



From the ASGPP President

Nancy Kirsner, PhD, LMFT, OTR, TEP

Our Mission Statement

The American Society of Group Psychotherapy and Psychodrama is rooted in the philosophy of Dr. Moreno. The ASGPP promotes the development of creativity, spontaneity and encounter to enhance the relationship between individuals, families and communities, and works actively to heal and transform society through the knowledge and practice of Psychodrama, Group Psychotherapy and Sociometry in all its diverse applications.

I ran for President for the first time in my 28 years of ASGPP membership for two compelling reasons. It was the first time in my years in ASGPP that we had a real sociometric choice: we had two Presidential candidates and two Vice President candidates and I wanted us to have that choice. Secondly, I thought I have a lot of knowledge, creativity, and desire to give back to our Society, which has been my main professional affiliation during my career. I accepted the nomination in the aftermath of Hurricane Irma which created an opportunity for rebuilding in my own life as well as for many others. One of my favorite Coaches reminds me, "Say Yes to life... then ask questions later," so I said yes!

The first five months of my ASGPP Presidency has been filled with many different feelings and thoughts. The joy and honor of being chosen by colleagues and friends from my main tribe of affiliation –

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DISCOVERING NEW WORLDS



Transformational Advances
in Psychodrama, Sociometry
and Group Psychotherapy

2019 ASGPP CONFERENCE

May 2-5, 2019

The DoubleTree by Hilton
Manchester Downtown Hotel
Manchester, NH

Our team of co-chairs, Steven Durost, Maria Mellano, and Scott Giacomucci, as well as the whole large psychodrama community of New England, would like to invite you to join us in Manchester, New Hampshire for the 77th ASGPP Annual Conference!

The conference theme is "Discovering New Worlds: Transformational Advances in Psychodrama, Sociometry, and Group Psychotherapy". Trainers from around the world will be demonstrating a multitude of advances in psychodrama, sociometry, and group psychotherapy. We hope that many newcomers will discover the world of psychodrama and Moreno's methods at this exciting event. In addition to acknowledging the rich history of our model and honoring our history keepers, we strive to highlight the transformational advances made by the current generation of trainers.

Our organization is in the midst of tremendous change; the annual conference is where we come together as a society to meet, learn and celebrate. While we have much to discern in terms of the future of our society, we also have much to celebrate. The conference is the most significant event of the ASGPP and unifies attendees under the mission of celebrating and spreading Moreno's methods.

The conference planning committee is organizing what we expect to be an unforgettable experience! While the larger society continues to renegotiate its commitment to diversity and inclusion, the ASGPP is affirming our commitment with a new Safe Environment Policy. Our keynote speaker, Nisha Sajnami, who was the recipient last year of our first ASGPP Diversity Award, will continue this dialogue of cultivating a more inclusive society. As our plenary speaker, Ed Schreiber will highlight the impact of two competing forces within all groups - the sociodynamic effect and the organic unity of mankind.

The conference will offer exciting speakers and presenters:

- The wonderful presenters of both the pre-conference and conference workshops – including full-day, half-day, 3-hour or 90-minutes workshops.
- Nisha Sajnani, PhD, RDT/BCT, is the Director of the Drama Therapy Program at NYU Steinhardt and the Principal Editor of Drama Therapy Review. Dr. Sajnani is the co-editor of two books, including *Trauma-Informed Drama Therapy: Transforming Clinics, Classrooms, and Communities*. Nisha's research areas

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Psychodrama Network News Fall 2018

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

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Refer to our Advertising and Submission Policies on our website: www.asgpp.org

Members in Action

* **Kate Hudgins, PhD, TEP, Scott Giacomucci, LCSW, CETIII, CP/PAT, and Steven Durost, PhD,** presented "PTSD Unites the World: The Therapeutic Spiral Model to Create Post-traumatic Growth" at the International Association of Group Psychotherapy (IAGP) in Malmo, Sweden in August. Kate and Steven then went on to teach an introductory workshop on using TSM with trauma to the Danish Association of Psychologists in Copenhagen.

* **David Moran, LCSW, CAC, CCDP-D, TEP, Amy Stone, MSS, LSW and Scott Giacomucci, LCSW, CTTS, CET III, CP/PAT,** presented at the National Association of Social Workers Pennsylvania Chapter Conference (NASW-PA) conference this past summer. The topic was "Sociometry: Experiential Group Psychotherapy for Social Workers".



* **Mary Bellofatto, LMHC, NCC, CEDS, TEP, and Alan Katz, LPC/MHSP, CAP, CAT, SCAT,** have a new book published, "*Experiential Group Therapy Interventions with DBT*". The book provides group and individual therapists with proven experiential exercises that utilize dialectical behavior therapy (DBT) skills and original educational topics that have been successfully used nationwide to help treat patients with addiction and trauma. It introduces the advantages of using experiential therapy to facilitate groups for trauma and addiction and explains how DBT can help in regulating emotions and tolerating stress.

* **Scott Giacomucci, LCSW, CTTS, CET III, CP/PAT,** taught sociometry/psychodrama as a guest lecturer this summer at Bryn Mawr College Graduate School of Social Work; Philadelphia College of Osteopathic Medicine; and Penn State University Brandywine Campus. He also presented at the Recovery360 addictions conference in Philadelphia with Sharon Gera. Additionally, he successfully presented his doctoral dissertation proposal at the University of Pennsylvania where he is developing an MSW course teaching and integrating social group work theory/practice with Moreno's methods and TSM psychodrama.

An interview, "A Life of Purpose", about his sociometry/psychodrama work with addiction/trauma, was published in the Bryn Mawr College summer alumni bulletin.

* **Marlo Archer, PhD, TEP and Adena Bank Lees, LCSW, LISAC, BCETS, CP** rocked the 50th Anniversary Southwestern School for Behavioral Health Studies in Tucson, AZ in August. Together they offered a full-day workshop on "Cultural Diversity & Ethics CE in Action," Marlo presented "Introduction to Domestic Violence Issues in Action," and Adena's address as the Special Luncheon Speaker, was "Covert Emotional Incest: A Gateway to Addiction".



* In August Ten (10) ASGPP members, **Adena Lee Bank, Anath Garber, Daniela Simmons, Dena Baumgartner, Jacob Gershoni, Julie Wells, Kate Hudgins, Rebecca Walters, Scott Giacomucci and Steve Durost,** attended and presented at the XXth International Congress of Group Psychotherapy and Group Processes, "RISING TIDES OF CHALLENGE AND HOPE HEALING IDENTITY, IN SOCIETY, GROUPS AND INDIVIDUALS," held in Malmo, Sweden.

YOUR COUNCIL AT WORK



ASGPP Executive Council

Evaluation Committee:

The 2018 Conference received positive reviews from those who attended. This conference had more student attendees and welcomed the new members of the Executive Council. There were a wide variety of workshops to choose from. Workshops met the needs of those individuals who were exploring what psychodrama and sociodrama were to the seasoned TEP who was looking to earn CEU's.

Anne Remley, Evaluation Committee Chair

Finance Committee:

In preparation for our Executive Council meeting we prepared the budget for 2019. With the help of our former president and treasurer, Dave Moran and Janell Adair, your financial committee created a very conservative budget. You can help the ASGPP reach its goals and beyond by doing the following: keep your membership up-to-date; encourage colleagues and trainees to join the ASGPP; register for the upcoming 77th Annual Psychodrama Conference in Manchester, New Hampshire; use Amazon Smile and choose 'ASGPP' as your charity when you purchase items; purchase items offered on our website; donate your items and services for the conference Auctions; donate to our GoFundMe campaigns; VOLUNTEER when asked (*for personal fulfillment, too!*) Do you see Actions you can take?

Rhona Case, Finance Committee Chair

Fundraising Subcommittee:

This new committee, whose chair is Maria Mellano, were very active the month of September. The Executive Council authorized the committee to start submitting applications for grants as ASGPP is a non-profit organization; and also to reach out

to potential large sponsors. If you would like to give the committee a hand or if you have creative ideas, please contact fundraising@asgpp.org.

Maria Mellano, Fundraising Subcommittee Chair

International Committee:

On September 16th, the International Committee members met via a Zoom conference call to brainstorm ideas about what the ASGPP International Committee should do to have a meaningful purpose. Some ideas on the table were creating a project for international research, – e.g. posing a single hypothesis, and testing it in a few different countries; involving more international participants to join ASGPP. The committee includes members from the UK, Canada, India, Brazil, Taiwan, France, Germany, Turkey and the United States. Lulu (Luisa) Carter received her training in Brazil 30 years ago. This year she had the pleasure of meeting the president of the Brazilian Psychodrama Association, Adelsa Cunha. Lulu's goal is to create a bridge between the two countries. Next year Lulu will be representing the ASGPP at the Costa Rica Psychodrama Conference.

Daniela Simmons, International Committee Chair

Professional Liaison Committee:

The Professional Liaison Committee continues to make socio-metric connections with people and organizations to help promote psychodrama.

Steven Durost, Professional Liaison Committee Chair

Professional Standards Committee:

The Professional Standards Committee is available to anyone in ASGPP who has concerns about the professional or ethical standards maintained by themselves or another practitioner. If you experience a concern, violation of challenge of principles or ethics, please contact the Committee.

Connie Lawrence, Professional Standards Committee Chair

Publicity Committee:

The Publicity Committee needs your help to spread the word about our 2019 Conference. Please tell your students about it, post information on your social media sites, talk it up at any conferences you attend this Fall/Winter or groups to which you belong. Conference flyers and postcards are available upon request.

Patty Phelps, Publicity Committee Chair

Research Committee:

With the purpose of boosting the work of the ASGPP Research Committee, and encouraging and assisting our colleagues to work in teams on research, the committee members have been sharing information on valid instruments for

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IAGP Congress Reflections

Adena Bank Lees, LCSW, LISAC, BCETS, CP



It started with a spectrogram with approximately 100 participants. “This point represents your first IAGP Congress” (Europe uses the term Congress rather than Conference) and then Eva, chair of the Pre-Congress Day walks to the other end of the room stating, “and at this point you have been to...what? 30 Congresses?”

I stand amidst many others on the point representing a first time IAGP Congress participant. I already felt at home, this sociometric exercise slowing my heart rate and settling the butterflies in my stomach. I am directed to talk with the person next to me. I turn and look into these soft yet alive eyes and big welcoming smile. After a “hello”, I hear his contagious laugh. This young, Brazilian man becomes my friend and “congress buddy” for the next 5 days.

So begins the IAGP 2018 Congress in Malmo, Sweden, Tuesday, July 31st... Wednesday, August 1, through Saturday, August 4:

The small group each morning provides a safe home base to more intimately connect with others while processing any feelings and/or unfinished business from the Congress. There are so many compelling workshop choices. Which ones do I attend? A combination of lectures, psychodrama workshops, symposia (three short PowerPoint presentations on a specific topic), panel discussions, and research paper presentations are offered. Half hour breaks just do not seem long enough. I remain astounded that so much work gets done in these 90 minute sessions.

Brilliant keynote addresses on racism, sexism, discrimination and the unmet needs driving criminal gang membership are appreciated by all. I must say most of these are read straight from a prepared paper, kind of like a research or op-ed article. Some of the material is way over my head and tough to follow. I remind myself, “You are not stupid, you are a Psychodramatist. You learn through action and spontaneity!” This quiets my inner critic a bit so I can breathe and continue to take in new information.

The most challenging part of the Congress is the “large group” at the end of each day. This session is comprised of all attendees. (yes, approximately 350 group psychotherapists). My understanding of the goal is to process unspoken feelings and dynamics that arise in the Congress and/or about IAGP in general. This year, the Congress coordinators decided to, each night, utilize one of the three models of group psychotherapy that are represented in the organization to facilitate the group process; Systems Centered Therapy, Group Analysis, and Psychodrama.(in this order) Unfortunately, Systems Centered Therapy and Group Analysis do not focus on the sociometry of the group, so there is no warm up to an expectation of sharing vulnerability and speaking what is mostly unspoken. I have a heightened appreciation for Moreno’s foundation of sociometry

and miss it terribly. The “at home” sense I had the first day left quickly, being replaced by serious activation of my fight/flight response; body trembling, my heart racing and wanting to run out of the room, followed by psychic numbing. I stay each evening, breathing deeply, sharing my experience, and watching as the group warms up to deeper sharing on the third night, due to action sociometry facilitated by a skilled Psychodramatist.

The Congress concludes with laughter, hugs, some tears of gratitude and sorrow that we will not be together in this place and in this way again. Delicious food and great music make the good-byes a little easier. Meeting and befriending colleagues from, literally, across the globe, is an experience to behold. New professional and personal relationships, opportunities, and possibilities abound. Onward to the IAGP Psychodrama Conference in Iseo, Italy, September 4-8, 2019!

Go to www.psychodrama2019.org/en/ for more information.

A humble “Thank you” to those who did all the hard work of putting on such an event. It was a huge success. You are all, now, in my social atom with (+) next to your names!



Adena Bank Lees, Scott Giacomucci, Steve Durost, Anath Garber, Rebecca Walters, Daniela Simmons, Kate Hudgins and Dena Baumgartner

BPA Congress Reflections

Rebecca Walters, MS, LMHC, LCAT, TEP



This past summer I attended both the British Psychodrama Association Congress in Malverne, England and the IAGPP conference in Malmo, Sweden. The BPA conference “Healing Places, Healing Spaces” was small, intimate and lovely. It was held at the Elim Retreat center in the beautiful Malverne Hills, considered to be an especially beautiful

better known, charming Cotswolds. It was a residential conference so everyone slept at the center and had delicious meals together. Participants had such a wonderful experience that the BPA is planning to hold its 2019 conference in the same place (June 6-9).

The conference kicked off with a plenary conducted by Peter Hayworth and Susie Taylor. This event gave old friends a chance to reconnect non-verbally before connecting with new people.

The structure of the conference included well attended workshops on Introduction to Psychodrama led by Marcia Karp and an Introduction to Sociodrama led by Di Adderly at the same time as the membership meeting. This allowed newcomers and non BPA members to the field to get an in-depth experience before moving on to the many workshops offered, mostly by senior trainers. I attended terrific workshops including one on trauma (Anna Chesner) and one on Sociodrama with Educators (Valerie Monti Holland), and I presented on Sociodrama with Children.

Due to the drought, the planned bonfire on Thursday evening had to be cancelled. Many of us meandered down the hill anyway, meeting in the clearing in the wooded glen to share songs and stories. On Friday there was a Caleigh...an evening of live music, called dances and songs. At least one man turned up in a kilt and the question whispered about was, “what do men wear under their kilts, anyway?” There was lots of laughter and joy, even in the middle of what was this summer’s unexpected heat wave. On Saturday there was the formal banquet — or at least as formal as a bunch of psychodramatists will be — at

which awards were given, people were lauded and a good time was had. Clark Baim, originally from Chicago, was the recipient of the BPA 2018 Lifetime Achievement Award.

Sérgio Guimaraes (the historian who presented at the past two ASGPP conferences), was also in attendance. The BPA is hoping to strengthen their connections with their American cousins and hopes that more of us will join them in the coming years. It was a truly enjoyable experience and I want to encourage ASGPP members to make the trip.

I also attended the warm, welcoming and stimulating IAGP conference in Malmo, Sweden. Adena has written about that (see page 4) so I will just say that it too was wonderful. The ASGPP was very well represented by Adena Lee Bank, Anath Garber, Daniela Simmons, Dena Baumgartner, Jacob Gershoni, Julie Wells, Kate Hudgins, Scott Giacomucci and Steve Durost....and myself.



Di Adderly



Susie Taylor with Clark Baim receiving the BPA Lifetime Achievement Award



Anna Chester



Valerie Monti Holland, Yioulia Karagkouni, Rebecca Walters, Sérgio Guimarães and Sarah Morley

Surveying for Effectiveness of Psychodrama Gathers Strength as a Best Practice

Amna Jaffer, MA, TEP & Erica Michaels Hollander, PhD, JD, TEP



Amna Jaffer and Erica Michaels Hollander set out to guide workshop participants at the ASGPP 2018 National Conference through a series of psychodramatic activities to explore, develop and strengthen meaningful and relevant career goals, (and for some their callings). This was a 3 hour workshop called “Take Action for Career Wellness, Vocational Clarity and Work Adaptability.” Before the workshop began, participants filled out 3 pre-session scales, rating their senses of well-being, connectedness, and distress.



The workshop was based on the understanding that career development is a life long process that evolves hand in hand with self-concept. During the workshop a variety of approaches including empty chair, role reversal, sculpting, target sociogram, and locogram were strategically and at times spontaneously implemented. Participants were supported in gaining conscious awareness of early influences and messages that formed their self-narratives, as well as choices and decisions that influenced various stages of career development and goals they had experienced. Objectives were to engage participants in career-oriented and calling self-discovery, and identify emerging and diminishing roles pertinent to their pro-

fessional or later selves. All of this was designed to lead to fresh and invigorating new narratives and understandings to clear their paths to future career and life goals.

Among participants, some knew each other and had varying degrees of familiarity with psychodrama and group psychotherapy. Participants were invited to engage in activities that involved the whole group or at other times to form sub-groups and pairs. They also shared their insights and developing narratives. There were sculptures, concretization, role reversals and short vignettes ending with sharing. This design did not present risks of delving into work too deep, difficult or personal to handle and so it was very well-suited to the conference setting. At the close of the workshop, members of the group re-evaluated (via simple scales) their well-being, distress, and connectedness, and, in addition, rated how helpful they felt the session was. The ratings took less than 5 minutes each. Ratings were uniformly high for the workshop.

The pre and post session scales used have been developed by Rory Remer and made available online through the ASGPP Research listings on the website for anyone to use for any session. These scales were quickly and easily administered and none of the participants seemed at all put out by their use. As all of us know, SAMHSA and other agencies and insurance carriers relish evidenced based practices and this is one easy way to build a base of such practices.
<http://asgpplistserv.org/?m=201504>

A Mini-Sociometric Test

Ann Hale, MSLIS, MA, TEP



Trainers have often avoided engaging their trainees in an exploration of the group's sociometric connections. It takes too long to complete the process due to all the steps, including time for each person to share their data with each other group member.

Several years ago during a consultation I realized there was a way to teach the entire process in a couple of hours.

3. Then, each person ranks their criterion, and considers their pull to choose/not choose each of their partners.

4. Next, each person decides the choice option: positive choice, negative choice, neutral choice, conflicted choice, or choose not to choose, stating their reasons.

5. To end, all three share their data with each other, including perceptual data if they made perceptual guesses.

I have created data sheets and lists of 30 or so criteria. These are in a pdf file which I will send to anyone who emails me with their email request. Annehale@cox.net

1. Each group member is paired with one or two others.
2. Each selects a criterion of importance to him/her and speaks about this to the others.

Opening the door toward new training opportunities for graduate students and implementing Psychodrama and Sociometry techniques in the clinical work with relational cases

Violeta Kadieva, PhD



I am an Assistant professor at the Graduate Counseling Program at Texas Wesleyan University. As an educator, I always strive to provide our marriage and family therapy and counseling students with diverse training opportunities. This is how I came across Daniela Simmons' (PhD, TEP) Psychodrama workshops. My collaborative work with Daniela started in the Spring semester of 2016 when I took some of my students to one of her workshops for the first time. Students

found it very interesting to learn about new ideas they could implement in the therapy world. Since then, both the students and I have attended numerous Psychodrama workshops led by Daniela Simmons. As a matter of fact, I am currently working on a research project with Daniela about applying action methods in the classroom. Daniela and I also submitted our collaborative article this summer about Psychodrama in the Balkans to the *Journal of Psychodrama, Sociometry, and Group Psychotherapy*. We are currently working on presenting a workshop at Texas Wesleyan University on the *Art of Self-care in Action* looking at Psychodrama techniques and ethical approaches.

Both the students and I are applying some of the techniques we have learned in Daniela's workshops with our clients. Psychodrama and Sociometry created by Jacob Moreno are powerful tools in working with clients. Jacob Moreno was a general practitioner in 1919 in Bad Voslau and he practiced a form of family therapy which was a forerunner of later clinical work in the field (Holmes, Karp, & Watson, 1994) His informal playful encounters with children in the city park helped him develop his ideas about play and dramatic reenactments. In theater of spontaneity he extended his ideas and started working with actors challenging the preconceived notions about theater and breaking down cultural conserves. His third area of experimentation was his work with disadvantaged populations, which led to his later group work. In 1932 he coined the term group psychotherapy.

I have used specifically the role reversal technique and the mirror position with some of my clients. I have realized that the role reversal, when the protagonist is asked to enter the role of someone else, allows clients to see things from the other person's perspective. This method helps clients to "get unstuck" and create an action plan for real life changes. I have found this

technique to be especially useful with complicated relational cases. Another helpful technique has been the mirror position, which provides clients with the opportunity to observe their situation from a safe distance.

The first time I used the role reversal and mirror position, I simply asked one of my couples to switch places with me and my co-therapist. The couple was basically put in the position of the therapist. They led us through their experience and we enacted it for them. The couple took on the role of the therapists as they observed their dysfunctional dynamic. In the position of outsiders to their situation, they got a chance to tell us what to do in order to help them work on resolving their conflict. Basically, they showed us how to approach their conflict and they were able to notice what triggered their fights and figure out what helped them communicate better. We explored their ideas in a safe and non-invasive way by enacting these. This technique empowered my clients and provided them with the opportunity to apply solutions they were not even able to see before.



The mirror position allowed the clients to get outside of their intense situation and emotions and observe from a safe distance. This technique has also helped some of my clients who have experienced childhood abuse. It has provided clients with the opportunity to

process their childhood experiences and share their emotions and feelings in a safe way. This technique has been also extremely helpful with some of my domestic violence cases. As the research demonstrates, Psychodrama is an excellent starting point for promoting and reconstruction of agency and subjectivity of female victims of domestic violence (Testoni, Groterath, Guglielmin, & Wieser, 2013). Women who engaged in Moreno's approach of spontaneity regained their subjectivity and agency and became more autonomous in learning coping skills that helped them develop personal self-direction.

By immersing into the world of psychodrama clients get a chance to rewrite their story. They succeed to unlock some traumatizing experiences in a safe way with the help of the psychodrama director. The director allows clients to become their own therapist and look at their experiences without analyzing or judgement. Psychodrama theory and techniques bring a different set of tools that therapy students can use in their relational work with clients.

References

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- Testoni, I., Groterath, A., Guglielmin, M., Wieser, M. (2013). *Teaching against violence reassessing the toolbox. Teaching with gender. European Women's studies in International and Interdisciplinary classrooms*. New York, NY: Central European University Press Budapest.

ASGPP REGIONAL NEWS

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• Denver Area

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

The Denver Psychodrama collective is now 15 years old. We continue to meet monthly in downtown Denver, where we do psychodrama and sociodrama, share new techniques and ideas, and support one another. We share responsibilities for food and directing, too, so that it's always new and varied. The next meeting is set. For information contact:

ericahollander@comcast.net.

Erica Hollander, PhD, JD, TEP

• Hudson Valley

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

After taking July and August off, we are ready to host Open Sessions at Boughton Place this fall on the Third Friday of the month. On Sept. 21, Judy Swallow directed. On October 19th, Rebecca Walters directed. And on November 16th, Letitia Coburn will direct. We are also toying with the idea of having a special December Open Session with Jenny Salimbene offering an evening of Magic Shop.

Regina Sewell, PhD / MEd, LMHC, PCC

• Mid-Atlantic

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

On September 29, the Mid-Atlantic regional group held its Autumn "Homecoming" workshop. This is typically the meeting when we update members on any national or regional information. In addition, we present our annual Gratitude Award to an individual who has been active in supporting our chapter and advocating for psychodrama in our region. This year, the recipient is Stan Smith. Stan has been active in the chapter from early on and holds considerable history about psychodrama. His workshop, "Welcome to the Old School", included some reflection on psychodrama's growth from when he was an intern at St Elizabeths Hospital to the current directions in the field. He demonstrated working with objects, as a safe means of presenting psychodrama to others yet still finding gentle ways to approach model group issues.

Steve Kopp, MS, CAS, TEP

• New York

Louise Lipman / LipmanNYC1@aol.com / 917-698-2663

We are hoping to have a meeting in early January 2019 to revitalize this collective and plan some events for the future. Louise Lipman and Heidi Landis are working together to make this happen.

Louise Lipman, LCSW-R, CGP, TEP

TRAINER'S CORNER

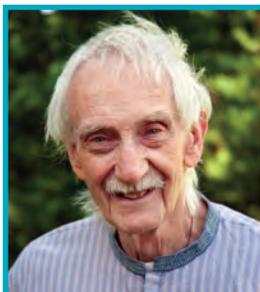
– Jam Yang Phun Tsok/Herb Propper, PhD, TEP –

Jam Yang Phun Tsok/Herb Propper, PhD, TEP really understands the dynamic flow of all psychodramatic work, and in this training addresses Role Theory. His deep connection with the spiritual core of Moreno's work has created a collaboration with the Indian culture that is rich, growing, and abundant.

ROLE THEORY IN ACTION

This is an introduction to the key elements in understanding and working with roles. Included are some practical notes on defining and understanding any given role.

My disclaimer: This is one of a group of short papers I have created for trainees. The intent is to help trainees develop a conceptual framework to focus and structure their experience. For readers who have not had that experience, these notes may seem vague or lacking context. If so, I apologize — however, I hope they will provide some thought and inspiration.



The order in which the elements are presented below is only for the sake of explanation. In any given practical situation, the exploration of a role through these elements is a spontaneous process, which varies according to each individual case.

1. Naming the Role: the name of the role is like a “memory tag” that the protagonist can use to bring the role into awareness and to refer to it in verbalization.

Use a noun and 2 or 3 adjectives which express essential qualities of the role.

- a. The noun indicates the essence of what the role does, since roles only exist, i.e. “come alive” or “become present” in action (which can be verbal, non-verbal or both; and which can be internal as well as external)

2. Social Roles: in the case of social roles — those roles through which we interact with others and the society around us — there is a general shape to the role given by the society and culture.

- a. As well there is the individual variant created by each person; e.g. general elements of the role of student, teacher, doctor, mother/father, son/daughter, various worker, professional roles that are given by the society and culture; then individuals develop their own personal variation.

3. Roles are Dynamic: roles are typically not constant; they change and develop or evolve over time, so the name may change. One indicator of mental ill-health is roles which become fixed and do not evolve as one's circumstances change.

4. Goals or Objectives of the Role: what the given role is trying to achieve or accomplish by engaging with another role.

- a. It is essential to keep in mind that the role in question is either wanting to or trying to engage another role. [this role emerges to try to satisfy an “inner need” of the person (protagonist), OR emerges in response to a particular role presented by another person

(role demand). In other words, we can say that the role is emerging due to intrapsychic factors, to interpersonal ones or a combination of both.

- b. A key component of the objective(s) is/are how the role wants another role to feel. There may also be a concrete outcome intended such as what the role wants another role to do.

5. Role Tactics (behavioral & emotional): the concrete expression of what the role is trying to do to another role to obtain the goal/objective.

- a. The tactics that a given role is using are often not immediately obvious. They tend to be implicit, or hidden underneath verbal interchanges. Bringing the tactics to light often requires warmup and exploration to concretize and physicalize the interaction, and using the Mirror to help the protagonist see how s/he is trying to affect the other role.
- b. For example, one protagonist role trying to pat the shoulders or rub the shoulders of another role to make that role feel.... [what? more peaceful? more confident?.....e.g. naming the objective].
- c. Similar roles in different persons, even if they have very similar objective, may often use very different tactics to try to achieve them.
- d. A key element in role interactions is that Role A is trying to get an objective. The role may not always succeed. This determines the emotional outcome of the action.

6. The Complimentary Role: Without another role to engage with, a role remains in potential.....it is not “alive” or “present”. The role also has a particular other role — the compliment — with which it would most like to engage; the one that will produce a satisfying interaction for the role.

- a. If the role is presented with, or has to engage with a different role, it will generally not have as satisfying experience — producing some degree of frustration, anger, sadness or other unpleasant emotion.

7. Role Encounters can be either interpersonal (with a role of another individual) or intrapsychic (2 roles of the same person).

2019 ASGPP Conference will be held at the DoubleTree by Hilton Manchester Downtown, Manchester, NH



2019 Conference Cut-Off Dates

Scholarship Applications	February 1
Room Sharing Service	March 10
Advertising in the Guide	March 25
Exhibit Tables	April 12
Early Registration Discount	March 22

Scholarship Donations Welcome

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

Thank you for helping us to reach out!

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

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

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

Auctions / 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. **You will be able to view donated items prior to the conference. You can find a link on the ASGPP website and in our email updates.**

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

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

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

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:
Scott Giacomucci / Scott@sgiacomucci.com

Conference Speakers

KEYNOTE SPEAKER

The Art of Surprise

NISHA SAJNANI, PhD, RDT-BCT



Dr. Nisha Sajnani is the Director of the Drama Therapy Program and Theatre & Health Lab at New York University. She is a visiting faculty member with the Harvard Program in Refugee Trauma and editor of *Drama Therapy Review*. Her artistic and written scholarship reflects an interest in the role of improvisation and performance in stimulating discovery and addressing concerns related to identity, difference, migration, and place. Dr. Sajnani is the recipient of the Corann Okorodudu Global Women's Advocacy Award from the American Psychological Association, the Gertrud Schattner Award from the North American Drama Therapy Association, and the first Diversity Award from the American Society for Group Psychotherapy and Psychodrama.

PLENARY SPEAKER

Sociatry Offers Added Wisdom

EDWARD SCHRIEBER, DD, EdM, LADC, TEP



Edward Schreiber was a student of, trained by, and apprenticed with Zerka Moreno, a focus on Sociatry and J.L. Moreno's mysticism. He has presented Sociatry at local, national and international conferences. He co-edited *The Quintessential Zerka*, and was editor of Zerka's memoir, *To Dream Again*. He is the author for two editions of the chapter on Psychodrama, Sociometry, Group Psychotherapy and Sociatry in *The Comprehensive Textbook of Psychiatry* by Kaplan and Sadock. He is the recipient of ASGPP's Scholar's Award, the Collaborator's Award, the Neil Passarelli Award, the Zerka T Moreno Award, and is a Fellow of the ASGPP. Ed is the Director of the Zerka T Moreno Foundation, whose mission is to make available the teachings of Sociatry and to publish *Autobiography of a Genius*, the unpublished autobiography of J.L. Moreno. Ed is an adjunct professor at Lesley University, and is the Director of an outpatient substance use disorder program in the midst of the opioid crisis at a community organization in Northampton and Greenfield, Massachusetts. He is a social activist addressing social justice with the Morenean vision and a founding member of *Growing a New Heart*, a Consortium of Trainers.

2019 Conference

(Continued from Page 1)

include culturally responsive pedagogy in the arts therapies, embodied and performance research, trauma-informed care, and global mental health.

- Edward Schrieber, DD, EdM, LADC, TEP will offer a plenary focused on Moreno's mystical tradition of Sociatry. A key concept in sociatry is the Social Microscope, which is able to show "the whole of mankind" - its structure - in a group - as the group becomes a microscope to the time in which we are living. Through careful application of Moreno's existential codes and symbols, the ASGPP as a whole can awaken its collective autonomous healing center. Ed studied extensively with Zerka Moreno and worked with her as an editor of two books, *The Quintessential Zerka*, and *To Dream Again: A Memoir*. Additionally, he is currently serving as a co-editor working to publish the full autobiography of Jacob L. Moreno.

Our team is planning a conference that will include new creative ideas with the hopes of accessing the untapped reserves of spontaneity within the community. The conference will continue its traditions of ceremonies and entertainment while also introducing new cultural conserves into the event. We look forward to co-creating a conference full of incredible experiences and memories that increase our cohesion as a community and advance the methods of Jacob and Zerka Moreno!

Scholarships Available

The Executive Council and Scholarship Committee of the ASGPP are pleased to offer the following Scholarships:

The Zerka T. Moreno Scholarship is supported by the Zerka T. Moreno Memorial Fund. We are pleased to offer a full four-day scholarships to our 77th Annual Conference. To be eligible to enter the lottery, you must be:

1. A first time annual meeting attendee, AND
2. A non-USA citizen, AND
3. A person who resides outside of the USA

History Keeper Scholarship. We are pleased to offer two Full Conference (Friday-Sunday workshops) waivers to long time, committed members who have given of themselves to the ASGPP. To be considered for the waiver, you must meet three criteria:

1. Long-time, continuous ASGPP membership, AND
2. Have given to the organization in a significant way (Executive Council, committee leadership, frequent ASGPP conference presenter) AND
3. without the waiver, you could not attend the conference due to financial hardship.

Our traditional partial scholarship recipients will be selected by lottery as well. Those applicants meeting one of the following will be entered into the lottery:

1. ASGPP member needing financial assistance, OR
2. ASGPP member who is a first time conference attendee in need of financial assistance, OR
3. Any first time attendee regardless of ASGPP affiliation in need of financial assistance

For details and an application, go to
www.asgpp.org/2019conf/Scholarships.php

The Celebration in Honor of the Opening of the ZERKA T. MORENO COLLECTION

Nancy Kirsner, PhD, LMFT, OTR, TEP

A celebration in honor of the opening of the Zerka T. Moreno Collection at the Center for the History of Medicine, Countway Library of Medicine was held on September 27, 2018 from 5:30 – 7:00 pm in Boston, Mass. Archival processing of the Zerka T. Moreno papers was funded jointly by The American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy and The American Society of Group Psychotherapy and Psychodrama through The Zerka T. Moreno Foundation.



of who Zerka was and all that she did to make Psychodrama the powerful field that it has become. We all loved honoring her for the significant roles she played in helping her husband's work flourish and the leadership and creativity that she manifested for decades after his passing." (Saphira Linden)

Jonathan's perspective taking provided the impressive context of Zerka's intellectual acceptance in a world (The history of Medicine) of few women. As well, his comment that J.L. and Zerka are one of the most successful contributing couples in medical-psychiatric history is noteworthy. Regina's remarks always offer a warm and humorous look into her life, as the only girl, in her colorful family. Regina shared that this event is especially timely now as she is writing her own memoirs. Dale Richard Buchanan inspired us by igniting the ever present power of saying YES and then moving into action. Last, Dr. Scott Podolsky, MD, who is the Director of the Center for the History of Medicine, shared with evident delight a few papers from the Zerka Collection which were her notes preparing workshops.

"The Zerka T. Moreno papers, 1930-2010 (inclusive) reflect Moreno's efforts to lead group psychotherapy sessions and provide instruction in the field of psychodrama. Records include workshop and training records, collected writings and publications, records pertaining to the management of the Moreno Institute, professional activities records, correspondence, photographs and films, and original sketches by Zerka T. Moreno." (Center for the History of Medicine; brochure)

The evening was intimate, elegant, with a touch of Moreno humor, and moving – a tribute to the collaboration of Edward Schreiber (Director, Zerka T. Moreno Foundation; Adjunct Faculty at Lesley University Graduate School) and Saphira Linden (Director of Omega Transpersonal Drama Therapy and Psychodrama Training Program) as Co-Chairs. Their exquisite attention to detail included flute music and singing by Kathy Amsden and Zerka's favorite – yellow roses.

The Program was warmly introduced by Ed and Saphira and the speakers for the evening were Jonathan D. Moreno, Regina Moreno, and Dale Richard Buchanan.

From the Co-Chairs: "For many people the event was a sacred closure of their relationships with Zerka. For others, they were in awe

The formal part of the event ended with a Zerka video – "The Vision for the Future" which was recorded for the 2007 Conference of the Australian and Aotearoa New Zealand Psychodrama Association. As always, seeing and hearing Zerka, her words are always timely and relevant- right here, right now – I always think that she is speaking right to me, do you?

The finding aid for the Zerka T. Moreno papers may be viewed online at: <https://goo.gl/54dTrQ>



The Power of Psychodrama in the Education of Covert Emotional Incest

Adena Bank Lees, LCSW, LISAC, BCETS, CP



I hate PowerPoint presentations. I hate giving them and I hate listening. They reach only my “thinking” brain. BORING! I am a psychodramatist. I learn in action. I teach in action. Psychodrama, as we know, is a multimodal methodology that impacts all levels of our brain, and all our five senses, “locking in” learning. New neuronal connections are made throughout the process, especially forming during the catharsis of integration. We can,

therefore, take this new found wisdom out of the therapy or training room into the real world.

This is exactly why I utilize the psychodramatic technique of sculpting in my trainings about Covert Emotional Incest (CEI) and recommend psychodrama as the method of choice for treatment.

What is CEI? It is an elusive, emotional form of sexual abuse that occurs in the family system without there necessarily being genital contact. It is incestuous because of the undercurrent of sexual energy between parent and child. It is characterized by the following:

- Triangulation
- Breach of the intergenerational boundary
- Surrogate or substitute spouse role
- Objectification

The most prominent aftereffects of CEI:

- Unhealthy intimate relationships
- Poor sense of self
- Sexual difficulties
- Faulty boundaries
- Mental health and compulsive behaviors
- Spiritual struggles

The five key elements of healing:

1. Awareness
2. Ask for help
3. Boundaries
4. Spiritual connection
5. Forgiveness (of self and others)

Because training and professional presentations are not therapy, sociodramatic roles, such as mother and father who perpetrate CEI, the child victim, and support system are utilized. The roles are held for no more than 30 seconds. This increases the chance of audience participation, as well as safe emotional dis-

tance for the role-players. Of course, deep feelings arise in both because of the power of the method and technique.

I always ask the following questions to demonstrate the impact and empathy experienced: “In the role, what sensations are you noticing in, out, or around your body? “What are the emotions you are experiencing?” and “What, if any thoughts, are you having?” I debrief the roles by asking both the audience and role-players, “What was it like to play this role? What was new information? What information was reinforced for you? What are you taking home and into your practice from this experience? How was this experience different from a solely didactic presentation?”

I have been training mental health and allied professionals for the past 25 years. The most potent part of my presentations is always when we do this sculpting exercise. It depicts the dynamics of, the feelings regarding CEI and the key elements of healing. Participants almost always speak to the remarkable and empathic experience they have just had holding a role for this short amount of time. The audience comments on the same for themselves. The power of psychodrama is confirmed. The respect of this power is acknowledged; to assure we are not opening up anything for clients or trainees, for that matter, that we cannot close safely.

I had the distinct honor of presenting “The Child as Substitute Spouse: Naming and Validating Emotional Incest” at the IAGP Congress on August 3, 2018. All attendees were seasoned group psychotherapists, mostly psychodramatists. As we would expect, important personal work was done within this context. “A corrective emotional experience” is how one of the role-players described his participation. The “audience” shared how the catharsis of integration happened for them witnessing the sculpt. Some said that this truly helped clarify what CEI is, validate its negative impact, and to consider if they were a victim of it.

My hope is to continue being an influential spokesperson for CEI, validating its existence in our societies, and offering professionals an experience of the power of psychodrama and experiential learning.

If you would like more information on CEI, go to my website www.adenabanklees.com.

PSYCHODRAMA INTERNATIONALLY

Psychodrama in Finland

Tuula Grandell, TEP



Whereas in most of the world Psychodrama is not yet in education or business, to the contrary In Finland, it's mostly used in education, personnel training and business consulting.

In the 1980s and 1990s, psychodrama was very common in the field of rehabilitation groups. At the time, social security systems and employers were bearing the costs for such groups and their instructors. These were important and fruitful years for psychodrama, as well as its students and institutes, as it provided groups for students to practice psychodrama under the supervision of TEPs.

Due to a lack of funding and ever strict regulations, these kind of rehabilitation groups no longer exist and this shifted the focus of psychodrama more to its uses in business and education. This development is in part due to the deep recessions and the overall sluggish development of the economy of the past 20 years as well as the continuous changes in social and health care in general and psychotherapy in particular. So the status of psychodrama has changed in these last years in Finland.

Psychodrama has been mainly used as a method of psychotherapy in the USA and elsewhere in Europe, but psychotherapists overlook the wide differences in intelligence, verbal expressivity, capacity for insight, psychological-mindedness, as well as other individual differences, apart from types of psychopathology. In short, I'm saying that psychodrama is not always so great for psychotherapy! It's perhaps better as a higher-educational method for business and mature adults!

I agree with you in this: If used as psychotherapy, the challenges are indeed high both for psychotherapist and patient. And for many types of psychopathology, I would not see psychodrama as the method of choice. For slightly neurotic patients facing acute essential crises, choices, relations and like issues, it is helpful to work with psychodrama. I think psychodrama techniques absolutely contain psychotherapeutic keys to the situation confronting the patients yet, without sufficient studies and a broader psychological or psychotherapeutic understanding, a psychodramatist may be overtaxed by the underlying issues and processes a psychodrama can bring to light.

Sad to say that only a few people are still interested in the long term studies in psychodrama in Finland. Given the high standards set by the Nordic Board of Examiners, the studies require a great investment of time and money yet confer no offi-

cially accepted status. So the market will have mostly short courses limited to a given methodical aspect.

I personally don't feel especially good about this development. I strongly believe that those who use action methods and techniques have to get enough of their own experience and have a theoretical basis and understanding of psychology, in particular depth psychology (e.g. Jung's). As my own studies progressed I have come to realize that an ethical psychodramatist needs to become acutely aware of the potential deeper processes which psychodrama methods, including action exploration, may initiate. This was one of the reasons why I wanted to write about it in this article to express and reach the unconscious roots of it. This is a great opportunity and a substantial risk at the same time. (In my book, "A Journey to the fountain of creativity – Psychodrama meets Jungian Psychology", I have also written about the use of symbols as projective mirror, which is very common in every kind of groups here. There is a big difference for the psyche whether the symbol is born spontaneously from the unconscious or whether it is coming from an outside source.)

Psychotherapeutic psychodrama is occasionally used here by some individual psychotherapists, mostly as action exploration and as part of the process every now and then (as I do nowadays). Ongoing psychodrama groups are usually self-knowledge/experiential groups and may not be called psychotherapy as psychodrama is not among the officially recognized methods (so it is not covered by public or private insurance).

Before I started as individual psychotherapist in private practice, I have worked years as a psychologist in different kinds of rehabilitation groups (mostly people with burnout and depression). In this work I used ongoing psychodrama groups as well as action exploration focused on personal issues important for the participants and their different roles in life or for educational purposes.

About the author: Tuula Grandell graduated psychologist (DiplomPsychologin) at University of Cologne in Germany. She is the head of the Finnish Moreno institute, psychodrama leader (TEP) and psychotherapist. She combines Jungian psychology and theories of psychodrama into a wholeness which she has named MoreJung.

PSYCHODRAMA INTERNATIONALLY

Psychodrama in Lithuania

Daiva Rudokaite



In addition to being a teacher of psychodrama and using the method in therapy, I am also a health psychologist, professional actress, member of the European Psychodrama Association (PAfE), honorary member of the Lithuanian Psychodrama Association and its president for many years.

There is one institute in the country, the Lithuanian Psychodrama Association (LPA). Ours is non-profit organization for psychodrama professionals in Lithuania or anyone who is interested in psychodrama and action methods. At the moment there are 45 members in LPA. Our organization was founded 1999 in Vilnius. The first president was Margarita Pileckaite- Markoviene. Aurelija Rakstyte became president this year. I, Daiva Rudokaite, was president for nine years and for my merits I was awarded honorary membership in our organization.

As of 2018, the association has 13 psychodrama therapists, 14 psychodrama assistants, 5 teachers and 1 supervi-

sor. In October of this year, 8 more assistants will complete the training. In the spring, a new level I training group has started (so far the group is open. The groups will close in October and then we will know the exact number of students) and after that we are planning to begin Level II training. We are planning to invite a guest teacher Jolanta Baltina, from Riga (Latvia), to help teach the Level II training group.

Some key names of Psychodrama people in our country are: PhD Albina Kepalaite (CP, supervisor, trainer); PhD Viktorija Vaisvilaite; PhD Violeta Rimkeviciene; Aurelija Rakstyte, Daiva Rudokaite (trainer).

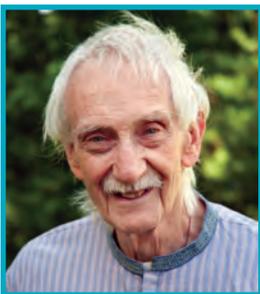
For more information we have attached our website:

www.psichodrama.lt Contact: info@psichodrama.lt; ristina.dulinskiene@gmail.com; daivarudokaite@gmail.com

About the author: Daiva Rudokaite is a Psychodrama teacher, psychodrama therapist, health psychologist psychotherapist, professional actress, Personal Member of the European Psychodrama Association (PAfE), President of the Lithuanian Psychodrama Association for many years, and an Honorary Member of the LPA.

The Indian Institute of Psychodrama

Jam Yang Phun Tsok/Herb Propper, PhD, TEP, in collaboration with Magdalene Jeyarathnam, MSW, CP, founder-director of the Indian Institute.



Here is an update from Chennai 'ground zero' about recent and future activity at the Indian Institute of Psychodrama. After two weeks of training in Chennai, we spent the next weekend doing a two day introductory training in New Dehli with ten people. This led to scheduling ten more weekend trainings of IIP level 1 (100 hours). This is in addition to the already-scheduled Level 1 trainings in Mumbai.

Our Indian Institute schedule has been very robust: a five day residential Level 1 training in Chennai; followed by a 3-day workshop at Dhaka University in Bangladesh on "directing trauma"; and the following week the first of three five-day intensive trainings in Mumbai. August featured a 3-week 'marathon psychodrama odyssey' in Bangladesh: 3 cities, 12

full-day trainings plus a few individual sessions, 5 workshops, 78 participants. Also included in Sept.-Oct. is a 30-hour introductory course for 38+ graduate students at Madras University School of Social Work.

We are taking the Indian Institute of Psychodrama to the next level of training. In partnership with the Tata Institute of Social Sciences (Mumbai/Chennai) the Institute will be starting a 2-year graduate diploma course in Psychodrama (630 hours). The formal Memorandum of Understanding has been signed, and the course should begin in winter, 2019. It will include students from Europe as well as India, and a supplemental faculty of eight international trainers.

We will provide more updates to the Psychodrama Community from time to time. Meanwhile, postings on recent and future trainings are on view at:

<http://indianinstituteofpsychodrama.blogspot.com/>

Wishing all of you the very best in spontaneity-creativity and mutual positive tele.

Sociometrically yours,
Herb and Magdalene

"... may all beings be liberated from suffering ...OM MANE PEME HUNG .."



PSYCHODRAMA INTERNATIONALLY

Korean Association for Psychodrama and Sociodrama (KAPS)

Sung Hee



The KAPS has 21 years of history since 1997. As of July 2018, 141 members and 11 Korean TEPs, 71 practitioners, and 76 role play practitioners are actively involved.

Since 1996 when Zerka Moreno was invited to Korea for four day workshop, many international psychodramatists including Elaine Camerota, Peter Kellerman, Kate Hudgens, Ann Hale, Rori Remer, Nina

Garcia, Krondorfer from Europe and America came to do workshops for the KAPS members and non-members.

The KAPS publishes the Journal of Psychodrama two times a year, and a newsletter called “The Theater of Mind” four times a year. The Journal has been accredited by the Korean Research Foundation. Papers written in other languages are welcome, so please contact us at email alansohn2003@gmail.com.

The KAPS holds summer and winter conferences including workshops for 3 days. The upcoming conference will be on July 28-30 in Taejon, Korea. The last conference was held on February 2-4, 2018 with over 100 people in attendance. At the conference, paper presentations and general meetings are held.

The KAPS has 8 regional associations across the nation, and each meets monthly; and 5 divisions including trauma, addiction, corporation, bibliodrama, roleplay counseling.

The KAPS has 6 committees including certificating, editing, research, ethics, training, and external affairs. Currently the President is Kang Hee Sook, PhD in social work.



Psychodrama Society General Funds

The American Society for Group Psychotherapy and Psychodrama (ASGPP) promotes the development of creativity, spontaneity and encounter to enhance the relationship between individuals, families and communities, and works actively to heal and transform society through the knowledge and practice of psychodrama, group psychotherapy and sociometry in all its diverse applications. – *from the ASGPP Mission Statement*



We, the Executive Council (EC), have just held our annual fall meeting. We are entering, by design and by necessity, an era of renewal and creativity for our Society. We report here some financial and organizational changes we made, and invite you to become involved in what we are hopeful will be a period of re-energizing and invigorating the ASGPP.

Those of you who follow the EC's activities know that, for some years, the ASGPP has been operating at a deficit. In other words, we have been paying out more than we have been taking in. We are not in debt, except to ourselves, but we have slowly spent down our reserves. The EC is working to rectify that situation in the short term, and to set the Society on

a long-term course of financial stability and soundness.

We are launching an effort aimed at shoring up the Society's operating fund. To that end, we have set up this second GOFUNDME campaign. The goal for this fundraiser is \$20,000, an amount calculated to cover an expected operations shortfall in 2018-2019, as well as to allow us to begin re-building our

reserves. Please consider making a donation to this fundraiser, as well.

Longer term, we are taking a number of measures designed to set us on sound financial footing, and to allow the Society to continue to serve its membership efficiently and effectively. We are examining all on-going expenses, to see where we can cut costs responsibly, and are already making progress in that regard. We are actively exploring new sources of revenue, some of which will expand the services and options available to our membership and Conference attendees.

Planning and preparation are well underway for what is going to be an energizing and informative 2019 Conference in Manchester, New Hampshire: *Discovering New Worlds*:

Donate for the ASGPP Journal. Raise your hand if you're in!

The ASGPP Executive Council and ASGPP Journal Editorial Team invite you to join us for this extremely important fundraiser that will enable us to print the ASGPP *Journal* this year. Our Fundraising Pledge is 10K.

Dear Colleagues,

Since the very first issue, created by J.L. Moreno in 1937, the ASGPP *Journal* has kept the written wisdom and philosophy of the triadic method, Psychodrama, Sociometry and Group Psychotherapy thriving and prosperous. Carrying different names through the years, experiencing difficulties at various times, the *Journal* has always returned stronger than before, hosting articles from generations of authors around the world. Even the earliest issues are kept in academic libraries around the US, and even in the Library of Congress, the nation's oldest federal cultural institution. And most important — the *Journal* has always been the connection between those of us within the organization, and the rest of the world.

We are extremely pleased that this special issue brings together a remarkable number of authors who have written 22 excellent articles, reviews, songs and poems to commemorate the 100th anniversary of the founding of *The Daimon*, the philosophical/literary journal Moreno co-created in Vienna. We are particularly excited since this outpouring of creativity makes it the largest *Journal* we've published in many years.

A combination of scholarly and creative offerings, this issue represents the best of Morenean values and reflects our history. The challenge for us is that as this issue nears its completion, it needs the help of all of us to come into being. The total cost for this *Journal* will be \$20,000. ASGPP has \$10,000 available and earmarked, and we need to raise another \$10,000. The *Journal* needs us and we need the *Journal*. Your generous donations will make this print issue possible. Your investment will be richly rewarded when you hold your own copy, partake of its riches, and know that, because of your contribution, you are a proud co-creator. We need to raise \$10,000 by the end of November, 2018 to ensure the timely printing of the *Journal*. A



page of the *Journal* will be devoted to acknowledging and thanking each individual donor.

That is why the ASGPP Executive Council and the Editorial Team of the *Journal*, are announcing this fundraising event. Please consider donating for the opportunity to print the 2018 *Journal*. Any donation amount will be deeply appreciated. As ASGPP is a tax exempt, non-profit, charitable organization that falls under

section 501(c)(3), your donations will be considered deductible contributions for your taxes.

To donate, please go to: www.gofundme.com/640eq2w

or mail your check payable to ASGPP;

to American Society of Group Psychotherapy and Psychodrama

301 N Harrison Street, #508, Princeton, NJ 08540

Make sure to include the words "FOR THE JOURNAL" on the MEMO line of the check.

Executive Council, ASGPP

Editorial Team, The Journal of the ASGPP

By October 18, 2018, \$7,064 of \$10,000 goal has been raised! Thank you to those who have already donated: Amy Clarkson, Anath Garber -Barron, Annette Franklin, Antonina Garcia, Brittany Lakin-Starr, Bruce Shapiro, Carol Frank, Cathy Nugent, Cecilia Yocum, Dale Richard Buchanan, Daniela Simmons, Helen Murray, Jennie Kristel, Jonathan B. Reid, Judy Swallow, Julie Wells, Kate Hudgins, Kathryn Brown, Kathryn Levan, Linda Condon, Linda Iannacone, Linda Richmond, Mac Jacobs, Maria Mellano, Marianne Shapiro, Martica Bacallao, Melissa Waterman, Michael Gross, Nancy Kirsner, Ning Shing Kung, Paula Ochs, Phyllis Koss, Rebecca Walters, Rhona Case, Scott Giacomucci, Sharon Mellano, Shelley Firestone, Steven Kopp, Tian Dayton, Valerie Simon, Vivina Elgueta

General Funds

(Continued from Page 16)

Transformational Advances in Psychodrama, Sociometry and Group Psychotherapy. For information, www.asgpp.org.

We THANK YOU in advance for contributing to this campaign. Please feel free to contact any EC or Executive Committee member with questions, and to find out more about how you can become involved.

To donate, please go to:

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or send a check made out to ASGPP; to American Society

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If you wish your contribution to be for a specific activity, please send a check and write on the memo line of the check to what you would like the donation to be applied, for example, Evidence Based Research, Scholarship, Conference, Website, PNN, etc.

Sincerely,

The ASGPP Executive Council

Thank you to those who have already donated: Nancy Kirsner, Mary Anna Palmer



IN MEMORIAM

James M. Sacks, PhD, TEP

Nancy Kirsner, PhD, LMFT, OTR, TEP

An extraordinary footprint in our hearts and history.

Jim Sacks lived life to its fullest and knew how to laugh, love, listen, and make those around him know how much they mattered to him. In the world of Psychodrama he represents a time and place in our history characterized by the spontaneity of our first generation of psychodramatists – always saying Yes, yes, yes to creation.

Dr. James Sacks, PhD, TEP received his PhD from the University of Chicago. He was President of ASGPP (1960's) and served on the Executive Council. He received the following ASGPP awards: Fellow, Hannah B. Weiner (1988), JL Moreno (1993), David A. Kipper Scholar's Award (2006) during his professional career. James' accomplishments were many as he was brilliant, warm and accepting, thoughtful, attentive, and very inquisitive. He had an active training institute in New York City for many decades and was the trainer of many individuals. James was one of the first elected Board Directors for the American Board of Examiners. He wrote many articles and his article with Hannah Weiner on Warm-Up and Sum-Up is a classic in our literature. He founded the Psychodrama Bibliography which was first printed on mimeograph paper. Jim was an expert on transference and was highly respected and beloved for his significant footprint in the American Group Psychotherapy Association.

Despite Jim's many accomplishments, perhaps Jim is best described through the eyes and words of some of the many that knew and loved him.

From his Nephew:

"My Uncle Jim was one of the 'good guys'. That is about the best way I can say it. He was 21 years older than I. He was funny, kind, always a fabulous storyteller and master of trivial minutiae. Over time, Uncle Jim evolved into my consummate role model. So many of my interests were shaped by him.

In 2001 he was diagnosed with progressive cerebellar ataxia. Despite the progression and frustrations of this, Jim stayed in communication with many on the computer which was his window to the world. In 2017 he moved to the Self Help Home in the north side of Chicago. Despite all the indignities suffered and tolerated attendant to a nursing home, he always managed to smile and laugh and still tell good stories. On June 25th, mere weeks after celebrating his 90th birthday, Uncle Jim passed away."



From Dr. Dale Richard Buchanon:

"In September of 1971 the American Psychiatric Association was meeting in DC and they sponsored a side event being hosted by Saint Elizabeths. I elected to be a session assistant for Jim Sacks and Hannah Weiner. Jim and Hannah were perfect co-directors. She was warm, effusive, and openly loving - he was brilliant, noticed each person in the group, and was kind. They both had an amazing sense of humor. I can't recall who was the protagonist or the theme. But I can tell you by the end of the workshop I was in love and in awe with each of them.

Like Zerka, I never knew him to make an unkind remark about any one person. He had a quiet, gentle and loving presence. He always invited others in and let others have a place in the spotlight while he was content supporting us from the wings. What an extraordinary human being and great psychodramatist!"

From Marcia Karp, London:

"Jim was my good friend. I learned from him a kind of simplicity and innocence about wisdom and knowledge. In 1965 while a graduate student at Columbia University, Jim and I started dating. We were pretty much inseparable for two years and remained friends forever. We spent our Saturday nights at the Moreno Institute public sessions where I watched Jim direct and played my first auxiliary role. His protagonist was in her 50's and she picked me to play her mother. I thought it was extraordinary.

We were best friends with Hannah Weiner, who gave us the magic shop technique. Jim gave us the judgement technique and was the first one to bring Viola Spolin's theatre games into the warm up process. Jim had been a member of Spolin's SECOND CITY IMPROVISATIONAL TROUPE in Chicago. He learned with comedians Mike Nichols, Elaine May, Shelly Berman, Bob Newhart, Alan Arkin and many others. I think Jim was the only psychologist who took the work outside theatre, film and acting to enhance psychodrama with his learning. When we do warm-ups that are improvisational, we have Jim to thank. He made that crossover which has been globally adopted and adapted.

Jim, you did it your way... we all gained from your humor, your spirit and your intelligence. Unforgettable. "

From Anath Garber:

"It is so important to remind our community about Jim's contribution of improv to warm ups!!!

(Continued on Page 22)

IMAGINE...

Presenting psychodrama, sociometry and group psychotherapy in colleges and universities

Daniela Simmons, PhD, TEP



"Imagine if all across the country, this is what we're all doing..." This sentence was written on Facebook by Maria Mellano, an Executive Council member and the chair of the Fundraising Committee of the ASGPP. The date was October 3rd, 2018, and the post she responded to was about introducing psychodrama, sociometry and group psychotherapy to college students in the Boston area.

Being in New England for two weeks, between Zerka's Library Opening Ceremony, an ASGPP Council meeting and personal business activities, I greatly enjoyed visiting several universities, partnering with colleagues and presenting on psychodrama and other action methods. From October 2-4, 2018 I visited several classes on various campuses of Cambridge College and Bunker Hill College. The students were pursuing undergraduate programs and the classes were in Psychology, Sociology, Research and Women's Studies. Without exception, all of the participating students experienced psychodrama and sociometry for the very first time. The students were in their early 20s and from a diverse background, which brought an additional richness to the experience. The interest and the excitement were clearly expressed during the presentations and the follow-up sharing.

On October 5th, another exciting event occurred, this time at Lesley University. Maria Mellano, Jennie Kirsten and I offered three workshops, three hours each, on the theme, "Exploring the Invisible Dimension Using Psychodrama, Sociometry and Playback Theatre". The event was held in honor of Zerka Moreno. This event was open to the general public in addition to the student body. The proceeds, after expenses, were donated to the ASGPP to support evidence-based research.

The participants at Lesley University represented all ages and levels of knowledge of the method. Along with those new to psychodrama, there were also people with many years of experience, attending in order to support ASGPP and to enjoy

the process and the experience.

Visiting colleges and universities in the Boston area was done to support the efforts of my local New England colleagues, teaching psychodrama and other action methods. Presenting to students in the area is especially important now, as the 77th Annual Conference of the ASGPP is going to be held nearby – in Manchester, New Hampshire, on May 2-5, 2019.

In my home area, North Texas (Dallas-Fort Worth Metroplex), I frequently present on psychodrama in various colleges and universities, and also apply various action method approaches in my own work as faculty. Just in the month of October, 2018, I presented to international doctoral program students in Gerontology at the University of North Texas (10/11); to a group of current students and alumni at Texas Wesleyan University (10/19); and to another group of doctoral program students in Marriage & Family Therapy at the same university (10/29).

There are ~ 5,000 universities and colleges in the United States. They consist of those searching for opportunities for their future professional career. Approximately 20 million Americans are enrolled in college or

university educational programs. There are so many opportunities for us, the psychodramatist, to introduce the method in academic settings; and to engage the interest of the younger population. Reaching out to

faculty members and offering to visit their classes, is easily achievable. Spending a couple of hours in teaching the method in the class room is enjoyable

and truly worth the time and the effort.

"Imagine if all across the country, this is what we're all doing..." And then imagine a 'future projection' of the psychodrama field in 5, 10, 20 years ... The young people to whom we have shown the method and who have chosen it for their professional career... The future of psychodrama, sociometry and group psychotherapy, that each of us has influenced by visiting a classroom! Imagine ...

References:

"Digest of Education Statistics, 2015". Nces.ed.gov. Retrieved 10 October 2018

"U.S. college enrollment statistics for public and private colleges from 1965 to 2016 and projections up to 2027". Statista. Retrieved 10 October 2018



The Future of ASGPP: Our New Members

Welcome to our New ASGPP Members

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

Welcome!

Caner Bingol (Turkey) • Hye Jeon Chin (South Korea)
 Monique Cleminson (IL) • Letitia Coburn (NY)
 Joseph Dillard (Germany)
 Magdalene Jeyarathnam (India)
 Clyde Knox (TX) • Eleanore Knox (TX)
 Jill Krush (CO) • Alexandra Langley (NY)
 Jonathan Nussbaum (NJ) • Katherine Phelps (OR)
 Greg Reid (NY) • Michelle Saffier (PA)
 Michael Spalding (CA) • Amy Stone (PA)

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

Joseph Dillard, PhD, LCSW



Joseph Dillard, PhD, LCSW, was born and raised in Little Rock, Arkansas and now lives in Berlin, Germany. He pursued undergraduate studies in religion, philosophy, and psychology at the Southern Methodist University in Dallas, Texas and completed graduate school at the University of Arkansas. Joseph practices Transactional Analysis, Gestalt, Reality Therapy, Rational Emotive Therapy and CBT. He trained in psychodrama and sociometry with Dr. Joe Hart and attended sessions with Zerka as well. Joseph is the author of the modalities Dream Sociometry and Sociogram and has published over 20 books and many articles, including in the *ASGPP Journal*.

Magdalene Jeyarathnam, MS



Magdalene Jeyarathnam from India, has a MS in Medical and Psychiatric Social Work. She has worked for the government of India in establishing counselling services for HIV/ AIDS; and as a consultant in the World Health Organization. An Expressive Arts therapist and a psychodramatist, Magdalene has founded two organizations: The East West Center for Counselling and Training; and the Indian Institute of Psychodrama, the first psychodrama institute in India. Magdalene is also a board member of the IAGP.

Stacee Reicherzer, PhD



I'm Dr. Stacee Reicherzer, and I'm a licensed professional counselor from Texas; although I now call Dartmouth, MA my home. I serve as clinical mental health counseling faculty at Southern New Hampshire University, working primarily online. I've spent my entire adult life as a transgender woman, and my path is in telling the stories of people who were outcast, different, or what I refer to as Other. I've recently been re-energized around this, and keep a blog at www.drstacee.com

Whereas I'm not currently seeking training to be a psychodrama therapist, I love it, I believe in it, and I'm grateful to have finally found my conference home through this organization.

Amy Stone, MSS, LSW



I was first exposed to psychodrama in the late 90s and it simply made sense! Twenty years later, it continues to excite, transform, and inspire curiosity both personally and professionally. I have been in intensive training with Kate Hudgins, including three weeks in China, as a senior student in the Therapeutic Spiral Model Training Cohort. I have a deep commitment to group work and psychodrama which has included facilitating addiction/trauma groups for Dave Moran at Crozer Chester Medical Center and with Scott Giacomucci at Mirmont Treatment Center. Most recently I accepted a position with Scott at the Phoenix Center for Experiential Trauma Therapy (PCETT). I am thrilled to join the ASGPP community of like-minded professionals and look forward to playing a role in spreading Moreno's methods into the future.

Stacy Thomas, MA, LPC



Stacy Thomas, MA, LPC is in her third year of psychodrama training with Katrena Hart. She lives and works in Dallas, Texas. She began psychodrama to work on her own issues and found it more effective than other therapies because it involves the body. She would like to become a CP, and is a newly minted therapist in private practice. She enthusiastically embraces action methods in her work with couples and individuals.

The New Psychodrama Chair at the IAGP



Hatice Nevzat, from Turkey, is the new psychodrama chair at the IAGP.

She was trained by Abdulkadir Ozbek, the founder of Turkish Federation of Psychodrama. She is very active in the Istanbul Association of Psychodrama. She belongs to the FEPTO Task Force for Peace Building and Conflict Transformation and organized a very interesting Conference on Peace Building at Istanbul University. She has organized International Conferences and is a psychodrama trainer, a group psychotherapist and a University professor. She is generous, charming, and a very clever woman.

Congratulations to all the new IAGP EXECUTIVE MANAGEMENT COMMITTEE (EMG) Members

PRESIDENT: Richard Beck (U.S.A.)
 VICE PRESIDENT: Catherine Mela (Greece)
 TREASURER: Michael Wieser (Austria)
 SECRETARY: Maite Pi (Spain)
 SENIOR EXECUTIVE MEMBER: Maria van Noort (The Netherlands)
 YOUNG PROFESSIONALS EXECUTIVE MEMBER: Asmaa Abd El Fattah (Egypt)

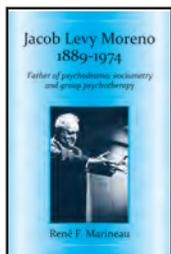
THANK YOU DENA



Dena Baumgartner is going off the board after 9 years serving as a board member. Rules are you can be on for 9 years. She served for 6 years as co-chair of Membership and three years as Chair of the Psychodrama section. We thank her for her dedication, hard work and service to the IAGP and all of us.

Jacob Levy Moreno 1889-1974

By René Marineau



René Marineau's book *Jacob Levy Moreno 1889-1974* is available for purchase through CreateSpace.com eStore.

To order your book, go to: wwwcreatespace.com/4050094.

Thanks Debbie

Patty Phelps, PhD



I think almost all of us had an interaction with Debbie Ayers, our Executive Director, sometime over the past 9 years. It may have been at an EC meeting, a returned phone call with an answer to your question, a nudge as a committee member or volunteer, or simply a smile at the registration desk as you checked into one of our conferences. Debbie was there for us in ways we saw and behind the scenes,

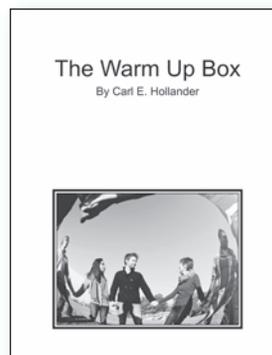
tirelessly working for us.

For 9 years Debbie and I talked multiple times a week – about all manner of ASGPP business and things that needed doing. She was my go-to person for answers to questions, help with needed material, support and encouragement when needed and much, *much* more. She held my hand and helped me put out PNN issues when we were without editors. She acted as a go-between when I wanted to wring someone's neck, and listened to me and my "Grrrrr", "OMG" and "#x*#!". She was always there for me/us. I never realized how much I relied on her...how much WE relied on her.

So I say "Thanks Debbie" for all that you did for me and the Society. Thank you for 9 years of service, and especially for being my friend.

The Warm Up Box

By Carl E. Hollander



The Warm-Up Box is a reservoir of warm-up ideas useful for anyone who works with groups. These warm up suggestions may be augmented by ideas you already use.

The introductory booklet explains the warming-up process. A section on sociometry and group cohesion follows. Finally, there is a discussion designating for which populations each of these warm-up techniques are most suited.

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

To order, go to:

www.asgpp.org/pub/pubindex.html

A CINEMATIC HISTORY OF PSYCHODRAMA: FROM MORENO TO MODERN

Nancy Kirsner, PhD, LMFT, OTR, TEP

It was Sunday afternoon in New York, a crisp Fall day – October 14. We all gathered in anticipation of the first major contemporary and professional film on Psychodrama. The film screening was followed by a panel (all of who were participants in the creation of the film) that received comments and answered questions from the audience. The screening was followed by a reception with all benefits dedicated to the ongoing development and maintenance of the J.L. Moreno and Zerka T. Moreno Collection at the Countway Library of Medicine at Harvard Medical School.

The film was conceived by Robert Siroka, founder and Director of The Sociometric Institute of New York, which just celebrated its' 50th year. As Executive Producer, Robert extended and supported J.L. Moreno's foresight about the value of having a visual history of Psychodrama. This film contributes both to the cinematic conservation and as well, to the new development of media accessible for educating the general public as well as clinicians.

Jonathan Moreno's narrative on history was bookended with sister Gina Moreno's humorous sibling sharing adding a warm festive touch. It was apropos that the event was at a major learning institution, Fordham University, the McNally Ampitheater as University settings are now a contemporary focus to reseed and grow Psychodrama and Sociometric roots.

The film honored our history and highlighted some unknown aspects of the past, such as the race relations work

with Bill Greaves. It is notable that the film integrates multiple perspectives and contemporary aspects of Psychodrama utilizing Positive Psychology and Mindfulness concepts and practices.

The film is excellent and was received with exuberance as it is upbeat, uses regular vocabulary, and de-mystifies what is difficult to explain about Psychodrama in words. This is some of the films "gift". It begins somewhat humorously with our ancient dilemma of what do we call this? Psychodrama or ? We see glimpses of all panel members, at various times in their careers, doing the work (Bob Siroka, Jacque Siroka, Nina Garcia, Jacob Gershoni, Nan Nally-Seif, Dan Tomasulo, Jaye Moyer, Louise Greaves) without compromising clarity or confidentiality.

The film will be a huge entre into contemporary sociometric realms – public TV, education, film, arts, and Universities. Hopefully it will be an encouraging example of how we can enter into the arena of adult and long distance learning and webinars without compromising quality or inherent meaning.

We look forward to everyone seeing the film and we are grateful to Robert Siroka and the staff of The Sociometric Institute for the years of work on this project.

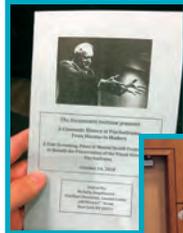
Credits:

Video Production by Media Therapeutics

Executive Producer – Robert Siroka, Jacqueline Dubbs Siroka

Producer/Director – Kelley J. Brower

Photos – Scott Giacomucci



James Sacks

(Continued from Page 18)

I so vividly remember his gentility and the vibrant fun when he and Hannah got together, on her night Thu, or Sat (his) at the open sessions. I always felt as a kid allowed to play with the grown-ups."

From Daniela Simmons:

Several weeks ago I turned on my computer one morning to see a surprise email from Jim (James) Sacks. The subject line was "Old Reader", and the email was in regards to my article on "Implementing Sociometry in a Long-Term Care Institutional Setting for the Elderly: Exploring Social Relationships and Choices", recently published in the ASGPP Journal.

The email started in this way:

Dear Dr. Simmons,

I have read your article on sociometry with the elderly. I am both an ex-psychodramatist and a resident in a nursing home for the elderly. (I will be 90 in

a few days). I have done only a little sociometry under the definition of Moreno although his was much more limited than yours as it certainly ought to be. For too long a time psychodrama and sociometry have been essentially static instead of growing as all sciences must. The version of sociometry you use certainly builds on Moreno's ideas but adds a lot..."

I was stunned that he had read my article and taken time to write to me. I never met Dr. Sacks in person, nor had I ever been in any contact with him; however, I knew quite a bit about him and his contribution to the field.

The date I received the email from him was 38 days before he died. Hearing about his passing made me incredibly sad; and then grateful that I had the chance to experience what I had heard from others — how gentle, respectful, open minded and encouraging he was towards the following generation of psychodramatists!"

***Editor's note:** I saw Psychodrama for the first time in the 1970's at an open session in New York directed by Dr. Jim Sacks. He was my "status nascendi!"

Your Council at Work

(Continued from Page 3)

quantitative studies in psychodrama, sociometry and group psychotherapy, reported in scholarly, peer-reviewed sources. Research Committee need your support. We're recruiting more members with research experience, including international members of ASGPP. if you are interested or you know someone is interested, please let us know. Please contact the committee's chair, Chi-Sing Li at DCL001@shsu.edu.

Chi-Sing Li, Research Committee Chair

Website Committee:

The Website Committee has been looking at ways to optimize our website at minimal cost in ways that provide benefits for members and expand the outreach of the ASGPP. We welcome new voices to help us expand our mission. As part of this, we are looking for video clips of short (2-4 minute) testimonials about how psychodrama has been helpful personally or professionally. The inspiration for this is the "It Gets Better" project: <https://itgetsbetter.org/>

Regina Sewell, Website 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, www.asgpp.org/pdf/Committees%202018-19.pdf

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CONFERENCES AND NETWORKING OPPORTUNITIES



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

November 15 - 18 — *“Music Therapy for a Growing World”* 2018 Conference of the American Music Therapy Association (AMTA). Dallas, TX Contact: www.musictherapy.org

November 16 - 18 — *“Today on Days”* Polish Psychodrama Association (PIP) III Psychodrama Festival. Krakow, Poland. Contact: www.psychodrama.pl

January 15 - 22 — The Australian and Aotearoa New Zealand Psychodrama Association (AANZPA) 2019 Conference. Duchesne College, University of Queensland, Brisbane, Australia. Contact: <http://aanzpa.org>

February 7 - 10 — 2019 American College Counseling Association Conference (ACCA). San Diego, CA. Contact: www.collegecounseling.org

February 25 - March 2 — *“Building Bridges of Connection Through Group”* American Group Psychotherapy Association Meeting. Westin Bonaventure Hotel, Los Angeles, CA. Contact: www.agpa.org

March 27 - 31 — ACA 2019 Conference and Expo. American Counseling Association (ACA). New Orleans, LA. Contact: www.counseling.org

April 11 - 14 — *“Beacons and Safe Harbors: Navigating Personal and Societal Challenges through Poetry Therapy”* 39th Annual Conference, National Association for Poetry Therapy. Embassy Suites by Hilton, Baltimore Inner Harbor Hotel and The Grand, Baltimore, MA. Contact: <https://poetrytherapy.org>

May 2 - 5 — *“Discovering New Worlds: Transformational Advances in Psychodrama, Sociometry and Group Psychotherapy”* 77th ASGPP Annual Conference. DoubleTree by Hilton Manchester Downtown Hotel, Manchester, NH. Contact: www.asgpp.org

Check the ASGPP website, www.asgpp.org,

for additional Upcoming Conferences.

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



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ASGPP BRIDGE TO THE FUTURE: Expanded Membership Categories and Fees

Marianne Shapiro, LMHC, TEP

The Executive Council recently approved a variety of changes in our membership fee structures. Rates were increased by 10% for members and 5% for student and retirees. This is the first ASGPP membership fee increase since 2011. In addition, there is going to be greater flexibility in the fee scale, allowing ASGPP to accommodate to the needs of our diverse membership. Young professionals under 30 have been added to the two current groups, students /retirees that benefit from a 50% fee reduction. In addition, our regular members will soon be able to purchase a 2 year membership for a 5% reduction in cost, and a 3 year membership for a 10% fee reduction. Veteran's will also get a 10% discount off membership fees. A reduced membership fee policy for those living in the US with a disadvantaged socio-economic life situation can be applied for by application, to be reviewed yearly.

There will also be a separate membership fee schedule for International Members depending upon the economic level of the countries a member comes from. International members will be able to pay based upon the economic tier level of their home country. This tier policy is already in place for the International Association of Group Psychotherapy and Psychodrama and is working very well.

An Additional New Category of Membership: Organizational Membership

The ASGPP will soon be offering Domestic and International Organizational Memberships to non-profits, business, hospitals, rehab facilities, etc. International memberships will be based upon the economic tier level of their home country.

Organizational Membership Benefits:

- Opportunities for collaboration between the member-organization and the ASGPP;
- The member-organization will be able to place on its website the ASGPP logo and the text, "Organizational Member of ASGPP".
- The member-organization will be listed on the ASGPP website under "Organizational Members".



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From the President

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ASGPP – was exhilarating. I remember standing in front of all of you at our Membership Meeting in Texas with a full and happy heart. I feel I have so much I want to give to ASGPP. I have a good perspective and knowledge of not only the many ASGPP roles I have served in, but also I try to embody our Mission and Purpose as a Society.

It has been a bumpy ride with so many changes – new officers, four new Council members (Scott Giacomucci, Anne Taylor Remley, Ron Collier, Kirsten Friedman), a different leadership style, and then our Executive Director, Debbie Ayers, resigning with a short departure time. This created tensions way beyond mere growing pains. The new Council had a short period of norming and forming group stages which were going ‘good enough’, and then a series of random human events created the perfect storm which blew up into intermittent storming, and ultimately the resignation of Debbie Ayers.

The Executive Council is staying the course and as a Council working diligently towards financial stability, a successful Conference in New Hampshire, and a Council where **we will learn to see each other and our differences through an appreciative lens**. At our Fall Council meeting in New Hampshire, amidst the aftermath of our ED resigning, we had to speak and hear some truths that were not easy for me or others to reveal. I was hoping that we could get past things and work toward our common Mission and Purposes. This couldn’t happen until we fully stepped into the Sociometric Truth that covert connections and behaviors had to be revealed, expressed, and worked through to move forward and have healthy group dynamics.

The Executive Council aptly named these covert events, rumors, and messages **“the elephants in the room.”** These became the focus of our time together and we dealt with mistrust, ED’s resignation and events around it, financial decline, not having enough money to pay upcoming bills, and transitioning and running ASGPP ourselves without adequate time or help in the process. Fear and projections were high as we struggled to talk through intense feelings, misunderstandings, and each having incomplete information about what and who. It was the longest and most painful group experience I have ever been part of – yet had to lead – or I should say follow and surrender to the higher power of the group.

The poem, The Guesthouse by Rumi swirled around me and helped me to get through:

“This being human is a Guest House.
Every morning is a new arrival.
A joy, a depression, a meanness, some momentary
awareness comes as An unexpected visitor.
Welcome and entertain them all.
Treat each guest Honorably.
The dark thought, the shame, the malice, meet them at
the Door laughing and invite them in.
Be grateful for whoever comes,
Because each has been sent as a guide from beyond.”

Despite all these adversities, or perhaps because of them, the accomplishments of the new Executive Council during these five months have been extraordinary. Often In the aftermath of natural storms there is a cleansing and redefinition of the landscape and ASGPP is realigning itself toward our Mission and Purposes. We are in an exciting Era of Post Traumatic Growth and we invite you to engage and help us in this transformational redefinition and rededication to our roots and wings.

Here are some of the changes and accomplishments since our April Annual Conference.

1. Council retained and reviewed all ASGPP Contracts: Employee Contractor Agreement (2014-2015); Professional E & O Insurance; Hotel Contracts for 2018 Doubletree Hotel in New Hampshire and 2020 Hotel in Chicago; and Allen Press Journal Contract.

2. Financial review. Empowered ASGPP Treasurer to have access to all matters financial: bank accounts, credit cards, receipts, hotel bills, and checks written. This gives the Executive Council multiple sources of financial data and was helpful. All bank accounts were comingled into one; they will soon be separate accounts. Our accounting system is complex with categories that do not fit what we do; making bookkeeping and accounting unclear and hard to comprehend. We have priced and retained a new accounting firm for less than half of our prior company; they will provide bookkeeping services as well cutting accounting expense less than half (thanks to Rhona Case).

3. Birth of the Tele’gram: Created by Vice President Daniela Simmons with our designer Patty Phelps, this monthly means of communication keeps our members more informed and engaged about what ASGPP is doing and how they can be involved.

4. Financial Awareness = Mindful money changes. We alerted current conference Co-chairs as to financial deficits and necessary impacts on our planning. While this was the beginning of some difficult financial conversations, it opened the door for a series of Financial Q & A sessions to bring matters into full disclosure.

5. Another positive outcome of this Mindful Money shift was that we stayed at a less expensive hotel for the Fall Executive Council meeting in New Hampshire. As our contract did not require us to stay at the Conference hotel, we saved over \$200.00 per member (EC members pay their own expenses for travel) and over \$1200.00 in ASGPP Food and Beverage costs just in one weekend.

6. A detailed analysis of all ASGPP Annual Conference costs in Texas was conducted. We learned that there was little or no oversight on spending as regards the number of nights paid for, who received free nights and how many nights, food and beverage costs by staff, office supplies, UPS/Shipping. No administrative or per diem guidelines existed. It was unclear who and how expenses were authorized.

7. Another outcome of our financial Mindset shift resulted in cutting back on certain printing costs, mailing lists, and other Conference marketing that has been less than productive.

8. Our Committees have been revised and accepted as of August 2018 – the first time since 2011. Our Bylaws and Operations Manual have not been revised or updated since 2011 as well. We will begin Bylaws next.

9. Our Membership Committee, chaired by Marianne Shapiro, has been activated with new members and successfully collected over \$3000.00 of lapsed membership fees in less than a two month period. Unfortunately our membership data base is incomplete and well over 100 members have only an email as demographic data.

10. We have moved our Executive Council calls to ZOOM where we can record and see each others’ faces. This has made meetings more fun and engaging.

11. Use of our Videos from 2018 Conference. Our promo video for our 2019 Conference should be up on our Conference page by

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From the President

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November 1. And soon we will have the other videos completed of the three main 2018 speakers and the Legacy Interviews.

12. Part of the Publications Committee met, Editors of the Journal (Daniela Simmons, Nina Garcia, Elaine Camerota) and Nancy Kirsner (PNN editor) to discuss Journal issues and finances. We had analyzed the Allen Press Contract/upcoming decisions and expenses due. Nina and Elaine had never been involved in the financial aspects of the Journal before and welcomed learning about the issues. The truth that ASGPP could only afford a digital copy of the upcoming Journal and not a printed one was upsetting (\$10,000.00 cost) to them. A GOFUNDME campaign was set up to raise enough to also do the print version (\$10,000.00 goal — approximately \$7,000.00 to date). This completes our contractual agreement with Allen Press after this printing.

13. We are always looking for ways to collaborate with our ABE. One topic under discussion is Webinars which the Board would need to approve. This would not only provide a new income stream but also make some Psychodrama Teaching available in remote areas extending its reach.

14. The long discussed issues about organizing, supporting, and utilizing our Chapters/Collectives for mutually beneficial purposes is alive and well.

15. While getting new insurance quotes for ASGPP's main policy, we also got quotes for Chapters and for our Conference (Thanks to Maria Mellano). Our prior E&O Policy excluded Chapters, Affiliate, Collectives and had some other limitations. We were able to replace our current Insurance for half the price with a better policy with more coverage. The Insurance costs and administration of the Chapters (new ones) is still under discussion. We are considering a one year pilot project to explore this once we can work out some details and if the EC approves.

16. Accountability and Oversight issues: These always exist in small non-profits with a staff of one or two working offsite. Our ED had changed status from her original Independent Contractor to one of Employee status. The ASGPP pattern was one of little oversight or guidelines from the Council. As well, our Bylaws give very unclear delineations of the relationship and functions between our ED, the Executive Committee, and the Executive Council. The Bylaws Committee will be addressing this in the next few months to bring to the Societies' Membership for a vote. These have not been reviewed since 2011.

I know this is a lot ! And we did this under duress and much without an ED. I can only begin to imagine that when we work together, realizing we are one people all wanting the same thing – for us to recover, grow and thrive... we will be ASGPP Re-Imagined and Aligned with our Mission, our Purpose, and Each Other.

In Grateful Service,
Nancy Kirsner
ASGPP President



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Psychodrama's Videographer: Sérgio Guimaraes

Nancy Kirsner, PhD, LMFT, OTR, TEP



Sérgio Guimaraes did undergraduate studies in social communication at the University of Sao Paulo. He graduated in linguistics and semiology in Lyon and Besançon, France. By now his doctoral thesis is well underway at the University of Buenos Aires. In addition, Sérgio spent 27 years working with the United Nations: three of these years with Unesco,

and 24 of these years with Unicef. He is presently living in Buenos Aires, Argentina.

What a gift Sérgio is to all of us!

If you were at the Annual ASGPP Conference in Dallas this year, you may have met the delightful, talented but modest,

funny and insightful Sérgio. I could instantly see and feel what Zerka liked and was drawn to about Sérgio.

In its second year, the Zerka T. Moreno Scholarship was awarded to Sérgio Guimaraes for his body of videography about Zerka and Psychodrama. So far, thirty seven (37) videos are uploaded on his YouTube channel. Out of them, thirty four are on psychodrama (the other 3 are on education, with the Brazilian educator Paulo Freire).

There are others that still need to be edited. Several were recorded with Zerka, particularly "Globetrotting with Zerka - The United Nations of Psychodrama" and "Moreno the Teacher - 23 learning bites told by Zerka". As the last two are quite long, they may be divided up in the editing process.

You'll find links to many of his YouTube videos on our Resources page, www.asgpp.org/asgpp-resources.php

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PNN Submission and Policy Guidelines

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

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

The PNN Editorial Staff (Executive Director, PNN Editor, Designer, ASGPP President and other contributing editors or designees) **reserves the right to accept or reject any article submitted and to edit submitted articles in any way deemed appropriate and necessary.**

Edited articles are not returned to authors for their review. However, the Editorial Staff may request additional information from authors when they deem it necessary.

The Editorial staff has the final say in what gets printed into the PNN.

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

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

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

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

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

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

WORD COUNTS:

ARTICLES – 800

COLUMNS – Presidents, Editors, Trainers Corner, Unsung Hero/Heroine - 600

MEMBERS IN ACTION – 75

REGIONAL, CHAPTERS, COLLECTIVES – 100

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

Respectfully submitted,
PNN Editorial Staff

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

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Spring/Summer: June 2 for publication July 15

Fall: September 26 for publication Nov 1



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