



FRIDAY April 9, 2021

10:00 – 1:00 pm 3-hour workshops

1:00 – 2:00 pm Social Lunch

2:00 – 3:00 pm **PLENARY ADDRESS: RICHARD BECK, LCSW, BCD, CGP, FAGPA**
The Importance of Cohesion in Group

"To be a human among humans." That is one of the main goals for everyone to experience and feel in any group. When everyone in a group has the experience of feeling connected, emotionally and intellectually; when in that moment the group itself feels safe and trusting/trusted; that experience is a gift that leaders owe the members of their groups. "Group Cohesion" is a felt sense among and between group members themselves as well as between the group and its leader, conductor or facilitator. This talk will address the meaning of cohesion in groups, and will include types of interventions that foster group cohesion.

Learning Objectives. After attending, participants will be able to:

1. Recognize when their psychodrama groups have attained cohesion;
2. Apply interventions to develop group cohesion in their groups.

3:30 – 6:30 pm 3-hour workshops

7:30 – 8:30 pm Diversity Forum

10:00 am - 1:00 pm MORNING WORKSHOPS

20 PERFECTIONISM: BLESSING OR CURSE

Carole Oliver, MEd, LPC, TEP, Wayside Treatment Center

This workshop will demonstrate psychodrama exercises specifically related to perfectionism and shame. We will explore what Perfectionism is; how it is the underlying cause for low self-esteem and shame. A perfectionist has very high expectations of themselves and others and are never quite satisfied with their smallest to largest accomplishments. Perfectionism is an ENERGY DRAIN that prevents you from enjoying life. We will explore the origins of perfectionism and the faulty belief systems that follow.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify specific psychodramatic techniques that can be used when working with a client who is a perfectionist;
2. Differentiate between striving for excellence and striving for perfectionism.

21 UNDERSTANDING MORENO'S WORDS "IF I COULD BE BORN AGAIN, I WOULD LIKE TO BE BORN AS A GROUP"

Carolina Becerril, PhD, IAGP, AEP

A workshop focused on sociometry, warm-ups, protagonist election, auxiliary ego, psychodramatic technique, sharing, didactic processes.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explore the group that all of us come from, the family, and the origins of mythologies, unconscious or conscious messages;
2. Recognize The richness of group work.

22 MASKING/UNMASKING THE SELF

Jennie Kristel, BS, REAT, APTT, JourneyWorksLLC, IEATA, ASGPP

"What Masks do we wear?" Given the global aspects of the Pandemic, do we keep masked to keep going? Who is it we unmask to survive? Or to free ourselves? What other masks do we wear? Mask making is a powerful tool that can be used in any clinical setting to enhance emotional development, strengthen ego state/identity work, and explore hidden parts of the Self. Participants will make their own masks and explore through psychodramatic empty chair.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate the use of the psychodramatic method of the Empty Chair;
2. Apply and create mask making, for self exploration.

23 USING THERAPEUTIC SPIRAL MODEL (TSM) IN NON-CLINICAL SETTINGS *

Joshua S. Lee, MSW, CP/PAT, World Business & Executive Coach Summit (WBECS)

TSM defines trauma as any event that overwhelms our coping abilities. When people are stuck in life, underneath their narrative about what is going on, is oftentimes, a trauma "story" that leaves them yearning for more out of life. TSM can help sort out those stories. By looking at one's behavior through the lens of performance – effective or not effective – will allow people to uncover where they may be stuck in life and talk about it more openly (and even with a sense of fun and play). The framework we will be using to work with "less" traumatic material is called The Game Plan©. It is a non-threatening experiential model that uses the language and metaphor of sports to explore and inquire into one's performance in an easy, yet insightful way. No sports background needed.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply strengths and resources to help them overcome their opponents;
2. Distinguish their story narrative from past-based to a generative one in order to transform it.

24 WARM UPS IN PSYCHODRAMA AND GROUP THERAPY *

Lydia Yordanova (MSC), ZS Consult Educational, Counselling and Training Centre, Varna, Bulgaria

Warm-ups are the required beginning of any psychodrama session. They are necessary for the ice breaking, for the development of trust, safety and group cohesion and are especially important for increasing the spontaneity of the group members. This workshop will demonstrate unique applications of warming up exercises for groups with various size and composition and with participants of different age. A number of warm up techniques will be demonstrated and experienced including some original modalities, created by the presenter.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the significance of the warming up as a process in the group work for new perspectives;
2. Identify 3 different warm up techniques in the group psychotherapy process

25 LOOKING BACK WITH COMPASSION: FORWARD WITH JOY

Antonina Garcia, LCSW, RDT/BCT, TEP, NYU, Private Practice, Psychodrama Training Associates; Dale Richard Buchanan, PhD, TEP, Private Practice, Psychodrama Training Associates

When we blame, regret and hold resentments about the past, we short circuit present and future happiness. This training will offer techniques to assist clients in accepting their past with loving kindness and becoming grounded in the present, thus insuring their moving forward with hope, vigor and a zest for living.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Name two action techniques for engaging compassion;
2. Discuss a process for moving toward acceptance of challenging past events.

This is a 2021 Award Winner's Workshop

26 BIBLIODRAMA AS A WARM UP TO PSYCHODRAMA

Patrick Barone, TEP, Michigan Psychodrama Center; Elizabeth Corby, PhD, TEP, Michigan Psychodrama Center

In this Bibliodrama workshop we may be utilizing a variety of psychodrama interventions, such as the empty chair, role-reversal, and doubling, which is called "echoing" in Bibliodrama. Also, the intrapsychic lives of the Bible characters might be explored, and various objects in the story, mentioned or not, may be personified. After our Bibliodrama "warm up" a protagonist will be sociometrically selected. This combination of the modalities of psychodrama and Bibliodrama will add a further dimension to our work.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the "White Fire" of scriptures utilized and learn how to use this to develop a Bibliodrama;
2. Demonstrate the relevance, interplay and transition from the ancient stories to one's personal story will be demonstrated as the group moves from the Bibliodramatic material to an individual's personal work.

3:30 pm - 6:30 pm AFTERNOON WORKSHOPS

27 BRINGING ROLES TO LIFE AND LIFE TO ROLES

Carolyn Skolnick, MA, LMHC, CP/PAT

This workshop will be a playful study of roles and an introduction to role theory. The warm ups will be themed toward exploring the many roles participants have whether loved or hated, overdeveloped, underdeveloped, or only dreamed about. We will be using a role atom as well as improv to examine the relational, contextual, and complementary nature of roles.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply action methods as well as pencil and paper methods to work on issues regarding roles and role training;
2. Identify the sociometric importance of understanding role theory due to the complementary nature of the roles we play in life.

28 REFLECTING ON THE GODHEAD IN THE HERE AND NOW

Dena Baumgartner, PhD, LMFT, LPC, CGP, CSD, TEP, Tucson Center for Action Methods and Psychodrama

One of the concepts from the Buddhist perspective is the here and now. Spirituality defines the here and now, a time to act, pause, and reflect in our spiritual self. Moreno emphasizes using the here and now to dive deeper into one's Godhead. This workshop will use a psychodrama and sociometry to help participants to explain Moreno's idea of the Godhead and demonstrate the use of the sociometry term "locogram."

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain Moreno's idea of the Godhead;
2. Demonstrate the use of the sociometry term "locogram".

29 WHO SHALL SURVIVE?

Louise Lipman, LCSW-R, CGP, TEP, Director, Psychodrama & Creative Arts Therapy, NYC

Moreno believed that we could reinvent ourselves by using the Cannon of Creativity to challenge the cultural conserves of our times. The world turned upside down last year. We have been offered the chance to reboot, start over and see "Who will Survive". We will use the Cannon of Creativity to explore these options Psychodramatically.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply the Cannon of Creativity to facilitate change;
2. Explain the theory of spontaneity and creativity .

30 THE TAO OF GIVING AND RECEIVING

Marianne Shapiro, LMHC, TEP, Private Psychotherapy Practice, Rehearsals for Living group work in Bow, WA

We will warm up to a state of spontaneity and creativity as we explore the Tao of Giving and Receiving with simple qi gong movements, mirroring gestures, sociometry, concretizations, sculpts, role plays, and psychodramatic vignettes. Action explorations will keep us in our bodies, interacting, and grounded as we try new solutions to old problems. Following the Tao is about being with what is and not forcing anything to happen. Creativity unites us.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply interactive action methods that explore the themes of connecting and disconnecting, giving and receiving, leading and following;
2. Demonstrate role training methods that reveal the reciprocal and complementary nature of role play.

31 THE VALUE AND POWER OF SOCIODRAMA

Rosalie Minkin, MSW, TEP, Private Practice, ASGPP

This workshop enhances personal communication skills, educates and challenges group members with new and interactive skills. Sociodrama enhances Self-Esteem to creating sociodrama in public programs e.g., volunteers can collaborate with local organizations such as brothers and big sisters; local police departments to create sociodrama sessions.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply Sociodrama roles related to the issue and theme through warm-ups, actions, sharing and verbalizing from their personal role that the session may move into a psychodrama;
2. Apply the challenging Sociodrama tools, enhancing group cohesiveness as a vehicle to a supportive group atmosphere.

32 THE DEVELOPING PROFESSIONAL SELF: USING ROLE THEORY TO INTEGRATE IDENTITIES

Scott Giacomucci, DSW, LCSW, BCD, FAAETS, CP/PAT, Phoenix Center for Experiential Trauma Therapy, Mirmont Treatment Center, Bryn Mawr College; Amy Stone, MSS, LSW, CET III, CP

The sum of our roles make up our identities as a person and professional. This workshop will provide an engaging opportunity to network and meet other developing professionals while creating or clarifying your career vision. The basics of role theory will be presented with emphasis on assessment and future projection. This workshop will challenge participants to consider creative integrations of various professional roles (such as group worker, social worker, author, researcher, teacher, and supervisor).

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the use of the Role Diagram for assessment and future projection;
2. Identify Moreno's stages of role development.

7:30 pm - 8:30 pm

DIVERSITY FORUM:
JOSHUA S. LEE, LCSW, CP/PAT
*Elevate Your Performance
in Life's Diversity Game*

We are all "players" in this game called life. During this open session, we will explore our roles as players in the game called Diversity. By using the language and metaphor of sports, we will play with this topic inside of a sociodramatic framework, bringing spontaneity and creativity to co-create and establish, perhaps, new conserves within the ASGPP and in our personal lives. Like any good game, there are visible and invisible forces that impact the game, and vice versa. We will take a courageous look at each aspect through a micro and macro lens

Learning Objectives. After attending, participants will be able to:

1. Actively explore the social forces that impact the game called "Diversity" within a personal and societal context;
2. Co-create new cultural conserves that elevate their performance in the game called "Diversity".