



SATURDAY April 10, 2021

11:00 – 12:30 pm Sociatry and Social Justice Panel
1:00 – 2:00 pm Social Lunch
2:00 – 3:30 pm 90-minute workshops
4:00 – 7:00 pm 3-hour workshops
8:00 pm Dance and Tell Party

11:00 am - 12:30 am

Sociatry and Social Justice Panel

The Sociatry and Social Justice Panel is a format that will happen regularly throughout the year to let membership know what other members are doing in the field of Social Justice. It offers the opportunity to ask questions about methods, results, challenges and successes of panelists' work. The hope is that it will add to and augment the offerings of the Sociatry and Social Justice Committee.

The focus is on social justice work using Moreno's methods and will include people who represent other methodologies as well. The first panel will include: Nina Garcia presenting about her and her colleagues work: Sociodrama for Social Action Now; Ed Schreiber: Sociatry and the Use of The Social Microscope; Paula De Franco will discuss multiculturalism and bias, as well as the 21 Day Anti-Racism Challenge, a collaboration between a YWCA (Glendale, CA) and Saybrook University for which she was a reviewer and a participant.

2:00 pm - 3:30 pm 90-MINUTE WORKSHOPS

33 INTRODUCTION TO PSYCHODRAMA FOR ADDICTION TREATMENT CENTERS

Basil Vareldzis, MD, MPH, CP, CEO, Quality Management Associates

Psychodrama is a powerful and effective tool for working with addicted populations. This largely experiential workshop presents the use of action techniques for the treatment of addictions.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply selective psychodrama action techniques for effective work with addicted individuals;
2. Explain Psychodrama, doubling, role taking and role reversal, while appreciating the power and effectiveness of psychodrama action techniques.

34 FIRST-YEAR EXPERIENCE: A PSYCHODRAMA APPROACH TO SURVIVING THE TRANSITION TO HIGHER EDUCATION *

Benedicte Astor Onarheim, Trainer, Vinco Bergen / Member of PIN Norway, Psykodramaregissør Norway

The transition to higher education is often experienced as both stressful and difficult, and in the worst-case lead to emotional and psychological problems, and premature dropout. Recent studies have shown that more than 30 % of students at colleges and universities around the world abandon their studies before completion, and are particularly vulnerable during the first year. This workshop will show how psychodrama techniques and methods were used to help at-risk students develop personal skills and network opportunities that enabled them to survive the first-year experience at a large business school in Norway.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Understand and apply alternative approaches for addressing first-year stresses experienced by students in higher education;
2. Identify common themes and interventions for increasing creativity and spontaneity within a higher education setting, and enabling students to cope with the transition stresses they encounter on a daily basis.

35 A DR. SUESS BIBLIODRAMA WARM-UP ON MORENO'S "SPONTANEITY AND CREATIVITY"!

Darlene Vanchura, LPC, ASGPP, Expressive Therapies & Training Institute, Bridging Harts, Association for Play Therapy, Keller Counseling Association Board

A very Fun workshop (Did I say Fun?) as participants will play along with Marco's walk to school. Participants will learn about Moreno's thoughts on "Spontaneity and Creativity" (of which students of Psychodrama already know) by actively engaging in the same. Fun for seasoned Psychodramatists (Hey, Why Not?) and newer Psychodramatists alike. This bibliodrama can be used to introduce Psychodrama to others & a warm-up as well. And, Trust me on this, It's Fun!!

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize factors affecting spontaneity and creativity, perhaps even as it applies to their own development;
2. Demonstrate some of these factors affecting spontaneity and creativity.

36 PSYCHODRAMA IN INDIA – A CULTURAL ENCOUNTER AND A FORMAT CHANGING PROCESS *

Jochen Becker-Ebel, PhD, CCPA, Owner of PIB and Vedadrama India; ISPS, IAGP and DFP CCPA

Studies show JL & Zerka Moreno tried to establish Psychodrama in India as early as 1954. However, four of the planned journeys were canceled. Only since 2012 has India experienced regular training groups. This workshop presents the history of Indian Psychodrama, shows the latest developments and transcultural changes and incorporates Hindu Culture to explore family conserves, inclusion of Indian act-hunger and rituals.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Discuss the History and Challenges of bringing the concept of Psychodrama to non-western countries;
2. Identify some new rituals, methodologies, attitudes freshly (re-)discovered in India within ones own practice.

37 NUTS AND BOLTS OF ROLE TRAINING

Sonora R. Thomas, LMHC, APA; Betty Garrison, MEd, NADTA

Moreno said that the more roles we have the healthier we will be. Role Training is often seen in the middle of a psychodramas but rarely taught as a structure by itself. This workshop will teach the theory of Role Training and include an experiential component.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify when Role Training would be a useful structure to use;
2. Apply the Role Training technique with their clients or group members.

38 FULFILLMENT OF THE DREAM: HONORING OUR ANCESTRAL PROMISE FOR FREEDO

Stacey L. Reicherzer, PhD,

Our ancestors' stories have much to teach us, if we're willing to listen. For descendants of hardship, these stories bear witness to persistence, finding beauty, making art, and maintaining a profound faith that their children's children might live a vastly different reality from their own. In this experiential group, we'll honor their struggle, experiencing new ways to give it meaning in our present reality. We'll leave group committed to fulfilling their wish for our freedom.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe: an ancestor's personal symbol of freedom in the world they occupied;
2. Demonstrate the ancestor's expressed wish for freedom of a future generation.

39 TELE-BODY: ~ THE ENERGY OF ACTION

Tzivia Stein-Barrett, LCSW, CP E-RYT

Moreno had philosophical connection to mystical teachings, and with the Divine, he identified that humans have a Godhead within, whose Creativity and Spontaneity is noted though Tele; a two way energetic resonance or intuitive knowing between people. Within lecture and movement experiences, we will explore east/west philosophy connecting Energy's role in human development; and, how using posture, movement and energetic mapping can affect physiology and enhance psychodrama enactment.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply a Chakra Assessment Map to address client issues;
2. Describe how body postures can affect energy and assist their client's in-depth psychodrama work.

4:00 pm - 7:00 pm AFTERNOON WORKSHOPS

40 EMPY CHAIR: NEW WORLD ORDER MORENO'S FIRST PSYCHODRAMA

David Moran, MSW, LCSW, CADC, TEP, I Like Me Now LLC Proprietor Workshop will revisit Moreno's "EMPTY CHAIR", A call for a New World Order. Participants will receive the history of the 1st Psychodrama and the power of the Empty Chair. As with the history of Psychodrama this workshop will expand on the Empty Chair to surplus reality, role reverse, and the awareness of the "other" and the measure of our sociometric connections.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define the details of Moreno's first Psychodrama, and the power of that First experience and the utilization of the "EMPTY CHAIR";
2. Demonstrate the power of the "Empty Chair" as a foundation of Psychodrama and Sociometric interactions that allow us to view the "other" and ourselves from the "other" perspective".

41 THE LOST SELF: TRAUMATIC BRAIN INJURY/ TRAUMA AND IDENTITY

Deborah Karner, LCSW, TEP, PProspect/Crozer Keystone Health system; ASGPP, NASW, International Society for Traumatic Stress Studies (private practice); Colleen Baratka, MA, TEP, Private Practice There is a tsunami of role change after an mTBI/Trauma which often results in severe identity confusion and relational challenges in all systems: family; employment; legal; medical among them. This workshop will explore the responses of the mTBI and Traumatized brain to daily events and use Moreno's role theory to contextualize individual and systems treatment.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize from a neurological perspective a person's changed response to daily life events after experiencing an mTBI and trauma;
2. Describe how to contextualize treatment for the challenge of role change and role loss after experiencing an mTBI and trauma using Moreno's Role Theory.

42 THE METHOD IS A SPIRITUAL PRACTICE

Edward Schreiber, DD, MEd, TEP, Community Mental Health, Zerka T. Moreno Foundation, Lesley University

Embedded into the method are formulas and codes for the awakening of "the autonomous healing center". The place where we find the pure Intelligence of the Godhead. This workshop digs deep into the origins of the method to expose its mystic core practices.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize the spiritual mysticism at the center of the method;
2. Apply the center of the method as a spiritual practice for all mankind.

This is a 2021 Award Winner's Workshop

43 SOCIAL ATOMS: THE KEY TO SUSTAINABLE CHANGE

Jennifer Salimbene, LCSW-R, CASAC, CDAC, TEP, Private Practice; Regina Sewell, PhD, MEd, LMHC, PCC, CP, Hudson Valley Psychodrama Institute

In this didactic and experiential workshop, we will demonstrate how to use the social atom to help clients make and sustain positive changes. Exploration of their interpersonal relationships helps clients identify which of their relationships they need to eliminate or shift and which relationships they need to strengthen or develop in order to make/and or maintain positive changes. We will demonstrate how to incorporate this exploration into a psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe how to use the Social Atom to help clients make positive changes;
2. Describe Social Atom, and Psychological Social Atom.

This is a 2021 Award Winner's Workshop

44 ACCESSING RESOURCES AND RESILIENCY IN ACTION: TRANSFORMING POWERLESSNESS INTO EMPOWERMENT

Julie Wells, LCSW, CP, TEP, Suncoast Psychodrama Training, IAGP, ABE, ASGPP

Come join us as we create a Psychodramatic Resiliency Timeline using action and embodiment skills to identify, concretize and build on inter, intra, and transpersonal strengths. By creating a living timeline marking periods of crisis and resiliency, resources from the past are materialized and externalized in the "Here and Now". By "resource mining" using trauma-informed practices, we can experience the transformative power of psychodrama that allows clients to find healing and empowerment.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate between inter, intra and transpersonal strengths and resources;
2. Define a psychodramatic resiliency timeline and describe 2 other ways to use a timeline to build strengths.

45 NEVER LET A GOOD CRISIS GO TO WASTE: GOLDEN NUGGETS MINED FROM THE PANDEMIC

Nancy Kirsner, PhD, CPP, TEP, Private Practice

"I first heard the phrase "Never let a good crisis go to waste" in a lecture by Dr. Tal Ben-Shahar. The phrase is a worthwhile lens to use while prospecting for our learnings and growth—the golden nuggets within this experience. In positive psychology, we call this being a benefit finder versus a fault finder. Finding benefits in adverse situations requires cognitive reappraisal and is a good means of coping and adaptive functioning during difficult times. To hold on to some of these changes that have brought a better quality of life and other gifts, we need to consciously activate the three Rs of real change: reminders, repetition, and rituals.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe cognitive reappraisal: Utilize your strengths of perspective and prospecting as a different lens;
2. Identify your learnings and aspects of living that are golden nuggets and how you will carry them forward.

46 INTEGRATING ART THERAPY, PSYCHODRAMA & CONTEMPLATIVE PRACTICES TO ENHANCE CREATIVITY ✦

Ning-Shing Kung, MEd, ATR-BC, Adjunct Therapist in St. Clare's Hospital, NJ, AATA

Common concepts in art therapy, psychodrama, and somatic awareness can be woven together seamlessly to inform, enliven, and strengthen the therapeutic process in work with individuals and groups. This 3-hour workshop will highlight core concepts of creativity and spontaneity through a sequence of activities that magnify therapeutic results physically, emotionally, and cognitively. Combining lecture and demonstration, participants will have the opportunity to explore approaches from drama therapy, storytelling, and mandala drawing. This multimodal, integrated approach can be used with a variety of populations across the lifespan. Together we will consider how participants can incorporate these techniques into the work they are currently doing to facilitate maximum transformation in treatment with their clients. No previous experience in any of these disciplines is required.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the psychodrama concepts of creativity and spontaneity in other expressive therapy approaches by integrating body movement, art making, and role playing/drama;
2. Apply sociometry nonverbally in expressive group therapy.

8:00 pm

Dance & Tell Party

A zoom dance can happen when we are willing to share ourselves by connecting and communicating through dance and artistic performances. This event promises to be joyful and to open our minds to the ever changing world of internet expressive connections.

If you have a talent to perform or you'd like to teach a dance please contact our Dance Chairs, Colleen Baratka or Dave Moran at dvpsychodrama@gmail.com. If you know of another attendee who would like to share their talent, please give them our contact information.