



SUNDAY April 11, 2021

10:00 – 1:00 pm 3-hour workshops
 1:00 – 2:30 pm ABE Conversation/Social Lunch
 2:30 – 4:00 pm Tribute to 100 Years of Psychodrama
 4:00 – 5:00 pm Closing

10:00am - 1:00 pm MORNING WORKSHOPS

47 TIMELESS WISDOM FROM THE EMPTY CHAIR. FINDING HOPE AND JOY

Anath Garber, TEP, PDD, Institute of Applied Human Relations

"The world is a narrow bridge and the most important thing is not to be afraid at all." Be joyful! (Rabbi Nahman). Both J.L. Moreno and Rabbi Nahman, the 18th century mystic who translated the intricate kabalistic writings into healing techniques promoting joy, utilized the empty chair. We will compare Moreno's "Theater of Truth" with Rabbi Nahman's practical wisdom as ways to find joy. This workshop will contain a full psychodrama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe Moreno's Empty Chair and Rav Nahman's Empty Chair;
2. Demonstrate at least one technique for pursuing joy and peace of mind

48 TSM PSYCHODRAMA: SAFETY AND STRENGTHS FOR GROWTH *

Dr. Ina Hogenboom, MSc, NIP A&O, Trainer, Board of examiners for CP & TEP (NBES), Dutch Associations for Psychologists (NIP, NVPA), Associations of psychotherapy modalities (NAP, VMP)

This workshop presents the TSM safety structures in a playful and experiential manner. Come prepared to be active in your body and be open to spontaneous fun. The Therapeutic Spiral Model (TSM) is an experiential therapy to treat trauma and promote post-traumatic growth. TSM is based, among other things, on psychodrama, attachment theory and recent neuroscience findings. Learn to work actively and creatively with safety through strengths, containment and sociometric structures and learn how to increase the group's spontaneity that can lead to post-traumatic growth.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply TSM safety structures in their own therapeutic practice;
2. Identify ways to hold a protagonist within their window of tolerance for healing and change.

49 FROM ANXIETY THROUGH PSYCHODRAMA TO SPONTANEITY

Galabina Tarashoeva, MD, PhD, Psychodrama Center & Psychiatric Practice Orpheus, Sofia, Bulgaria, Medical University Sofia, department of Psychiatry

The results of our research "Some aspects of effectiveness of psychodrama therapy with patients with panic disorder" show that psychodrama is an effective method for reduction of anxiety and increase of spontaneity; and these effects continue for 6 months after completing the course of treatment. We found significant in strength and a statistically significant negative correlation between changes in spontaneity and anxiety values for all subjects. Increased spontaneity was also associated with an increase in mental well-being.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe correlations between anxiety and spontaneity;
2. Explain why psychodrama is an effective method for therapy with patients with panic disorder

50 THE GENOGRAM IN ACTION: ANCESTRAL PSYCHODRAMA

Judy Swallow, MA, LCAT, TEP, Hudson Valley Psychodrama Institute

Ancestral psychodrama gives group members the chance to experience the struggles and triumphs of early family members, and can help them clear out unfinished business that has left lingering imprints which impact current descendants and may affect future generations. Participants will learn and practice this use of extended role reversal as a way of healing energy blocks.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Differentiate between ancestral psychodrama and traditional psychodrama;
2. Demonstrate the use of expanded role reversal to better understand familial influences

Rebecca Walters, LCAT, LMHC, TEP, Hudson Valley Psychodrama Institute

Psychodrama, sociodrama and playback facilitate the healing of wounded children. This workshop will focus on group work with children, ages five through twelve, who are victims of abandonment, abuse, trauma and domestic violence. Specific action structures that allow children to tell their stories, express strong feeling and find new roles will be demonstrated including the psychodramatic and sociodramatic empty chair, multiple doubles, the inner and outer circle and the use of fantasy figures and superheroes.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Distinguish between appropriate use of psychodrama versus sociodrama;
2. Identify and describe three action structures that may be used with children.

1:00 pm - 2:30 pm

American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy Conversation Hour

Join the ABE officers and directors to learn about new policy initiatives, share your comments and ideas, and ask your questions about the certification standards and protocols. This year, our focus will be on discussing pandemic accommodations, hearing about your successes and challenges with distance learning and other online psychodrama work, and sharing information and eliciting feedback on an initiative exploring new, alternative pathways to certification.

Let us hear from you at this informative session.

Shelley Korshak Firestone, MD, University of Chicago Department of Psychiatry, Chicago Psychotherapy & Psychiatry

This workshop presents the cutting edge model of treatment for addictions, trauma, and a range of impulsive, compulsive and other mental health problems. Showcasing the use of the empty chair, we demonstrate five basic roles operative in all our relationships, revealing the secrets of the addict within.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Define addictive and dysfunctional processes as relational disorders, recognizing the preference for engaging in unhealthy or addictive behaviors over engaging with people, and appreciate the importance of trust and belonging in the recovery process;
2. Apply the technology of the empty chair and other action techniques to the treatment of addictions, trauma, and a range of impulsive, compulsive and other mental health problems.

2:30 pm - 4:00 pm

Tribute to 100 Years of Psychodrama

Featuring: Jonathan Moreno, Regina Moreno, John Nolte, Anath Garber, & Marcia Karp (UK)

We invite you to attend a tribute to honor 100 years since Jacob Moreno's first use of the empty chair. This event will celebrate the oral history and stories of encounter from those who had direct experience with Jacob Moreno. The stories of our history will be amplified to assure that they live on in our collective memory. This Tribute will be recorded to conserve the narratives of our History Keepers and make them available to future generations of psychodramatists. Join us in this tribute to the spontaneity-creativity of J.L. Moreno and 100 years of psychodrama!

Valerie Simon, LCSW, CET II, TEP, The Inner Stage

We will explore what blocks us from connecting with others in our spontaneity and creativity. After a warm-up we will have a didactic piece about the Canon of Creativity. Through walking the Canon we will explore ways that we can become stuck in cultural conserves, as well as social or emotional ones. A short psychodrama will be conducted followed by sharing and processing.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify one block in his/her/their spontaneity and creativity;
2. Recognize one way to increase spontaneity and creativity by utilizing the Canon of Creativity.

4:00 pm - 5:00 pm

Closing Ritual and Passing of the Torch

You are invited to the ASGPP Conference Closing Ceremony.

Come celebrate the 100th anniversary of the birth of Psychodrama and share moments from our first virtual ASGPP Psychodrama Conference. There will be Playback Theatre and a passing of the torch to the 2022 conference committee in Chicago. Please join us!