society all individuals must be co-creative with others in an interplay of group activities; and



(Continued on Page 11)

# Cultivating The Cultural Conserve: What's Worth Writing and Keeping?

Adam Blatner, MD, TEP



Dr. Jacob L Moreno was intrigued with the problem of creativity, and decided that it was an outgrowth of an innate process of spontaneity. I'm all for that. But the other side of the equation, that category of all that has been created and someone deems it worthy to be passed along — a category Moreno called "the cultural conserve," is valuable too.

The vast majority of our spontaneous (experiences in life and work), whether satisfying or not, are not conserved. Much of what we do and think is subjective and idiosyncratic. Yet there is a small percentage of what we create that others would actually like to hear or (better) read about. I realize that I value the cultural conserve — it has been my fascination and constant wellspring of spontaneity and creativity. These "memes"—bits of information that are passed between more than two or three people, are mostly evanescent. A small percentage go on to be shared by more than a few people, and a small percentage of that go on to be shared by a substantial number of people. The last category might qualify for what Moreno meant by the "cultural conserve." Note again that a large part of life and all experiential work is relatively evanescent in time. "Even this shall pass away," is the key line from a poem (Theodore Tilton, 2010). And yet I promote the cultural conserve of the printed word.

Admittedly the cultural conserve lacks the immediacy of the creator's spontaneity; however it does conserve what has been created — i.e., all into printed materials that can be shared. **Do you have anything that needs to be published or made available to others?** My purpose in this mini-essay is to invite and prod y'all to write. Write down case studies, action explorations, best practices, other ideas from conferences you have attended, unique applications, what goes well and your directors' soliloquy about your choice points — put that in too. Write it down as you never know who will benefit from knowing about that and how it will spark their creativity.

Beware of selling yourself short. If you're thinking, "Shucks, I don't have anything to say," maybe it's of value to some student who was not able to get it from books, journals, or teachers. Many of our colleagues don't have ready access to practitioners or trainers, for one thing. For another, many of you say such interesting and unique things that what you say should be conserved! Written! Printed! Your point of view and articulating what you're doing in your voice matters.

If your reading this and thinking, what I have to say isn't profound enough to stimulate others? That's what edi-

tors are for! They'll sharpen up your ideas and draw you out as to why you are excited about them! With the explosion of electronic options — CD'S, DVD'S, and now thumb drives (computer memory sticks), writing and disseminating information has never been easier. I hope more of you will translate for the International Community, both English translations, and from other languages to English. There are practitioners in parts of the world who only read Portuguese (including in Brazil!), German, Chinese (Taiwan and Mainland), and their native languages.

How about writing something for the PNN? It is published three times a year and now online. It offers more immediacy of publication without the formal journal requirements. And, of course I encourage people to write for the journal. While it lacks the immediacy and fullness of performance or interaction, it offers a potential for a far, far wider distribution of the key elements. Readers may not get the emphasis that goes with the creator's voice or facial expression, but they get enough to be stimulated by it in their own creative ways. Writing makes The Word exponential in its impact.

Please join me in this Information-Creating-Dissemination Revolution.

## PSYCHODRAMA IS A LIFE PRACTICE: A CONSERVE IN OUR MARRIAGE

What I like is that psychodrama is a life practice, and my wife and I practice it freely when it seems right. For example, sometimes I am ambivalent and I say, "Part of me feels... but on the other hand, most of me feels..." and this ends up feeling more authentic. We both do this with each other.

Another technique is a variation of role reversal: It takes a bit of practice, but it pays off handsomely: Sometimes I say to my wife a word that she doesn't feel comfortable with. (Most often, really, I don't care what I say as long as it feels good to her.) She knows the "game" (and she is a very fast learner!), and she corrects me if what I say feels wrong. She knows I adore her. So she just says, "What I'd like to hear you say..." and then she says what she'd like. (It's a kind of role reversal.) I generally agree, though it's understood that I'm free to disagree and re-emphasize the disagreement—but that very rarely happens. So she "corrects" my clumsiness and I feel good about her protecting our relationship. "Yes," I say.

*Adam Blatner*

## NAVIGATING WAVES OF CHANGE: DISCOVERING AND CELEBRATING OUR HIDDEN TREASURES



Your 2017 ASGPP Conference  
Co-chairs, Mary Ann Bodnar,  
Uneeda Brewer, Jodi DeSciscio, Susan  
Mullins and Julie Wells....  
Look forward to welcoming you to...

Come.....enjoy.....imagine..... navigating change and hunting for our inner treasures on the beautiful white, sandy beaches of Clearwater, where the water is clear and we are able to seek our deeper selves with clarity and calm. Connect to those treasures that lie just beneath the surface of our busy and sometimes chaotic lifestyles.

At the President's Reception, we will welcome you outside under blue skies, reflecting like diamonds and jewels on the Gulf of Mexico. Find a cozy corner to connect with old friends and welcome newcomers as we connect and begin creating the magical sociometry of the conference. After the President's Reception, join us for the Diversity Forum, as we explore discoveries in this arena. During the day, the conference will offer a large array of workshops and pre-conference workshops. The keynote address will be delivered by Dr. Maria Sirois, PhD, psychologist, international speaker, story teller and leader in the positive psychology movement, who will share the "The Art of Rising: Thriving While Treating Others." The plenary "Vulnerability: My Hidden Treasure" will be delivered by Marcia Karp, TEP, an internationally acclaimed Pioneer of Psychodrama in Great Britain who travels the world training individuals and groups in Psychodrama.

In the evening, step out of the role of conference attendee and into the role of "Primordial Drummer" as we howl at the "almost" full moon at Saturday night's Drum Circle. Allow the sounds of the drum to infuse your body and carry you away to mysterious and magical places.

The Hilton Clearwater Beach offers our attendees the lower conference room rate three days before the conference and three days after. Consider coming early, or extending your stay after, to experience the gentle awakening of sunrises over Clearwater Harbor. Enjoy the boisterous sunset celebrations at Pier 60 as you engage with jugglers, painters, dancers and those of other creative ilk. Explore the surrounding areas - visit the Clearwater Marine Aquarium and the home of Winter, the famous dolphin of the movie, A Dolphin Tale. Experience the Dali Museum, Busch Gardens or take the Jolley Trolley and let yourself wander!

The Hilton Clearwater Beach boasts 10 acres of beautiful beach with private cabanas for cozying up with friends. There is beach side food and drink service. The hotel is in the heart of Clearwater Beach and easy walking distance to local restaurants offering a variety of selections and wonderful seafood choices.

This year, in keeping with our theme, our Basket Cases have become Treasure Chests to showcase all of your hidden gifts for attendees to discover. We welcome and appreciate all donations for both the Silent Auction and the Treasure Chests! All proceeds from the Treasure Chests benefit the ASGPP scholarship fund. For information or to make a donation, contact Julie Wells, [cuerco@aol.com](mailto:cuerco@aol.com), 727-688-5800.

## Conference Speakers

### FRIDAY PLENARY SPEAKER

*Coming Together: Celebrating the Treasures of Connection*  
**ANTONINA GARCIA, EdD, LCSW, RDT-BCT, TEP**



Nina Garcia trains psychodramatists internationally and is in private practice. She is co-author of *Sociodrama: Who's in Your Shoes?*. She teaches at NYU in the Drama Therapy Program. She is Co-Editor-in-Chief of the Journal of Group Psychotherapy and Psychodrama and former Chair of the American Board of Examiners. She is the recipient of the ASGPP JL Moreno

Lifetime Achievement Award and the Gertrud Shatner Award for Lifetime Achievement from the North American Drama Therapy Association.

### SATURDAY KEYNOTE SPEAKER

*The Art of Rising: Thriving While Treating Others*  
**MARIA SIROIS, PsyD**



Dr. Maria Sirois is a psychologist and seminar leader who teaches internationally in the intersection of resilience and flourishing. Known for her wisdom, authenticity and rampant humor, she brings invigorating practices and perspectives to business, community, religious, therapeutic and educational audiences alike. Sirois is the author of *A Short Course in Happiness*

*After Loss (And Other Dark, Difficult Times)* and *Every Day Counts*. A master teacher, Sirois has been called an orator of great power and beauty. With thought-leader Dr. Tal Ben-Shahar, she co-leads a year-long certificate program in positive psychology.

### THURSDAY DIVERSITY FORUM

*Deep Diversity: Using Action Methods to Examine Implicit Bias*  
**NISHA SAJNANI, PhD, RDT-BCT**



Nisha Sajnani is the Program Director for the Global Interdisciplinary Studies M.A/M.Ed, Coordinator of the Clinical Mental Health Counseling: Drama Therapy MA, and Advisor in the Expressive Therapies PhD program at Lesley University. She is also on faculty with the Harvard Program in Refugee Trauma

where she lectures on the role of the arts in global mental health and at New York University where she teaches arts based research. Dr. Sajnani's areas of research include culturally responsible pedagogy, performative methodologies, and issues related to displacement. She is the editor of *Trauma-Informed Drama Therapy* and *Drama Therapy Review*.

## 2017 ASGPP Conference will be held at the Hilton Clearwater Beach Hotel in Clearwater, FL



### 2017 Conference Cut-Off Dates

Scholarship Applications	March 3
Room Sharing Service	March 18
Advertising in the Guide	March 24
Early Registration Discount	March 25
Exhibit Tables	April 1
Hotel Special Rates	April 3

### Scholarship Donations Welcome

Please consider a donation to this year's scholarship fund to help underwrite the cost of an individual to attend the conference who might not be able to attend due to financial constraints. No contribution is too small. Contributions of any amount are welcome.

Thank you for helping us to reach out!

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

Please send donations to the National Office:

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

### Auctions / Treasure Chests

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

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

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

**GIFT CARDS** – Please consider donating your Holiday Gift Cards to the ASGPP Silent Auction instead of tossing them into the drawer and letting them expire. You don't have to wait until the conference, just send them in advance and we will include them to our donation list.

**TREASURE CHESTS** – In keeping with this year's theme we changed our BASKET CASES to TREASURE CHESTS! We are raffling off creative and fun treasure chests filled with an assortment of goodies. Join with friends or your training group and create an enticing 'themed' TREASURE CHEST of your choice. A prize will be given to the creators of the most sought after TREASURE CHEST!

To donate items to the auctions contact:  
Julie Wells, [cuerco@aol.com](mailto:cuerco@aol.com), 727-688-5800

# THIS IS YOUR COUNCIL



ASGPP Executive Council and American Board of Examiners at a joint meeting in September in Clearwater, FL

## AWARDS COMMITTEE REPORT

The Awards Nomination's Committee met by a phone conference call on 9/11/2016. The meeting was opened with a welcome followed by a moment of silence for those who lost their lives on 9/11/2001. In attendance was Louise Lipman, Ron Collier, Heidi Landes, Sue McMunn and submitted email by Colleen Baraka.

The Nominations were reviewed for each award category, selections made and recommendations sent to the Council for final decision.

The Committee discussed factors making our functioning difficult including reviewing a lengthy paragraph about one person to one sentence for another. Difference between Collaborators Award & Innovators Award. Need for members to have a set of identifying questions regarding the specific award to determine if person meets that award.

The meeting was successful. Remember to nominate your colleagues next year.

*Sue McMunn, Awards Committee Chair*

## CE COMMITTEE

The Continuing Education Committee is exploring a redefinition of its purpose and function given the recent changes in CEU providership. One current area of exploration is the feasibility of providing on-line courses in some of the topic areas covered on the certification exam through the American Board of Examiners.

*Deborah Shaddy, CEU Committee Chair*

## MEMBERSHIP COMMITTEE

The Membership Committee has been committed to contacting current and former members of the ASGPP to create awareness and understanding of the benefits of ASGPP membership and the difference between the ASGPP and ABE. The Membership Committee is also actively working towards the

goal of increasing the membership of the ASGPP and participation in the activities of ASGPP Collectives/Chapters throughout the US.

*Stacie L. Smith, Mary Anna Palmer & Grayce Gusmano,  
Membership Committee Co-Chairs*

## NOMINATION COMMITTEE

The Nominating Committee, consisting of Karen Carnabucci, Sylvia Israel, Cathy Nugent, Jacqueline Siroka and Susan Mullins, Chair, have reached out to a number of members to determine their interest in running for the executive council, nominating committee and professional standards committee. We have identified a slate of 8 candidates to run for the 4 open positions on the executive council, 3 candidates to run for the open position on the nominating committee and 4 candidates interested in running for the professional standards committee. We have 1 candidate for the position of treasurer and 1 candidate for the secretary position. We encourage all members to become active in the leadership of ASGPP, which is wonderful way to give back to field that has given so much to us.

*Susan Mullins, Nomination Committee Chair*

## PROMOTIONS COMMITTEE

The Promotion Committee has been exploring ways to promote the use, understanding, dissemination and expansion of psychodrama into the mainstream of American culture in a positive manner. We thank Cathy Nugent for attending the Art Therapy Association's conference this year as the ASGPP's representative. Cathy made us proud in warming the attendees to the wonderful work of psychodrama.

*Steven Durost, Promotions Committee Chair*

## RESEARCH COMMITTEE

(see page 16)

*Erica Hollander, Research Committee Chair*

## WEBSITE COMMITTEE

A giant thanks to Patty Phelps for keeping the website updated and for keeping us on track. We are hoping to post one or more Webinars. It would be great to know what membership would like in terms of webinars.

*Regina Sewell, Website Committee Chair*

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The ASGPP has a number of committees working on various issues that affect the society. Most committees have an ASGPP Executive Council member who serves as chair person. ASGPP committee membership is open to all ASGPP members.

The committees are always looking for fresh ideas and new members. For more information on a specific committee, or to join a committee, please contact the chair person listed on our website, <http://www.asgpp.org/pdf/Committees.pdf>

# Integrating Non-Directive Play Therapy and Psychodrama

Darlene Vanchura, MA, LPC-S



A workshop, “Combining Play Therapy and Psychodrama – Easy as 123” was presented by the author and her colleague, Lori Martin MS, LPC-S, at the ASGPP 2016 conference. This article shows the similarities and differences in presentation between the two methods.

“Children’s imaginative play was one of inspirations of the inventor of psychodrama, J.L. Moreno” (Blatner, 1994). Moreno was watching children at play in the gardens of Vienna, noticing their creativity and spontaneity. That would result in a new creation, which Moreno called the “cultural conserve” (Camabucci, K., 2014). Zerka Moreno notes that some adults may lack spontaneity because as we grow older we are made to conform to social norms (Moreno, Z., 2004). Blatner (2004) states that psychodrama uses the natural capacity of imagination and “make-believe play” as seen in children. Play therapy overlaps naturally with Psychodrama. Blatner notes that play therapists use both play and psychodrama when working with kids and ado-lescents and that some principles and techniques of play therapy can be used with adults.

Recorded evidence of the value of observing children in play goes back to the 18th century (Landreth, 2002). In 1903 F. Froebel identifies play as the free expression of what is a child’s soul and that play is full of meaning and import (Froebel, 1903). In 1919 Melanie Klein began to use play to analyze children (Klein, M., 1955). Virginia Axline (1947, 1950) used the non-directive approach with children, describing the experience as the child having the freedom to express themselves. Although he worked very little with children, Sigmund Freud felt that a child’s play is full on import and not to be discounted (Freud, 1953).



## Similarities and Differences between Play Therapy and Psychodrama

### Similarities

- Both use the basic 5 Elements of a Psychodrama – A protagonist, a director, the stage, auxiliaries, and an audience;
- Both are action methods of therapy;
- Both use role theory;
- Both have Do-overs;
- Surplus Reality is seen in all non-directive play therapy as the child plays out a drama in Metaphor;
- The importance of the drama and its completion is seen in Psychodrama and in play therapy.

### Differences

- 1) The way *affect* is experienced and expressed:
  - In Psychodrama – the protagonist may at times be tearful, laughing, angry etc.
  - In play therapy – Affect seen could be anger, frustration, and excitement, but rarely tearful.
- 2) The Protagonist:
  - In psychodrama, the protagonist is clearly known.
  - In play therapy, the child may present themselves by playing a role in metaphor (a store clerk, a princess, a ninja fighter, an orphan, etc.); or as a toy self-object.

### Regarding the Metaphors

- In play therapy, a child selects a particular toy to be a self object and then creates stories about that self-object (Schwartzberger, 2005). Sometimes the story is more clearly understood as when, a child who has been in a tragic car accident, continuously creates and plays out a hospital scene, injured people, and helping professionals. Sometimes only parts of child’s story will be recognizable as being about the child, i.e. a child spends much energy in playing out fights between Luke Skywalker and Darth Vader (as they could be making sense of power and control in their life in some way).
- Toy animals can be used metaphorically to represent family members or the need for nurturing. Landreth believes that toys are the words of children and play is their language (Landreth, 1991).
- Metaphors used by the protagonist are concretized in action and add a rich layer of meaning; props can also represent metaphors.
- The use of metaphor in play serves a protective function.



### Regarding the “Aside” and the “Stage Whisper” (times when characters briefly step out of role):

- In Play Therapy, the clinician could use a stage whisper to ask the child for direction as to how to play the role. (i.e. “Do I like this food?” or “What do I do/say?” etc.).
- In psychodrama, an aside

can be used where the individual steps out of role for a minute to relay thoughts and provide transitions.

### Regarding “Setting the Scene” and “Tickling the Defenses”:

- In play therapy, Eliana Gil (2006) uses the term “Tickling the Defenses” which is placing an item representative of an avoided trauma in the room to allow the child to encounter the trauma;

(Continued on Page 21)

# PSYCHODRAMA: STORYTELLING - STORYDOING AND THE BRAIN

Nancy Kirsner, PhD, LMFT, OTR, TEP

As Psychodramatists we strongly believe in and report the power of Storytelling – putting our stories into action to savor, re-experience, or change our internal narratives and behaviors. We have used many phrases to describe the power of Psychodrama - its like doing therapy with a laser; it goes deep and slips under the conscious radar; it transfers more easily to life because we live in action. Always taking place in the here-and-now, its present centered language and scene setting, **activates** (activating) all of the senses.

For over 90 years we have witnessed and practiced Psychodrama and experienced its' powerful effects. However with mostly narrative, qualitative research, case studies and little **evidenced-based** analysis to validate Psychodrama's effectiveness, our work has been marginalized in the larger therapeutic and social justice arenas.

Enter Positive Psychology in 1998 through the APA's initiative led by President Dr. Marty Seligman. As the contemporary 'Father' of Positive Psychology he encouraged it as a field of scientific study with a strong foundation of research. **Seligman called to change the focus of psychology from studying 'what's wrong to what's strong' (Tomasulo). Since then Seligman and his colleagues have built a body of research with practices that can be applied – thus also bridging from ivory tower to main street.** He also realized that Happiness and Engagement were skills to be cultivated; he wanted to bring an understandable, practical Psychology to all people.

This was also clearly Moreno's intent – "A truly therapeutic procedure cannot have less an objective than the whole of mankind," (*Who Shall Survive*, 1934, 1953). Moreno and subsequent decades of Psychodramatists have created a rich methodology, all directed to elevate creativity and spontaneity through practical skills such a doubling, role reversal, and role training.

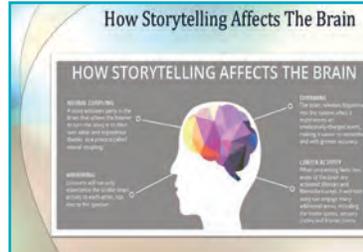
The emerging science of Positive Psychology has **become** infused **into** our culture in less than two decades and it cannot be denied or stopped. All have joined in embracing an **Appreciative Lens** of looking at people through **Character Strengths, Positive Emotions** and **What is Going Well** in their lives. This has provided a much needed balancing of the three forces of Psychiatry: Psychoanalysis, Behaviorism, and Humanism - all of which studied pathology and were highly successful in categorizing and finding cures for many emotional and psychiatric problems. **However, this was only half the story.**

## THE NEUROPLASTICITY OF THE HUMAN BRAIN

The discovery of Brain Neuroplasticity is considered one of the most extraordinary scientific advancements of the 20th century. The entrenched view that the human brain was unchanging in adults with a set number of neurons has been dismantled beginning with animal research in the 1950's. In 1998 a landmark study found that the human brain had the ability to develop new brain cells. Subsequently, many research studies have demonstrated the plasticity of our brain.

Canadian Psychiatrist, Norman Doidge (*The Brain that Changes Itself*, 2007), wrote one of the early significant books documenting this game changing discovery. Through stories of personal triumphs he elucidated the frontiers of this new Brain Science.

***"The discovery that our thoughts can change the structure and function of our brains – even into old age – is the most important breakthrough in neuroscience in four centuries," (New York Times).***



New neurons and their connections are constantly being born in the learning and memory centers. When you become an expert in a specific domain, the areas in your brain that deal with this skill will grow. This sounds like what happens in Psychodrama

when we use role development and training methods and in general, "try on new behaviors in action."

## STORYTELLING AND STORYDOING

Storytelling has taken center stage in business, management, TED Talks, and just about in any leadership role. Storytelling is a universal way we have communicated since time began, but now it is a highly honed and valued management/leadership tool. The strategic use of inspiring stories is used to create and support a shared culture and goals. All this happened because the growing arena of brain neuroscience produced results on the bottom line, **namely** – we learn easier, retain longer, and have a greater impact through Stories than presenting facts or data alone.

**Business publications from Forbes to Harvard Business Review abound with hundreds of articles regarding Storytelling and Leadership.** A relatively newer iteration on use of story is "Storydoing," (Ty Montague, Harvard Business Review, 2013). Putting things into Action (Storydoing) is the heart, soul and main turf for Psychodramatists. Storydoing companies (Red Bull, Tory Burch, Warby Parker, Tom's Shoes) use Storytelling in a more powerful way to advance their narrative through action – not communication. Storydoing embraces larger ambitions to make people's lives and the world a better place. Storydoing companies create compelling experiences that lead to fierce loyalty and evangelism in their customers. Storydoing engages people actively to use the story to advance their own stories. Oddly enough, the description of Storydoing Companies from the Harvard Business Review could be describing a full Psychodrama – with warm up, action, and sharing – elevated by the group members (employees/staff) acting as catalysts/therapeutic agents for each other. This not only connects the audience with the Protagonist but also stimulates Act Hungers and explorations in auxiliaries and audience members. The Insights and learnings emerge from the Action – the doing as individuals grow from each others' stories.

## HOW STORYTELLING AFFECTS THE BRAIN

Here's the exciting Brain Science behind the magic of Storytelling/Doing. Stories versus facts/data, stimulate multiple areas of our brain that control behavior and engage us more deeply with content. The telling of stories promotes a closeness between the teller and audience.

(Continued on Page 24)

## TELL US A STORY

*“The stories people tell have a way of taking care of them. If stories come to you, care for them. And learn to give them away where they are needed. Sometimes a person needs a story more than food to stay alive. That is why we put these stories in each other’s memory. This is how people care for themselves.” (Crow and Weasel by Barry Lopez)*

Oftentimes photos tell rich stories, about people and moments – big and small – that are precious but hidden in the surplus memory of our individual psyche. Sharing our memories both in Psychodramatic Enactments and through photos can enrich and enliven our relationships by sharing our collective worlds.

Here are our two picks for this edition of the Fall PNN. Please help us TELL THE STORY of one, or both of these pho-

tos by telling us (1) who you know, (2) what/where the photo was taken, and (3) something about the photo related to your timeline of connection with Psychodrama and/or the ASGPP community.

Please send your sharings to Nancy Kirsner [nancykpnn@gmail.com](mailto:nancykpnn@gmail.com). Also, feel free to send a photo you would like us to consider using in the PNN.



### International Retreat

*(Continued from Page 4)*

that the richness of all cultures needs to be combined. This concept is the foundation of our collaborative work toward creating opportunities for people from different parts of the world to meet and learn from each other; to experience various action methods together for achieving personal and spiritual growth; and taking the experience from the small group into their own lives and the communities they live in and, ultimately, the world.

Mark and I are planning several upcoming international retreats, to be held in various parts of the world. Events that would create a special place for many people to experience the power of action methods... and perhaps to feel like Alice entering Wonderland, and exclaiming: “Curiouser and curiouser!”...



*Daniela Simmons, PhD, PAT (USA) is a member of the Executive Council of the ASGPP; a member of the ASGPP Research Committee; a liaison to the ASGPP Journal and a consulting editor. Daniela is the founder and director of the Expressive Therapies Training Institute (ETTI)*



*Mark Wentworth (UK) is an internationally-known action methods' and color therapist, presenting in numerous countries around the world; and is often a special guest on TV programs and at conferences. Mark is the co-founder of the Dynamic Theatre Action Method (based on JL Moreno's and Carl Jung's theories) and the Dynamic Theatre World Association (DTWA).*

## Connecting Through the Magic of Sociometry

Linda Ciotola, MEd, TEP



When I presented a workshop at the 2014 Renfrew Conference on Eating Disorders in Philadelphia on "Healing the Trauma Triangle of Eating Disorders," I had no idea that one of the people attending my workshop was the President of the United States Association of Body Psychotherapy (USABP), Beth Haessig.

We were seated together at the presenters' dinner that evening and shared stories of our work and similar goals of spreading the word about the healing power of our respective modalities, Bodypsychotherapy and Psychodrama. Beth invited me to apply to present at the Body Psychotherapy Conference scheduled for July 2016 in Providence, RI. I was accepted to do a four hour workshop, "Healing Hungry Hearts: The Psycho-Spiritual Factors of Emotional Eating." I confess to being surprised! My workshop was the only four hour one on the program. I was grateful to have the time to pace the work appropriately, especially at a conference with participants largely unfamiliar with psychodrama.

I was delighted to see Rebecca Ridge, TEP on the program and attended her creative and masterful workshop entitled "Divine Interventions-Invoking Spiritual Archetypes as Enriched Resources". Another pleasant surprise was discovering Judy Swallow there at the conference.

As the conference moved to a close, I was approached by Erica Goodstone, PhD who invited me to participate in a "virtual summit" of body-oriented modalities. I eagerly accepted this unexpected chance to introduce Psychodrama to viewers.

This opportunity dovetailed beautifully, Sociometrically Speaking, with the goals shared by Nancy Alexander, LCSW-C and myself to bring Psychodrama to a new audience via a webinar series we are creating as an Introduction to Psychodrama.

Following the virtual summit interview, I received a request to present a webinar for the USABP on Oct 21, "Theatre Methods for Healing Trauma". Immediately after that came another invitation by Beth Haessig to accompany her next year to Kansas to present a two day workshop training on "Healing Eating Disorders with Action Methods." Beth will be presenting one day workshops on Body Based Methods for treating anxiety.

***Bringing the Magic of Sociometry and the Power of saying YES full circle***, I will present again at the Renfrew Conference in November this year. So, the mission to promote Psychodrama as a Healing Modality continues — reminding me of Zerka's story about JL telling her that she would be "like Johnny Appleseed — spreading the seeds of psychodrama..."

Hoping that this story, like the seeds, keeps on growing....



## IN MEMORIAM Andrew Hughey

Andrew Hughey, PhD, former Associate Professor at the University of Pittsburgh and recipient of the University of Pittsburgh 2012 Distinguished Alumni Award, passed away on May 23, 2016. He was born July 18, 1938, in Pittsburgh, Pennsylvania. From 1986 until his retirement in 2012, Dr. Andrew R. Hughey was Professor of Education at San Jose State University, where he served as Graduate



Coordinator of Counselor Education. He was the author of scholarly books, articles, and research grants, including his landmark GEAR-UP grant for \$14 million dollars.

Andrew was a past ASGPP President, the recipient of the Zerka T. Moreno Award in 1995 and the Innovator's Award in 1997.

# Psychodrama in Bangladesh

A. L. M. Reza Aziz



I love to address myself as a spontaneous theatre advocate as well as a mental health social activist. I have been involved with the traditional theatre process and cultural activities since boyhood. I have been part of a group of theatre activists led by Mostafa Kamal Jatra (University of Chittagong faculty and graduate of Drama and Dramatics) experimenting with alternative theatre forms and methods since 1997. This included Psychodrama.

The formal beginning of Psychodrama in Bangladesh began June 27, 2003 through an eight day long workshop by Professor Herb Propper, PhD, TEP. It was organized by Unite Theatre for Social Action. We are grateful to Dr. Propper that he continued his visits yearly to Bangladesh. As a result of his active mentoring, different groups have been created in Universities and Communities that are dedicated to Psychodrama.

I am proud to be one of the pioneers of this small theatre activist group and the first generation of students of Dr. Propper. At this point in time, we are comfortably using Action Methods in different fields. For example, this summer I have been using Psychodrama Action Methods with post disaster responder volunteer groups in our Community to deal with a variety of mental health issues.

Bangladesh is an evergreen beautiful country but beset by a myriad of natural or manmade disasters. It is common for people to go through traumatic circumstances resulting in a post disaster situation. During this time people need mental care as well as materialistic relief to overcome these stressful times. Sadly, they hardly get this kind of support.

As background information, in Bangladesh there are less than 500 Psychiatrists and Clinical Psychologists to work with over 160 million people. The other supporting resources and skilled workforces are also



negligible when compared to what is reasonable and necessary in the few big cities of the country.

Consequently, we are working with local volunteers to ensure primary mental support and awareness at the root level. They are already trained by Fire Service & Civil Defense and ready to work as first responders in their own communities in a disaster situation. They have received training in search & rescue, fire fighting and first aid with technical support from OXFAM (An international confederation of 18 organizations from 90 countries working "together to achieve a fairer world without poverty"). We are providing training about basic mental health issues around disasters, their impact on people and how to emotionally support them. This training includes psychosocial first aid, referral services and the basics of stress management.

In these trainings we use therapeutic theatre, arts based techniques, and different tools from psychodrama such as: sociometry, doubling, role taking, role reversal, role interview, psychodramatic photograph and especially the empty chair and the circle of safety. We use surplus reality, the mirror technique, and other tools as required in the field. A basic psychodrama is a very rare situation with training groups. We have found these basic warm up-action-sharing tools very effective in the training room as well as the field.

Now a day in the Mental Health arena in Bangladesh "PSYCHODRAMA" is a known word. The oldest Universities in Bangladesh are adopting Psychodrama into their academic curriculums. Alongside the University of Dhaka (the oldest university in our country), the University of Rajshahi (second oldest), the University of Chittagong (fourth oldest), and Jahangirnagar University (fifth oldest), as well as other Universities are also showing interest in Psychodrama.

Besides Unite Theatre for Social Action at the community level, the most active academic practicing psychodrama group is at the Department of Clinical Psychology at the University of Dhaka. Faculty members and  
*(Continued on Page 20)*



# Members in Action

\* **Peter Kranz, PhD, CP** was a visiting Psychology Professor for a month this summer, 2016, at The National Institute for the Mentally Handicapped, Hyderabad, India.

\* **Kate Hudgins, PhD, TEP** presented at the International Expressive Arts Therapies Association (IEATA), held in Hong Kong, October 2015. Using the Prescriptive roles from the Therapeutic Spiral model, she presented on "Spontaneity for Trauma Survivors." Kate has been asked to be a Plenary Speaker in 2017 in Montreal with Dramatherapist and collaborator **Armand Volkas, MFA, BCT, LMFT**.

\* **Linda Ciotola, MEd, TEP** and TSM trainer was invited to participate in the Love Me, Touch Me, Feel Me Virtual Summit designed to educate the public, potential clients, trainees, and other healthcare practitioners about the field of body therapy, somatic awareness, and bodypsychotherapy following her 4 hr psychodrama workshop at the 2016 United States Association of Body Psychotherapy (USABP) conference in Providence, RI.

Linda and Nancy Alexander, LCSW-C and a TSM certified TAE, have collaborated with a team that includes TSM certified TAEs Connie Newton and Will Halm to produce a webinar series providing a window into the world of psychodrama. It includes educational webinars, live interactive workshops, an on demand video library, and corresponding materials that can be downloaded.

\* In August **Rebecca Walters, MS, TEP** and Walter Baile, MD ran a three day workshop at Alive Hospice in Nashville, TN on the use of Sociodrama to teach medical professionals how to conduct end of life conversations. It was attended by physicians, nurses, social workers, pastoral counselors, lawyers and educators who will be training their own staff at local hospitals and in the community. At MD Anderson Cancer Center, Walter and Rebecca have offered a series of Sociodrama Based Communication workshops for doctors and nurses on Challenging Conversations.

On September 9-11 Rebecca presented the workshop "I Don't Wanna, You Can't Make Me: Action Interventions for Adolescents, Substance Abusers and Other Reluctant Clients" in Birmingham, England sponsored by the British Psychodrama Association.

\* **Rob Pramann, PhD, ABPP, CGP, TEP** attended a convocation at the APA convention in August where he was honored for receiving his Group Psychology Certification in Group Psychology by the American Board of Professional Psychology. This is the primary organization for specialty board certification in psychology. Only 4% of qualified psychologists who have pursued this certification finally obtained it!

\* **Rebecca M. Ridge, PhD, LMT, TEP**, Health Psych. presented at the US Body Psychotherapy Conference (Sexuality and Spirituality) in Providence Rhode Island, July 21 and 23. Her workshop was entitled: "Divine Interventions, Invoking Spiritual Archetypes as Enriched Resources" and it focused on how to build internal resources on an intrapsychic level. This experiential workshop demonstrated somatic psychodrama which allows a person to embody the physical and energetic field of a divine resource. Participants discovered and experienced how to incorporate spiritual archetypes into their work with clients who need a trustworthy resource. **Linda Ciotola, TEP** also presented a workshop, "Healing Hungry Hearts".

\* **Susan Mullins, LMHC, CEDS, TEP** and **Sandy Seeger, LMHC, TEP** presented a preconference workshop on "Taming Your Body Image Gremlin" at the South Eastern Eating Disorder Conference in Destin, FL in August. They also presented on "Integrating Action Methods into Addictions Treatment" at the Florida School of Addictions Studies conference in Tampa in October.

\* **Phoebe Atkinson, ICSW-R, BCC, TEP** has been on the faculty (Dr. Tal Ben Shahar, Megan McDonough, Maria Sirois, Megha Buttenheim) of the Whole Being Institute Certificate in Positive Psychology since 2012 which is held at Kripalu in Lenox MA. This Certificate Program was also held in Australia and California.

\* **Nancy Kirsner, PhD, TEP, Certified Positive Psychologist** and **Phoebe Atkinson, LCSW-R, TEP** presented a 2 1/2 day workshop at Kripalu at The Embodied Positive Positive Summit in April 2016. Entitled, "Cultivating Positive Teams and Group Environments," the training was about the use of Action Methods and Positive Psychology for enhancing Team Effectiveness and Group Dynamics.

\* Photo shows **Adena Bank Lees, CP; Dr. Marlo Archer, TEP;** and the Arizona Psychodrama Institute mascot, the otter, after presenting, "Smartphones in Sessions: Transforming Intrusion to Engagement" at the 48th Annual Southwestern School for Behavioral Health Studies in Tucson in August where they also presented a full-day, pre-conference workshop, "Cultural Competency and Diversity & Ethics in Action."



# ASGPP CHAPTERS & COLLECTIVES NEWS

Find a Chapter or Collective near you  
Join In and Cultivate your Action Experiences !



## ASGPP REGIONAL CHAPTERS

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## • Delaware Valley Chapter

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NEW ITERATION, OPEN MEETINGS, TRAINING SESSION AND HOURS EVERY MEETING. The Delaware Valley Chapter meets every 4th Saturday from 2-5 pm at the New Leaf Club, 1225 Montrose Avenue in Rosemont, PA. The club is 700 feet from the Rosemont R5 train station and has a lovely cafe under the meeting room in case you want to catch up with a smaller group before or after the meeting. Every meeting contains a training session so student members can receive hours and the rest of us can add new tools to our box or just have a great experience. We have opened our doors to drama therapists and other experiential therapists and are growing into a strong community with many gifts to share with each other. We are co-creating our identity as a new chapter while enjoying our time with old and new friends.

*Colleen Baratka, MA, TEP  
Deborah Karner, MSS, LCSW, CP, PAT*

## • Denver Area Collective

Erica Hollander / [ericahollander@comcast.net](mailto:ericahollander@comcast.net) / 303-978-9091

The Denver Psychodrama Collective meets monthly in downtown Denver. For more information, contact [ericahollander@comcast.net](mailto:ericahollander@comcast.net).

*Erica Hollander, PhD, JD, TEP*

## • Hudson Valley Chapter

Regina Sewell / [visionshv@optonline.net](mailto:visionshv@optonline.net) / 845-440-7272

The Hudson Valley chapter had our first open session of the season with Herb Propper, TEP directing on the third Friday of September. We had an open session in October and will have one in November also on the third Friday of the month. And mark your calendars, we are tentatively co-hosting an expressive arts therapy conference with Russell Sage College in the Albany Troy area in the Spring of 2017. We're in the planning stages now, but we're hoping to pull it together.

*Regina Sewell, PhD, LMHC, PCC*

## • Mid-Atlantic Chapter

Steve Kopp / [SteveK@sli.org](mailto:SteveK@sli.org) / 301-592-0542

On October 1, 2016 the Mid-Atlantic Chapter of ASGPP presented Connie Newton the Gratitude Award for 2016. This is given annually to a member of the Chapter who has served our local psychodrama community. Connie is a huge help as a board member and someone who often gives service quietly from the background. We are delighted to be able to thank her for her contributions to our Chapter, particularly her hospitality during our workshops. Connie is trained both in the Therapeutic Spiral Model and as an interpreter for the Deaf

## ASGPP Journal Survey Report

An year ago within the ASGPP Research Committee was formed a team with a mission to create, distribute and analyze a survey of the organization's journal. The goal of the survey was to determine the membership satisfaction of the journal and assess the needs of the journal's content and quality in its future development. The team included Erica Hollander, Daniela Simmons, Darlene Vanchura, Lori Martin, ChiSing Li and Regina Sewell.

The survey included open-ended and closed-ended questions. The open-ended questions asked the respondent to formulate his own answer. The closed-ended questions were presented as various types of response scales: dichotomous, with two options; polytomous, with more than two options; and continuous, where the respondents were presented with a continuous scale. The survey was administered in two ways: presented on paper during the 74th ASGPP Conference in Phoenix, AZ (April 2016); and presented as a computerized questionnaire to the members who didn't attend the conference.

The results of the survey were summarized and presented to the ASGPP Executive Council during their Fall 2016 meeting in late September.

A total of 98 ASGPP members participated in the survey. Almost all of the participants (93%) responded that it is best for the journal to be free for the ASGPP members. A majority of the participants (73%) stated that they do not read online journals. Over 58% of the participants suggested that it is important for the Journal to be published as hard copy. Close to 50% of the participants expressed a need for the journal to be published twice a year and about one third of the participants wanted it to be published quarterly.

Participants indicated that some of the ethical discussion topics they would like to see included in the journal are (ordered by frequency count): touch; dual relationships/roles; training vs. therapy; boundaries; transference and counter-transference; safety; diversity and ethnicity; disclosure and psychodrama in various settings.

Participants specified that some of the additional topics they would like to have included in the journal are: evidence based research (both quantitative and qualitative); integration of psychodrama with expressive therapies; in various settings; with different populations; training tips and innovative techniques; information on ABE; psychodrama in non-clinical settings; and neurosciences and psychodrama.

Participants ranked topics according to their importance: the effectiveness of the method; case studies; publishing member's articles; news about the organization and members' creative enterprises; psychodrama with individuals; managing group dynamics; suggestions for future research; excerpts from dissertations; translated articles from authors in other countries; identifying evidence based practices, book reviews; ideas on how to advance respect for the field; CEU 's; ethical issues; and integrating the method within non-clinical fields.

Some limitations of the results are the number of the respondents and the problem of a few "item-non-response"

## Research@ASGPP

Erica Hollander, PhD, JD, TEP

Fall 2016 PNN Research Committee Report



The Research Committee runs a Facebook group which you can join if you like ([www.facebook.com/groups/1729551253986703](http://www.facebook.com/groups/1729551253986703)). It includes members in different parts of the world creating a rich, diverse mix. There is also a listserv — to share resources and concerns — and to foster collaboration of efforts. In addition there is a Research blog: <http://asgpplistserv.org>. If you have an article that you think would interest others, send it to [ericahollander@comcast.net](mailto:ericahollander@comcast.net)

for posting, or simply post a thought or question on the listserv on your own. To join the listserv, just send a note to that same email address.

Here's an example of a post I did about a video on group work in addiction relapse prevention. "I recently streamed an hour and half video that came out *Group Therapy for Addictions: An Interpersonal Relapse Prevention Approach* based in large part on Irv Yalom's work, created by a group in the UK. It was quite good, and is directed at improving social support as part of preventing relapse. Although there were a point or two I took issue with, in the main I thought it quite a useful piece. You might like to see it. Available on [psychotherapy.net](http://psychotherapy.net)."

I want to again mention The Multi-Site Research designed by Dr. Rory Remmer (available on the Research Blog). This research is uniquely designed for Psychodrama practitioners and it is quick and easy to use and free for your use. The process involves a pre-session self assessment by the client (2 min.), a post session follow up by the client (2 min.), and an inventory of techniques used in the session by the practitioner (2 min.). This research COULD BE AN EXCITING FIRST for us as a community. The results could help demonstrate the effectiveness of psychodrama. They could help YOU evaluate your practice to see if what you are doing is effective and if you are meeting your clientele's concerns.

(missing answers). However, the survey team suggests that the representative sample of the respondents is useful. Therefore, future analyzes of the collected data will follow; to include discussion of the findings as well as to suggest recommendations and implications for the forthcoming development of the journal.

# YamaDramaYoga®: Physiology in Psychodrama

Tzivia Stein-Barrett, LCSW, CP, E-RYT



She revealed a trauma she had enacted and was mortified. To calm down, she put her fingers together on her lap in a 'mudra' (symbolic hand gesture), to affect her neurological system and focused on slow breaths. Creating a space for 'the stage', I spiraled scarves – a walking labyrinth to unwind events of her life that had gotten her into the mind-space to stab someone when she felt betrayed. Walking slowly, she went backward in time, all the women who had abandoned her... back to mother. Following her natural body posture, bending and taking a 'depressed and shamed shape', she came into a 'forward fold' in the center of the spiral. After getting to core feelings, she walked outward with increased postures that opened the heart and straightened the spine. Hands on hips, shoulders back, feet planted into 'mountain pose' she identified all the inner strengths she created because of her life story. *This is YamaDramaYoga®.*

What I love about Psychodrama and Yoga is the mind & body integration. Bodywork in psychodrama is not a new phenomenon. The 'Double' is the prime example of associating the body with internal states of experience. Emotional content can be derived from the stance, voice and breathing rhythms of the Protagonist. In *YamaDramaYoga®* therapeutic Yoga and Psychodrama are combined. The 'Asanas' & Breath of Yoga stimulate hormonal, cognitive and emotional responses. By utilizing these postures in a particular way, immediate internal feedback can be accomplished toward whole body change.

Most individuals think of Yoga as bodies twisting. That is like thinking that Psychodrama is the 'Empty Chair' technique. Yoga is an ancient practice for Health and Self-Realization with methods, philosophy and principles. The 'Yamas' are the first limb of an '8 limbed path' of the Science of Yoga; representing a "right living" ethics. The Yamas include self-restraints for actions, words and thoughts: *No violence; lying; stealing; greed and living in moderation*. These themes are often a basis of inner turmoil from which Psychodramas emerge.

The body influences decisions through two regions of the brain: Logical decisions through the Prefrontal Cortex and Emotional decisions through the Limbic System, Hormones and the Autonomic Nervous System (ANS), according to John Coates a neuroscientist and author of *"The Hour Between Dog and Wolf: how Risk Taking Transforms Us, Body and Mind"*.

Coates intimates that "in making decisions, humans are disproportionately loss adverse and tend to be very cautious"; the ambivalence of this process creates Stress and triggers the ANS, Cortisol and Adrenaline. Yoga postures balance the endocrine system. By using some Yoga in the Psychodramatic Warm-Up phase, the body is primed to physically overcome caution through relaxation, and is better prepared for Spontaneity.

Research of Yoga posture, breath and meditation reveals varied body processes are affected. For instance: *Asana Postures awaken and change internal chemical settings...*

*observable changes in brain organs* (1) specifically the Amygdala and Hippocampus. Somatic load (holding body in postures) both energizes and releases bound musculature holding emotional information (3) Yoga has been heavily researched in the area of mental health treatment. Bessel van der Kolk, (2) identifies *'Yoga as a practice that has been as good as or better than CBT and some antidepressants for the treatment of depression.'* Stein-Barrett

According to Coates, testosterone rises when a successful choice is made. However, if a choice has a disappointing outcome, Cortisol becomes the dominant hormone, prompting less future action. Both levels are manifested physically... *"You can see it in posture changes, the way speech changes" ...It's this incredible body- and brain-wide transformation that takes place."*

By being mindful of somatic responses to 'an encounter', we can work with the physiology toward an optimum outcome. Humans make decisions based on somatic, hormonal and contextual habits. Spontaneity by Moreno's account is: *"responding to an old event in a new and unique way, or responding to a new event in an adequate way"*. During any part of a Psychodramatic method - *YamaDramaYoga®* can be used to change physiology so the postural re-alignment assists with an internal 'corrective emotional experience'

*YamaDramaYoga®* and Psychodrama combine into a neuro/bio-psycho-social methodology to stimulate hormonal, cognitive and emotional responses. Breathing patterns influence the oxygen/carbon dioxide balance offering a parasympathetic response even in the wake of excitement; re-educating neuropathways connecting the poorer choice experience with a new somatic experience. By utilizing these resources, the Protagonist can 're-do' the past or enact the present situation 'in a new whole-bodied way'.

*Tzivia "Tz" Stein-Barrett, LCSW, CP, E-RYT is a therapist & educational facilitator in the Dallas, Texas area  
www.HealingCircleCenter.org*

1. [www.scientificamerican.com/article/how-yoga-changes-the-brain/](http://www.scientificamerican.com/article/how-yoga-changes-the-brain/)
2. Bessel van der Kolk: *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.*
3. Candice Pert: *Molecules of Emotion*



# Recent News and Trends of Psychodrama in Turkey

Deniz Altınay, Psych.MA



Psychodrama has been rapidly developing in Turkey over the last 20 years. Even more accelerated in the last decade, Psychodrama has reached its rightful and deserved place in Universities, High-Schools, Public Institutions, and Theatres. The Public itself is now well aware of psychodrama and its applications.

Much of the growth of Psychodrama in Turkey has been facilitated by the six publications of The Istanbul Psychodrama Institute, which are “Psychodrama 400 Warm-Up Games”, “Psychodrama Handbook”, “Spontaneity Theatre”, “Child Psychodrama” and two other multi authored books.

The Istanbul Psychodrama Institute has increased their training capacity by founding three other Institutes in Ankara, İzmir, and Kayseri. For over two years the Institute has given “Training for Trainers” programs and they have been most productive.

The Corporate Training division of the Institute has been facilitating Socio-drama and Sociometry in its trainings for banks, universities research and development facilities, educational institutes, technological institutes, and marketing companies. The aims of these trainings include team building, developing sales skills, working out problems within teams, developing creativity skills, increasing spontaneity, enhancing communication skills, increasing motivation and formation of a company identity. These trainings have produced many successful outcomes.

In the last few years, we have facilitated Public Group Workshops using Axiodrama which was an application of Psychodrama that was one of Moreno’s dreams. Axiodrama explores an interrogation of existence, searching for the meaning of life, and determining personal and communal goals.



Istanbul Playback Theatre is the only Playback Theatre in Turkey! It performs five to six times a year and has reached a great crowd of people.

Psychodrama Group Psychotherapy Trainings are carried out in four different cities reaching over 170 students through our Institutes. After graduation our students can be assigned as counselors or group therapists at schools, psychiatry clinics, rehabilitation centers, theatres, public and government institutions. Our Institute also organizes “Psychodrama Introduction Groups” and “Conferences” for students of Psychology and Psychological Counseling from Universities.

“The Istanbul International Psychodrama Conference” has been a major contribution to the Psychodrama community in Turkey. Our conference is held every May featuring a foreign specialist as a guest. The theme for this year’s 23rd Istanbul Psychodrama Conference is “Sociodrama and Beyond”...

Our Institute has also offered trainings in Psychodrama for Children and this has also been put into practice in many establishments in Turkey. A unique method we have developed for couples therapy is called Tangodrama. “Family Tree” and “Genosociogram” applications are carried out through training programs and experimental groups.

Public Group Psychotherapy for adults and adolescents are held at all of our Institute locations. Our Institute has also developed special groups for schools dealing with eating disorders, children

with special developmental issues, and children dealing with rejection.

Last, but certainly socially significant, Sociodrama applications are held and planned country-wide, to deal with the terrorist incidents and most recent coup attempt. Related to this we are planning and have started Sociatry applications for the healing of Our Community as a whole, which speaks to another dream of Moreno – “to reach all of mankind.”

*Deniz Altınay, Psych.MA  
President of the Istanbul Psychodrama Institute*

# On the Origins of Dream Sociometry and Dream Sociodrama

Joseph Dillard, LCSW, PhD



Dream Sociometry is a method of collecting and depicting patterns of preferences not only of dream characters but of people, animals and objects in our waking life dream. Our normal waking state is dreamlike not because it is unreal - it isn't! - but because, like in our dreams, we normally think we are awake when we

are asleep, dreaming and sleepwalking our way through our lives, mostly responding to self-created perceptions as if they were real. Dream Sociodrama allows a protagonist, as well as group members, to explore the perspective of some person, object or animal and receive from it practical recommendations for life improvement. Articles on Dream Sociodrama have been submitted to JPSGP.

My background was Presbyterian, where I was scripted at an early age by bonding with my namesake, Joseph, dream interpreter to Pharaoh. At the age of thirteen I traveled to Egypt and many regional countries with the Association for Research and Enlightenment, formed to study the psychic medical readings of Edgar Cayce, who some regard as the father of holistic Medicine. From that time I became steeped in the "Vedanta Christianity" of the readings and in Cayce's highly symbolic approach to dream interpretation. After studying philosophy, psychology and comparative religion in college, teaching dreamwork and studying the approaches of Freud, Jung and Perls to dreamwork and receiving my master's in clinical social work, I became very dissatisfied with normal dream inter-

pretation, finding it highly projective. In 1980, after graduate school, while I was administering a pain treatment program and working on my doctorate, I asked, "what would happen if one treated the characters in a dream, human and otherwise, as if they were members of a group, imaginatively identified with them, collected their preferences for each other. As one does with Moreno's Sociometry, and then depicted these relationships on a Sociogram? Might that not give a broader understanding of a dream than mere interpretation? When I did so I could not believe the autonomy of the voices that I heard, providing multiple legitimate interpretations, most of which did not agree with my own, all without any depersonalization or decompensation. In fact, just the opposite occurred; when these recommendations were applied my clients and I experienced higher orders of integration, with particular effectiveness for the treatment of anxiety disorders, phobias and PTSD. This work is called Integral Deep Listening and is currently offered in workshops as well as a Practitioner training program near Berlin Germany, where I currently live. Information is available at [IntegralDeepListening.com](http://IntegralDeepListening.com) and [DreamYoga.com](http://DreamYoga.com).



*Dr. Joseph Dillard is a psychotherapist with over forty year's clinical experience. The creator of Integral Deep Listening (IDL), he is the author of over ten books on IDL, dreaming, nightmares, and meditation.*

*Dr. Dillard received his Master's in clinical social work from the University of Arkansas iand and his PhD in Holistic Health Sciences/ Health Education from Columbia Pacific University. He has received specialized training in psychodrama, Perls' Gestalt therapy, hypnotherapy, Transactional Analysis, Reality Therapy, Rational Emotive Therapy, and cognitive-behavioral therapy.*

## Chapter & Collective News

(Continued from Page 15)

community, Connie brings her strong somatic awareness to the workshop.

MAC-ASGPP continues to host workshops the first Saturday of February and May. Also we have several members of our chapter presenting at the Expressive Therapies Summit in New York City in November 2016.

Steve Kopp, MS, CAS, TEP

### • New England Chapter

Carol Feldman Bass / [caf.bass@rcn.com](mailto:caf.bass@rcn.com) / 781-540-9486 and Maria Mellano / [MariaMellano@comcast.net](mailto:MariaMellano@comcast.net) / 617-913-3898

There has been a monthly series of open sessions at The Arlington Center, 369 Mass Ave., Arlington, MA. These teachings by Maria Mellano have focused on the core aspects of Psychodrama. This event provides Continued Education units and has had a steady attendance of between 12-15 at each session providing a positive experience. In the spirit of creating community, the chapter sponsored an experiential day and BBQ/potluck in New Hampshire on September 17th. We are excited to organize our ideas into a plan for chapter growth. If you're in the NE and want to help, please reach out. Another potluck gathering is scheduled for Nov 20th focusing on gratitude and building connections and community. Other events happening throughout New England are: Omega Theater in Jamaica Plain and in Boston ongoing trainings and supervision groups integrating drama therapy and psychodrama. Momentum is building in Western MA for launching open sessions. Therapeutic groups will soon be offered in Haverhill through a collaboration with the United Church of Christ and Kim Cox. CREATE! in New Hampshire continues to offer opportunities for expressive therapy and psychodrama as well as other traditional modalities. Blessings to all at this transitional time of year!



Maria Mellano, LICSW  
Carol Feldman Bass, JD

### • Southern Chapter

Craig Caines / [craigcaines@sprintmail.com](mailto:craigcaines@sprintmail.com) / 205-249-7048

The Southern Chapter of the ASGPP presented to the graduate students in counseling group therapy class at the University of Montevallo on September 29th. This 2 hour interactive presentation introduced the students to the triadic system of sociometry, psychodrama and group psychotherapy.

We are placing an effort into presenting at more Universities and Colleges in the area that have degree programs in social work, psychology, counseling, justice sciences, drama and theatre.

Craig Caines, MSW, LCSW, TEP

## Psychodrama in Bangladesh

(Continued from Page 13)

students of the Department of Psychology, Clinical Psychology and Educational & Counselling Psychology are all involved in the group. The group is led by a "Directors' Group". This group is the most experienced people in Psychodrama at Dhaka University.

Another active group is in the Department of Psychology at the University of Rajshahi and is led by Assistant Professor Tanzir Ahmmad Tushar. He also formed a group at the University of Chittagong (CU) in 2009 when he was a faculty member of the Department of Psychology. There is also another active group in the Department of Drama & Dramatics of CU.

At Jahangirnagar University, Assistant Professor Ribon Khandokar of the Department of Dramatics, teaches a course called 'Theatre for Development (TfD)' for fourth year students. In this course, she always tries to include a workshop on Sociodrama to expose her students to its use as a theatre tool.

With the efforts and advocacy work of many years, we are now experiencing the beginning outcomes of our combined hard labor. The International Psychodrama Community has visited us for training purposes and always offered a strong support and interest in the Bangladeshi Psychodrama Community. Many have helped us silently and are still supporting us in many ways. It is all of you and us TOGETHER who have made this possible. Overall, I am hopeful about the Future of Psychodrama in Bangladesh.

And still we have a big obstacle in our way with the certification requirements. It is difficult for us to obtain the training hours and follow the certification process as per international standards whether by ASGPP or other certifying organizations. For example, if a TEP visits our country once a year, the maximum hours we could acquire would be fifty. At that rate it would take over a decade to become certified. As well, we do not yet have a Bangladeshi Certified Psychodramatist in our country of 160 million people. We await the glory of this day. That day will be a huge leap for the Bangladeshi Psychodrama Community.

**Be my double and you will feel it.**



A. L. M. Reza Aziz, MBA, is a mental health social activist in Bangladesh. Reza and his colleagues are involved with a movement to create a right based mental health act in their country. Personally his speciality is to work on post disaster psychosocial care in community level. He loves to use spontaneous and creative therapeutic theatre forms & methods as a tool in his work. This includes Psychodrama, Sociodrama & Sociometry besides Playback Theatre, Living Newspaper Theatre and other forms.

## Play Therapy...

(Continued from Page 4)

- In psychodrama, once the scene is set and the protagonist steps in his drama, the protagonist can get past the internal defenses more quickly.

The author of this article contends that there is much overlap between play therapy and psychodrama as they rely on similar principles and techniques called by different names.

Happy Playing!!!!

---

*Darlene Vanchura, MA, LPC-S has over 20 years of experience and is in private practice in TX treating children, adolescents, and adults. Darlene uses many therapeutic modalities, including sand tray, play therapy, & psychodrama. Ms. Vanchura has been in Psychodrama training with Katrena Hart since 2010 and with Daniela Simmons since 2014. Darlene is the East Region Director of the Texas Association for Play Therapy Board & is on the Board of Keller Counseling Association.*

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HAPPY  
PLAYING!!!

# PSYCHODRAMA

Et Creative Arts Therapy Institute, NYC

## 22<sup>ND</sup> Annual Summer Residential

August 11-15 – Boughton Place, NY

\*

## Advanced Psychodrama/ Directing Training Program

November 18-20; March 17-19; June 16-18

\*

## Weekend Psychodrama Training Programs

Detroit – December 9,10,11  
Nashville – February 9,10,11

\*

## 12 Step Psychodrama Model

January 5-8

\*

## Saturday Workshops

November 19; December 3; January 7  
March 18; April 15; June 17

\*

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Detroit – December 9-11  
Nashville – February 9-11

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## From the President

(Continued from Page 1)

information about it, please visit [www.asgpp.org](http://www.asgpp.org).

The work of the ASGPP Executive Council is truly amazing. Sometimes it's hard to remember those who labor on behalf of our organization are all volunteers. The Council met to develop our budget (which will be published in the Winter PNN), wrestle with complex issues of membership, ASGPP publications, our organization's use of technology, research efforts, award nominations, conference preparation, and collaboration with other expressive arts organizations.

I'm so pleased to tell you that the 2017 Conference Co-Chairs are deeply involved in planning for an innovative, meaningful and fun gathering in May. Their creativity, hard work and dedication to the psychodrama community is absolutely admirable.

This year, Tian Dayton, who has served our organization so well in the role of Editor in Chief of our Journal, will be passing the torch to someone. Jacob Gershoni and Karen Carnabucci are currently reviewing the applications for this role and we plan to announce our new Editor in Chief in the Winter issue of PNN. Tian will be honored for her hard work at our Awards Ceremony in May.

I'm very happy to announce that Nancy Kirsner has agreed to take on the editorship of our PNN. Her creativity and sociometric expertise will serve her well in this role. Look for some new and interesting initiatives in the months to come.

Rory Remer and Erica Hollander have been working hard for the last two years to prepare a multi-site research study on the effectiveness of psychodrama. Be sure to read the research section of this newsletter for information on their progress and how we can all assist them.

The Hollander Warm Up Box will soon be available for sale on the Resources page of [www.asgpp.org](http://www.asgpp.org). In addition, ASGPP is now a member of Amazon Smile. So if you happen to be doing some Holiday shopping through Amazon, be sure to do it through Amazon Smile and they will donate a percentage of your purchase to ASGPP.

It is through the hard work and loving effort of so many in our community that ASGPP exists. Recently, I was at the Kennedy exhibit in Dallas Texas and was contemplating the ongoing question of how so many people ask me 'what are the benefits of being an ASGPP member?' For me it's about the connection and caring I experience from those in this organization, even though, at times, I don't always agree with every decision that's made. It's the opportunity to support, advance and advocate for the work of psychodrama in the world. And it's the chance to grow, serve, and be challenged in our efforts to, as Zerka said, make all human life more meaningful. So, I challenge you with this final thought: Ask not what ASGPP can do for you, but rather what you can do for ASGPP.

\* Quotes from *To Dream Again: A Memoir of Zerka T Moreno*



## Therapeutic Spiral International

**December 9-11 — Charlottesville, VA**

Woman's Salon: *Creating Your Own Family Rituals for the Holidays and Release Transgenerational Trauma*

**Jan. 13-15 — Brandywine, PA • *Making Friends with your Defenses***

**March 3-5 — Emeryville, CA • *Collective & Individual Trauma Healing***  
Presented with Armand Volkas, MA, MFT, RDT

**March 10-12 — San Rafael, CA**

*Using Projective Identification with Trauma Survivors*  
Presented with Sylvia Israel, MFT, RDT/BCT, TEP

**March 17-19 — Sunnyvale, CA • *Training on Finding Your Inner Home***  
Presented with Vlada Zapesotsky, LMFT, PAT

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[www.drnancyfla.com](http://www.drnancyfla.com)

## Welcome to our New ASGPP Members

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

### Welcome!

Madeline Breckinridge (NY, NY)  
Kelli Davis (Memphis, TN)  
Scott Giacomucci (Phoenixville, PA)  
Susan Glatzer (Coral Springs, FL)  
Takara Kiyoshi (Japan)  
Mary Lane (Arlington Heights, IL)  
Lucia Merino (San Jose, CA)  
Coleen Moreno (Portland, OR)  
Tiffany Morgan (Tucson, AZ)  
Brad Reedy (Holladay, UT)  
Michelle Reedy (Holladay, UT)  
Emma Reedy (Holladay, UT)  
Nisha Sajnani (North Haven, CT)



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Please join API in celebrating our Co-Founder, Dr. Marlo Archer  
for earning the TEP credential by attending any of these exciting offerings:

#### Basics of Psychodrama

November 5 • January 21 • March 4  
6.5 hours each - Deb Gion, PAT - Chandler, AZ  
\$109 Registration or \$99 by 2 weeks' early

#### Cultural Competency & Diversity and Ethics in Action

January 15 in Mesa, AZ • January 29 in Tucson, AZ  
\$169 Registration or \$109 by 4 weeks' early

#### Beginner's Ongoing Psychodrama Training Group (BOP)

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## HUDSON VALLEY PSYCHODRAMA INSTITUTE

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

Oct 29-30 — Couples Therapy in Action  
Judy Swallow

Nov 5-6 — Motivational Interviewing in Action  
Rebecca Walters & Jenny Salimbene

Nov 25-27 — Sociodrama with Children  
Rebecca Walters — Singapore

Dec 3-4 — Dreamwork in Action  
Ingrid Schirrholtz

Jan 19-23 — Winter Psychodrama Intensive  
Rebecca Walters, Deb Shaddy & Jenny Salimbene

Directing Cohort 2017 (18)  
for Certified Psychodramatists and Very Advanced Students  
January 11-16, July 14-18 and Winter 2018  
Rebecca Walters

2017-18 Core Training  
March 9-14, June 8-13 and Nov 2-6  
Rebecca Walters & Deb Shaddy

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## CONFERENCES AND NETWORKING OPPORTUNITIES



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

**November 10 - 12** — 7th Annual Expressive Therapies Summit. New York City.

Contact: [www.expressivetherapiessummit.com](http://www.expressivetherapiessummit.com)

**November 12 - 15** — "Music Therapy: A Continuum of Growth" American Music Therapy Association (AMTA) 2015 Conference. Sheraton Kansas City Hotel at Crown Center. Kansas City, MO. Contact: [www.musictherapy.org](http://www.musictherapy.org)

**January 25 - 29** — Australian and Aotearoa New Zealand Psychodrama Association (AANZPA) Conference. Auckland, Aotearoa, New Zealand. Contact: <http://anzpa.org>

**March 6 - 11** — "Connecting, Educating, and Leading for 75 Years: The Theory, Science, and Practice of Group Therapy." American Group Psychotherapy Association (AGPA) 2017 Annual Meeting. Sheraton New York Times Square Hotel, New York, NY. Contact: [www.agpa.org](http://www.agpa.org)

**April 6 - 9** — ACA 2017 Conference and Expo. American Counseling Association (ACA). Nashville, TN. Contact: [www.counseling.org](http://www.counseling.org)

**April 21 - 23** — "Sociometry and Shadow" Nordic Board's 1st trainers' conference. Tartu, Estonia. Contact: [conference@self.ee](mailto:conference@self.ee)

**May 4 - 7** — "Navigating waves of change: Discovering and celebrating our hidden treasures" ASGPP 75th Diamond Jubilee Anniversary Conference. Clearwater Beach, FL. Contact: [www.asgpp.org](http://www.asgpp.org)

**July 7 - 9** — 2017 British Psychodrama Conference (BPA). Sheffield, England. Contact: [www.psychodrama.org.uk](http://www.psychodrama.org.uk)

**July 24 - 28** — World Council for Psychotherapy (WCP) 8th World Congress for Psychotherapy. Paris, France. Contact: [www.worldpsyche.org](http://www.worldpsyche.org)

**August 23 - 27** — VI International Sociodrama Conference. Balneário Camboriu, Brazil. Contact: [pdannounce+managers@iagpweb.com](mailto:pdannounce+managers@iagpweb.com)

**September 24 - 26** — "Diamonds Are Forever" Psychodrama Institut für Europa (PIfE). 14th International PIfE Conference. Vilnius, Lithuania. Contact: [www.pife-pife.eu](http://www.pife-pife.eu)

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

## STORYTELLING - STORYDOING

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There are at least four things going on in the brain during Storytelling:

1. **Cortex Activity:** When our brains process facts, two areas are activated- Broca's and Wernicke's area. A well told story engages additional areas including the motor, sensory and frontal cortexes.
2. **Dopamine:** When the brain experiences an emotionally charged event, dopamine is released. This makes it easier to remember and ensures a greater accuracy.
3. **Mirroring** (mirror neurons): Listeners have similar brain activity to each other and to the Storyteller.
4. **Neural Coupling:** A story activates parts in the brain that allow the listener to weave the story into their own ideas/ experiences as a result of the process of Neuroplasticity.

### IMPLICATIONS FOR PSYCHODRAMATISTS: PRACTICE AND RESEARCH

Stories have been the fertile ground of psychodramatic practice since its beginnings in 1921. And yet, due to the core elements of our theory and practice being based on abstract notions of spontaneity and creativity and the experiential and clinical way PD developed in the U.S., the action aspects of the field (Storytelling and Storydoing) have been complicated to research. Concerns regarding informed consent/confidentiality add another area of complexity. Due to perhaps an overdeveloped role of being experiential, Psychodramatists have been reluctant/resistant to producing trainings/workshops on video or for any type of scripted learning, from videos to online learning. This has marginalized an already small following in the United States for Psychodrama.

*Perhaps we have not been asking the right question(s) when we look at the effectiveness of the method?*

Given this new knowledge about the brain, how is Psychodrama informed and supported by what has been validated about Storytelling/Storydoing through brain research? It is known that stimulating the brain through new or unfamiliar activities can trigger changes in the brain, an increase in connections between neurons. It is known among trained Psychodramatists, as well as those learning Psychodrama, that it is a long complicated learning curve to develop the necessary skills within the larger perspective of telling and utilizing "the story." The required spontaneity/creativity of the method resists any templated structures. While methods and tools certainly can be taught, the possible combinations are limitless. Psychodrama is continually stimulating the brain towards new unfamiliar roles, experiments, and behaviors.

Brain research may be suggesting that the real upside and "Power" of Psychodrama – as a method of Storytelling and Doing, is the fact that Psychodrama is unscripted and a co-creation of the Director, Protagonist, Auxiliaries, audience and even props that may be available. These unfamiliar activities, sequences and even psychodramatic trance may stimulate a huge increase in unfamiliar connections between neurons.

Perhaps, looking at the many areas of the brain that directing and experiencing Psychodrama activates would more fully tell the story of its effectiveness. Wouldn't this be an interesting research study as compared to other and traditional talk therapies?

## Zerka T. Moreno Memorial Fund

(Continued from Page 1)

amounts of \$500 (e.g. \$100 or more, \$500 or more, \$1,000 or more, etc.). Donors may also choose to be listed anonymously.

The first monies raised (approximately \$5,000) will be used to print and mail the special memorial issue of the journal. The next priority is to raise approximately \$10,000 so that the Countway Medical Library can catalogue her materials. Any additional monies raised beyond the first two priorities will be used to fund Zerka T. Moreno scholarships for the annual meeting.

Individuals or institutes may transfer money to the Zerka T. Moreno Memorial Fund either as charitable donations (tax deductible) or as sponsors (tax deductible business expense\*). The ASGPP has agreed to waive all administrative expenses and 100% of all monies raised will go directly to the Fund.

Any person who donates \$100 or more and is not a member of the ASGPP will receive a copy of the memorial issue of the journal; any person who donates \$500 or more will receive a second copy of the memorial issue of the journal.

Individuals may make a charitable contribution by going to the ASGPP website (asgpp.org), clicking on the "donate" button and selecting the "Zerka T. Moreno Memorial Fund."

Charitable contributions can also be made by check, made payable to the ASGPP and sent to the offices of the ASGPP. The address is: ASGPP, 301 N. Harrison Street, Suite 508, Princeton, NJ 08540

Individuals and Institutes may contact the ASGPP office (asgpp@asgpp.org) for more information about becoming a sponsor and receiving a business expense deduction.\*

If you would prefer to make a donation directly to the Countway Medical Library for the Zerka T. Moreno Collection, please contact the office so that we can arrange that for you.

Collegially yours,

*Dale Richard Buchanan*

Chair, Zerka T. Moreno Memorial Fund

*Linda Condon*

President, ASGPP

\*Consult with your advisor as to appropriate tax treatment. ASGPP is a qualified 501(c)(3) tax-exempt organization.

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