



From the ASGPP President

Linda Condon, LMHC, TEP

Members of the Executive Council arrived in Dallas from various parts of the country for our three-day meeting in September. The Florida EC members were experiencing Hurricane Irma and made the choice not to risk travel. Our president, Linda Condon, was unable to attend due to a last-minute health issue and spent the weekend of the meeting in the hospital. She is doing well now.

Linda appointed three Executive Council members to lead the weekend. Each meeting day was led by a different council member. They demonstrated excellent leadership abilities in covering the extensive business of the council and accomplished all that was on the agenda!

The Council is frequently addressing ways to expand our outreach to other expressive therapy modalities. ASGPP is a member of NCCATA (National Coalition of Creative Arts Therapies Associations) and we send a council member to represent us at their various national conferences. We encourage our members to submit proposals for psychodrama workshops especially to other Expressive Therapy conferences.

Many of you are members of local psychodrama chapters and collectives. Recent developments have necessitated that ASGPP follow some different legal guidelines. The ASGPP Chapter

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2018 ASGPP CONFERENCE

April 19-22, 2018

Crowne Plaza Dallas
Near Galleria-Addison Texas

EXPANDING HORIZONS – USING ACTION METHODS TO JOIN ALL HUMANITY

Our team of co-chairs, Daniela Simmons, Katrena Hart and Stacie Smith, as well as the whole large psychodrama community of North Texas, would like to invite you to join us in Dallas where we will experience the exciting 76th ASGPP Annual Conference! Our organization is entering a new era of unforgettable annual gatherings, where practitioners, trainers and followers of the fields of Psychodrama, Sociometry and Group Psychotherapy, from the United States and around the world, will once again share their knowledge, innovative fields of practices, creativity and enthusiasm!

The North Texas psychodrama community has been taking the method applications to various organizations, reaching out to diverse groups – therapeutic centers and hospitals, state and private schools, colleges and universities, legal and law advisor practices, correctional facilities, human rights organizations, creative arts centers, long-term care facilities for the elderly, various religious and spiritual institutions, etc. Now we are excited to host the 76th ASGPP conference for which we started preparing a long time ago! What we do and what our intention for the conference is, is embedded in the theme - to extend the horizons in promoting action methods to join all humanity!

We live during a time of unrest around the world. Different political and social events influence the dynamics in our society and today, more than ever, we need to remember Dr. J.L. Moreno's concept of Sociatry – the need for the social healing of "entire communities and nations"! Moreno believed that in a healthy society all individuals must be co-creative with others in an interplay of group activities; and that the richness of all cultures needs to be combined. This concept is the foundation of our beliefs and collaborative work toward creating opportunities for diverse groups to meet and learn from each other, to experience various action methods together, taking the experience from the small group into their own lives, the communities they live in and, ultimately, the world.

The conference will offer exciting speakers and presenters:

- The wonderful presenters of the pre-conference and the conference in full-day, half-day, 3-hour or 90-minutes workshops.
- Harville Hendrix, PhD, and his wife Helen LaKelly Hunt, PhD – the creators of Imago Relationship Therapy and authors of relationship self-help books;

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Psychodrama Network News

FALL 2017

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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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From the Editor

POSITIVE PSYCHOLOGY TOOLS DURING AND AFTER HURRICANE IRMA: A TOOLKIT FOR LIVING

Nancy Kirsner, PhD, LMFT, OTR, TEP



In the immediate aftermath of Hurricane Irma, once there was some phone contact, I got a simple however audaciously radical request from Phoebe Atkinson for a dear colleague whose beautiful Island of St. Martin in the Caribbean had experienced significant loss of lives and left the island demolished of homes and shelter. Our Positive Psychology colleague was asking us, "Is there a Positive Psychology Toolkit for Natural Disasters?" Normally this is something I could rattle off easily, which would include videos, YouTube, books, and articles, and even an open email chain for connection and sharing – but alas, this was useless. We had none of that available. This really got me thinking and paying attention to what/who was helping me/others in these catastrophic scary times. Everything is surreal. You're exhausted, your brain is off, and time exists in tiny little sound bites of what's the next thing I must do? Hurricane Irma reduced us to Maslow's

basic bottom needs in the Hierarchy of Needs Pyramid (1943): Physiological needs (food, water) and Safety (security and safety). I am sure everyone has their own individual needs in their toolkit but here is what I came up with as mine:

1. IT'S ALWAYS BEST TO START AT THE BEGINNING (lessons from the Wizard of Oz). Contact me/us any way you can and let us know you are there and care. Please don't ask me "what's wrong?" because the experience is so overwhelming that I don't have the words to express it. While I may not be very responsive, it means the world to hear from you and know I am not alone. When all communication options are crashed, it's isolating and scary. We weren't offered a choice about this journey but having you with us on the yellow brick road makes it doable and reconnects us with life beyond... this too shall pass.

Little personal toiletries are great: soap, shampoo, conditioner, skin lotion, bug spray, candy, and yes, chocolate always works.

Somatic and emotional needs are where it's at – just come and be with us/me.

2. THERE'S NO PLACE LIKE HOME (lessons from the Wizard of Oz). Whether we stayed or evacuated for the Hurricane, we must return and realize RUNNING AWAY IS NOT THE ANSWER (Lessons from the Wizard of Oz). We must confront the situation and figure out what to do. Once home, sometimes we don't want to leave our homes and see other people.

3. WE NEED TO LEAN ON OUR FRIENDS (lessons from the Wizard of Oz). None of us could succeed in this without help from our friends — to chain saw, rake, move debris, or just hold our hand. Show up at our house (if you are able) with a hug, water, fruit, anything. Bring an ice chest and ice if you can because we have no power and it's very hot. Wet cool wash rags are great for cooling down while working too.

If you have time, and are able, ask, "What can I do to help you? Give me a job."

4. ACCEPT YOUR FRIENDS/YOURSELF FOR WHO THEY ARE AND BE KIND (lessons from the Wizard of Oz) Realize I am in trauma and not my usual self – I am quiet, disconnected- and I may not be able to tell you what I want or need. As well, I need to accept my friends limitations for who they are in trauma and pain too. Don't

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THIS IS YOUR COUNCIL



ASGPP Executive Council in Texas

This year we had the roles of president and vice-president to fill, as well as three spots on the Executive Council, one on the nominating committee and one on the professional standards committee. We reached out to 52 potential candidates and of these individuals, 2 agreed to run for president; 2 agreed to run for vice-president; 7 agreed to run for executive council; 2 agreed to run for nominating committee and 2 agreed to run for professional standards committee.

Each year we send an email to the membership asking for nominations.

If you would like to be nominated or would like to nominate someone else, please do so. We would love to have suggestions for our members, rather than trying to figure it out ourselves!! And please volunteer to run, it is a great way to give back to ASGPP!

Susan Mullins, Nominating Committee Chair

AWARDS COMMITTEE

The Nominations Committee met and reviewed the proposed award nominations submitted by ASGPP membership. Individuals were discussed and recommendations were made and submitted to the Executive Council for their fall meeting.

Sue McMunn, Awards Committee Chair

ELDERS INITIATIVE - HISTORY KEEPERS

The "Elders Initiative" (History Keepers, seems to be the preferred name) - generated an enthusiastic interest, lively discussion. In response, to keep the momentum going, we submitted a proposal for a workshop at ASGPP Annual Meeting, 2017: "History Keepers and Seekers" "today we listen to Elders tell their stories of our shared history, and honor our roots. Seekers can ask questions, place themselves on a time line, meet /talk to Zerka or JL Moreno. Through sociometry we will build inclusion and connectivity and re-dream our future." Open to Everyone.

Anath Garber, History Keepers Chair

MEMBERSHIP COMMITTEE

The membership committee plans to conduct short 1 minute interviews with various members asking: "Why is it important to you to be a member of ASGPP?" These interviews will be put on our website for potential new members to view and made into a short presentation that will be playing at the Dallas conference. If you are willing to be interviewed and recorded, please contact the national office and we will be in touch.

Linda Condon, Membership Committee Chair

NOMINATING COMMITTEE

It is the job of the Nominating Committee to identify potential candidates to run for officers of the ASGPP; the Executive Council; Nominating Committee and Professional Standards Committee. These are all elected positions. The committee will then present the slate of candidates to the members for a vote.

PUBLICATIONS COMMITTEE

Journal:

At the beginning of January 2017 Nina Garcia and Elaine Camerota took on the role of new editors-in-chief of the ASGPP Journal.

The Spring of 2017 offered to readers a special issue dedicated to Zerka Moreno, reflecting Zerka's life and creative work through the experiences of people around the world and edited by Karen Carnabucci.

The regular 2017 annual issue is ready to go to press.

The editorial team announces the deadlines for submissions and the themes via Listserve. A new partnership between the Journal and the PNN is taking place and special news regarding the Journal will be announced in the PNN.

The Journal editorial team met during the 75th Conference in Clearwater, FL and a very productive plan for the future activities of the team was created. Periodically meetings will be scheduled and held via phone conference.

In addition, during the conference a group of editors met for a three hour planning session on marketing, presentations, publicity, collaboration, etc.

The effective relationship between the editorial team and the new publishing house, Allen Press, continues. Eleanor Lohmann, a representative of the publisher for the ASGPP Journal, and her colleagues, have been highly responsive to the needs of the editors and prospective authors.

The Executive Council continues to provide support to the Journal as needed through assuring meeting space, hospitality, exhibitor space, etc.

Psychodrama Network News (PNN):

The editorial team of the PNN, Nancy Kirsner, editor-in-chief and Patty Phelps, graphic designer, have invited additional people to join the editorial team. New rubrics have been created. The PNN has extended its size and scope to include

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The Theater of the Brain Part 1

Dr. Jorn A. Hogeweg

Life is a theater. Our brains are watching. We are spectators of the show, while at the same time we are the main character in the game.



Summary

The Theater of the Brain is a metaphor for the complex organization of men's mind. It is a new form of guidance as a form of group psychotherapy based on modern neuroscience and originating mainly from psychodrama, scheme therapy and transactional analysis. Participants in the Theater of the Brain may come to notice that they are freer in life, as if something

has shifted in their brains which gives them a different perception of themselves and/or the world. This method integrates cognitive analysis with experiential and participatory involvement. The aim is to give a voice to the inner (brain) functions and therewith strengthen the Healthy Adult, who becomes able to take responsibility for love and live. In this article the neuropsychological background of the Theater of the Brain will be pictured. Five brain functions are essential for a balanced life as an individual social being with love and well-being.

Introduction

The current human brain dates from about 100,000 years ago. At that time people lived as hunters and gatherers in small groups mostly of fifty, but not more than a few hundred persons who survived by the law of the "survival of the fittest", just as chimpanzees are living today. Then a unique revolution took place. Using their brains men began to develop technical instruments and social connections, covering the earth in ever increasing social groups. What exactly were the knowledge and skills that were needed to enable this unique revolution? What kind of brains they developed to reach this?

Theater of the Brain is a form of guidance based on modern neuroscience and originating mainly from psychodrama, transactional analysis and scheme therapy. Participants in the Theater of the Brain may come to notice that they are freer in life, as if something has shifted in their brains which gives them a different perception of themselves and/or the world, closer to what they actually would like to be.

Five essential brain functions in humans

Neuroscientists distinguish five components that have turned us into the successful species we have become. They are the base of our social and cultural development. They make us function adequately and perform our actions in harmony with ourselves and with our social environment. These five essential brain functions have been formulated by Dr. Steven Scheer who partly relied upon the ideas formulated by Mitchel and Heatherton (2009) (1,2). They are the following:

1. *Self-awareness.* The development of a coherent self. A human being develops a concept of himself in three domains: (1) through memory (knowledge of himself through perception and acting), (2) self-identity by comparison and (3) self-identity in the eyes of others [Correlated with different brain regions

that are important for self-awareness, including the somatosensory cortex, the medial prefrontal cortex (mPFC - self-judgement), the cortex around the inter-parietal sulcus (IPS autobiographical self) and the *insula* (integration of body feeling and emotions)]

2. *Recognizing the mental state of others.* Unless you recognize his mental state you will not understand what the other person finds interesting or important. When born, human beings only are focused upon themselves, but after a time they begin to distinguish themselves from the ones who nourish them [Correlation with the theory of mirror neurons and the theory of mind about others, distinguishing between equals and non-equals. [Temporo-parietal compound, angular and supra-marginalis gyrus, medial parietal cortex and medial prefrontal cortex (mPFC)]]

3. *Controlling yourself so as to be able to co-operate within (large) groups.* In this man distinguishes himself from other primates - the bonobo perhaps excepted - who don't easily control themselves when living in too large groups. On this are based the 'norms' and 'values' that form the cement of human cultures. [The cingulate gyrus notes undesirable thoughts and part of the prefrontal cortex suppresses undesired thoughts and feelings. The reward system (*nucleus accumbens*) plays a role in self-control being associated with feelings (dopamine) as well as the protective system (*amygdala*) that is associated with fear and anger, and also some parts of the prefrontal cortex (DLPFC)].

4. *Detecting 'in-group and out-group' threats.* It is crucial not to be excluded from your own group and just as crucial to be able to handle threats from outside. These threats may be internal or external. As an internal threat the brain continuously records the degree in which you are accepted or rejected. [The anterior cingulate gyrus (dorsal part) and the insula correlate with feelings of being rejected and social isolation (pain)]. External threats directed by the amygdala are caused by sights, smells, tastes and other observations which are experienced unconsciously].

5. *The resting system.* It is important to find time and place to repose. Repose to evaluate and recover. The '*default system*' in the nervous system is active when one is not focusing on the outside world and may even be day-dreaming. The '*default network*' links your emotions and memories to your relationships with others. In doing this it seems to open the way for making new social contacts. Day-dreaming is a very important brain function in all brain areas. The medial temporal lobe (*hippocampus*) integrates memory and emotions, the cingulate gyrus posterior selects relevant information for the self, and alertness is controlled by the *hypothalamus* and by reticular formation. Sleep goes still further in causing deep relaxation and recovery.

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Members in Action

* **Karen Carnabucci, LCSW, TEP**, presented “Introducing Family and Systemic Constellations to Your Corner of the Universe” at the North American Systemic Constellations Conference Oct. 5-8 in Virginia Beach, VA. She was a member of the conference steering committee and is editor of the organization’s blog at www.nasconstellations.org.

* **Julie Wells, LCSW, TEP**, presented a workshop entitled, "Encounter, Explore & Embrace the Universal Role of Love Using Psychodrama" in Paris, France at the 8th World Congress in Psychotherapy July 28, 2017. She will be presenting the same workshop at the ASGPP Conference.

* **Kate Hudgins, PhD, TEP**, has 2 new publications: Action Across the Distance with Telemedicine: The Therapeutic Spiral Model to Treat Trauma – Online. In S.L. Brooke (Ed). *Combining the Creative Arts with Technology: Using Social Media and Online Counseling to Treat Clients*; and PTSD Unites the World: Prevention, Intervention and Training in the Therapeutic Spiral Model. In C. Stout (Ed.) *Why Global Health Matters: And what to (Actually) Do about it*.

Kate, who lives in Charlottesville, mobilized a Community Action Healing team and hosted a open community event in September called "Recover! Charlottesville. Post-traumatic Growth in Charlottesville Following Violence: TSM Psychodrama and Community Repair". Kate and her team used sociometry, enactment, doubling, group therapy, empty chair and other action structures to help prevent PTSD settling into their community.

* **Jude Treder-Wolff, LCSW, RMT, CGP**, presented “Social-Emotional Learning From the Classroom To The Consulting Room” at the Applied Improvisation World Conference at the University of Irvine in California in August. Her workshop was about the ways that learning to improvise translates into cognitive, social and emotional growth. It was for teachers, social workers, therapists, counselors and anyone else who works with human development.

* **Michael Wieser, PhD, ECP, TEP**, was a guest editor for A Special Issue on Psychodrama Psychotherapy in the July 2017 *International Journal of Psychotherapy*. <http://ijp.org.uk/shop/product.php?product=448#.WW29TKEUn4g>

Theater of the Brain

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Me, you and the world

The first two brain mechanisms apply to me and you, the third and fourth deal with us and you and the last concerns reposing, relaxing and evaluating. All those five mechanisms have to develop and grow by learning. The possibilities and limitations of the brain structures that are the 'carriers' of these five mechanisms should be reflected upon. Here recent brain research provides us with very important information how to learn optimally.

What is the Theater of the Brain?

The Theater of the Brain is a method of group psychotherapy in which a person enacts the problems and relevant events in life, instead of just talking about them. This method integrates cognitive analysis with experiential and participatory involvement. The three phases in the Theater of the Brain are *warm-up, enactment and sharing*. The Theater of the Brain visualizes interactively what has been explained above in words. How can we operate with these five brain functions? What does the Theater of the Brain add to our knowledge about the development of the brain? In part 2 the technique of the Theater of the Brain will be discussed and explored. A model will be presented.

Literature

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2. Heatherton, JPM. and T. (2009) 'Components of a social brain' article 'The cognitive neurosciences' by M.S. Gazzaniga (ed)
3. Axe, L and Te Kieffe, J. (2015) "Working with modes in schematic drama" Chapter 12 p 175 in AM & S Claassen Pol: *Schema Therapy and the Healthy Adult*, Bohn, Stafleu of Loghum (Springer) (ed)
4. Moreno, J.L. (1952) *Psychodramatic Production Techniques*. Group Psychotherapy, Psychodrama & Sociometry. (4):273-303

Dr. Jorn A. Hogeweg was born in 1960 in Utrecht, the Netherlands. He studied physiotherapy and clinical neuropsychology in Amsterdam. He worked in general hospitals, a rehabilitation center and a private practice as a therapist. Besides in the Netherlands, he worked in Worms, Germany. Now, he works in his own private practice (PELS instituut), as well for the Institute for Applied Neurosciences (ITON) in cooperation with the Free University (VU) in Amsterdam as a teacher. In his work with clients, he uses Theater of the Brain, based on Psychodrama, Neurosciences and Scheme Therapy.

Inaugural Conference of the National Organization for Arts in Health (NOAH)

Daniela Simmons, PhD, CP/PAT



I had the pleasure and the honor to attend the first conference of the National Organization for Arts in Health (NOAH). The Inaugural Conference took place on September 18-20, 2017 at the Austin Convention Center in Texas. The event was held in conjunction with the 30th Healthcare Facilities Symposium and Expo (HFSE), "Charting a Path Forward". The partnership between the two events aimed at connecting profes-

sionals in the field of art therapies, cultural and educational agencies, medical and volunteer staff, designers, builders and owners of health care facilities. The NOAH conference was announced as a forum that "will investigate how utilizing the arts fosters health and well-being in medical and educational institutions, community settings, and through the built environment".

Five speakers, representing various therapeutic modalities and national organizations were invited to contribute to a panel topic, "Creative Arts in Practice" and to discuss how each method could be applied for treating eating disorders (ED). The leader of the Expressive Therapy Team and also moderator and one of the presenters at the panel was Amber N. Como, MA, RDT (Drama Therapy). Kalila Homann represented the Dance-Movement Therapy; Megan Van Meter – the Art Therapy, Della Molloy-Daughtery, MT-BC – the Music Therapy; and I represented the Psychodrama, Sociometry and Group Psychotherapy method.

My presentation was based on J.L. Moreno's methodology and the research of our colleagues Carnabucci, K., Ciotola, L., Bailey, N., Izydorczyk, B., Langford, E., Prosen, S., on psychodrama applications for treating eating disorders. I had a brief opportunity to introduce the method with its three phases – warm-up, action and sharing; the psychodrama elements – director, protagonist, audience, auxiliary and the stage; to state some of the benefits that psychodrama (in a group or a-deux)

can provide for people with eating disorders, for example understanding what is driving their behavior and the roles played by them and others, as well as developing supportive relationships with others and healthier coping skills. Utilizing techniques such as Social Atom exploration, Role Reversal, Doubling and Surplus Reality were suggested.

Sponsored by the National Coalition of Creative Arts Therapies Associations (NCCATA), the panel discussion aimed to introduce or deepen the attendees' understanding of the five creative arts therapies professions, and to explore the use of creative arts therapies in clinical practice. Using a case-study approach, this panel illustrated theoretical and practical approaches to treatment using creative arts therapies.

NOAH was founded in 2016, but its roots go back to 1989 with the "First Convocation of Arts Administrators in Durham, North Carolina". Since then conferences have been held annually. NOAH has individual, founding and organizational members and they all benefit through annual conferences, training, access to news and resources, and a research database. NOAH is in the process of developing a research database for the field of Arts in Health. The organizations' aims are finding areas of need and supporting research-based construction of studies and resources for professionals and programs in the field.

The American Society of Group Psychotherapy and Psychodrama (ASGPP) is always searching for partnerships and is reaching out to organizations and colleagues from related fields. The fact that there are such strong organizations with the mission of working for continuous innovations and research of the expressive therapies in the United States and abroad, assures the future of this necessary and powerful healing approach.

Website: National Organization for Arts in Health – NOAH:

www.thenoah.net

Facebook:

www.facebook.com/NationalOrganizationforArtsinHealth/



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• Delaware Valley

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Delaware Valley meets the 4th Saturday of every month. This monthly meeting offers a forum for presentations on passionate topics and offers 2.5 free training hours to our members and participants. This is a place for connection, learning and building Sociometry. In this last few months some topics presented at meetings include: The Trauma Survivor's Intrapsychic Role Atom (Francesca Toscani, TEP); Organizational Sociometry (Dave Moran, TEP); CBT and Psychodrama (Tom Treadwell, TEP) and Sociodrama (Rosalie Minkin, TEP). The meeting is held at the New Leaf Club, 1225 Montrose Avenue, Rosemont, PA and we ask for a \$3 donation to pay for space. There is ample parking and it is easily accessible by public transportation and car pool. Below the meeting room is the New Leaf Café, a much cozier place than Starbucks. The collective has recently decided to create ad hoc committees to focus on business aspects of the collective, such as bringing in trainers for all day or weekend workshops, community service, and creating a local mini-conference. Our collective members come from various modalities and we welcome all who are interested. We want to build local Sociometry amongst professionals and create a sharing that can only support Moreno's "all of humanity". Please join us!

Colleen Baratka, TEP

• Denver Area

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

We meet monthly in downtown Denver. We share ideas, concerns, and techniques. We welcome others with some experience. We decide each time we meet when we next meet, who directs, and so on. Contact ericahollander@comcast.net or 303-978- 9091 for more information.

Erica Hollander, PhD, JD, TEP

• Hudson Valley

Regina Sewell / visionshv@optonline.net / 845-440-7272

Hudson Valley had two open sessions so far this Fall. On September 15th, Ingrid Schirrholtz directed. On October 20th, Judy Swallow directed. On November 17th Jenny Salimbene will be directing. All proceeds go to Boughton Place to ensure that the original Moreno stage remains viable.

We are also hoping to have an open session up near Albany if we can find a place and a CP, PAT or TEP who can free up their schedule.

Regina Sewell, PhD / MEd, LMHC, PCC

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UNsung HEROINE

— ANN ELISABETH HALE, MSLIS, MA, TEP — THE GRAND DAME OF SOCIOMETRY

It might seem odd to say that Ann E. Hale is an unsung heroine...after all, look at her publications: "Conducting Clinical Sociometric Explorations: a Manual for Psychodramatists and Sociometrists" (1985); "Sociometric Processing of Action Events" (2002) with Donna Little; and "Three Cyclical Models Which Enhance Consciousness of Interpersonal Connection" (2013).

And, for sure, her manual on Sociometry is as much a centerpiece of our literature as is Moreno's original work. Ann has also received five of ASGPP's Annual awards (David Kipper, Hannah B. Weiner, J.L. Moreno, Fellow, and the Collaborator's Award).

What is a heroine anyway? She is a woman of courage and acts of noble character. She is someone who is admired and emulated for her achievements and character strengths. As Adam Blatner has often said to me over the years, some folks are humble and don't talk about or "show and tell." They just quietly go about doing small and large, often invisible acts of service. Thus, we honor Ann E. Hale. And lastly, it is easy to put Ann into sociometric role lock and she has so many facets you probably don't even know about.

Ann was born in West Virginia second from the oldest of six kids and it seemed she was assigned the role in the family of being vigilant to what everyone needed. Ann thought she would be a teacher growing up, like her Mother, so she began college studies working towards a Bachelor's in Nursing. She quickly learned she had used the wrong internalized criteria to pick nursing. She found herself on probation which then guided her back to what she loved, music and drawing.

Ann then went to college to become a librarian and found out she didn't like it very much. She tried being a music librarian hoping it would be more satisfying. Still persisting to make the career a good fit, she applied to be a Reference Librarian at a new State University in Springfield, Illinois where she had a staff to train. As her staff were the frontline of the library and being sociometric at the cellular level, Ann knew they needed to be trained to be helpful and friendly. She wanted to do some role play but knew very little about it. Enter John Nolte who was setting up a counseling program. At one point in their getting to know each other, John mentioned Psychodrama and invited her to join a peer training group. Ann thought to herself, I know what this is, it's theatre of the absurd! One day Ann was sitting at a table and observed folks surreptitiously taking notes as



John was doing a tutorial on sociometry. She was curious, what is this about? John later told her they were observing sociometric events among the faculty, i.e. who sat with who? How often? etc.

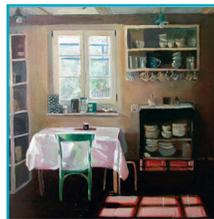
"John Nolte convinced me to go to the Moreno Institute and study. He thought I could learn some skills about role playing to help train my staff. I was 28 years old. I took a one week course and knew, this is it – what I want to do. The first two books I purchased were *Who Shall Survive* in which Moreno wrote to Ann Hale – "who shall survive for her own sake"; and *Words of the Father* inscribed to the "librarian of God."

My many role explorations had finally brought me to this sociometric center – my choice."

"The person in my life who has had the greatest impact and who is my dear friend, is Donna Little who I met when I was doing a training in 1974. In 1975 I was invited to set up a Training Institute in Canada and my first trainees were Liz White and Donna Little. A decade later, Donna and I started doing trainings together. The qualities about Donna that bring out the best in me are her love, constancy, presence, and kindness. And I can't forget that Donna guided me toward believing in Angels which slowly led me back to church. What I learned about angels, in a quick read, was that you must have a legitimate need, you must believe in them, and be able to ask the angels for help. Of course I needed to test this out – and it was affirmed. The Angels met their role test!"

Ann's growing edge personally is in her painting. She didn't paint for over one year and now is on her third painting. While Ann loves abstract art, she is drawn to do representational art. A professional idea/act hunger is, wouldn't it be great to create an electronic APP for telephones that might act like a sociometric badge and help people develop their own sociometric intuition/ criteria. Ann is most proud of being the primary trainer to some gifted practitioners: Alton Barber, Jonathan Fox, Donna Little, Marlo Archer, Liz White, Martica Bacallao, Elisabeth Pfafflin, Gloria Heineman, Ulrike Roder, Helmet Jung, Matthias and Kathy St. Clair.

As J.L. inscribed in the first two books Ann bought, while she certainly has "survived for her own sake", her contributions to both our literature and training is a thriving progressive inspiration to all of us. And I wonder how J.L. knew you would be the "librarian of God..." Some things we will never know other than through our own surplus reality. Thank you Ann, for doing, being, creating, and cataloging so much richness for us.



HISTORY KEEPERS – Anath Garber –

Nancy Kirsner, PhD, LMFT, OTR, TEP

We have reimagined our “Tell Us a Story” column by inviting a History Keeper Story Teller each PNN to share a story from their Psychodramatic life and personal timeline.

For our first feature, let’s meet ANATH GARBER. Anath has had the unique existential experience of having had Zerka direct her first psychodrama and directing Zerka’s last psychodrama before she died (see ASGPP Journal, Zerka T. Moreno Edition, 2017).

The place is Hebrew University in Jerusalem. I was trained to be an actress, and I am teaching acting and working with acting clubs to financially support myself. Stanislavsky methods are my favorite warm ups. After a short time I became curious about how often students came, stayed and seemed to experience deep emotions, even weeping. There seemed to be some “extra dimension” that I couldn’t put my finger on. I began to wonder, what exactly was getting evoked, a force that felt more important than the actual work itself. This fascinated me and I became more interested in the theatre’s of our personal psyches. I thought I had invented this (psychodrama)... I was sure I had.



Anath Garber with Hannah Weiner and JL

I began looking for resources to learn more about all this and found out about Psychodrama. I was connected to David Kipper who was also at the University. He was willing to teach me even though I had no money and in return I assisted him. As well I got a scholarship and became a Teaching Assistant at Hebrew University where I got a degree in Psychology. One day David casually said to me, “Anath, warm up the class.” I was so nervous but I just jumped in and it worked!



At 26 years of age I learned about Moreno in the United States, and I knew I must come to study with him. I remember arriving at Beacon (Moreno Institute in Beacon, NY) for the first time. I recall the smell and the picturesque tree lined long path

up to the house. I thought I’m “in a beautiful painting”... as I envisioned in my mind a painting a boyfriend made for me at a younger time.

We worked mostly with Zerka in the theatre at Beacon meeting two times a day. Moreno did not walk that distance to the theater. The stage itself had three distinct levels, lighting and Zerka herself was center stage with two empty chairs. Her arm was always around “Moreno’s chair” and the other empty chair was for one of us and all things possible. Over the years Moreno’s chair disappeared and it was only Zerka center stage with one auxiliary chair. Zerka had more arms than anyone I ever knew.



There were squeaky rooms where we slept and we were sure they were haunted with ghosts. And of course there was Queenie, the Irish woman who ran the Moreno Household. My first meeting with Moreno happened that Friday evening when the students (anywhere from 4 to 9) were invited to the big house up the hill. It was always a special time to hear Moreno talk and to ask the many questions that were on our minds. It was obvious that Zerka had shared everything about each of us and what we were doing from the comments and questions Moreno asked.

I couldn’t believe how often people choose ME to direct them. I had directed a drama for everyone in the group, and yet I began to notice people were becoming distant from me. Then it dawned on me, of course, I had never done my own drama to reveal myself to them. Then it happened, Zerka directed my first drama and it was about my Mother. Oh my Goodness, Zerka (in a role - *Editor*) was yelling at my Mother – that would never happen in real life. I truly was in another world.

2018 ASGPP Conference will be held at the Crowne Plaza Dallas Near Galleria-Addison Texas



2018 Conference Cut-Off Dates

Scholarship Applications	February 1
Room Sharing Service	March 2
Advertising in the Guide	March 12
Exhibit Tables	March 12
Early Registration Discount	March 15
Hotel Special Rates	March 27

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

Auctions / BasketCases

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 * Hand-made Items * Gift Cards * Supervision with TEPs, and other interesting offerings.** We feature **Artists in Residence**, where we display works of art that are handcrafted by our community. Please share your talents with our community through your creative donations.

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

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

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

To donate items to the auctions contact:
Jodi Greanead, jodi.greanead@yahoo.com, 940-594-0423

Conference Speakers

SATURDAY KEYNOTE SPEAKERS

From Conflict to Connection for All Humanity

**HARVILLE HENDRIX, PhD &
HELEN LAKELLY HUNT, PhD**



Drs. Hendrix and Hunt continue to co-create Imago Relationship Theory and Therapy and make it available in workshops, training programs, lectures, seminars and books. Over 1200 Imago therapists practice in 37 countries.

Their professional partnership has produced 10 books including three NYT best sellers. They are working on a new professional text on Imago theory and therapy. Harville is a couple's therapist with over 40 years' experience as an educator, clinical trainer and lecturer whose work has been on Oprah 18 times. In addition to Helen's partnership with her husband in the co-creation of Imago, she is sole author of *Faith and Feminism* and *And the Spirit Moved Them*. She was installed in the Women's Hall of Fame for her leadership in the global women's movement.

FRIDAY PLENARY SPEAKER

Communication Energy in Action: Expanding Connections

S. RAFE FOREMAN, JD



S. Rafe Foreman, JD is a teacher, professor, writer, consultant and frequent speaker. He joined the University of Missouri – Kansas City Law School as the Douglas Stripp Dean's Distinguished Professor of Law and Director of Advocacy in 2011 after a distinguished career as a trial lawyer. He has advanced education in psychology from Fielding University and the National

Psychodrama Training Center. Professor Foreman is a graduate of the Trial Lawyers College and now serves as an instructor and former board member. He lectures and teaches throughout the world and teaches lawyers, judges and law students the art of advocacy.

THURSDAY DIVERSITY FORUM

**Nisha Sajnani, PhD, RDT-BCT
Heidi Landis, LCAT, RDT-BCT, TEP**

THURSDAY EVENING

Globe-trotting with Zerka

Sérgio Guamaras, PhD

SUNDAY MORNING

Lessons to be learned from the 100th anniversary of the publication of the Daimon: a long and stimulating learning process

René Marineau, PhD

2018 Conference

(Continued from Page 1)

- S. Rafe Foreman, Distinguished Professor of Law & Director of Advocacy;
- René Marineau, PhD, the main biographer of Moreno's family, a professor, psychologist and psychoanalyst from Quebec, Canada, and a former president of the American Society of Group Psychotherapy and Psychodrama;
- Sérgio Guamaras, PhD, from Argentina, frequently traveled to the US over several years for the purpose of recording videos of Zerka Moreno. Through his video presentation, Sérgio will show us excerpts of the videos of the sessions with Zerka, called "The United Nations of Psychodrama", bringing Zerka alive!;
- Nisha Sajnani, PhD, RDT/BCT, Leslie and Harvard Universities, and Heidi Landis, RDT/BCT, LCAT, TEP, CGP, Leslie University, The College of New Rochelle, and Concordia University.

Our team is planning to also offer unforgettable early morning activities, meetings for a variety of groups with similar interests and evening ceremonies and entertainment. Many of the offered activities will be innovative and will offer a new cultural conserve of celebration, recognition, and fun.

The psychodrama conferences are always unique with their warm environment and experiential fun activities. The North Texas team looks forward to greatly contributing to this tradition! In co-creating the history together, we look forward to connecting the wisdom of our psychodrama predecessors, with the spontaneity of our current community, for the generations of young psychodramatists that will follow us and will be the future!



Conference Co-Chairs: Katrena Hart, Stacie Smith and Daniela Simmons with JR, the 2018 Conference Mascot

TRAINER'S CORNER – Dr. Dan Tomasulo –

Nancy Kirsner, PhD, LMFT, OTR, TEP

This feature is a tribute to OUR TRAINERS and THE AMERICAN BOARD OF EXAMINERS (ABE) who maintain our standards, engage with passion and intent, and teach our next generations of psychodramatists. As of August 2017 there are 427 Certified Psychodramatists listed in our ABE Directory, 202 Trainers, Educators, and Practitioners (TEP's), 162 Certified Practitioners (CP's), and 65 PAT's (Practitioner Applicants in Training). Our trainers are a highly motivated, diverse and dedicated group of professionals who dedicate significant portions of their professional lives to our field. As the landscape of Mental Health has changed dramatically since Psychodrama was in its prime years (1960's to 1970's), the next generations of Psychodramatists have creatively adapted Psychodrama and Sociometry for multiple uses and diverse settings.



Dr. Dan Tomasulo is a counseling psychologist, a professor, a writer and has long been a psychodramatist (TEP 1990). Dan's first career was in clinical psychology research and you might not be surprised to know that his dissertation was about the developmental aspects of imagery. He looked at what children will remember and how to present education in novel, creative and fun ways. Like many of us, Dan was introduced to Psycho-

drama by a colleague who said, "You ought to see Psychodrama... I think you'll like it." Shirley Barclay was Dan's first Psychodrama demonstration. Until this time, Dan was a research Psychologist and not at all interested in clinical work. After experiencing Psychodrama and its impact, Dan thought "what do I do now?" As Dan was completing his PhD (Yeshiva University 1981) in Developmental Psychology, he was also doing stand-up comedy and improv. As Jacqueline and Bob Siroka were nearby, Dan was able to begin studying — Jackie as a Primary Trainer, and Bob with whom he could complete his clinical PhD hours.

Dan's path reveals his deep trust for his spontaneity and creativity as well as his love of learning which guides him to his next Yes. Dan's biggest love is writing. His first book was *Action Methods in Group Psychotherapy* (1998) followed by *Healing Trauma: The Power of the Group for People with Intellectual Disabilities* (2005). This book was coauthored with Nancy Razza and was the first APA (American Psychological Association) book on this subject. In order to further cultivate his writing skills, Dan enrolled in the MFA writing program at New School in New York. In this supportive and nurturing environment he learned to utilize his dark stories to balance out the lighter side of himself and his book of memoirs emerged from this time (*Confessions of a Former Child - A Therapist's Memoir*, 2008). Dan's latest book, *American Snake Pit*, will be published in 2018 and he is currently working on its screenplay.

Dan's clinical work with Intellectual /Developmental Disabilities became the rich soil in which he created, adapted, and researched his own modifications of the theory and techniques of J.L. Moreno. ASGPP awarded Dan both the David A.

Kipper Scholar's Award (2005) and the Innovator's Award (1996) for this work. From this evidence based work, Dan created IBT (Interactive Behavioral Therapy) which is the most widely used form of Group Psychotherapy with this population.

Dan is a seeker and path finder. He wrote the first book on Psychodrama in developmental disabilities. He was the first Psychodramatist to venture into the world of Positive Psychology and the first Psychologist admitted to the M.A.P.P. Program (Masters in Applied Positive Psychology) at the University of Pennsylvania under the direction of Dr. Marty Seligman – the contemporary Father of Positive Psychology. After graduating from M.A.P.P., Dan became Dr. Seligman's assistant and in his unique collaborative way has been building academic, educational, and action bridges from field to field in multiple learning environments. Dan continues to teach at both the University of Pennsylvania and Columbia University.

The Virtual Gratitude Visit (VGV)



Another highpoint in Dan's ever evolving career happened in July at the International Positive Psychology Association's (IPPA) 5th Annual meeting in Montreal, Canada (July, 2017). This is one of the many reasons we are featuring Dan in our first Trainer's Corner. Dan was awarded the Avante Garde Positive Psychology Intervention Award for his VIRTUAL GRATITUDE. (Visit VGV on YouTube for video and instructions www.youtube.com/watch?v=izGmSvOmYXc.) Gratitude is one of the most heavily researched areas in Positive Psychology, and the research keeps demonstrating what a powerful positive intervention having gratitude in our lives can be. To acknowl-

(Continued on Page 13)

NCCATA Update - 2017

Steven Durost, LCMCH, PhD, REAT



The National Coalition of Creative Arts Therapy Associations, NCCATA, was established in 1979 to align creative arts therapy organizations under one umbrella to advocate and advance the creative arts therapies as a profession.

The last two years I have had the honor of representing the ASGPP at the NCCATA annual meeting. It is an incredible feeling to be among the presidents of the top creative arts therapy associations in America. Art, Music, Dance, Drama and Poetry are all represented by people passionate about their organizations and about the field of arts-based therapies.

This year NCCATA has participated in creating White Pages for National Organization of Arts in Health, NOAH. Each organization contributes a page about their therapy approach to the document. There was a lot of discussion on how creative arts therapies are art as therapy and how that does not place them under the same umbrella with an organization that is promoting art in health. One is the purposeful use of art as the healing agent and the other focuses on the passive benefits of art. This conversation may seem academic but this differentiation is why NCCATA was formed. Without advocacy, our individual organizations could be enveloped in national rhetoric which groups all art, artists and art therapists together as equals thus watering down the profession of creative art therapists as well as minimizing the high standards and training needed to become a certified or registered professional in the field.



A recent story comes to mind. In one hospital I know of, the art therapist pushes a cart of paintings and pictures around to patients. Each patient is allowed to choose what art will hang in their room during their recovery. If art therapy is looked at this way, then anyone can do art therapy. One does not need training to help with art decor. This view of art therapy minimizes the large amount of learning, testing, practice, supervision, financial investment and competency needed to be certified in any of the arts-based therapies. NCCATA works to ensure our professions are not misrepresented and, further, are promoted as therapy of the highest standard.

Members of the NCCATA organizations went to Walter Reed to advocate for the use of Creative Arts Therapies with Veterans. The representatives stated it was an important day of advocacy and connection. "It felt great to be at the table. It felt powerful and useful" to be part of this discussion.

In keeping with advocacy for the promotion of the field, NCCATA is developing an advocacy day on Capital Hill...a Hill Day...to engage Washington leaders in conversations about the use, efficacy, benefit and need of creative art therapies. Tentatively scheduled to happen in 2018, the hope of Hill Day is that many people will learn about and connect with the NCCATA member organizations. People will see the benefits of arts-based therapies and more will desire them as part of their healing process. With more demand will come more opportunities for promotion and visibility...and as that happens NCCATA, with our participation, will lead us forward.

Trainers Corner

(Continued from Page 12)

edge someone for being in your life is one of the most dynamic ways to increase your wellbeing and the wellbeing of others. While this works well if you write it down, as psychodramatists we know it is even better if you can deliver it in person or in an enactment. However, learning to do psychodrama is a complicated long process. As well, sometimes the other person is no longer with us. For all these reasons, Dan created the VGV as a simple action sequence that anyone can follow online. The Virtual Gratitude Visit (VGV) combines one of the most successful experiential techniques (role reversal – the engine that drives Psychodrama) with perhaps the most effective positive psychology character strength- expressing gratitude.

The gratitude visit (Seligman, Steen and Peterson, 2005) is one of the best known and most quoted of the positive psychology interventions. The intervention is simple: People are asked

to deliver a letter of gratitude to a person who has been particularly kind to them, but who they never properly thanked. This intervention has had positive effects, with greater scores on happiness and lower scores on depression, for a month following the exercise. Yet I believe this is only the tip of the iceberg of what can come from a gratitude visit, particularly if it is virtual rather than in vivo. Psychodrama (Moreno & Fox, 1987; Moreno & Jennings, 1953) is an experiential form of therapy and theory originally developed by Jacob Moreno. It is a widely employed therapeutic model, which has a variety of therapeutic uses from educational role-playing through trauma work (Tomasulo, 1998)."

TIP: Role Reversal is the engine that drives all psychodrama – it can be simple and very powerful.

Vedadrama - Psychodrama in India

Jochen Becker–Ebel, PhD



About 'Vedadrama':

Psychodrama and Sociometry in India are known as 'Vedadrama' – an adaptation which is a culturally unique version of J.L. Moreno's method. The etymology of the term 'Vedadrama' comes from the Indian word 'veda' ('knowledge') and the Greek word 'drama'. 'Vedadrama India' is an institute that today offers training modules for psychodramatists, psychodrama

trainers, leadership coaching and team development. Currently the Vedadrama workshops are offered at several locations in India – Delhi, Bangalore, Mumbai, Coimbatore and Chennai; as well as in Hamburg, Germany.

Vedadrama was created as a result of the work of a few European psychodramatists in India. In 1996 two psychodrama trainers - Leif Dag Blomkvist, TEP, a student of Zerka Moreno and founder of the Swedish Psychodrama Institute, also creator of the Surrealist Psychodrama method; and Savita Dhawan, TEP, a German psychodramatist of Indian descent and CEO of Psychodrama-Werkstatt-Berlin, traveled to Mumbai, India to offer Psychodrama training.

At almost the same time Klaus Ernst Harter, another German psychodramatist (currently Director and International Coordinator for Psychodrama Education in Russia and India of the Moreno Institute for Sociometry) and his wife founded Addiction Treatment Centre, utilizing supervision with psychodrama, in Kerala, a state in Southern India. Another German psychodramatist, Dr. Jochen Becker-Ebel, in 2012 started offering training in Chennai, Eastern India, and later in other Indian cities. The three German psychodramatists, Dr. Jochen Becker-Ebel, Savita Dhawan and Klaus Ernst Harter, founded the 'Vedadrama India' institute. The team of 'Vedadrama India' believes in the need for 'stable groups', continuously providing therapy or training. In 2017 the institute has 110 trainees, some of them from other countries.

The India psychodrama community welcomes also training modules directed by guest psychodramatists such as Sue Daniels (Canada), Dr. Jorge Burmeister (Spain), Herb Proper (USA) and many others. Adam Blatner (USA) supported Vedadrama by sending free books to India.

What are the special characteristics of "Vedadrama"?

The Magic Tree:

The 'Magic Tree' is an Indian version of the well-known psychodramatic technique, the 'Magic Shop'. Magic is still part of

the day to day life in rural India. Applying the 'Magic Tree' technique is a playful and well accepted approach for short term interventions to empower the personal growth and development in a group setting. 'Wish-fulfilling trees' or also known as 'Kalpavriksha', are symbols of Indian wisdom and are used daily by millions of believers. In the "Magic Tree", group participants are invited to get something from the tree, and to do so (a) they have to approach the tree and thus admit their need; (b) they have to be clear what they need; (c) they illustrate it in some way and symbolically hold it in their hands and then hang it on the tree. The 'Magic Tree' uses an approach similar to the 'Magic Shop': a) admit your need in approach b) name your need c) take a symbol, d) give away something else and e) make some symbolic joyful journey.

Integration of Spirituality and Gods:

In the classical psychodrama the protagonist may choose to play 'God'. In the Indian culture, most people like to play 'God' and that ritual is quite common during festivals. Therefore, spirituality is an important part of Vedadrama.

Integration of Indian Concepts:

The Indian concepts of 'Maya' ("illusion") and 'Atman' ("self") indicate extraordinary power and wisdom. This concept explains how the change of an attitude within can change the outer world as well. It is applied in understanding the theory of J.L. Moreno's 'tele' – Indian people feel more related to each other due to their spiritual background and belief in the inter-connectedness of soul(s). The concept of Maya might be strongly related to Moreno's way of working with the protagonist as an individual and helping him to overcome his projections on others and improving relationships.

Conclusion:

The first Indian trainers will start offering formal group psychotherapy training in 2018. The goal of the organization is to help future psychotherapists, counselors and coaches to use the psychodrama approach and methodology in their work; and, in general, to spread psychodrama in India.

Jochen Becker-Ebel has a PhD in theology and is an Adjunct Professor for Palliative Care of Yenepoya University Medical & Nursing College, Mangalore, South-India. In addition he is a Supervisor DGsv and a trainer at Moreno Institute (Germany does not follow the TEP system as in most countries).



I REMEMBER...

The 1985 Evolution of Psychotherapy Conference

Jeanne Burger, EdD, LPC, LMFT, TEP



The 1985 Evolution of Psychotherapy was an incredible conference that I attended as a student before I knew Zerka (I didn't even attend her session). The conference was special because of the Ericsonian decision to include all experiential disciplines (and their gurus) instead of only showing Ericsonian trance therapy. It received much publicity and was attended by 7200 participants. It was all videotaped or audio taped.

This was the first time that Zerka presented on her own without J. L. being the attraction. Fritz Perls gave her a difficult time about only being a spouse of the method. She was proud of sparring with him, reminding him that he never gave Moreno credit for his empty chair work and that he had been a student at Beacon. She thought his own work was lacking in patient participation. On the other hand, attendees to her workshop were enthusiastic and complimented her on making the tenets of psychodrama clearer and more humanistic than J.L. Moreno's presentations.

Jeffrey Zeig became a huge fan of Zerka's. He quoted her and used some of the psychodrama techniques in his own sculpturing work.

She was invited back as primary faculty to all subsequent evolution conferences as a master of her field.

I attended the Phoenix follow up in 1990 before knowing Zerka well. Her presentation was amazing but again she experienced prejudicial comments from some of the other faculty while she gained fans from the attendees.

It was the 1995 Evolution of Psychotherapy that I attended as Zerka's roommate. We had spent considerable time at her Beacon house preparing her work. She was well paid for the 4 day event in Anaheim but the faculty demands were exhausting and extensive. She joked that she didn't see how the older faculty would be able to keep up. At 78 she felt quite young. As master faculty, Zerka had to prepare a 2 hour workshop, a 1 hour demonstration, a 1 hour Conversation Session, and a panel discussion on family therapy with Salvatore Minuchin. She was to be a discussant for Paul Watzlawick. There was a

video interview with Irvin Yalom's son which took up lots of time. I don't know if this was ever aired. She was most nervous of the panel with Minuchin because she did not know his work. I was pleased to be able to help her prepare because I did know the work of many of the presenters.

The conference was an extraordinary experience for me. As Zerka's plus one, I was able to share meals and meetings with this faculty consisting of therapy masters that I had studied in graduate school. I also saw the backbiting and competition that went on behind the scenes. My relationship with Zerka deepened as we had great discussions about all that went on; ideas and behaviors.

Zerka had remarkable sessions. Her workshop was interrupted by a fire drill which Zerka handled with calm and creativity, incorporating the shared experience into a warm up. She handled the 1 hour demonstration with containment by using her family photo technique. She had such a meaningful drama that she drew deep sharing in an audience of over 100 people.

She was a kind and interesting discussant of Paul Watzlawick's paper on *What If Technique*, comparing it to surplus reality.

The panel discussion was the most difficult because of her difficulty hearing Salvatore Minuchin and his beginning remark that he did not know why Zerka Moreno was considered a family therapist. I found my courage to go to the microphone and ask Zerka to tell the story of treating a blended family by exploring the sociometry of where they sat in the family bus traveling to her session. This story very much agreed with the enactment therapy of Minuchin and he

became interested and conversant with Zerka.

Zerka was unable to present at the 2001 conference in Phoenix much to the disappointment of Jeffrey Zeig. I did present psychodrama at the Ericksonian conferences for several years after that but only as adjunct faculty, not as a master.

www.erickson-foundation.org/history-first-evolution-conference



Faculty of the '85 Evo Conference

(top row) Bruno Bettelheim, James Masterson, Jeffrey Zeig, Ronald Laing, Ernest Rossi,

Erving Polster, Salvador Minuchin, Lewis Walberg

(middle row) Rollo May, Arnold Lazarus, Judd Marmor, Aaron Beck, Carl Whitaker, Murray Bowen, Thomas Szasz,

Paul Watzlawick, Jay Haley, Joseph Wolpe

(bottom row) Albert Ellis, Mary Goulding,

Robert Goulding, Zerka Moreno, Cloe Madanes, Virginia Satir, Miriam Polster, Carl Rogers

Sociatry – Healing of Society; Tools for Social Justice Transformation

Edward Schreiber, DD, EdM, MSM, MAC, CD, CTPT, LADC, TEP

“Mankind is a social and organic unity.”

J.L. Moreno *Who Shall Survive*



Sociatry (so-sigh-ah-tree) means healing of society, and a major theory of J.L. Moreno, and at the center of Moreno's mystic ideas. There seems no better time to bring sociatry to light. Our last election proved to the world that the United States has entered a new social reality; while humanity and the entire biosphere faces climate

change, and a 6th Extinction.

I studied sociatry with Zerka, following her requests: Study the unpublished work of J.L. Moreno at the Countway Library; absorb the lesser known published writings in *Sociometry and the Science of Man*, *Political Sociometry*, *The Future of Man's World*, and the Hypotheses in *Who Shall Survive?*. Use my creativity and inspiration to realize sociatry without adding any extraneous material to Moreno's original ideas.

Sociatry is an interlocking set of ideas and action, which includes:

Awakening of the Autonomous Healing Center

There is a presence that exists, it is without form, and it emerges in a group. It is autonomous (not me, not you, beyond us, yet includes all). Sociatry is designed to tap this presence, helps this presence to become recognized, as the autonomous healing center reveals itself. As individuals sense this presence, mirror neurons replicate that sensing within the self. Zerka notes, “Moreno attributed healing to what is going on silently, mostly invisibly, in the body and deep inside the self. He termed it due to the ‘autonomous healing center’ within. Awaking the autonomous healing center, the power to heal oneself, is how I see the value of psychodrama and all forms of therapy. My task is to find and touch that autonomous healing center within and assist and direct the protagonist to do the same.” - Zerka Moreno *To Dream Again*

Organic Unity and Primordial Nature

The organic unity and primordial nature is the “field” from which all forms of life emerge from - and will eventually return to. This primordial unity holds us; and becomes palpable. This is what awakens to us. Sociatry points us to this experience. Moreno notes, “There is a sort of primordial nature, which is immortal, and returns afresh with every new generation, a first universe which contains all beings, and in which all events are sacred.” - J.L. Moreno *Diary of a Genius* (unpublished)



Encounter with the First and Second Universes

The encounter symbol depicts two intersecting arcs. One arc is the first universe, the primordial nature. The other arc represents the second universe of form, identity, and individuality/ separation. *The encounter symbol is a mystic formula, an instruction, embedded in Moreno's work. When we experience our primordial nature directly, the first universe awakens to us, as the presence of an autonomous healing center. Zerka writes, “The symbol also represents Moreno's understanding of the first and second universes, parallel universes. This is similar to what quantum physicists describe as the unified field.”*

- Zerka Moreno *To Dream Again*

The Sociodynamic Effect

The sociodynamic effect is a powerful underlying sociometric structure impacting all humankind. It has a determining impact on organizations, groups, society, and the world community. *It becomes visible in a group*, as a group learns how to become a social microscope to this global dynamic. Moreno notes, “The present human society is a preference system produced, to a considerable extent, by the sociodynamic effect. In certain moments the sociodynamic effect, the distribution of social energy is cable of spreading. The precipitating cause may be a social trauma, some factor...these moments are wide open for social change.” - J.L. Moreno *Who Shall Survive?*

“It exerts a determining influence upon every sphere in which the factor of human interrelations is an active agent...” - J.L. Moreno *Sociometry and the Science of Man*.

“But as professional ‘world therapists’ we have a responsibility.” - J.L. Moreno *The Future of Man's World*

The Social Microscope

The social microscope is an action instrument of sociatry. It is presented with a sequence of steps, which uses Moreno's developmental theory, sociometry, and other Morenean instruments to bring forth these ideas. It is unique, and yet feels familiar. Zerka notes, “A social microscope that can make visible within dyads and small groups the invisible forces affecting all humanity. It reveals the sociodynamic effect, the consolidation of choices to a small number of people at the expense of the whole, and the organic unity underlying humanity and human experience.” - Zerka Moreno *To Dream Again*

Sociatry is Social Immunization

Sociatry is a process of planting seeds, these ideas and experiences, in groups and with individuals. Groups and individuals

(Continued on Page 17)



IN MEMORIAM Elaine Eller Goldman

Tom Schramski, PhD, CMAA

In the summer of 1974 I walked on to Elaine Goldman's stage and my life was never the same. My Dad was in the empty chair and I saw him (and myself) in a new way that also opened a new door for my professional life. Elaine seemed fearless and I knew I had an opportunity where I was headed. It was a moment I still remember vividly 43 years later.

Elaine Eller Goldman, PhD, TEP, who passed away on July 4, 2017, was a dynamic individual who led an extremely eclectic life. She was a renowned psychodramatist who established two training institutes and trained hundreds of therapists over the years.

Elaine was the oldest of three children, including younger brothers Paul and Karl, who grew up in the Chicago area. She was also an artist from an early age and created many sculptures during her life.

Elaine spent many years in the theatre as a set designer, lighting designer, stage manager and director, which began her path into Psychodrama. She attended Purdue University in the theatre department and directed several successful university productions there. In December of 1961, she was the assistant to Pulitzer Prize-winning playwright, William Saroyan and also stage managed the World Premier of three plays he had written there. Among her actors was Studs Terkel of WFMT fame, who also won the Pulitzer Prize for *The Good War*. She attended Mundelein University in Chicago and was one of the first women to receive her Masters in Theatre and a PhD in Psychology.



She then went to the Moreno Institute in Beacon New York where she was trained by J.L. Moreno and was certified as a Director two years later. Eventually she was certified as a Trainer Educator Practitioner (TEP) in Psychodrama. She established the Mid-Western Institute for Psychodrama where she began to train other therapists in the method. She was on the Executive Council of the ASGPP and also on the Ethics Committee.

In 1974, she moved to Phoenix, Arizona, where she began to direct psychodrama at the Camelback Psychiatric Hospital. She established the Camelback Hospitals Western Institute for Psychodrama and continued to train therapists from all over the world. Over 20 years, she directed more than 10,000 sessions with patients, clients and students. Along with her co-therapist, Delcy Morrison, she wrote *Psychodrama: Content and Process*, which was recognized as one of the leading texts on the method. The book was eventually translated and published in Japanese. She also produced one of the premier instructional video tapes of the method.

She is survived by her brother Karl Eller; daughter, Sally Goldman Scott; son, Mark Goldman; four grandchildren and seven great grandchildren.

Elaine is also survived by many students and patients across the globe. She was an artist and psychodramatist who inspired many in the theater of life.

Sociatry...

(Continued from Page 16)

are in the culture, so *these experiential realizations are planted within the culture through groups and individuals*. Zerka notes, "Our instruments are basically spiritual and existential pointing to and supporting the value of the human spirit." "Sociatry is social immunization, meant to prevent huge outbreaks of violence in the larger world, and to have an awakening of the organic unity of humanity." - Zerka Moreno *To Dream Again*

Sociatry teaches us about ourselves, groups and organizations, society, and the nature of our primordial unity. It points us from "me" to "we" to "all of us" to what is beyond form, the presence of an active *Intelligence from which all sociometry emerges*. It is not within us alone, it is also between us. While

sociatry requires training and must be learned, it is not as difficult as I once thought. We might discover our innate potential for this awakening experience. These are tools for Social Justice Transformation.

ZERKA Foundation

Growing a New Heart Organization Tools for Social Justice Transformation

Zerka Moreno was named after **Zerka**, her great-grandmother, known as a healer during the cholera epidemic in Krakow. Zerka is the original name of the Jordan River. The river has a major significance in Judaism, Christianity, and Islam. It is the site where the Israelites crossed into the Promised Land and where Jesus of Nazareth was baptized by John the Baptist

8th World Congress of Psychotherapy

Paris, July 24-28, 2017

Dr. Jorn A. Hogeweg



The Theme of this Congress of Psychotherapy was *life and love*.

The congress was held in the UNESCO-building in Paris, close to the Eiffel Tower. It was meaningful that the United Nations Educational, Scientific and Cultural Organization (UNESCO) hosted this Congress. Unesco was founded in 1945, four days before the Nuernberg Trials

began, in which war criminals of world war II were judged and sentenced. UNESCO encourages international peace and universal respect for human rights by promoting collaboration among nations. This invitation to Psychotherapists is part of creating a worldwide network.

Psychotherapy is about life and love.

When life is not secure or peaceful people such as refugees (even toddlers) may get easily traumatized and/or have symptoms of depression and anxiety disorders. A good enough quality of *life* includes a healthy balance between work and private time. Burn-out develops if the challenges of life become too high. More than 52% of psychiatrists and psychotherapists have symptoms of burn-out.

In 2012, there was a UN Meeting called "Happiness and Well-Being: Defining a New Economic Paradigm," which was chaired by the Prime Minister of Bhutan. Bhutan is the first and only country to have officially adopted *gross national happiness* instead of *gross domestic product* as their main development indicator. This demonstrates a major step in promoting Better Lives worldwide.

Love has to do with empathy which is a prerequisite for every psychotherapist, and it should be part of professional training. Through empathy the patient (client) may verbalize his or her wishes. Resiliency is cultivated by knowing what you want and it is an important strength that promotes a way of dealing with life's issues and problems.

On the first day a video interviewing Irvin Yalom was shown. Yalom has written the most influential text on Group Psychotherapy. In his work with cancer patients and those facing death, he talked about the importance of genuine empathy.

As everyone must face death questions arise: what would you do differently if you would to do your life over again? This can be useful in directing how you may live in the future being the person you want to be.

I particularly enjoyed the lecture of Philippe Vrancken of Belgium. He presented a model in which we find a balance between our own needs and desires, and the demands of the environment (parents, family, work). Our balance point is difficult to navigate – sometimes leaning too much toward adaptation to the environment and sometimes too much to our own needs.

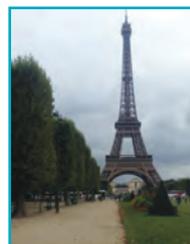
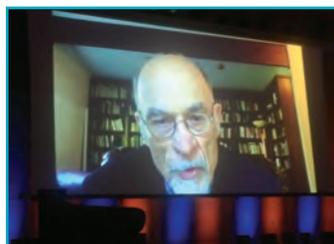
During the five days of the Congress there were a large number of oral presentations about a variety of problems, psychotherapy techniques, philosophies, evidence based psychotherapy all presented within the lens of cultures and countries from all over the world.

There were also workshops on the practical aspects of psychotherapy. In a workshop with Armando Garcia from Spain, he taught about the triune brain (arche, paleo, neo level) through music and dance. In another workshop with Francisco Garcia, also from Spain, body diagnostics were explored. Both workshops were based on bioenergetic principles.

On Friday morning Julie Wells from Florida, USA, directed a workshop about the universal role of love using psychodrama. Being a psychodramatist myself, I was most interested and I loved that workshop. Julie's amazing skills guided the group to encounter, embrace, and explore the universal role of love. Each participant went home with a phrase they created by that also connected to their love life.

On Friday around lunchtime I co-facilitated my workshop "The Theater of the Brain" with my colleague Renee Oudijk. There were 35 participants from all over the world: Russia, France, Spain, USA, Poland, Brazil and Australia. We were engaged throughout the workshop and gratified at the participants' enthusiasm. We referenced the article about Brain Theater and many of the participants gave their e-mail addresses to get more information.

In summary, while the five days of the World Congress were exhausting, they were also very interesting and moving. When I came home, I slept more than 8 hours to recover.



Welcome to our New ASGPP Members

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

Welcome!

Sharon Gera (Wynnewood, PA)

Juliana Fort (Dallas, TX)

Patrice Leslie Berman (Brookline, MA)

Sharmini Wilson (Singapore)

If you became a New Member in 2017... Be the first to be featured in our NEW ASGPP MEMBERS WELCOME COLUMN !

We would like to get to know you better! Be the first new members to be featured in our Winter PNN issue.

The first three new 2017 members to send us a photo, and no more than 75 words about themselves, will be published in our WINTER PNN edition.

This is on a first come, first serve basis. We will be doing this on a rotating basis for all PNN issues.

Please send to Patty Phelps at pplhelps@pacbell.net and put "new member" in the subject line.

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The more people shop through smile, the more money the ASGPP will receive.

Research@ASGPP

Chi-Sing Li, PhD, LPC-S, LMFT



The Research Committee requests much help from you this year. If you are a researcher and/or you enjoy writing, you can contribute to our committee a great deal. We also welcome professors and graduate students working in university settings to join us and share what you have done into a manuscript form. If you are seasoned psychodrama practitioners who want to put what you have done in a form of a manuscript, we can assist you in the process. Here are our goals and objectives for this year:

1. Recruit more members who are interested in doing research and writing practice manuscripts. Brainstorm qualitative, quantitative, and mixed method research ideas.
2. Encourage presenters/practitioners to write up their presentations. The Research Committee will facilitate the process of submission to different professional journals.
3. Make plans to submit manuscripts to different professional journals to increase the visibility of ASGPP. Two journals have been identified that may be good fits for promoting our methods. They are *The Journal for Specialists in Group Work* and *The Journal of Creativity in Mental Health*. Both journals accept research and practice manuscripts.
4. Manuscripts regarding best practice using the psychodrama method can also be posted on our website for members.
5. Prepare 2 manuscripts per year for submission to professional journals such as the ones mentioned in objective #3 with the team work of the Research Committee.
6. Collaborate with the Journal Committee for projects in the future.

Welcome New PNN Staff Members

In the last few years our PNN newsletter has nearly doubled in size and represents U.S. and International members of the Psychodrama Community. The variety and volume of creative professional submissions is a wonderful "issue" to be dealing with and this required the need for more writers, reviewers, and an expanded editorial staff.

THANK YOU

Adam Blatner • Karen Carnabucci
Ann Hale • Edward Schreiber • Daniela Simmons

A Short Report on the Group Analytic Society International Conference in Berlin

Peter Howie, MEd, TEP, PhD Candidate



The Group Analytic Society International (GASI) has just held its tri-annual conference in Berlin (August 15-20) and I managed to attend three of the five days (15-17). I attended for a variety of reasons none of which have anything to do with being a Group Analyst's bootlace. I was scheduled to attend the World Sport Aikido Federation's International Competition in London

on 18-20 August. So, I had that date and place pinned in my diary and decided that attending would be a good learning opportunity.

Group Analysis (GA) is based on thinking and reflections and formulation by Foulkes and many others, and is very different to psychodrama in a variety of ways.

The Conference opened with the usual and familiar type of melee in a conference venue foyer with folks greeting and hugging and looking happy and harried and keen. The conference plenary kicked off with reminiscences of the history of the GASI conferences and earlier organisational structures, the focuses of the work over the years, the significance of that work. These short lectures from a well-known panel of GA luminaries were for an in-crowd, which wasn't me, but I did get an insight into the organisation. They view themselves as an essentially civilising and life serving force and one that sets itself against the forces of ignorance, mindlessness, and darkness, which will doom us all and has nearly done so in the past. For instance, like Germany has asked itself over the last seven decades, the GA group asked questions as to what happened to GA during the Nazi era?

"Did we cover ourselves with glory or are we culpable also?"

This was bold acknowledgement indeed. However, for a psychodramatist, such lectures were surprisingly, well, like lectures. The lecturers were not accomplished presenters though they might be bright, able to craft good language and argument, and know their stuff. They generally did not attend to the audience or create a relationship with the audience apart from what was there for earlier relational or personal encounters. The audience was encouraged to sit, and listen. However, I was not surprised and lis-

tened quite well. I was not surprised as this was the *beloved* addressing those they *loved*. They were operating as both colleagues, provocateurs, experimenters, and novices. Spontaneity was not a word they used. While not an insider, I did not feel in any way excluded, apart from jargon usage, the secret language of any group. Their community was one that had all the hallmarks of a professional community that forms certain family structures that feed and nurture folks that operate on the fringes while doing impossible work with wicked problems. Working with mad bastards, working with the unforgivable, the unlovable, those at war with others and with themselves. There was enormous wisdom close to the surface and erupting in many places.



Their conference had a few other elements worth importing from my short time there. A strong group experiential focus. Now I know that ASGPP, and our AANZPA, also has a strong experiential focus. But this is different. Different because the experiential nature is available for everyone in an ongoing format, not just in workshop sessions. They organized three regular Social Dreaming groups as an option each morning at 7.15, which were groups where participants retell dreams and consider immediate responses to others' dreams and connections to their work, larger social life, and the conference. They organized regular Small Group experience every day for all conference participants. And this was important: they ran from 11.00 am through to 12.15 each day, a central time. The small-groups size were up to 14 people. I only managed two of these and I cried when I left. Deep connections were made in the parameters of these groups. They had a small-group leader who offered prods and hints at different times. They also organized a number of Median Groups available each day which was a group of 30+. They had a Large Group which was around 600 people for a 90 minute from 5.45 PM to 7.15 pm each day. There was one leader and it was a rollicking rolling affair where sort of 'anything goes'. Anything, of course, does not go but is utterly dependent on ritual, convention, and precedence. It is a group where a type of sociosiosis prevails where folks may experiment with their own capacity and capability to attempt to be authoritative or influential or radical or provocative or a saviour. Participants are by turn annoying, illuminating, supportive, reflective, verbose, punchy, and delightful. And very often inarticulate and hard to hear or understand.

(Continued on Page 21)

GASI Conference...

(Continued from Page 20)

The centrality of these groups in the conference experience convinced me that some people there are enlightened. Over a 5-day conference each participant may take advantage of being in 5 hours of Social Dreaming workshops, 5 hours of small group closeness with continuity of participants, 7 hours of median group experience, and 6 hours of Large Group experience. That is a lot of direct experiential work. And totally balances the lectures and panels and sleep-inducing power point presentations; sleep inducing for an extrovert experiential freak like me.

And the GP Dinner. Well, I sit adjacent of Ofra who is a creative life activist who lives in the Negev Desert in Israel and has built a Moreno stage in the centre of her house and you can imagine what she does there! Now I have yet one more reason to visit Israel. Maybe after the IAGP Conference in Malmo next August, Israel will be for me. For an Australian, Sweden and Israel are practically next door.

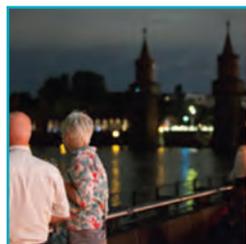
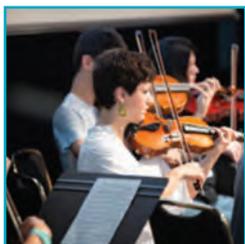
My recommendation:

(1) If you are ever near a Group Analytic conference, especially one of the GASI ones, and I would imagine the AGPA one (though only some of them are Group Analysts) I recommend attending. They are a familiar family, maybe second cousins. Certainly, Foulkes and Moreno were very close as colleagues and creators.

(2) Psychodrama conferences do not need a Large Group experience – go to one of the other folk's conferences for that. However, there is a lot of value to do whole group things sociodramatically and sociometrically at our conferences. They are memorable and give us insight into how little we really know about one another and what a wild and wonderful bunch of folks are those that orient to spontaneity.

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Peter Howie is the Executive Director of Psychodrama Australia as well as the Director of Training for the Brisbane Campus. He completed his Master of Education in 2011 and is currently a PhD candidate at Griffith University researching psychodrama. He is a qualified psychodrama practitioner and trainer. He is a previous AANZPA President. He can be contacted at peter@moreno.com.au



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The Power of Action Methods in the Classroom: A Perspective of a Professor of Graduate Counseling Program

Violeta Kadieva, PhD



I am an Assistant Professor of Graduate Counseling Program at Texas Wesleyan University. My first exposure to psychodrama was in the spring semester of 2016 when I took a group of marriage and family therapy students to Dr. Daniela Simmons' Psychodrama Workshop. Since the spring semester of 2016, I have taken classes to Dr. Simmons workshops each semester. I have also invited

Dr. Simmons and two of her trainees, Angie Coumanova and Darlene Vanchura to be guest lecturers. My students have said they loved the positive energy and creativity that psychodrama brings to the classroom.

I have read that Psychodrama and Sociometry, created in 1981 by J.L. Moreno are powerful tools which could help students' professional development. Students are insightful and receptive towards this approach. Using action methods in the classroom has been shown to help students understand the meaning of terms such as cultural diversity and competence, social roles, relationship trauma and resilience, personal biases, personality types, dealing with depression and anxiety, victim mentality and much more (Dayton, 2005, 2007; Kellerman, 1992).

I clearly remember the first Psychodrama workshop that we attended with my students. Dr. Simmons started the workshop with a warm up activity. The director had 2 pairs of children's shoes - one looked like Cinderella's shoes, and the other like Captain America's shoes. The director asked: "Think of a child – it could be you; or a child you knew, heard about, or imagined. And now try to step into the shoes of that child – become the child, speak like the child and tell us in just one sentence who you are...". This activity had for purpose to unleash the creative potential of students.

Students started remembering moments from their childhood and telling us interesting stories. In the marriage and family therapy world, we believe that this is an important process because it helps students look at their family history and examine potential biases and patterns of interaction that could lead to transference and counter transference with clients later on in their counseling career. Dr. Simmons engaged the students in further storytelling about their childhood. She also asked for volunteers who wanted to see their childhood fears expressed in the form of scary dreams being enacted by the psychodramatists in the room. This is a method known as dream sociometry (Dillard, 2016). By using this method the dreamer gets a chance to reverse roles with selected "dream elements" that can be characters, actions or feelings which show a specific aspect of the dreamer's identity. This method helps the dreamer to "get unstuck" and to understand why the scary dreams have occurred. Dream sociometry looks at isolated dream elements and

helps the dreamer to create an action plan for real life changes.

We had a participant who quickly volunteered for this activity and the story telling began. The room momentarily turned into the childhood bedroom of this person. There were pillows, toys, and blankets on the floor and the person had the perfect environment to be able to relive their scary dreams. Other participants in the room took on the roles of the mother and father of this person and the scary monster, who has kept pursuing this person in her dreams. The woman has always run away from her fears and was afraid to look at the face of this monster. The psychodrama experience allowed her to reverse roles with another person and be able to look at the monster as an outsider of her own scary dreams. She was able to face the scary monster and realize that this was an uncle who has visited her in her room and abused her in her childhood.

The participant was also able to empower her childhood self to look at him in the face and defend herself from him. She was able to do this with the help of the other psychodramatists in the room, who came next to her to protect her from the monster. She was also able to do mirroring, which is another technique used in psychodrama and look at her childhood fear from a different angle. This whole experience helped her face her fear and start

processing this childhood trauma. I believe that psychodrama uses powerful tools that could be utilized in the classroom as well as the therapy room.

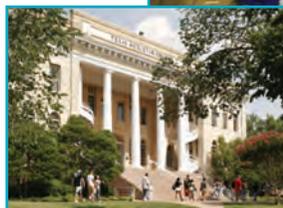
I have also tried these action methods with a couple I worked with in therapy. It was powerful for the couple to be able to do reverse roles and mirroring. They were able to share with each other emotions and feelings they have never even been able to express

before. They were also able to face their fears, see the world from their partner's perspective, and be more empathetic and understanding toward each other.

Today I can say that the tools that psychodrama utilizes are powerful practical tools that lead to healing, self-reflection, acceptance, and empowerment of the self, personal and professional growth. I believe that both my students and clients have benefited from their psychodrama exposure. I am looking forward to continuing my learning experience and collaborative work with Dr. Simmons and her team. Even more – I have become a keen supporter of the method psychodrama and the need of it to find a respectful place in the undergraduate and graduate counseling programs.

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From the President / EC

(Continued from Page 1)

Committee is in the process of helping us develop and transition to these new guidelines so we can continue co-creating connection with our chapters and explore ways for our membership to have involvement in more regional activities during the year.

The Executive Council started exploring the need to reinstate the Government Affairs Committee and the Professional Liaison Committee. The Government Affairs Committee works with local and federal agencies and governments to promote and advocate for Psychodrama and Group Psychotherapy. The Professional Liaison Committee (currently called the Promotion Committee) works to create sociometric connections between the ASGPP and other national and international organizations, agencies, clinicians and creative art therapies. The discussion is based on the emerging need the Executive Council is identifying to provide advocacy, promotion and connection on a national level for ASGPP members.

This is just a very small taste of what the Executive Council does for the community.

We kept hearing that everything in Texas is BIG and that proved to be true! The hotel, Crowne Plaza Addison, is very roomy and provides great spaces for our conference in April 2018. All meeting rooms and ballrooms are on one floor with many cozy seating niches. Hotel rooms are also on that same floor which makes mingling easier than ever. The conference co-chairs, Daniela Simmons, Stacie Smith and Katrena Hart, gave us an enthusiastic and fun presentation of their plans for us in April. We are in good hands with these creative and fun loving Texans in charge!!! And then there's always Texas BBQ. Come and see for yourself!

We look forward to seeing you in Dallas next April!

*Rhona Case, MEd, TEP
for the ASGPP Executive Council*



The Executive Council hard at work in Dallas at their three-day meeting in September



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November 2 - 5 — American Dance Therapy Association, 52nd Annual Conference. San Antonio, TX
Contact: <https://adta.org/>

November 8 - 12 — “Art Therapy: Traversing Landscapes of Heart and Mind” American Art Therapy Association (AATA) 48th Annual Conference. Albuquerque, NM
Contact: <http://arttherapy.org/aata-conferences/>

November 16 - 19 — “A Mindful Approach to Music Therapy” American Music Therapy Association (AMTA) 2017 Conference. St. Louis Union Station Hotel, St. Louis, MO.
Contact: www.musictherapy.org

January 17 - 20, 2018 — The Australian and Aotearoa New Zealand Psychodrama Association (AANZPA) 2018 Conference. Duchesne College, University of Queensland, Brisbane, Australia. Contact: <http://aanzpa.org>

February 1 - 3 — “Groups: Nurturing Positivity for Greater Good” Association for Specialists in Group Work (ASGW) National Conference. Savannah Hilton DeSoto Hotel, Savannah, GA. Contact: www.asgw.org

February 26 - March 3 — “The Healing Power of Groups in a Fragmented World” American Group Psychotherapy Association (AGPA) 2018 Annual Meeting. Houston, TX.
Contact: www.agpa.org

April 19 - 26 — “Expanding Horizons: Using Action Methods to Join All Humanity” ASGPP 76th Annual Conference. Crowne Plaza North Dallas, Dallas, TX.
Contact: www.asgpp.org

April 26 - 29 — “Poetry Therapy in a Changing World: Pathways to Growth, Healing, and Social Justice” National Association for Poetry Therapy 38th Annual Conference. Oak Ridge Hotel & Conference Center, Minneapolis, MN.
Contact: <http://poetrytherapy.org>

April 26 - 29 — ACA 2018 Conference and Expo. American Counseling Association (ACA). Georgia World Congress Center, Atlanta, GA. Contact: www.counseling.org

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

JOURNALS

ASGPP Journal of Psychodrama, Sociometry and Group Psychotherapy

The themes for the next three years are:

2018: *The Anniversary of The Daimon.*

The Editorial Board asked for articles on theory, practice and literary/artistic pieces connected with psychodrama.

2019: *International Developments and Research on Psychodrama, Sociometry and Group Psychotherapy.*

2020: *Non-clinical Uses of Psychodrama, Sociometry and Group Psychotherapy.*

The submission deadline for 2019 is July 1, 2018
The submission deadline for 2020 it is July 1, 2019.

For more information, go to:

www.asgpp.org/publication-advertising.php

International Journals

AANZPA's Journal

Since 1992, the Australian and Aotearoa New Zealand Psychodrama Association (AANZPA) has published an annual journal. The Journal publishes high quality articles focused on Moreno's theory and methods, and their practical application by practitioners in Australia and Aotearoa New Zealand. Members of AANZPA receive the current issue annually.

For more information, go to: <http://aanzpa.org/journals>

The British Journal of Psychodrama and Sociodrama

The British Journal of Psychodrama and Sociodrama intends to communicate, promote and advance writing of high quality that is relevant to the theory, practice, application and clinical research of Psychodrama, Sociodrama, Sociometry and related disciplines. The Journal is concerned with promoting the development of Psychodrama and its allied disciplines by providing a forum for debate between multiple professionals and students in the field. Membership includes two journals a year.

For more information, go to: www.psychodrama.org.uk

Zeitschrift für Psychodrama und Soziometrie

The journal *Psychodrama and Sociometry (ZPS)* publishes both theoretical and practical contributions dealing with psychodramatic concepts. The authors present and develop psychodramatic, sociodiometric and sociometric approaches in different fields of work. The journal wants to stimulate research and promote the exchange among psychodramatics in the German-speaking and international area.

For more information, go to: www.psychodramazeitschrift.com

The PNN Editorial Staff asks for your help in expanding our list of International Psychodrama Journals. Please send Journal names, organizations and websites to: Patty Phelps, pplphelps@pacbell.net

RESEARCH FROM ISRAEL

Hod Orkibi, PhD



Dear ASGPP Colleagues,

My work as a psychodramatist and trainer has always been closely linked with my act hunger to advance psychodrama through research. Our master's degree in Psychodrama opened in 2011 at the University of Haifa (established in 1972).

I would like to extend a special INVITATION AND CALL FOR PAPERS, as

well as share two related publications that came to birth this year that I hope you find interesting.

My colleagues and I are organizing a special journal issue focusing on research entitled "The State of the Art in Creative Arts Therapies." We are doing this in collaboration with *Frontiers in Psychology* — a highly ranked, peer-reviewed, open-access journal. My hope is that publishing open-access papers will serve as an opportunity to disseminate and increase the visibility of new knowledge on how Psychodrama can improve and enhance psychological and social well-being.

You are invited to submit a manuscript!

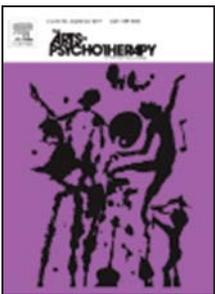
For more information visit this link:

<http://journal.frontiersin.org/researchtopic/6368/the-state-of-the-art-in-creative-arts-therapies>

The manuscript deadline is May 1, 2018.

Abstracts

Orkibi, H., Azoulay, B., Regev, D., & Snir, S. (2017). "Adolescents' dramatic engagement predicts their in-session productive behaviors: A psychodrama change process study." *The Arts in Psychotherapy*, 55, 46-53.



This psychodrama change process pilot study examined the association between client in-session dramatic engagement, client in-session behaviors, and the client-therapist therapeutic bond. Sixteen Israeli at risk adolescents (aged 13–16) received psychodrama group therapy in schools. The findings suggest that over the course of therapy, both in-session client dramatic engagement and general client involvement increased significantly. Client dramatic engagement significantly correlated with therapists reported bonding with the client, but not with client-reported bonding with the therapist. Greater client dramatic engagement increased the likelihood for client in-session productive behaviors (cognitive-behavioral exploration, emotional exploration, insight, and therapeutic change) and decreased the likelihood for client resistance in sessions. The results highlight the possible relationships between change process variables that are understudied in the

psychodrama and drama therapy literature. After reviewing the key factors that may increase resistance in adolescents, as well as therapist bonding and engagement strategies, the study limitations and future directions are discussed.

Orkibi, H., Azoulay, B., Regev, D., & Snir, S. (2017). "In-session behaviours and adolescents' self-concept and loneliness: A psychodrama process-outcome study." *Clinical Psychology and Psychotherapy*, 1-9. Advance online publication.



As adolescents spend many hours a day in school, it is crucial to examine the ways in which therapeutic practices promote their well-being. This longitudinal pilot study examined the contribution of school-based psychodrama group therapy to self-concept dimensions and perceived loneliness. The participants were 40 Israeli adolescents (aged 13–16, 60% boys) in public middle schools. From a process-outcome perspective, we also examined the understudied trajectory of adolescents' in-session behaviors (process variables) and its associations with changes in their self-concepts and loneliness (outcome variables). Psychodrama participants reported increases in global, social, and behavioral self-concepts and a decrease in loneliness compared to the control group. In-session productive behaviors increased and resistance decreased throughout the therapy, but varied process-outcome relationships were found. The study suggests that conducting further research into the process-outcome relationships in psychodrama group therapy is warranted to pinpoint specific mechanisms of change. Suggestions for future studies are provided. Please feel free to contact me with your thoughts.

Hod Orkibi, PhD is a certified psychodrama therapist, a tenured Senior Lecturer and a researcher at the School of Creative Arts Therapies, University of Haifa, Israel. Dr. Orkibi advises MA and PhD students and serves as the Head of international programs and collaborations. Dr. Orkibi's research areas include drama, creativity, and well-being; psychodrama therapy process and outcomes; arts-based community rehabilitation; self-control; assessment; training, and professional development. His work has been presented at international conferences and has been published in refereed journals.

*He is a researcher at The Emili Sagol Creative Arts Therapies Research Center and serves on the board of the international journal *The Arts in Psychotherapy* and the *Academic Journal of Creative Arts Therapies*.*

Most of Hods publications are on google scholar: <https://scholar.google.com/citations?user=NTAhRzcAAAAJ&hl=en>



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THERAPEUTIC SPIRAL
 INTERNATIONAL

November 10-12 — Media, PA

*Transforming The Trauma Triangle with
 The Therapeutic Spiral Model*

Presented by Kate Hudgins, PhD, TEP;
 Scott Giacomucci, LSW, CET III, TSI-AL &
 the TSI Action Healing Team

November 10-12 — San Rafael, CA

*Surviving Spirits: Healing Trauma & Addiction
 with the Therapeutic Spiral Model*

Presented by Sylvia Israel, LMFT, RDT/BCT, TEP & TSI Action
 Healing Team: Joy Liu, LMFT & Gregory Burns, LMFT

January 18-21 — Charlottesville, VA

International Woman's Salon for Post Traumatic Growth
 Residential workshop being held at TEMENOS Retreat Center

Presented by Kate Hudgins, PhD, TEP &
 Cathy Wilson, MEd, MRn

January 27 — Charlottesville, VA

*Final TSM Community Healing Following
 the Violence of August 11-12*

Presented by Kate Hudgins, PhD, TEP &
 Andrea Hummel, MA, AL

February 2-4 — Media, PA

*Interrupting the Dance of Transference and
 Countertransference in Trauma Work*

Presented by Kate Hudgins, PhD, TEP &
 Scott Giacomucci, LSW, CET III, TSI-AL

March 2-4 — San Rafael, CA

*NEW TSM Workshop-Celebrating Post-traumatic
 Growth and Spontaneity Training*

Presented by Kate Hudgins, PhD, TEP &
 Sylvia Israel, LMFT, RDT/BCT, TEP

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This is Your Council

(Continued from Page 3)

a variety of authors with news from various countries and related fields.

Psychodrama Press:

Psychodrama Press would be the ASGPP's own publishing house to re-publish books and articles as well as publishing new works. This project, if developed and successful, would bring in revenue and will increase the number of psychodrama publications, authors and readers from around the world.

Daniela Simmons, Liaison of the Executive Council to the Journal

PROMOTIONS COMMITTEE

Promotion Committee is coordinating selected ASGPP members as ambassadors to NCCATA organization conferences. In addition, we are coordinating key ASGPP members to present workshops at the major counseling conferences (NASW, APA, ACA, etc.). Our goal is to reach out first to people who are like minded (NCCATA organizations). Then to people who are healers (counseling organizations). Finally, we will be working to expand the visibility and prominence of psychodrama across the country. We are well on our way to make this happen.

Steven Durost, Promotions Committee Chair

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>

Regional News

(Continued from Page 7)

• Mid-Atlantic

Steve Kopp / SteveK@slj.org / 301-592-0542

Mid-Atlantic had their Autumn workshop on Saturday, October 7th. This is the workshop where we present our annual Gratitude Award for an individual who has given service to the local community and supported psychodrama in our region. Our recipient for this year was Gloria Mog. She is past president of the Mid-Atlantic Chapter, and has been introducing people to psychodrama throughout her career. Her workshop, *The Heart of Wisdom* offered a creative blend of guided imagery, poetry and action structures designed to help access the well of wisdom both within the individual and within the group.

Steve Kopp, MS, CAS, TEP

HUDSON VALLEY PSYCHODRAMA INSTITUTE

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

Dec 2-3 — Positive Psychology in Action

Dan Tomasulo

Jan 19-23 — Winter Psychodrama Intensive

Rebecca Walters, Deb Shaddy & Jenny Salimbene

June 8-10 — Introduction to Psychodramatic Bodywork

Susan Aaron

June 28-July 2 — Directing Intensive

Rebecca Walters

July 5-9 — Summer Intensive

Judy Swallow, Deb Shaddy & Jenny Salimbene

Ongoing Training in Psychodrama, Sociometry and Group Psychotherapy

Core 2018 meets Thurs-Tues: March, June and November

Core 2018-19 meets Fri-Sun: six times Oct through April

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

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From the Editor...

(Continued from Page 2)

compare or evaluate who has more or less damage or loss – it's all subjective and really far more about the meaning than the content or stuff. It is so easy to be disappointed when you are so raw. Look around and see what needs to be done. Water? Ice? Take debris/garbage to the street?

Ask if I am alone and/or have anyone to be with at night? Offer me a place to stay or come stay with me so I won't be alone.

6. ALWAYS MAKE TIME FOR SOME HA-HA-HA'S AND WOWS (lessons from the Wizard of Oz). Share normal life stories, even small jokes that remind you there is a larger picture and this too shall pass. Don't miss the magical moments of awe, wonder and gratitude when strangers show up to help you for hours, bring you a cold drink, sit and talk with you in the middle of all the debris and chaos. They are for sure holding your heart while it is so heavy.

7. EVERYONE IS SCARED SOMETIMES, BUT REAL COURAGE IS FACING THOSE FEARS (lessons from the Wizard of Oz). When I am crying, which can happen at any time, just be with me quietly without commenting or demanding words. Lots of grieving – recognizable and disenfranchised grieving I cannot explain to you.

8. IT TAKES COMMITMENT TO ACHIEVE YOUR GOALS (lessons from the Wizard of Oz). Realize the hurricane is short lived; the aftermath is months and years! Our visual world no longer looks or is the same. It is disorienting. The Aftermath goes on a long, long, long time. We wait for roofers, adjusters, handymen, insurance appraisers, checks to help us regain our lives. It's an odd combination of both surrender and commitment.

What I realize in writing this is, no fancy stuff here.....just the ART OF BEING WITH.

9. NEVER GIVE UP (even when those wicked winged monkeys keep appearing). My goals each day are small and concrete: get as much sleep as I can; fill at least two bags with debris and carry them to the street; and be grateful as many times a day as I can. Force myself to have some human contact beyond my house and work.



It's a slow walk from PTSD and what is now being called "disaster mental health" down and around the yellow brick road to regain balance as well as some well-earned things only you can learn from these experiences. If I can embody Glinda's magic, Dorothy's hope, determination and kindness, and the magic of my own red shoes....and with the help of all of you....I know in time I will find my way home.

tion and kindness, and the magic of my own red shoes....and with the help of all of you....I know in time I will find my way home.



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Jacob Gershoni, LCSW, TEP — Co-Director

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Jacqueline Siroka, LCSW, TEP — Co-founder & Clinical Supervisor

212-947-7111 ext. 202, jacsiroka@yahoo.com

Jaye Moyer, LCSW, TEP — Faculty

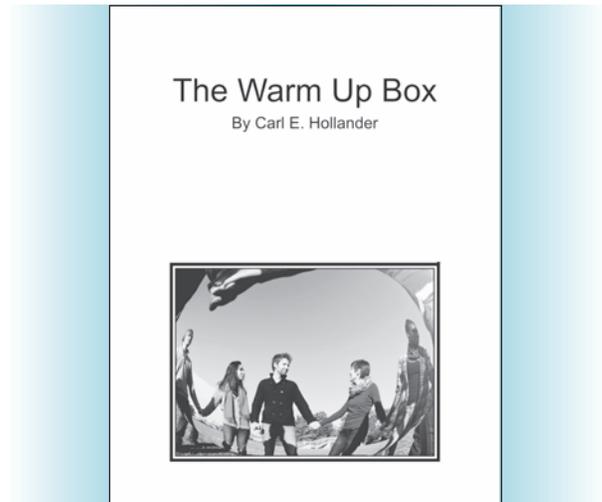
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ASGPP Fiscal Statement 2016-2017
July 1, 2016 - June 30, 2017

INCOME	
Member dues	\$33,276.00
Previous Year Income	\$1,750.00
PNN ads	569.00
Member certificates	91.00
Interest	320.00
Zerka Legacy	33,006.00
Funds from operating account	8,888.00
Journal Sales/Marineau publication	750.00
Conference	
Registrations	\$83,775.00
Ads	3,259.22
Sponsors	6,800.00
Exhibitors	6,123.00
Auction/Baskets	5,657.00
Scholarship Fund	1,035.00
Unrestricted Donations	529.00
Boxed Lunches/Awards Tickets	2,210.00
Continuing Education Fees (net)	400.00
TOTAL INCOME	\$189,885.00
EXPENSES	
Executive Director	10,000.00
Conference Coordinator	3,375.00
Accountant	
PO Box/bulk permit	\$1,094.38
Phone/fax/internet/overhead	2,823.44
EC meetings (fall & spring on-site)	2,213.61
Journal	1,020.00
NCCATA dues	2,095.63
Office	3,520.00
Bank fees (incl. returned checks)	269.00
Mailing/postage	1,095.00
Design services	4,115.00
Website/database development/email	5,710.00
Copying/printing non-conference	32.00
Travel	2,128.00
Storage Unit	2,185.00
Zerka T. Moreno Fund	
Countway Library	11,500.00
Journal	8,624.00
Scholarship Fund	12,882.00
Conference	
Plenary/Keynote speaker fee and travel	\$22,66.28
Staff travel/lodging	901.94
PNN	1,844.00
Brochure/mailler design, print, mail	5,193.77
Ads placed	1,335.00
Hotel master account	48,366.40
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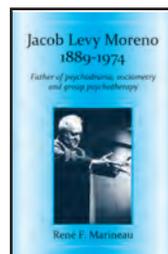
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