



## From the ASGPP President

Linda Condon, LMHC, TEP

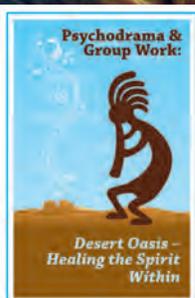
Time marches on and the 74th annual ASGPP conference in Phoenix is now history. It was a wonderful event filled with opportunities to learn, connect, meet new members, enjoy the heartfulness of Tony Redhouse and appreciate the memories and sense of heritage that Dena Baumgartner brought us. On behalf of our members, I would like to thank the Arizona psychodrama community led by Marlo Archer and Lori Feingold. They provided us with amazing hospitality and encouraged us to connect in creative and innovative ways.

The 75th annual ASGPP conference committee is busily beginning to plan our next gathering during which we will celebrate '100 years of Zerka'. It will be held in sunny Clearwater FL from May 5-8, 2017 at the Clearwater Beach Hilton Hotel, right on the beach. The conference committee co-chairs are: Mary Ann Bodnar, Uneeda Brewer, Jodi DeSciscio, Susan Mullins, and Julie Wells. We are all grateful that they have picked up the 'baton' and are off and running with it.

I would like to remind the membership that nearly everything we accomplish as an organization is done through the generosity of volunteers. It takes a very large village to keep the 'ASGPP Ship' afloat.

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## 2016 ASGPP CONFERENCE RECAP



Thanks to everyone who traveled to the Desert Oasis to join us for *Healing the Spirit Within* at the 2016 ASGPP Conference and a special congratulations to our President, Linda Condon for demonstrating courage and dignity in managing to get here despite having just completed chemotherapy. She looked adorable in all her hats, including a pink cowboy hat that showed up about midway

through the event.

Attendees were treated to an outstanding Plenary with Tony Redhouse whose CDs sold out so fast he had to have more shipped overnight. Get yours at [TonyRedhouse.net](http://TonyRedhouse.net). Dena Baumgartner delighted many with home videos from back when our "elders" were considerably less so, with stories of the first psychodramatic family told by attendees who knew the Morenos personally, and concluded with a once-in-a-lifetime "Family Reunion Photo" of everyone at the Keynote.

Springtime in Phoenix allowed for attendees to do yoga outdoors with Lara Rosenberg, ERYT; hike the desert, dine under the stars, tan, swim, enjoy a water slide, converse by fire pits, and experience fun and entertainment outdoors.

The Arizona committee stepped boldly away from the cultural conserve of holding a Saturday night dance and offered instead, entertainment of all sorts. Prompt attendees to the party were treated to the high school multimedia performers of the Esperanza Dance Project that believe in eradicating stigma, secrecy and shame associated with childhood sexual violence. If you missed them, they have videos on their website at [www.esperanzadanceproject.com](http://www.esperanzadanceproject.com).

Still in the outdoor venue, the Gila River Basket Dancers came next to share their cultural dance with our group, including their tradition that each dancer shakes the hand of each audience member at the conclusion of the performance. Then, our entertainment and our attendees alike split open the 4 giant pinatas that

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## 2017 ASGPP CONFERENCE

May 4-7, 2017

Clearwater Beach  
Hilton Hotel  
Clearwater Beach, FL

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## Psychodrama Network News

Spring/Summer 2016

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

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## Not Just Psychotherapy

by Adam Blatner, MD, TEP



It's time to break out of the GP in the middle of the ASGPP — i.e., group "psychotherapy," which identifies us with the medical model and "treatment" only of the sick role.

The concept of Group Psychotherapy needs to be reinterpreted in a couple of different ways. First, it recognized group process, and transcends the medical model: This model implies that there's something wrong with a person who needs to pay big bucks to be healed. It's 60 years out of date.

Modern medicine and its associated models have grown to be very expensive. Scientific methods have become more stringent, evidence-based. Psychodrama per se has gradually disappeared from lists of approved methods, replaced by more research- and evidence-based methods. While a number of people are seeking to firm up the evidence-basis for psychodrama, it's hard because what's considered to be psychiatric has spread so that many people who don't think of their problems as "theirs" make for a very different clientele than those who are more psychologically-minded. (Not that psychodrama alone faces such challenges — many of the treatment approaches that emerged in the 60s through the 1980s face similar problems.)

Meanwhile, the culture is becoming a bit more psychologically-minded. Youngsters in school are being taught peacemaking and social and emotional intelligence. Experiential exercises would make this kind of learning more vivid and effective. Coaching is becoming a recognized professional field, transcending the medical model. Community development and self-help programs also go beyond "treatment." In all of these and more, action techniques can serve as intensifiers. The point is that psychodramatic methods and other experiential approaches recognize the need for simulations, which takes into that approach the variety of people and situations that may require an awareness that our minds can make problems; our illusions need some moderate dis-illusionment; and Moreno's methods offer potential vehicles for achieving these.

They do include group learning — perhaps calling it "therapy" is actually counterproductive. But people learn many skills better in group settings. Experience is produced by doing and not just talking, and simulations refers to trying it out, thus exposing previously unexpected facets of the problem. All these are facilitated by enhanced surplus reality — Moreno's term for the application of living experimentation. What if we try it this way?

### Emerging from the "Womb" of the Medical Model

Just as computers began with computing in big machines with big questions, but came to be used in small machines for small questions, psychodrama, unfortunately in some ways, fortunately in others, spent time within the womb of the medical model, attending to the wounded. But now methods for psychic growth have emerged from the medical model, the way a butterfly emerges from a cocoon. Moreno never sought explicitly to impose a me doctor you patient this is therapy model on all his work, though I doubt that he bothered thinking such limiting thoughts. However, he said in the intro to my 1st edition *Acting In* that action methods are not confined to therapy.

With the fourth psychiatric revolution being not group psychotherapy (as Moreno predicted) but medication as treatment made that slot. Group treatment fell in priority — still pretty expensive. But I want to suggest that we break out of the cocoon, so to speak, and take action methods into schools and religious workshop programs, for social and cultural interactions, peacemaking and other forms. Sociodrama, play-back theatre, applied improvisation, and so forth deserve to be recognized as equal forms. Applied sociometry may be refined and used also. Spontaneity training for play. All kinds of stuff reflect man applications. I want to encourage our community to look beyond psychotherapy!

# THIS IS YOUR COUNCIL



ASGPP Executive Council

## AWARDS COMMITTEE REPORT

The Awards Committee met in September to review the nominations for ASGPP awards, vote and present selections to the Executive Council for their final decision. Awards were presented at the 2016 ASGPP conference in Phoenix.

The Awards Committee encourages every member of ASGPP to consider whom you would want to honor with an award for outstanding service and/or contribution to the continued growth of Psychodrama, Sociometry and Group Psychotherapy. Think of your colleagues, your mentors, as well as your own personal contribution as a member of ASGPP. Nominations are due by August 2016.

*Sue McMunn, Awards Committee Chair*

## CEU COMMITTEE

The Continuing Education (CEU) Committee is responding to the changing landscape of the provision of continuing education. The ASGPP needs to continue to be a National Board of Certified Counselor (NBCC) provider so that these continuing education for counselors can be provided at the annual conference.

The Committee is also exploring additional ways we could use this providership and other possible providerships through on-line trainings that will be of benefit to our members and students of psychodrama and sociometry. An analysis of the costs and benefits is underway to determine feasibility.

*Deborah Shaddy, CEU Committee Chair*

## CHAPTERS COMMITTEE

The Chapter committee has spent the better part of two years creating Chapter guidelines which have been adopted by the EC. The committee's purpose is now turning towards supporting current chapters and helping new chapters form.

*Rebecca Walters, Chapters Committee Chair*

## MEMBERSHIP COMMITTEE

One of the membership committee's goals is to increase membership and retain existing members. We strive to meet the needs of our members and increase ASGPP members access to their benefits. If you are interested in serving our community we would welcome your presence on our committee.

*Mary Anna Palmer & Grayce Gusmano,  
Membership Committee Co-Chairs*

## NOMINATION COMMITTEE

The Nomination Committee asked 38 members of the ASGPP to run for open positions on the Executive Council, Standards Committee and Nomination Committee. Eleven people accepted. Several of these people were asked onto the Council by the President when other members had to end their terms early. Having a wealth of people to choose from was helpful in filling mid-term vacancies. Thank you to all the members of the committee for their great work.

*Steven Durost, Nomination Committee Chair*

## PROMOTIONS COMMITTEE

The Promotion Committee is an emerging committee focused on expanding the recognition of Psychodrama as a valid, viable and valuable therapy approach. Through gathering promotion ideas, researching their practicality and proposing thoughtful approaches to expanding the knowledge of the field, the Promotion Committee is working to systematically create a "tipping point" for Psychodrama and thus growing its influence in the world of the healing arts.

*Steven Durost, Promotions Committee Chair*

## RESEARCH COMMITTEE

Research committee continues to work toward evidence based publications of all sorts that support our methods, to plan for a future journal that includes research results and related fields, and that is recognized and respected by others in practice, education, organizations, among other fields. To that end, we discuss, collaborate, cooperate, and share our enthusiasm via Facebook and online groups.

*Erica Hollander, Research Committee Chair*

## SCHOLARSHIP COMMITTEE

The scholarship committee worked to increase the awarding of scholarships to ASGPP 2016 conference to diverse populations. Decisions were made to increase the amounts of scholarships which averaged 200.00/person and awarded 13 scholarships.

*Grayce Gusmano, Scholarship Committee Chair*

*(Continued on Page 21)*

– CONGRATULATIONS 2016 ASGPP AWARD WINNERS –



**J. L. MORENO AWARD**  
Gong Shu, PhD, ATR-BC,  
LCSW, TEP



**ZERKA MORENO AWARD**  
Shelley Korshak Firestone,  
MD, FAGPA



**INNOVATOR'S AWARD**  
Jean Campbell, LCSW, CET III,  
TEP & James Tracy, DDS, MFTI,  
PAT



**HANNAH B. WEINER  
AWARD**  
Nancy Kirsner, PhD, CPP,  
TEP



**PRESIDENT'S AWARD**  
Sue McMunn, LCSW,  
ACSW, TEP



**COLLABORATOR'S AWARD**  
Ronald Collier, MSW, LCSW, TEP &  
L. Scott Urmey, MSW, LCSW, TEP



**FELLOWS**  
Anna Schaum, MA, LPC, PAT • Adam Chi-Chu Chou, PhD, TEP  
Rhona Case, MEd, TEP • Susan Mullins, LMHC, CEDS, TEP

Check out the "2016 Conference Reflections" on our website



Dena Baumgartner,  
Keynote Speaker



Tony Redhouse,  
Plenary Speaker



Awards  
Ceremony



Awards  
Ceremony  
Afterglow



Membership  
Meeting



"Come to  
the Oasis"  
Desert  
Party



President's Reception / Opening Ceremony



Auctions



Closing  
Ceremony

# Members in Action

\* **Karen Carnabucci, LCSW, TEP**, presented "Eyes on Cards: How Images from the Tarot and Other Decks Support Healing" at the 2015 North American Systemic Constellations Conference November 12-15 in San Diego, demonstrating how she combines psychodrama, Tarot, mindfulness and systemic constellation work. In March she presented "Professional Ethics and Healthy Boundaries in Action" at the 17th annual Wisconsin Council on Problem Gambling state conference in Waukesha, Wis.

\* **Phoebe Atkinson, CET III, TEP**, and **Nancy Kirsner, PhD, MEd, OTR, TEP** presented "Group Contagion and Team Embodiment" at the 2 1/2 day pre-conference for the first ever Embodied Positive Psychology Conference Summit in April. **Dan Tomasulo** also presented a pre-conference workshop.

\* A new book by **Tom Treadwell, EdD, CGP, TEP**, *Group Therapy Workbook: Integrating Cognitive Behavioral Therapy with Psychodramatic Theory and Practice*, is a valuable outgrowth of his work at the Center for Cognitive Therapy, founded by Aaron Beck at the University of Pennsylvania, and his own longstanding training and knowledge in psychodrama theory and practice. His intention is to inspire others and give them a starter toolbox in integrating CBT with Action Oriented Psychodrama Theory & Practice.

\* On April 22, **Steve Kopp, MS, CAS, TEP**, co-facilitated a workshop: Keeping Wellness First, hosted by B4U-Act, a Maryland group that works to promote communication and understanding between mental health professionals and minor-attracted persons. Participants engaged in an action warm-up to build cohesion and safety before sharing personal stories. Steve led an afternoon exploration of strengths using role reversals to deepen appreciation of the importance of a wellness focus.

\* In March **Debra Gion, LPC, PAT, Grayce Gusmano, LPC, CP, Dr. Marlo Archer, TEP** and **Soozi Bolte, LPC, CP**, did a psychodrama demonstration in an auditorium setting for 3 combined expressive therapies classes at Arizona State University (ASU). Also in March, Debra, Grayce and Marlo returned to ASU, this time presenting to the Counseling Department's interns. Each presentation was an introduction and demonstration of action methods to interest students in the modality.



## IN MEMORIAM Tobi Klein

Tobi Klein, MSW, MFT, CGP, TEP, passed away February 14, 2016. She trained in Psychodrama at the Moreno Institute in Beacon, and was the first Canadian Director of Psychodrama. A Fellow of ASGPP and a TEP, she was also a Certified Group Psychotherapist with AGPA, a Certified Sex Therapist with AASECT and ASQ, Marriage and Family Therapist, and Certified Divorce Mediator.

Tobi was the Director of the Canadian Institute of Psychodrama and Psychotherapy in Montreal, Quebec. She taught Psychodrama in the Master's Degree Program in Creative Arts Therapies at Concordia University in Montreal. She



was a member of the Board of Directors of Association Du Psychodrame De Quebec.

In addition to teaching at Concordia, she had a private practice in Montreal, and was a Consultant in Sex Therapy on the Gynecological Oncology Unit at the Jewish General Hospital.

Tobi appeared on numerous radio and TV talk shows. She had a special interest in the use of psychodrama in dealing with physical illness. She conducted numerous seminars and workshops in North America and Europe and traveled to over 150 countries!

## Research@ASGPP

by Erica Hollander, PhD, JD, TEP

Spring 2016 PNN Research Committee Report



The Research Committee continues to work toward providing up to date evidence that psychodrama works, who it works best for, and what kinds of elements matter most. The multi site study project is seeking practitioners who want to help this effort by incorporating the short self-report questionnaires into their daily practices, and then inputting results into an online database to be cooperatively analyzed.

The scales involve only a few minutes of a client's or student's time to fill out, and the inputting of data should also be very easy. By this means we hope to develop enough results to provide psychodrama, sociometry and group psychotherapy with a current evidence base status.

There is a research listserv which is open to all to join — just email [ericahollander@comcast.net](mailto:ericahollander@comcast.net).

There is an ASGPP Research Facebook group which you can also join the same way.

The Research Blog in the Members Only part of the website contains the multi-site scales and demographic questionnaire, as well as a model informed consent form. Look under April 2015 on the Research Blog to see the scales and forms.

A submission has been made to a university IRB in Texas for approval of the overall project, and we hope to have a go ahead from them soon.

The Research Committee also seeks your input on what you hope for from the ASGPP Journal in the future.



Xingyu Yao, Erica Hollander, Susan Mullins Overman

## Psychodrama & Documentary Films

by Jacob Gershoni, LCSW, TEP



We know that psychodrama may be applied to many fields of interest, both clinical and non-clinical. We now can add another artful endeavor: enhancing direction in documentary films. Recently, at the Tribeca Film Festival in New York a documentary, in which psychodramatists served as advisors, was presented. The film “LoveTrue” examines close and intimate relationships of two couples and a family living in different parts of the US. I worked in New York City with the director Alma Har’el, the crew and the protagonists to help them tell their stories and even stage some of the scenes. Kaya Kade assisted in Alaska. For Alma Har’el’s documentary “Bombay Beach” Jeffrey Yates was the psychodrama consultant. It won the first prize for documentaries at the Tribeca Film Festival in 2011. I was delighted to note that the music for that film was written by Bob Dylan.

Ms. Har’el is also the cinematographer and has received accolades for her “genre-bending documentary” as described by Cara Cusumano. “LoveTrue brings Har’el’s signature poetic imagery and fascination with performance in nonfiction to three complimentary stories that seek to demystify the fantasy of true love. Using an atmospheric blend of follow-along footage, artful camerawork, and scenes depicting the past, present, and future of her subjects, Har’el follows three complicated, real-life relationships as they unfold in distinct corners of the country.”

By using psychodrama consultants, Ms. Har’el has been considered a trail blazer as she searches for ways to enable her protagonist to tell their stories in vivid ways. And like our work with psychodrama we help people express themselves more fully as they speak their truth. The result is often compelling, while we, the consultants, are not a part of the finished film, our work behind the screens only serves to enhance it.

Aside from Tribeca, “LoveTrue” was also shown in the Toronto Film Festival and in Tel Aviv, Israel as part of the DocAviv competition. Later this year “LoveTrue” is expected to be shown in theaters in the US and its DVD will be available for the general public.



## ASGPP CHAPTERS & COLLECTIVES NEWS

### • Delaware Valley Chapter

Colleen Baratka / [catharsisinstitute@live.com](mailto:catharsisinstitute@live.com) / 610-600-1476

The Delaware Valley Chapter has been re-energized. We had our first meeting of 2016 on May 28 and it was an inter generational celebration with members uncovering Sociometric connections they hadn't known and 14 members ranging from an undergraduate in an alternative drama program to we more silver haired sages. We will be meeting monthly because we love having like minded people who get us. We will be offering training hours and opportunities to teach at our meetings. Also look for a mini conference coming soon and other offerings from the city of brotherly love.

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

### • Denver Area Collective

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

The Denver Psychodrama Collective meets monthly in downtown Denver near the Governor's Mansion on an evening that changes from time to time. We do a little psychodrama, sharing directing, snack a bit, tell tall tales, offer opinions and techniques, discuss the world, and try some things out in a relatively safe practice session. We are open to visitors. To join us once or more often, contact [ericahollander@comcast.net](mailto:ericahollander@comcast.net). The next Denver Collective meeting is June 23.

*Erica Hollander, PhD, JD, TEP*

### • Hudson Valley Chapter

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



The Hudson Valley Chapter still holds 6-8 open sessions a year, normally on the third Friday of the month, at Boughton Place where we have the luxury of using the original Moreno stage. This spring, our directors have

been Dan Tomasulo, PhD, TEP, MFA, MAPP, and Jenny Salimbene, LCSW-R, CASAC, CP PAT. Ingrid Schirrholtz, Dipl.-Psych., TEP directed in May, and Nancy Scherlong, LCSW, PTR, CJT, M/S integrated poetry therapy with the action methods of psychodrama in June.

We plan to have the next Gathering of the Tribe in July. We have also decided to create a speakers's bureau of local certified psychodramatists and plan to market our speakers bureau to the agencies, programs, task forces and colleges in our area.

*Regina Sewell, PhD, LMHC, PCC*

### • Mid-Atlantic Chapter

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

On May 7, St Luke Institute hosted JoAnna Durham and Felicia Lightfoot in presenting the Mid-Atlantic Chapter, ASGPP's May workshop: Women Gone Bad – The Bibliodrama. MAC members recently expressed interest in additional experiences with sociodrama. JoAnna and Felicia offered a brief history of bibliodrama before warming-up the group to explore the stories of several women of the bible. Expanding these women's stories transitioned into the participants being directing through a more detailed sociodrama from Genesis. MAC-ASGPP holds 3 workshops annually, on the first Saturday of October, February, and May.

*Steve Kopp, MS, CAS, TEP*

### • New England Chapter

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



Building on our momentum from last year and in our continued collaboration with the North American Drama Therapy Association (NADTNE), New England Chapter, we held our 2nd annual day-long conference in col-



laboration with Lesley University's Drama Therapy program and the NADTNE, at Lesley University on March 12, 2016. The theme of the conference was "Psychodrama & Drama Therapy a Deux: Bringing Action Methods to Individual

Therapy." The conference keynote was internationally renowned expert Dr. Mooli Lahad, PhD who spoke on when living hurts and the use of imagination in impossible situations with a focus on individual and couples counseling. The conference was a well-attended rich offering with approximately 100 participants.

Happening this year at The Arlington Center, 369 Mass Ave., Arlington, MA, is a monthly series of Open Sessions focusing on core Psychodrama teachings. Continued education units for social workers and licensed mental health counselors have been approved.

In the spirit of promoting psychodrama, and as part of the new ASGPP committee focused on just that, a free workshop entitled "Making the Invisible Visible" was offered the evening of March 4th and all day on the 5th by Steven Durost, PhD, LCMHC, REAT and Maria Mellano, LICSW in New Hampshire. Approximately 18 people attended, most new to

*(Continued on Page 22)*

## Creating New Windows for Women: Bibliodrama at the Dallas County Jail

by Jodi Greanead, LPCI



In the Dallas County Jail, Lew Sterrett, approximately 60 women inmates have chosen to participate in a program called Resolana, Volunteers of America-Texas. Resolana is a Spanish word for “warm wall”, a gathering place where people connect and share wisdom. In the spirit of providing opportunities to connect, gain personal insight,

and collective wisdom, we have traveled to the “warm wall” to explore stories together. My colleagues, Kristin Nunn, LPC, and Lori Martin, LPC-S, and I have been volunteering with Resolana since September of 2015 offering once a month Bibliodrama workshops.

Through Bibliodrama we have traveled back in time to explore the thoughts, feelings, and experiences of Adam and Eve, Ruth and Naomi, Mary and Joseph, Abigail, Esther, Hannah, and Mary of Magdalene. Scenes have been set from the Garden of Eden, throughout the land of Israel, to Persia and back. Roles such as new mother, grief stricken widow, and esteemed queen have all appeared in the jail classroom. Voices of those who have been rejected, forgotten, separated from loved ones, or remembered and honored have all come from places deep within the hearts and lives of the women inmates.

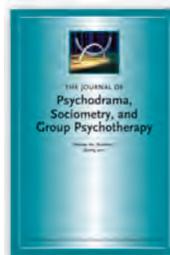
This powerful modality was created by Dr. Peter Pitzele in 1984. He combined his knowledge of psychodrama and Jewish tradition to explore stories from the Bible. In that synergy, Bibliodrama was born. Paul Juarez, the director of First Refuge ministries in Denton, Texas described his experience with Bibliodrama as seeing a story “become 3-D.” The inmates have expressed similar impressions of Bibliodrama. Several women have reported to us that after a Bibliodrama they have gone back to read the story with new eyes. One female inmate said, “thank you for taking us out of jail for a couple of hours.” Rayne Johnson, LCSW, Resolana Program Director and Lesley Mohny, Resolana Program Specialist, gathered comparable feedback from some of the women: “Bibliodrama helped make scenes memorable,” “It brings the Bible to life in a fun, interactive way,” Bibliodrama “enabled me to live in the moment of the characters that I’ve read about all my life,” and “It gave me a fresh perspective and allowed me to personalize the teachings.”

Jonathan Moreno wrote about the work of his father J.L. Moreno, the creator of psychodrama, in his book *Impromptu Man* (2014). J.L. Moreno influenced inmates and staff at Sing Sing Prison in the 1930’s. Moreno wondered, “How it

would be possible to transform the promiscuous, unorganized prison system into a socialized community through a method of assignment of prisoners to prison groups.” He then began studying and grouping inmates based on their choices and interactions. Our groups today, including Bibliodrama, are a direct result of Moreno’s work in the prison and his creation of group psychotherapy. Programs such as Resolana which allow women inmates to make choices and find community within the jail system, have their roots in Moreno’s ingenuity.

In Peter Pitzele’s innovative book *Scripture Windows: Toward a Practice of Bibliodrama* (1998) he described “a window’s unique ability to give us at once our own reflection in its glass and also a view of the world beyond.” That is precisely what energizes and motivates us to continue creating experiences for the Resolana women. There is an amazing ability to see themselves with new understanding while simultaneously seeing beyond themselves into the joy, hope, and struggles of the men and women in these venerable stories. Bibliodrama has been, and continues to be, a Life giving experience for all involved.

*Jodi Greanead is a LPC Intern / supervised by Tammy Terrell LPC-Supervisor in Denton and Lewisville, Texas. She volunteers at First Refuge Ministries in Denton, TX and Resolana, Volunteers of America-Texas at Lew Sterrett (Dallas County Jail) in Dallas, TX. Jodi has been a student of psychodrama with Katrena Hart at Bridging Harts Psychotherapy in Allen, TX since 2012 and a student of Dr. Daniela Simmons at Expressive Therapies Training Institute in Denton, TX since 2014 and is currently seeking psychodrama certification.*



### The Spring 2016 Journal is now online

ASGPP Members receive a copy with their membership as well as free access to the online version.

The Journal of Psychodrama, Sociometry, and Group Psychotherapy Vol. 64, No. 1, Spring 2016 is now available online at:

<http://asgppjournal.org/toc/psgp/64/1?ai=1sgn&ui=cid5&af=H>



## IN MEMORIAM Charles Brin

Charles Brin, BA, TEP, psychodramatist, actor, & radio personality, passed away January 29, 2016 at the age of 93.

From a start in radio drama and theater at the University of Minnesota, Charles Brin moved to New York for a stint both on and off-broadway. His appearance in "The Dybbuk" won him an award for the Best Supporting Actor off-broadway for 1954. Following this he appeared for two years in the original production of "Inherit The Wind" with Paul Muni, Tony Randall and Ed Begley, Sr. He then did graduate work in psychology at New York's New School for Social Research, after which Charles trained at Beacon with Zerka and Jacob Moreno. He became a Trainer, Educator, Practitioner in Psychodrama, Sociometry, & Group Psychotherapy. He was part of the ASGPP Midwest Chapter and the MN com-



munity. He was passionate about psychodrama and all of its possibilities. Following his return to Minnesota he co-founded and directed the Minnesota Institute of Psychodrama and conducted workshops utilizing psychodramatic methods as a means of exploring the motivation of fictional and theatrical characters.

For the past 38 years, he and his partner, Beryl Greenberg, produced a weekly radio program, "Tuesday's Spoken Word." During his long acting career he was in countless plays and several movies: Petrie's "Grumpy Old Men," the Coen Brothers' "A Serious Man" and most recently (at the age of 90), he had a principle role in Eigen's "The Jingle Dress." He was a local board member of the actors' union SAG-AFTRA. For years he also played violin in the Minneapolis Northeast Orchestra.

"He has been an inspiration to me in my journey to become a certified Psychodramatist. He served as my secondary trainer in 2013-2014. I appreciated his wisdom and his memory for details about literature, the theatre and philosophy. He was an amazing story teller and often a brilliant auxiliary in many psychodramas. I feel blessed to have had the experience of Friendship with him."

*Mary Anna Palmer*

"I found him delightful, an imp, and capable of being serious and scholarly without being a bore. Not an easy feat and Charles pulled it off. I will miss him."

*Marlo J. Archer*

"Charles was an awesome man. I trained with him a number of times and remember his amazing skill. He'll be missed."

*Howie Meier*

"He was a special man."

*Louise Lipman*

## "THE EMOTIONAL TRACES OF OUR WARS"



In February of this year, the FEPTO Task Force for Peace Building and Conflict Transformation group organized the first international conference on the topic Emotional Traces of our Wars in cooperation with Granada University.

There is an excellent report on the conference by Marcia Karp in the Federation of European Psychodrama Training Organizations (FEPTO) current newsletter. You can read it on pages 35-36 of their newsletter at:

<http://www.fepto.com/wp-content/uploads/FN-16.1.pdf>

## CALL FOR NOMINATIONS Executive Council, Nominations Committee and Professional Standards Committee

The Nominating Committee is asking for your help in seeking nominations or self-nominations for officers and committees of the Society. A slate will be prepared from these nominations and presented to the membership for their vote. Those duly elected by the membership will take office at the 2017 Annual Meeting. Please click [here](#) to see positions open and to nominate candidates.

**The deadline for nominations is August 31, 2016.**

# Over the Rainbow: Understanding the Mind-Body-Spirit Connection Through Psychodrama and Reiki

by Tori Reynolds and Julieta Kaludova-Reynolds



Psychodrama is recognized as an action method that enhances *the power of healing through play*. Conversely, Reiki is a method that demonstrates *the power of healing through safe touch and channeled energy*. The authors offer a comparison between

psychodrama and Reiki and suggest that the latter can be successfully integrated into a psychodrama session, enhancing the therapeutic effects that result from the former.

## Psychodrama and Body Expression

Psychodrama is an action method that includes spontaneous dramatization, role playing and dramatic self-presentation. Often times, a client entering therapy might have difficulty identifying and expressing their emotions verbally. There can be a lack of awareness and internal disconnect created by trauma or other circumstances. By recreating real-life situations from the past, present, and even from the desired future, and acting them out in the safe environment of the psychodrama session, clients have the opportunity to evaluate and more deeply understand a particular situation in their lives and certain relationships, and to reach a new perspective as a result of the healing process.

Although most other psychotherapies are based on verbal expression, the concept of psychodrama is based on the body's language; movement and posture. Dr. J.L. Moreno, the creator of psychodrama, introduced the term "physiodrama" as focused on the soma (Greek: *σῶμα/soma* = body); a synthesis of physical experience and psychodrama (Moreno, J.L., 1948, *Sociatry*, p. 437). Dr. Moreno was known to state that "The body remembers what the mind forgets." His body-mind paradigm was based on his belief that both inter-personal and intra-personal experiences have a deep effect on the body. Studying body experiences and expressions; giving them attention and a voice, would heal people both physically and emotionally.

The co-founder of the psychodrama method, Zerka Moreno, is the author of the popular phrase: "Show us; don't tell us!" This phrase demonstrates the mind-body-spirit integration with the invitation that the experience be first concretized, understood and recreated on stage, where a new perspective could be reached and a desirable surplus reality could be created.

During a therapy session, the verbal expression and the body expression of the client can often contradict each other. The verbalization of the story could be based not on the reality, but on suppression, denial or imagination; while the body expression would bring to the here and now the forgotten and the unspoken. As the individual has an experience, emotions are moving throughout the body through neuropeptides. Dr.

Tian Dayton wrote: "Emotions travel through our bodies and bind to small receptors on the outside of cells, which are much like tiny satellite dishes. Our emotions are constantly being processed by our bodies. The brain and body are exquisitely intertwined systems that are constantly interacting with the environment. All five senses are connected to this system. In fact, the more senses involved in an experience, the more the brain remembers it and the deeper the imprint on emotional systems." (Dayton, 2007, p.75).

Susan Aaron, a Canadian psychodramatist, created a training program in 1990 called *Psychodramatic Bodywork*®. Bodywork uses safe touch to help individuals connect with the messages that are held in the body as pain, numbness and / or illness. A safe and gentle touch is an effective form of nonverbal therapeutic intervention in psychodrama, one that could even offer, at times, "healing energy" and help the protagonist restore their state of balance (Kellermann: 51). Touch is a symbol of support, enabling one to better make choices, feel connected, etc. It is, however, recommended that group members are asked if they feel comfortable with touch. Individuals will often display a resistance to touch due to a history of abuse, or as a result of cultural propriety. Any reluctance to engage in touch is highly respected; when permitted, touch is a powerful tool during psychodrama sessions.

## Reiki as a Technique for Relaxation and Healing

Reiki is a powerful laying-on of hands modality that heals simultaneously on physical, emotional, and mental levels. The Reiki Master places her/his hands on the patient's body in a series of hand positions, depending on the needs of the client. The result is a reestablished balance of the left and right hemisphere of the brain and balance of subtle energies within the body (Stein: 23). In the recent decades Reiki has been embraced not only by holistic, but also by traditional therapists. Presently over seventy-five hospitals in the USA alone, including *John Hopkins Hospital* in Baltimore, are offering Reiki in conjunction to traditional medicine. In addition to techniques that help patients accelerate the healing processes, many applications of the method have been developed as well. The authors alone are familiar with over thirty techniques to navigate the patient during treatment in order to gain insight into the underlying causes of a problem, as well as to soothe the patient, or to de-program negative patterns, beliefs, and behavioral models, thus achieving a sense of self-awareness and personal growth.

## Two Methods, One Powerful Outcome

As healing therapeutic modalities, both psychodrama and Reiki prompt deep transformation from within. Reiki can complement psychodrama prior to, during, and at the conclusion of a session. In *Healing Eating Disorders with Psychodrama and Other Action Methods: Beyond the Silence and the Fury*, Karen

(Continued on Page 11)

## Psychodrama and Reiki

(Continued from Page 10)

Carnabucci and Linda Ciotola discuss giving Reiki treatments before or after a psychodrama session as an effective method for activating the patient's right brain, performing an energetic body scan and ensuring energy-balancing. Linda Ciotola also uses Reiki to "bless group space and energize symbolic and archetypal objects for ritual use" (Carnabucci and Ciotola: 203-204).

We suggest that when bridged, psychodrama and Reiki can offer even more significant value to individuals and groups by re-opening emotional experiences trapped on the physical level, yet possibly unknown cognitively. We have incorporated Reiki into a psychodrama session as an effective warm-up activity. It is believed that there are seven main chakra centers in the human body and that each main center is connected to our being on four different levels: physical, emotional, mental and spiritual. Furthermore, each chakra resonates with a certain frequency and musical tone and is associated with a particular color of the rainbow. During the warm-up a spectrogram of the seven main chakras is displayed, symbolized with props on the floor, and the participants are encouraged to select a center they associate best with.<sup>1</sup> The goal of this activity is twofold. On the one hand, it is beneficial in initiating with the group a conversation regarding the mind-body-spirit relation. On the other, it encourages participants to connect with one another and observe how they relate to others, an experience that often creates a deeper trust and possibly enhances vulnerable expression.

Reiki also functions as a powerful tool during the action session, allowing the practitioner to go deeper into the client's energy field, release blockages, and accelerate healing. In this scenario, psychodrama participants are asked to act out the way they experience certain emotions within their body. Using props, voice, or other participants, one particular emotion is being represented and explored in an entire scene. The protagonists have the opportunity to step back in a mirror position and view the scene, as well as to either modify or come to terms with it during the observation. This is an important process in which the protagonists taps into a deeper level of understanding as they explore different options. The director can also ask the protagonists to reverse roles and begin a dialogue that otherwise would have occurred internally. In this instance applying Reiki could be very valuable, particularly in helping the client cope with a wide range of emotions. This coping strategy is utilized by using safe touch and/or applying healing Reiki symbols separately, or combined, to calm and balance the patient's energy, gain further insight into a situation, and bring about clarity, as well as to help the client de-program a negative belief or pattern.

Both psychodrama and Reiki utilize guided meditation to facilitate exploration, awareness, empowerment, and healing. Many clients struggle with the ability to ground themselves and remain present in the moment. Reiki is highly effective in grounding the participants following an intense psychodrama session. Grounding can be achieved by once again applying

safe touch or by performing a guided meditation. Through better awareness of their mind-body-spirit connection, they are able to relax their physical senses and reach a state of safety on emotional and cognitive levels. Guided meditation invites the participants to slow down their thought process and focus on healing by directing their attention inwards to different areas of the mind or the body.

Deep breathing is an essential component in nearly all guided meditations, promoting higher flow of oxygen to the brain and the cells. As a result of external stimuli (e.g., touch sensations) imagery and impressions are constantly directed and re-directed via neuronal pathways in the brain. These impressions in turn lead to emotions, which can manifest either constructively or destructively. Through the process of guided imagery, the director can help re-direct destructive emotive responses, which will enable the patient to visually manifest constructive thought patterns more in tune to their basic needs at that specific point in time, leading to a moment of greater self-soothing and emotional healing.

"The body remembers what the mind forgets."

J.L. Moreno

### About the Authors:

Tori Reynolds, MC, LPC and Julieta Kaludova-Reynolds, MA, Certified Reiki Teacher, are psychodrama trainees of the Expressive Therapies Training Institute (ETTI) with director Dr. Daniela Simmons, PhD, PAT. Part of their interest toward action methods is to understand how to connect psychodrama with therapies from other related fields and to attract the attention of a wide array of professionals toward the powerful method of psychodrama. They are currently creating a workshop with psychodrama techniques to enhance the understanding of mind, body, and spirit to be presented at the 2016 North Texas Psychodrama Conference.

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<sup>1</sup> A similar warm-up has been described in 1997 by psychodrama therapist Eva Roine. (Roine: 200)

## Psychodrama in Indonesia

by Connie Miller, NCC, LPC, ACS, TEP

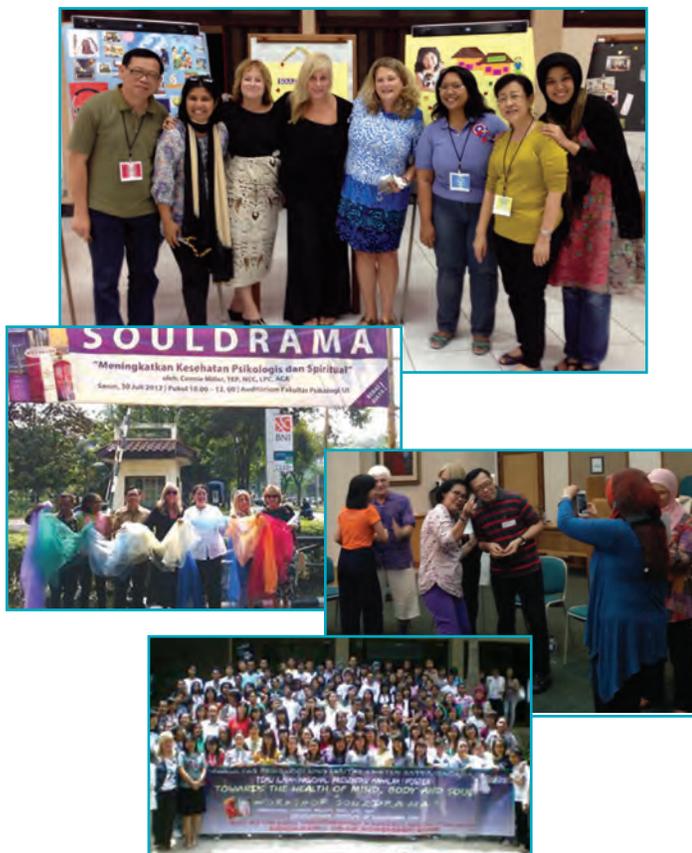


I have gone to various islands in Indonesia with volunteers over the past seven years to teach psychodrama. Besides working with pastoral counselors and various universities, my group has been working with the University of Indonesia in Java. Several students are completing their psychodrama training and I am pleased to say that Mario

Cossa, who is located in Bali, will continue regular psychodrama trainings for the University of Indonesia. The first training was last month with over 60 students! The university is developing a psychodrama library and is requesting any old journals and books to be sent to:

Drs. Budi Hartono / Yudiana Ratnasari  
Universitas Indonesia Fakultas Psikologi  
Kampus Baru Depok  
Depok 16424-Indonesia

Thank you!



## Are you Facebook friendly?

by Karen Carnabucci, LCSW, TEP

The ASGPP has two psychodrama related Facebook pages; the “American Society of Group Psychotherapy and Psychodrama” general organizational page, and the “U.S. Psychodrama & Sociometry Journal” page.

The “U.S. Psychodrama & Sociometry Journal” devotes itself to news and discussions about the journal published by ASGPP as well as links to other English-language journals around the world. Additional postings may include dissertations relating to psychodrama, sociometry and socio-drama and other useful writings similar topics.

The newest psychodrama-related Facebook page, which began after the 2015 conference in Philadelphia, is “Psychodrama As A Business.” This page, started by Karen Carnabucci, is designed especially for psychodramatists and others who are seeking support and information in starting or growing their businesses.

The description reads, “We invite psychodrama trainers, practitioners, trainees, students and others to support each other in growing our businesses and spreading awareness of psychodrama, sociometry and group psychotherapy.”

Postings and discussions are focused on our business efforts as entrepreneurs harnessing the power of the collective. It is a place to ask about and share resources, feedback, encouragement and information; page members may post their promotional materials about their classes, groups books and other offerings weekly on Wednesday only.

If you are interested in joining these pages, type the name of the page in your Facebook search window and click on “Like” or “Join.”

## !!! WINNERS !!!

**New Members Contest Winner**

**Marlo Archer**

Won free 2017 Conference Registration

**Conference Exhibitor Passport Winner**

**Jackie Fowler**

Won free 2017 Conference Registration

**Journal Survey Winner**

**Janell Adair**

Won free year of ASGPP membership

This article was written for the *The American Art Therapy Association (AATA) newsletter*. It is reprinted here with their permission.

## Visiting the Alternate Universe of Psychodrama

by Rebecca Wilkinson, MA, ATR-BC, LCPAT



Gioia Chilton and I just recently took a dip into the alternate universe of Psychodrama when we attended their 74th annual conference, *Healing the Spirit Within*, this April in Phoenix. It felt like we'd stepped into a Star Trek episode where Captain Kirk steps onto the bridge and everything looks the same except that Lt. Uhura has blond hair and glasses, and

Sulu is bald and has a moustache and Spock is short with square not pointed ears. It's all the same and yet completely different.

When we went to the opening plenary, the room was filled with colorful and eccentric creatures. Just like all of the art therapy conferences that we attend, we saw lots of sweeping scarves, bright silks, and beaded necklaces. During the plenary, they celebrated their founders and old-timers, the pioneers who built their field—many of them still alive and carrying the torch of the grandfather and grandmother of psychodrama, Jacob and Zerka Moreno.

When Jacob Moreno conceived of psychodrama, he insisted that therapy needed to step off the psychoanalytical couch and onto the stage—that rather than wasting time just talking about our problems that we could rewrite the script by taking our stories into action. Moreno suggested that if our clients could take the role of the important people in their lives, they would be better able to empathize and understanding them.

Jacob and Zerka also formulated groundbreaking theories about social networks—that the pattern of connections that form our social atoms are key to understanding our interpersonal dynamics (\*we get this now with social media but it was revolutionary at the time).

Social atoms turned out be instrumental to our experience at the conference. For example, although everyone we encountered was benignly interested in art therapy and they were excited about our workshop — Positive Psychology Through Art Therapy, Narrative, and Psychodrama Techniques — they became much more animated when we mentioned some of the psychodramatists with whom we'd had the chance to work. Because Gioia and I were privileged to be part of the Creative Arts Therapies team at St. Elizabeth's Hospital, our cachet rose significantly when we mentioned that we'd collab-

orated with St. E's psychodramatists Dale Buchanan, Milton Hawkins, Kimberly Rattley, and Linda Bianchi. Rebecca also worked with Steve Kopp at St. Luke's Institute for priests in recovery and Gioia has also done extensive training in psychodrama with Steve and Mary Pat McGuire, as well as Tian Dayton.

We had also met Adam Blatner, another one of the fathers of psychodrama, when he was the keynote for the 2009 AATA conference. At that conference, he gave an inspiring presentation on how he uses mandalas personally and in his work to illustrate social atoms.

Blatner described using mandalas to explore our important relationships. He suggests using concentric circles in the mandala with the innermost ring representing those people who are most significant to us and the rings radiating progressively outward representing others and their degree of importance. Blatner recommends including friends, relatives, groups with whom we affiliate. Although one could obviously write down the names of the people included, one could also use symbols to identify those people and things. Blatner has also had people do social atoms of different parts of the self in relation to each other (see example); Or our "future self" with the people that we'd want in our lives.

We were thrilled when Blatner attended our workshop — Positive Psychology through Art Therapy, Narrative, and Psychodrama Techniques.

Not surprisingly, he was most appreciative when we distributed mandalas and had attendees use symbols to represent positive emotions they frequently experienced or ones that they wanted to feel more.

We highly recommend attending the next Psychodrama conference in Clearwater Beach May 4-7, 2017. The theme of their conference next year will be *Navigating Waves of Change: Discovering and Celebrating Our Hidden Treasures*. If you've never dipped into the world of psychodrama, you might be surprised at how congruent their work is with ours. Not only do psychodramatists love hearing more about what we do (and they LOVE doing art!), many art therapists already employ psychodrama techniques such as dialoguing with the art and using masks for role play. You might enjoy checking this alternate universe. Look forward to seeing you there!



## The psychodramatist will see you now: more practitioners are using video conferencing like Skype

by Karen Carnabucci, LCSW, TEP



A growing number of practitioners, psychodramatists and otherwise, are using video conference applications for distance learning, supervision, consultation, coaching, collegial sharing, webinars, event planning and even therapeutic sessions.

One popular application is Skype. Skype allows people with a computer to make free online calls and talk to people with video conferencing and instant messaging. The people who you are calling or conferencing with must have the service installed on their computers. Most of the features are free; the fee-for-service features have minimal charges.

Similar services are Zoom, Oovoo, Google Hangout and FaceTime, the latter for Apple products, and others. Most are available for downloading for free; others have free versions with limited features and paid options for longer times of meeting or additional people.

These video conference sessions give the opportunity to demonstrate or use action methods, including simple role play and sociometric exercises like spectrograms and locograms. Practitioners might use guided imagery, art-making, puppets or movement as well.

One psychodramatist who has been making use of Skype for several years is Kate Hudgins, TEP, who regularly conferences with trainees in China and Taiwan for group supervision sessions and 1-1 sessions. For the past 10 years, she has traveled to Asia, teaching the Therapeutic Spiral Model of psychodrama. Now, tiring of traveling long distances, she sits in front of her computer in her home office in Charlottesville, VA, and speaks to her trainees, often thousands of miles away.

"We start with some talking and get a contract for the session, and then I set up an action sequence," says Hudgins when talking about working with a particular client. "We did weekly sessions for two months, and then I came to China again, it was amazing how much change has happened during the two months. She is much improved even though she has a very severe trauma history and a diagnosis of complex PTSD."

Hudgins works with this client with an interpreter and says she has found that the session is almost as good – if not as good – as face to face meetings."

Herb Propper, TEP, who created a new vocation after his

retirement as a college professor in Vermont, has been visiting east Asia since 2003 as part of a Fulbright foreign teaching exchange scholarship. He has used Skype video conferencing to connect with the director of the Counseling Center of Chennai, India, plus students in Botswana and Bangladesh, offering supervision and tutorials.

Tamar Pelleg, who lived in Washington, D.C., before she moved to Israel, has received supervision from Donna Little, who is based in Toronto, Canada – a true international collaboration. Connie Lawrence crossed states – she got permission from the state of Ohio so supervision for her clinical social work licensure could be done by an out-of-state social worker with the TEP credential — provided the supervising clinician obtained the Ohio license.

"It was possible to combine my CP supervision with my social work supervision with all its glorious creativity and spontaneity," says Connie who now holds her independent social work license in Ohio and has advanced to become a Practitioner Applicant for Trainer. "It was invaluable," she says.

Daniela Simmons, PAT, has brought trainers to her training group in Denton, Texas, to expand the training that she does as part of her Expressive Therapies Training Institute. Noting that it's a "huge financial expense" to bring in trainers from other parts of the country, she and her class have used the Skype service with Peter Pitzele to discuss Bibliodrama and Karen Carnabucci to demonstrate the use of psychodrama and other action methods to treat eating disorders. Adam Blatner talked with the class about "Tele and Transfer-ence" by telephone.

Daniela warms up the class with sociometric exercises appropriate to the topic, then defers to the guest presenter for 90 minutes. After the guest presentation, she returns to working with her trainees directly.

Before her admission to the nursing home in Rockville, MD, Zerka Moreno addressed several international conferences, including the 16th annual conference of the Brazilian Federation of Psychodrama, via Skype connection in June 2010. Conference members helped her celebrate her 91st birthday with a rousing birthday song, and she blew out "virtual" candles that she could see on screen. Zerka also showed up online for the opening of the Third International Sociodrama Conference in Patagonia, Argentina, in September 2010. Since the attendees had been watching the whales and their calves swim in the Pacific Ocean



*Karen Carnabucci, projected on screen for video conferencing with trainees with Daniela Simmons, Denton, TX.*



*Psychodrama trainees work on art project about eating disorders during video conferencing class*

## Video conferencing

(Continued from Page 14)

prior to her welcome address, Zerka spoke of honoring the cosmos and “saying yes to whales.”

Not everyone prefers video conferencing. Uneeda Brewer, who works as an executive coach, says services like Skype don't fit her style. Her coaching appointments from her office in Florida are phone based, and she has learned to carefully listen to the nuances of her client. During a tryout with a Skype session with a client in Paris, France, she discovered that the face on the Skype screen distracted her from being fully available as a listener.

There are some limitations. Sometimes the online connection is fragile, and the call may be dropped in the middle of the conversation, sometimes more than once, which can be frustrating to both practitioner and client. In a group setting, the microphone may not pick up every question or share. In some cases, clients may not be comfortable or adept with online technology.

It is important to check with your state's statutes that govern mental health practice. For example, Arizona rules state that master's level practitioners with independent licenses may use teleconference practices yet must follow the state rules and statutes where the client lives. Doing consultation or training is not included in the statute, just psychotherapy.

An additional concern is that the video conference service is compliant with HIPAA, the Health Insurance Portability and Accountability Act, which establishes national standards to protect peoples' health information. Skype reports that its communication is encrypted, but some say that it does not meet full HIPAA compliance standards. Now businesses like Bridge Patient Portal have sprung up that claim to provide encrypted communication and monitor changing compliance rules and regulations.

## Thanks

The Executive Council sends a thank you to departing members of the Executive Council for their dedication and service.

### Outgoing Executive Council Members:

Jeanne Burger, EdD, LPC, LMFT, RN, TEP  
Heidi Landis, LCAT, RDT-BCT, CGP, TEP



*Jeanne and Heidi receiving Certificates of Appreciation from Linda Condon psychodramatically while someone runs to bring the awards to the meeting.*

## Tips for video conferencing sessions

by Karen Carnabucci, LCSW, TEP

I've been working with video conferencing, particularly Skype and Zoom, for several years, with clients, supervisees and colleagues in Arizona, California, Florida, Illinois, Ohio, Pennsylvania, Virginia and Wisconsin, as well as Canada.

Some of these tips have been learned on the job through the years; others have been culled from online resources. Although video conferencing is still evolving as a practice, here are tips that will make your sessions easier and more effective:

- If you speak to people who live in other time zones, use a time converter to make sure that you and your caller understand the exact time of your meeting. You may use your clock on your smart phone or a website like [www.timeanddate.com](http://www.timeanddate.com) or [www.timezoneconverter.com](http://www.timezoneconverter.com).
- If your computer does not have a built-in camera and microphone, you will need to purchase a headset and miniature camera (about \$40-\$60 investment) which you plug into your computer ports.
- It is best when your space and the space of your caller are free of distractions (such as other people's presence, intrusive animals and barking dogs, needy children, ringing phones) during the time of the session.
- If possible, use a headset or ear buds with a microphone so that your hands are free and you can hear your caller easily.
- Avoid speaker phones, as they might create an echo.
- If you are including experiential work as part of your appointment, have your favorite props, such as pillows, scarves, puppets, oracle cards, art supplies, sand tray items, mats or other materials nearby. Suggest that your client also have some props or supplies readily available so that both of you can make best use of your time together. An extra chair or stool is ideal for simple empty chair work.
- If phones are nearby, turn them off or put them in mute mode.
- You may have your client dim the lights for imagery or similar kinds of relaxation activities.
- If you are unfamiliar with video conferencing, practice with family members and friends until you feel comfortable enough to use this method professionally.

## CONFERENCES AND NETWORKING OPPORTUNITIES



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

**July 6 - 10 — American Art Therapy Association Annual Conference.** Baltimore, MD.  
Contact: [www.americanarttherapyassociation.org](http://www.americanarttherapyassociation.org)

**August 4 - 7 — 2016 American Psychological Association (APA) Annual Convention.** Mile-High City's convention center. Denver, CO. Contact: [www.apa.org](http://www.apa.org)

**August 19 - 21 — "Baltic Moreno Days" Lithuanian Psychodrama Association – Lithuania XI.**  
Contact: [www.psichodrama.lt](http://www.psichodrama.lt)

**September 28 - October 1 — "Autonomy and a Sense of Belonging" 22nd European Association for Psychotherapy (EAP) Congress.** Zagreb, Croatia.  
Contact: [www.eapzagreb2016.eu](http://www.eapzagreb2016.eu)

**October 7 - 11 — "Embracing Today, Empowering Tomorrow" NAADAC 2016 Annual Conference.** Minneapolis, MN. Contact: [www.naadac.org](http://www.naadac.org)

**October 20 - 23 — 51st American Dance Therapy Association (ADTA) Conference.** Hyatt Regency Bethesda (Maryland, Washington DC metro area). Contact: [www.adta.org](http://www.adta.org)

**October 27 - 30 — North American Drama Therapy Association (NADTA) 37th Annual Conference.** Seattle, WA.  
Contact: [www.nadta.org](http://www.nadta.org)

**November 10 - 12 — 7th Annual Expressive Therapies Summit.** New York City.  
Contact: [www.expressivetherapiessummit.com](http://www.expressivetherapiessummit.com)

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

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

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

## PSYCHODRAMA & Creative Arts Therapy Institute, NYC

### 21<sup>ST</sup> Annual Summer Residential

August 6-10 – Boughton Place, NY

\*

### Advanced Psychodrama/ Directing Training Program

August 6-10, Nov 18-20, Feb 3-5

\*

### Weekend Psychodrama Training Programs

August 6-10

\*

### Saturday Workshops

October 1, November 19, December 3

\*

### Director Training Weekend

December 3-4

\*

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

#### Director

Louise Lipman, LCSW, CGP, TEP

#### Dance / Movement Therapy Liaison

Linden H. Moogen, MS, ADTR, LCAT, NCC

#### PAT on Staff:

Sari Skolnik, LCSW, PAT

Paula Ochs, LCSW, PAT

For Information and Additional Offerings, Contact:

**Louise Lipman, LCSW, CGP, TEP**

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# Imagination in Motion: Psychodrama for People with Mobility Impairment

by Daniela Simmons, PhD, PAT



The following article is a synopsis of a large evidence-based research project currently in progress. It aims to present some example methodologies for offering psychodrama and sociometry to people with mobility impairment - inherited or acquired through accident, illness or from aging. The author presented a workshop on this matter, together with her colleague, Jodi Greanad, M.A, during the 74th ASGPP Conference in Phoenix, AZ in April, 2016.

The literature shows little research and practice on psychodrama applications for people with mobility impairment. One of the author's first psychodrama trainers, Dr. Pierre Fontaine (*Belgium, Prof. Emeritus of Child & Family Psychiatry, founder and director of the psychodrama training school La Verveine in Brussels and one of the founders of the Federation of European Psychodrama Training Organizations [FEPTO]*), did intensive research, publishing and training for psychodrama with persons with a motor handicap. German researchers published their findings on psychodrama for people with mobility impairment, where "people can live separate from the body that they have come to hate" (Rabin; Rosenbaum, 1976); it is appropriate, but for sessions limited to 45 min. only (Pines, 1980); and psychodrama is effective for physically disabled adolescents and growing children (Gassner, 1982). Brazilian researchers use the term "internal psychodrama" for people with physical and mobile disabilities, where imagination would compensate for the lack of physical movement (Cukier, 2007). A recent study, conducted in the Netherlands, concluded that psychodrama is a great method when working with disabilities as people can substitute for their limitations using imagination (Vettraino; Linds, 2015).

Somebody may argue that, as psychodrama was created as an action method and includes movement and physical self-expression, people with mobility impairments should be excluded from its applications. However, the creativity of the director and the richness of the method can offer alternative ways to overcome the physical limitations. A very important requirement is that the director and the group be aware of the extent of the impairment of each participant; and the issue of safety should be clearly addressed. An extra effort on the part of the

director (and preferably a present co-director) might be necessary.

In my practice, I integrate JL and Zerka Moreno's invitation for laughter and positive energy when offering a workshop (Zerka Moreno's ASGPP 2013 Conference Welcome); warm-up techniques such as music, singing and chair dance, aroma, a variety of arts, as sculpture, painting, creative writing, etc. (J.L. Moreno, *Psychodance and Psychomusic*, 1948; colors and lights (a technique that JL Moreno used in his early practice to increase group members' mood). An additional chair

next to or slightly behind the chair of each of the group members, helps the participants to easily pick up or put back props, cards, writing and coloring material, scarves, small musical instruments, printed song lyrics, etc. usually encourages them in participating (to the degree desired by them) in chair dancing, singing, creating music and self-expression. Sometimes I will ask them to create their own "creative personal ID" on 5"/7" card stock which they will use during the session as an "extension" of themselves (they can write the name they want to be known by, or to color, to draw, to decorate with emoji stickers, etc.); and then to attach the card (using a punched hole) to a long line/ribbon (e.g. 5 yard long).

During the session the group members would be able to place those cards on the floor when making choices during spectrogram, locogram or sociogram (including choosing a protagonist). Here, as they may not be able to physically move around the room, they will indicate where they would like their card to be placed and the director (and assistant) will help them. The participants will hold the end of the line and that will help them to feel connected to the card; after making the choice they will be able to pull the card back to themselves,

which makes the process easy and empowers them.

Some other techniques in making a choice from their own location (chair) that I have been using in creating a Sociogram, are using inflatable beach balls (that are a safe prop and would bring positive emotions due the coloration, signs or the playfulness they will offer); or asking the participants to choose by holding one end of a yarn and sending the other to the chosen person (and after making several choices, the space in the circle between the group members becomes a colorful net, bring-



## Imagination in Motion

(Continued from Page 17)

ing a strong feeling of connectedness.

There is a wide array of warm-ups that I would employ depending on the group experience and dynamics. In the busy society we live in, when strangers meet, they usually address the question, "What do you do for a living" and introduce themselves to each other with their professional careers. In a new or a one-time group of people with mobility impairment, I encourage them to introduce who they are, as a person, as a friend, as a loved one; via a story, a metaphor, a creative expression, etc.

One of J.L. Moreno's definitions on psychodrama is that it is a "human society in miniature" (J.L. Moreno, 1937, p. 9). People with mobility impairment are a specifically diverse group of our society and creating a space for their culture in the safe environment of a small group is a healing experience in itself (e.g. allowing everyone to share their personal story, feelings, challenges, etc.). Often times, telling and hearing personal stories, the group members would easily discover a topic that connects them in their social and cultural roles and the group would benefit from a sociodrama.

I have been experimenting with different creative modalities for scene setting, role reversal and doubling. For a scene setting, I would ask the protagonist (from their chair) to instruct the director (or an assistant) where to place props in recreating the real-life situation. For a role reversal I would ask the protagonist to write their name on a card; and then the names of the people they will bring to the here and now. The auxiliaries would hold a card with the name of the person they are in the role of; and the protagonist would hold a card with their own name. When instructed to reverse roles, instead of physically doing it, they would simply exchange the cards (e.g. A. will become B. and B. will become A.) The audience would have a card with the word "double" and when they want to express the "inner voice" of the protagonist, they would raise the card, the director would take it and place it on the side of the protagonist while the double talks from their seat.

I named this article (and the workshop recently presented at the ASGPP conference), "Imagination in Motion" as this is the concept of my work with this population. As "Psychodrama is an attempt to breach the dualism between fantasy and reality" (J.L. Moreno, 1943a, p. 435), creating a virtual (surplus) reality is a powerful tool in the healing process. The concepts of "Embodied Imagination" or the "Theatre of the Body" (where the clients are encouraged to create their own perception of the body and to present it as a dramatization), are well known not only in Psychodrama but in other therapeutic methods. During the presentation at the 2016 ASGPP conference, I asked the participants to choose the role of a disabled person, to share their experiences and feelings from the role; and then to become a character of the movie "Avatar", where their perception would shift to a different body and help them to free themselves, to shift their attention toward their mind and spirit in reaching a new perspective about their lives.

Applying action methods among the physically impaired population can be considered difficult or impossible; therefore this large diverse group is often excluded from the benefits of

the powerful method of psychodrama. The author believes that psychodrama and sociometry have a lot to offer and it can be successfully applied with the help of props, imagination and unique modalities, and fully experienced by the elderly, veterans, children and people with congenital or acquired impairments.

### References:

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## Therapeutic Spiral International

July 15 - 17 — Opening New Site, Malvern, PA  
*The TSM Trauma Triangle*

September 9 - 11 — San Raphael, CA  
with Sylvia Israel, LMFT, TEP

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*Lifting the Veil of Defenses and Grief*

September 23 - 25 — Ottawa, Canada  
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## Welcome to our New ASGPP Members

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

### Welcome!

- Fatemeh Ahmadi (W. Hartford, CT)  
 Tamer Ahmed (Anderson, CA)  
 Khursheda Alam (Banani, Dhaka – BANGLADESH)  
 Phil Armour (Longview, TX)  
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 Michelle Reedy (Holladay, UT)  
 Emma Reedy (Holladay, UT)  
 Nisha Sajnani (North Haven, CT)  
 Allison Schultheis (Scottsdale, AZ)  
 Zhao Shulan (Chongqing – CHINA)  
 Paul Smith (San Antonio, TX)  
 Talaia Thomas (Hardwick, VT)  
 Guo Xiaomei (Dongguan, Guangdong – CHINA)  
 Xingyu Yao (Boston, MA)  
 Lu Yu (Beijing – CHINA)  
 Liu Yuning (Beijing – CHINA)  
 Vladlena Zapesotsky (Sunnyvale, CA)

## 2016 Conference Recap

(Continued from Page 1)



had been filled with traditional Mexican candy as well as more American offerings. Chilled treats were also enjoyed while Tony Redhouse drummed for spontaneous dancing until the karaoke began indoors and many of our members tried their hand

at singing while others danced and cheered.

The Friday Night Afterglow that followed the formal Awards Ceremony was a hit, particularly with our international attendees, of which there were plenty. Many countries, including Canada, Taiwan, and China were heavily represented. This conference also experienced a high number of walk-in registrations, the most delightful of which might be the surprising walk-in registrations made by four people from Bangladesh!

We look forward to seeing you again in Clearwater, May 4-7!

Your Co-Chairs:

Marlo Archer, Lori Feingold and Sandy Seeger



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**A mild rant:** I value what is printed. I seek to promote the conversion of many presentations at conferences and whatever you're doing into a format that amplifies your effectiveness by hundreds! That's what writing and printing and publishing does, really! It allows your hard-won and accumulated wisdom to be shared. The stage is NOT enough, the brief experience for conference attendees does not suffice. There are hundreds of people in the organization who haven't attended the conference, and thousands overseas who can't afford to. Please, please give them what you've learned! Write it down; if you can't get it published, then send it to me to put up on my website or put it up on your own website!

*Adam Blatner*

**NOTE:** Daniela Simmons answered his request. See her article "Imagination in Motion: Psychodrama for People with Mobility Impairment" on page 17.

## Search for a new ASGPP Journal Editor-in-Chief

We are seeking an Editor-in-Chief for the Journal of Psychodrama, Sociometry and Group Psychotherapy. We are extremely grateful to our retiring Editor-in-Chief, Tian Dayton.

A search committee has been formed and they have developed a description and list of responsibilities of the position. Please click [here](#) to access the document.



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API proudly congratulates our students, **Adam Petty, LAC** and **James Pennington, LAC** for each presenting for the first time at the ASGPP Conference in Phoenix.

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Committee Reports

(Continued from Page 3)

**WEBSITE COMMITTEE**

The website committee has been puttering along. And calling all poets, cartoonist and puzzle masters... We'd love to post psychodrama related poems, cartoons, and puzzles on the website so send us your stuff!!!!

*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, <http://www.asgpp.org/pdf/Committees.pdf>

# ASGPP

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with Rebecca Walters — Birmingham, England

**Oct 27-29 — Couples Therapy in Action**  
with Judy Swallow — Highland, NY

**Nov 5-6 — Motivational Interviewing in Action**  
Rebecca Walters & Jenny Salimbene — Highland, NY

**Nov 25-27 — Sociodrama and Story in Children's Groups**  
with Rebecca Walters — Singapore

**Dec 3-4 — Dreams in Action**  
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## From the President

(Continued from Page 1)

Currently there are several 'casting calls' for available roles being issued:

**EXECUTIVE COUNCIL NOMINEE** - If you think you or someone you think might be perfect for this leadership role, please nominate now! Click [here](#). If you need further information about the role, please contact Debbie in the national office.

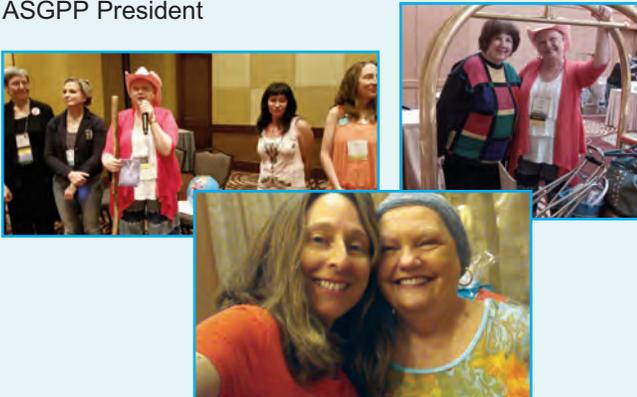
**ASGPP AWARD WINNER** - A very juicy role that can take many forms. To see the different types of award winner positions available, and to nominate someone, click [here](#). There are so many talented folks who deserve to be nominated for these roles, so do your part now to recognize your peers!

**EXECUTIVE EDITOR OF THE JOURNAL** - Tian Dayton has done an amazing job serving for several years now as the Executive Editor of The Journal of Psychodrama, Sociometry, and Group Psychotherapy. The time has come, however, to pass on this role and we have created a search committee to 'audition' possible candidates. If you are interested in trying out for it, please contact Karen Carnabucci, Jacob Gershoni or Daniela Simmons. We will be honoring Tian for her time and commitment to this role at the Clearwater conference. See page 20 for more information.

**COMMITTEE MEMBER** - We have several committees that are looking for volunteers to help in big and little ways. If you are new to the community, there's room for you. If you've been around for a while, your experience would be very welcomed. Debbie in the national office can help connect you to the various committee chairpersons.

I think of the movie NEMO when Dorie is caught in the net and all of the fish get together and swim down until the net breaks and it sets them all free. I believe if we work together we can create great things and continue to build on the rich heritage we have been given. So, let's 'keep on swimming'.

Linda Condon, LMHC, TEP  
ASGPP President



## Chapter & Collective News

(Continued from Page 7)

psychodrama, and left with a rich taste of what this powerful method offers.

Lastly, mark your calendars for September 17th when a gathering of action lovers at the home of Steven Durost in Londonderry, NH will be happening. All are welcome to join this day of experiential work and sharing a potluck.

*Maria Mellano, LICSW  
Carol Feldman Bass, JD  
Steven Durost, PhD, LCMHC, REAT  
Kim Cox, MA, NPO*

### • Southern Chapter

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

The Southern Chapter of the ASGPP is currently exploring presenting a 1.5 day to 2 day Psychodrama Institute here in Birmingham, Alabama. We have a church that is offering to let the Southern Chapter use its facilities for the Psychodrama Institute. We have begun connecting with psychodramatists within our area and are in a planning stage in terms of a specific date. However, we are looking at the somewhere around the end of this summer. We hope to be able to offer two or three 3 hour works simultaneously for a total of 6 to 9 different workshops not counting the collective warm-ups at the beginning of each day. We are also focusing on redesigning our brochures and website in an effort to increase our membership.

*Craig Caines, MSW, LCSW, TEP*

### Find a Chapter or Collective near you

We have Chapters and Collectives all over the country!  
Find one near you and meet people close to home that share your interests.

Go to: [www.asgpp.org/asgpp-chapters.php](http://www.asgpp.org/asgpp-chapters.php)

Contact the national office for more information about becoming a chapter, or to be listed on our website as a regional contact person.

## CALL FOR ARTICLES

Call for articles for future PNNs about integrating psychodrama into other modalities and creative arts, i.e. music, art, dance.

The PNN welcomes contributions by ASGPP members, including:

- \* News of members and their activities.
- \* Articles on psychodrama techniques.
- \* News of collectives, chapters and associations in the United States and around the world.

Send submissions to  
E-mail: [asgpp@asgpp.org](mailto:asgpp@asgpp.org)  
Please put "PNN Copy" in the Subject