



## From the ASGPP President

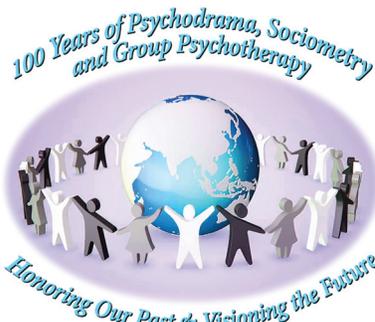
Daniela Simmons, PhD, TEP

Dear Colleagues,

Writing this column, every time it reminds me how honored I feel for the opportunity to serve ASGPP, an organization with almost 80 years of history and culture. I try to imagine how much of what was conserved in the past, we are recreating in the here and now with today's status of the organization; and how much what we are creating today, will be meaningful and needed in the future, for generations to come.

In 1942 Moreno organized the first professional association for group therapists, the American Society for Group Psychotherapy and Psychodrama (ASGPP). Before that, in 1937, Moreno began the publication of the professional journal, "Sociometry: A Journal of Interpersonal Relations", the same journal that we have today, even though it has been through challenging times and has changed its name several times. And before that, almost 100 years ago on April 1, 1921, Dr. Moreno did his first experiment, performing in front of hundreds of people, seizing the historical events of his time and encouraging the spontaneity of the audience – a historical date that he would later announce as the Birthday of Psychodrama.

*(Continued on Page 29)*



## 2021 ASGPP ONLINE CONFERENCE

April 7-11, 2021

Deborah Shaddy, MS, LCPC, TEP

### "100 Years of Psychodrama, Sociometry and Group Psychotherapy: Honoring our Past & Visioning the Future"



The richness of the 79th annual conference of the American Society of Group Psychotherapy and Psychodrama (ASGPP) will now be available in the comfort of your own home with 5 days of workshops, activities, celebrations, and being together. From the experiences of the Fall Symposium and many Zoom social and educational events of the past year, the Conference is translating the familiar and much-loved events from past conferences to an online format.

The program includes much of what had to be cancelled from the 78th Annual Conference while adding important new events. Here are some of the highlights that you will not want to miss.

#### Tribute to 100 Years of Psychodrama

Featuring: Jonathan Moreno, Regina Moreno, John Nolte, Anath Garber, and Marcia Karp (UK). This centennial birthday tribute honoring Jacob Moreno's first use of the empty chair will be celebrated through the oral history and stories of encounter from those who had direct experience with him. Join us for this "once in a century" tribute to the spontaneity-creativity of J.L. Moreno and 100 years of psychodrama!

Also new this year, and in response to the Society's commitment to increasing the sensitivity and awareness of social justice issues, a **Social Justice Panel** has been added to the program to expand on the work begun by the Diversity Forum. This year, the **Diversity Forum** will use the metaphor of sports to explore the roles we play in the game of diversity. The next day, the Social Justice Panel (Nina Garcia, Ed Schreiber, and Paula De Franco) will share their own works and experiences with our community as we lean into more action around this important issue.

Both the **Keynote Speaker**, our own **Tian Dayton, PhD, TEP, and Plenary Speaker, Richard Beck, LCSW, BCD, CGP, FACPA**, are widely recognized in their fields as experts in trauma and recovery. Dayton is a prolific author and train-

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# Psychodrama Network News

## Winter 2021

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

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### From the Editor



## Holding the tension of the opposites: connection and loneliness during the pandemic

Nancy Kirsner, PhD, LMFT, OTR, TEP

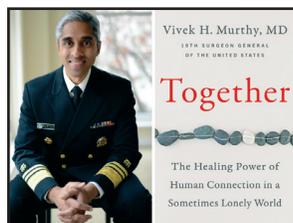
"During my years caring for patients, the most common condition I saw was not heart disease or diabetes; it was loneliness."

Vivek Murthy

Dr. Vivek Murthy's book, **TOGETHER: The Healing Power of Human Connection in a Sometimes Lonely World**, was published in March 2020 as the COVID-19 pandemic, almost overnight, made human contact synonymous with danger and potentially a mortal threat. "Social distancing" became a public health imperative – that still guides our everyday life and decisions nearly a year later. We have had to radically put space between us and others. Our sociometric conscientiousness of who do we chose, how many people will we be around? What places will we go? What's our exposure to COVID-19 as we make these daily and numerous choices?

For me, this degree of vigilance has sometimes created exhaustion and brought its own kind of "loneliness" – as well as Zoom-Togetherness. My two social atoms of Pre and During pandemic are very different! (Draw your own pre and during social atom – it's quite revealing). Here's what you would see in mine: more distance between me and all my in town friends; the in person 15-20 clients as well as the 10 others I saw when going to the office are now on Zoom; the several weekly trips to restaurants or cafes are gone; as well as the casual unplanned weekly trips to the grocery, fruit or vegetable farmer's market, or drug store. Nothing is unplanned, unmasked, or without risk determination. I miss the casual spontaneity of life. For now, I spend 4 to 7 hours each week day on Zoom. I am in 4 ongoing groups every week in order to stay engaged. Two of these groups include new friends I have made on Zoom from an Improv class (with Jude Treder-Wolf) and another class with Tal Ben Shahar. I am closer than ever to the 12 – 20 people that have been on most of my ongoing groups (now totaling over 80) within my own Temple and local community. I am working daily to stay connected and together – and yet sometimes my "groundhog day numbness" wins!

### America's Doctor and his book, **TOGETHER**



Dr. Murthy (44 years old) is a physician and former vice admiral in the Public Health Service Commissioned Corps. He served as the 19th Surgeon General under President Obama from 2014 to 2017. President Biden has again appointed him to this position. Dr. Murthy understands 'loneliness' at the core level, coming from an immigrant family and as the grandson of a poor farmer from India. He was raised in Miami where he experienced being 'the only Indian family' in his community.

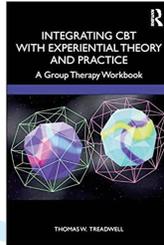
Dr. Murthy's informative and inspirational book helped me 'name' that unidentified 'groundhog day' feeling – it is loneliness. Not a general loneliness – but a longing to see and touch a specific person or group of friends. This book was written after Dr. Murthy's "Listening Tour" around the United States where he met and listened to people from all walks of life. His goal was to survey the medical and emotional concerns of the people. "Together" tells the story of the disconnects and isolation in our Society, pre-COVID-19 and the adverse physical health impacts of loneliness on all aspects of health. The book unfolds through stories and personal narratives about how communities overcame these challenges.

Murthy's take on things, while always humane and practical, also addresses the spiritual-psychological dimension — the dynamic tension of the opposites between

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# Members in Action

\* **Thomas Treadwell, TEP**, has a new book out, *Integrating CBT with Experiential Theory and Practice*. This workbook elucidates the techniques clinicians will encounter using the cognitive experiential (psychodrama) group therapy (CEGT) model. This model incorporates cognitive behavioral and psychodramatic interventions to help identify and modify negative thinking, behavior, and interpersonal patterns.



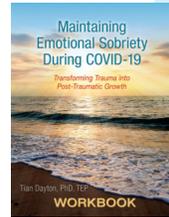
\* **Daniela Simmons, PhD, TEP**, recently directed 3 free Sociodramas for over 300 people. She also presented at the Russian psychodrama conference and conducted workshops two different times at the NY Summit. Daniela led 3 presentations at the IAGP Research Symposium. Together with her team members, Daniela facilitated 12-week free support groups for the elderly and organized an International Research Symposium on Aging during Covid-19 with 100% of the proceeds going to the Native American elderly community at the Tohono O'odham Nursing Care Authority (TONCA).

\* Frost Director of Contemporary Voice and Performance Artistry, Dr. Raina Murnak interviews University of Miami's former Assistant Dean of Women, psychodramatist, and certified positive psychologist, **Nancy Kirsner, PhD, LMFT**,

**OTR, TEP**, on a podcast, *Discovering what you're born to do*. They explore positive psychology, neuroscience, character strengths, and how we are all hardwired to find zest in our lives.

\* **Tian Dayton, PhD, TEP**, is offering her book, *Maintaining Emotional Sobriety During COVID-19*, **FREE**.

<https://tiandayton.com/media/COVID-EMOTIONAL-RELIEF-PACKAGE-DR-TIAN-DAYTON.pdf>.



This workbook will help you to process the residue of trauma that the pandemic leaves in its wake and consolidate your growth and learning....from meeting challenges head on.....so that we can all leave the past in the past, and embrace a beautiful future!

The PNN Members in Action feature welcomes highlighting past events of our community.

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

E-mail: [asgpp@asgpp.org](mailto:asgpp@asgpp.org)

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## The Future of ASGPP: Our New Members

**Margarett Vozar**



I am ecstatic to have found ASGPP. Thank you to Charles Windon and Rhona Case for helping me navigate this process. My name is Margarett. Yes, 2 T's. I am a native Texan. Born in Victoria, TX. I have lived in Houston for the last 40 years. I have been married to Tim for 24 years. We have 3 children, 2 grandchildren, 2 dogs and one cat. I earned my degree, a BS in Psychology, from Purdue University Global. I have been a Texas licensed investigator for 19

years. I have specialized in criminal defense mitigation for the last 10 years. I believe with what I learn from being a member of ASGPP I will be able to help my clients, their families and the families of victims (if I ever have this opportunity) heal from trauma and grow their self-awareness. I am not just a defense investigator, I am an emotional individual who enjoys people and all of their complexities. What an honor to be included in such a fine group of individuals as I have found in ASGPP. I humbly thank you and look forward to the future with ASGPP.

# WELCOME

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

# KINDNESS AND YOUR BRAIN

*“Those who bring sunshine to the lives of other, cannot keep it from themselves.”*  
James Mathew Barrie

This KINDNESS COLUMN is dedicated to all the many ASGPP and other folks who are still doing weekly Support Groups, Pro Bono workshops, and helping ASGPP in many unseen ways. If we have not mentioned your name, please send it to us so that we can acknowledge you to our Community



We've all witnessed how acts of kindness can multiply and this is referred to as 'the kindness contagion'. This wave of kindness has been spreading around the world (and within ASGPP) during these difficult times. And it's true -kindness is contagious! Witnessing acts of kindness makes it more likely for us to do the same for others. In fact, when we witness acts of kindness, our body and brain actually

experience it AS IF it is happening to us. When it comes to doing acts of kindness, research has shown that mood improves, there is a sense of connection with others, and an increase in self esteem. As well there are real physiological changes in your brain and body releasing our feel good endorphins.

People who practice kindness regularly are healthier and live longer. Be a Kindness Protagonist in your own drama!

Aesop – *“No act of kindness, no matter how small, is ever wasted.”*

## ~ Thank You ~

### MONDAY EVENING SUPPORT GROUPS

The first online Emotional Support Group was offered in the middle of March. Since April 2020 the idea had expanded into a large project, offering 4-5 support groups each month. Some of the groups that started meeting via the ASGPP platform on Monday, later continued meeting on their own time.

We want to thank everyone who stepped up to help as facilitators!

#### September / October / November

- \* GROUP # 1: Basil Vareldzis
- \* GROUP # 2: Susan Marcovitz
- \* GROUP # 3: Colleen Baratka & Sarah Kelley

#### December

- GROUP # 1: Rosalie Minkin & Deb Karner

#### January

- GROUP # 1: Deb Karner & Ed Schreiber
- GROUP # 2: Lorelei Goldman & Susan Marcovitz
- ASGPP International Spanish Support Group: Carolina Becerril & Paula De Franco

#### February / March

- GROUP # 1: Basil Vareldzis
- GROUP # 2: Lorelei Goldman & Susan Marcovitz

We would also like to acknowledge our Facilitators for the French Support Group: Carolina Becerril and Basil Vareldzis

### FRIDAY NIGHT SOCIAL HOUR

This popular gathering has been offered every Friday since April 2020, held by various guest facilitators including Paula De Franco, Darlene Vanchura, Susan Marcovitz, Lorelei Goldman, Rosalie Minkin, Jacob Gershoni, Liana Dragu, Basil Vasildzis, Rhona Case and Jennie Kristel.

As we welcomed 2021, Daniela Simmons, President, and Deb Shaddy, Vice President, hosted a New Year's Day party on January 1, in lieu of the regularly scheduled happy hour.

### FUNDRAISING EVENTS

#### Online Education Project: ASGPP VIRTUAL ACADEMY

The Executive Council has been offering a series of fundraising educational events since June 2020. Thank you to the colleagues who have offered pro-bono workshops with 100% of the proceeds donated to the ASGPP (names arranged in the order of workshops being held).

- Daniela Simmons, PhD, TEP
- Nina Garcia, PhD, TEP
- Lin Considine, TEP and Paul Lesnik, TEP
- Jacquie Siroka, LCSW, TEP & Bob Siroka, PhD, TEP
- Catherine D. Nugent, LCPC, TEP
- Scott Giacomucci, DSW, LCSW, BCD, FAAETS, CP/PAT
- Rosalie Minkin, MSW, ATR-BC, LCAT, TEP
- Shelley (Korshak) Firestone, MD, CGP, FAGPA, Guy Taylor, PhD, LPCC, LICDC
- Kate Hudgins, PhD, TEP, Joshua S. Lee, MSW, CP/PAT, Ina Hogenboom, MA, TEP, Linda Ciotola, MEd, CHES (ret.), TEP, & Stephanie Dines
- Louise Lipman, LCSW-R, CGP, TEP
- Edward Schreiber, TEP
- Rhona Case, EdM, TEP
- Jacqueline Siroka, ACSW, TEP, BCD & Jaye Moyer, LCSW-R, TEP
- Sylvia Israel, LMFT, RDT/BCT, TEP & Monica Forst, MEd, RP, ICADC, CP
- Jennifer Salimbene, LCSW-R, CASAC, CDAC, TEP & Regina Sewell, LMHT, PCC, PhD, CP

The Executive Council wants to express appreciation to all of the presenters offering their service to ASGPP pro-bono; and to all participants, attending the workshops and contributing to maintaining the financial stability of the organization in this difficult time!

# HISTORY KEEPER: Dena Baumgartner, TEP

Interviewed by Nancy Kirsner, PhD, LMFT, OTR, TEP

Dena is one of those “bigger than life” people who fills a room with so much love and light that you can’t help but feel it. I remember the first time I ever attended one of her workshops at ASGPP and she told a story about “getting the psychodrama bite” – her phrase for describing how she felt when first seeing it and she knew she wanted to learn it. She also introduced the group to Critical Rat – one of her early auxiliary puppets – that spoke her internal voice of constant criticism. I was smitten with Dena and Critical Rat – I had to have a puppet like that.



unique experiences at St.E's. She worked on the wards of the hospital, with the criminally insane, led a Hispanic group (she spoke no Spanish) with an interpreter (who had narcolepsy) which facilitated learning about nonverbal communication and emotions. Dena used sociodrama with Black Vietnam veterans on Capitol Hill. This led to her article on PTSD that was published in our journal and met the requirement for graduation from St. E's. As an intern she was involved in training the D.C. police, Capitol Police and the FBI. A high point of this time was when the United States government was doing training on terrorist attacks on our military bases (Fort Meade) and asked the St. E's interns to play

### Yes to St. Elizabeths

Dena is proud of jumping 100% into St. Elizabeths (St.E's) Psychodrama Training program in 1983. After just graduating from a Masters' program in 1983, from the University of Arizona, a fellow student mentioned an announcement of the St.E's program on a bulletin board. Dena had seen Tom Shramski demonstrate psychodrama in one of her graduate courses. Dena didn't think the opportunity was open to her until Tom told her 'anyone can try out.' After turning in her application and auditioning, amongst 100's, she was chosen. The process involved all day interviews including spontaneity tests, and the top seven were chosen. Dena was one of the seven and for the first time all were women. Dena with the full support of her partner David, took a leap of faith (and courage) and drove across the country leaving her life in Arizona as she went off to St.E's in Washington for one year. She remembers staying in the mental hospital at Beacon until she could find a place to live. Loving baths, Dena turned on the water there one night, only to have orange water coming out. At night, she was locked in just like the patients – “everything about it was quite bizarre!” This decision, though seeming strange, changed the course of Dena's life.

hostages and Vietnam medal of honor winners to play the terrorist. Dena played the wife of the base Commander. All of this was filmed to share with other military bases for training. She received a certificate of achievement from the United States Government for her work on the counter-terrorist SPECTO mission. Though the experiences and trainings with different populations was a lifetime experience, what Dena cherishes the most is the two friendships she is blessed to have now close to forty years with Milton Hawkins and Dale Buchanan.

In 1980 Dena attended her first Federation of Trainers Conference in Tucson. Through Tom Shramski an invitation was extended to her graduate program for the students to come help with the Conference. In 1984 she attended her first ASGPP conference at the Roosevelt Hotel in NYC and encountered the psychodrama world. Dena describes her first impressions of Shirley Haskell in her big hat and cape and other flamboyant psychodramatists which made these large gatherings very interesting. Dena's way to feel comfortable was to use her talents with the camera to interview people. We saw some of these videos when Dena was our keynote speaker at our 2016 Phoenix

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1. Dave and Dena; 2. Board meeting in Malmo, Sweden 2018; 3. Milton Hawkins and Dena doing a training; 4. Dale Buchanan and Dena at play; 5. Residential at the Ranch; 6. Taiwan; 7. Dena with IAGP Membership Committee Co-Chair Cristina Martinez-Taboada Kurtz from Spain; 8. IAGP board dinner in Santander 2018; and 9. Zerka and Degas Bloomquis

PSYCHODRAMA INTERNATIONALLY - Argentina

# The Peoples' Scenes

Nora Vergara and Andrea Wilches



**Nora Vergara** from Argentina, BA, is a Psychodramatist, Educator and Neurolanguage Coach®. She was trained as a Psychodramatist in Argentina and has also trained with Mónica Zuretti, Marcia Karp, and Daniela Simmons. At present she is offering motivational workshops for adolescents using a psychodramatic framework. She is also working on a team providing support for people who suffer from natural disasters.



**Andrea Wilches**, BA, was born in Colombia and currently lives in Argentina. She was trained by Dr Mónica Zuretti, MA, TEP, Dr Eduardo "Tato" Pavlovsky and Maria Carolina Pavlovsky in Dramatic Multiplication Psychodrama. Andrea is a psychologist, actor, psychodramatist and a Trainer/staff of Tele'Drama. She also trains at the Psicodrama Pavlovsky Institute in Argentina. She has certificates in Mindfulness and Disabilities. Currently she works in the treatment and recovery of addiction.

Although at this point in time it might seem that we are adjusting to our "new reality", it is still impossible to leave aside all we have lived as Humanity in the past year; 2020 brought us many challenges. The Peoples' Scenes Movement, a community of mental health professionals and Psychodramatists spreading from Argentina to all over the world took on the task of finding new tools- as Dr. J. L. Moreno used to do in times of crisis- and, reached out to people who were in need of containment, of expressing their feelings and finding different strategies to cope with loss, uncertainty, anxiety, pain, anger, and despair.

Almost twenty years ago Argentina was struck by one of the harshest economic crisis in history. The local Community of Psychodramatists, searched for creative solutions to help people overcome it. They gathered in groups in many public squares and parks- just as Dr. J. L. Moreno did in times of war and post-war in Europe- and, welcomed all people to participate in Sociopsychodramatic activities, which allowed them to be co-creators of possible actions that could help them deal with difficulties, starting from the individual and extending to families, and the community. This was without a doubt, as Moreno called "The status nascendi" of the movement, "is seldom also a perfect state. The earlier attempts spring from the same inspiration as the final state." "The process of creation of this form has a more significant value in human experience that is commonly recognized". (Moreno,

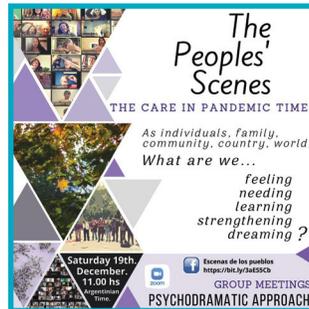
2019, p. 114).

When the coronavirus crisis started and we thought of it as a long-lasting process, the Psychodrama community in Argentina knew they had to take action. Mónica Zuretti led the initiative this time and reinforced the movement that many years ago had such a beneficial effect. This time she was joined by health professionals, artists, and educators from and all over the world. This immediately turned into an enthusiastic community working in cooperation as a whole, towards the same aim: "The care in Pandemic Times", thus giving birth to an international movement. This time the squares and parks became zoom meetings and we used this technology to plan and develop our encounters as well as any other tool that kept us connected. The unanimous proposed purpose was to work as a group for the healing of humanity, as J.L. Moreno did from the very beginning of the 20th century, even before he created Psychodrama and the Theatre of Spontaneity. "A truly therapeutic procedure cannot have less an objective than the whole-mankind". "Mankind is a social and organic unity". (Moreno, 1978, p. 3).

The first worldwide event of "The Peoples' Scenes" on September 12th, 2020 took place in many continents around the world as a free simultaneous sociodrama event, welcoming the general public to share emotions and feelings that the pandemic was bringing about, under the frame of "The Care in Pandemic Times", involving not only the sanitary issues but also emotional states and social bonds affected by the crisis. The second meeting was on December 19th also maintaining the focus and trying to keep the simultaneity, since more countries had joined in, since providing equal

opportunities to all activities has always been of great importance. On both occasions, all participants created and prepared a message to be shared around the world. Each group and its coordinators had the creative freedom to be spontaneous. In both encounters around 40 countries from Asia, Europe, America, and Africa represented by over 100 coordinators organized in around 37 open zoom rooms in 16 different languages announced their participation, among those some specially designed for young people as well. Not only were the

messages posted on The Peoples' Scenes' social network, but also a zoom "patio" was created to run all day long, which was open to participants who wished to "pay a visit" and meet new people. The successful outcome of it all allowed "The Peoples' Scenes" movement to keep this patio space open up until now



PSYCHODRAMA INTERNATIONALLY - Serbia

# Role Theory in Transpersonal Psychodrama (TP)

Bojana Glusac Draslar



I was born in the second half of the twentieth century in Belgrade, Serbia where I still live today. Growing up in a war-torn region, with a history of totalitarian regimes, constant collective traumas that have not fully healed to this day, economical and political sanctions that enabled us to leave the country for more than 10 years, has forced my generation to grow up quickly – without delay. And it imposed on us, already in our early twenties, two questions to which we tried to find an answer. The first was "How to help people who suffer – migrants, people with PTSD, the poor ...?" Trying to find an answer to that question has impacted my professional orientation. I graduated in Special Education and Rehabilitation from Belgrade Uni-



versity, and became a special pedagogue for social behavior correction. After that I started education in psychotherapy; during a five year program with the Institute for psychodrama in Belgrade, and acquired a status of psychotherapist. Upon fulfillment of required conditions in qualifications, experience and expertise, I received the ECP (European Certificate for Psychotherapy), and the title of educator in psychotherapy and supervisor in the educational process. My work since then is mostly focused on individual and group psychotherapy of clients and supervision/education in a private clinic that I founded in 1999.

Given this history, another question that bothered us was: "What is the meaning of such suffering? Is there another perspective from which it is easier to understand?" These questions led to various spiritual explorations and schools that revealed other perspectives of subtle interconnectedness of all of us, and not just humans, animals and planets. What I have experienced and found on that path, I have translated into creative expression. To date I have written three books on Mindfulness and Well-being, as well as some articles on psychotherapy.

In the first decade of my work, I kept these two directions separate. In my office, I dealt with early development, attachment theories, interpretations etc. On the other hand, I shared my spiritual ideas with friends and close people. However, as these two fields became more and more integrated inside of me, this integration was also visible in my professional work. My personal integration paralleled the definition and direction of Transpersonal Psychodrama that was starting in 2010.

## What is Transpersonal Psychodrama (TP)?

The name itself indicates that it was created by a combination of two recognized methods - Transpersonal Psychotherapy and Psychodrama. In practical terms, the complete psychodrama methodology (stage organization and use of stage techniques) is placed in a transpersonal framework, including meditation and different approaches that can lead to "peak experiences". This means that the term "therapy" is replaced by "personal growth", that is development towards self-actualization (Maslow) through understanding and acceptance of the idea of the transpersonal unconscious (Jung) and unity in Self. Accordingly, the ultimate goal of this work is to achieve and integrate spontaneity, creativity (psychodrama) and spiritual aspects and experiences (transpersonal level).

## Role theory in this context?

Moreno's formulation of role theory, starting in 1923, posits that human beings are role players from the moment of birth. The baby relates through her or his body with somatic roles (crier, sleeper, eater, defecator); later, social roles develop, such as son, brother, student, artist, firefighter; and psychological roles including loner, competitor, and joyful. New roles are added to one's repertoire through role playing (e.g., imitation), role taking (adding one's own nuanced version to the role playing), or role creating, the highest degree of learning that requires creating roles that did not exist before.

In addition to these three levels, Transpersonal Psychodrama introduces the notion of meta-roles. These are the spiritual roles that include a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience — something that touches us all. People may describe a spiritual experience as sacred or transcendent or simply a deep sense of aliveness and interconnectedness. Christina Puchalski, MD, Director of the George Washington Institute for Spirituality and Health, contends that "spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."

Practically speaking, using therapeutic techniques, we work on developing roles, or resolving conflicts between them, and introducing order to the relationship between body-psyche. With transpersonal techniques we work on stopping mental processes and entering other states of consciousness that appear only when our mind is quiet (collective unconscious, quantum field, synchronicity field or whatever it is called in different schools). It takes time, a lot of meditative practice, but it is worth any energy involved in that, it gives us a proper base for development of further authentic resilience.

(Continued on Page 26)

## iSCAN (International Sociodrama and Creative Action Network) Opportunities for Sociodrama with Zoom... an Unexpected Positive during the Pandemic

Diane Adderley, Senior Sociodrama Trainer, British Psychodrama Association



In early March 2020, Dr. Ron Wiener, Senior Sociodrama Trainer BPA, invited a small group of colleagues, ex-students and graduates of the UK's previous school of sociodrama to join him in an online peer group meeting. The purpose was to consider and practice together how we might produce sociodrama and action methods through Zoom. It was also to provide a connecting matrix for the participants as we entered the first

lockdown, which began in the UK on March 22nd and lasted around 4 months as Covid-19's onslaught on the UK population began its rampage. (As I write this, we are back in lockdown in January 2021, suffering from the 'UK variant' of COVID-19.)

Over the months since the group first came together, we have continued to meet every week. It has become an international peer learning group: we review workshops that members have run, plan future events, check in with each other, share fun warm-ups, discuss aspects of sociodrama, and update each other on online events we have attended.

In May 2020, we offered a series of free workshops to BPA members on various aspects of the pandemic. These were, much to our surprise, attended by people from much further afield than the UK and we started to get a taste of the global conversation that sociodrama on Zoom offers as a possibility. Since our school's demise in 2012, we had continued to exist as SCAN, but now we became iSCAN to indicate the international nature of our practitioner group and our workshops.

We presented a workshop in the Migration Matters festival in June, both online and live streamed on Vimeo and FaceBook. You can still see this on YouTube at:

[www.migrationmattersfestival.co.uk/2020/ionahine-cp2ra](http://www.migrationmattersfestival.co.uk/2020/ionahine-cp2ra)

It may be interesting to dip into for a taste of how our work developed. In June 2020, we were involved in the online version of what would have been the 7th International Sociodrama Conference, creation and brainchild of Portuguese trainer, Manuela Maciel. The four presenters – Manuela, Monica Zuretti, Nina Garcia and our founder Ron Wiener – each led four workshops, heroically exhausting themselves in the process of accommodating their workshop times so that people from around the world could have the opportunity to work with each one of them. In our UK team, we took turns to support Ron in his sessions.

Through the long summer months, we ran workshops and connected with other online initiatives around the world, including Daniela Simmons Tele'Drama. FEPTO (Federation of European Psychodrama Training Organisations), responding to the needs of its many different schools for training in online working, set up a number of workshops with a Russian team led

by Viktor Semenov. I was particularly engaged by a model he called Cultural Historical Sociodrama. Viktor introduced this by warming up the group to the many epidemics there have been throughout history all over the globe. In breakout rooms, we brought to mind the different epidemics we were aware of in our own countries and started to create roles. For me, the role that emerged was that of a wounded WWII soldier searching for his brother who was in a tuberculosis sanatorium. It brought together many features of personal family and friends experiences, only realized later upon reflection.

One of the many things we have focused on has been the necessity for effective warm-up and the awareness that it seems to take longer in the virtual world. One of the difficulties of Zooming is that workshops need to be shorter (in my view): three hours with a good break is about all I can take in a day – a two-day training feels like an eternity. And everything takes longer to do: meeting and greeting, introduction to the theme, warm-up, small group work (the ubiquitous 'breakout rooms'), the plenary return and maybe enactment, and then the sharing (often done in the last 5 minutes as we've run out of time).

As iSCAN, we are now running a number of workshops in a small but ongoing program. In March/April this year, we will be offering a 4-session training course in sociodrama and action methods, each session led by two of our core group and supported by other members of the team. We have run short training events in using Zoom and have started a bi-monthly ALS (Action Learning Set), part facilitated, part peer-led for those who want a little bit of training and a lot of practice! We offer supervision. We are keen to develop workshops on the huge themes of our world, particularly climate questions and equality issues, not only the pandemic. We have connected with Monica Zuretti's Peoples' Scenes initiative and I coordinated the UK's offering in the December 2020 event, Caring in the Pandemic. We have just started a 6-weekly drop-in group, peer-led by the wider iSCAN membership (it costs just £20 a year to join!).

I am finding the whole field fascinating and very exciting. As both a psychodramatist and sociodramatist, I am finding myself much more drawn to the latter as a method to work with large groups and in the virtual world. There are of course differences which will be widely discussed and written about in due time, but for now I love the opportunities for sociodrama that Zoom is bringing: a completely unexpected positive for me that has come out of the horrors of the pandemic.

iSCAN: [www.sociodrama.co.uk](http://www.sociodrama.co.uk), email: [info@sociodrama.co.uk](mailto:info@sociodrama.co.uk)

**Diane Adderley, Senior Sociodrama Trainer, British Psychodrama Association**

Diane Adderley is a psychodramatist, senior sociodrama trainer and accredited playback theatre trainer in private practice for over 20 years in the UK.

# The International Tele'Café

Mark Wentworth, Chair, ASGPP International Committee



**January 2021**  
Happy Birthday to us!

I can't believe it's 3 years now since we held our very first Tele'café, and what a time we've had. A big thank you to all of you who have attended, and a special thank you to those that have hosted the café.

Back in December, which seems ages ago now, we had another Tele'Cafe meeting hosted by International Committee Member Basil Vareldzis. Basil invited people to think of all the traditions and various holidays that have been created and celebrated with joy as a way to help pass through Winters' darkness. He invited people to share their traditions psychodramatically. It was a warm and joyous time. Everyone left the Tele' Cafe feeling brighter and lighter.

For our 3rd Birthday Tele'café, we had International Committee member Carolina Becerril invite us to join her in Paris and then, as is possible with surplus reality, she took us on a journey back through time to the exciting month of May 1889. Oh, to be in Paris in the Spring month of May, especially 1889.

Why? It was the inauguration of the "Exposition Univer-selle" with the monument which defines Paris as Paris, as the central point. Although it had been open since March of that year, May was seen as the actual opening of the Eiffel Tower. During darker periods in its history, the Eiffel Tower has shone a beacon of light out across the city to remind Parisians that Paris is still Paris and all the while the tower is standing strong, Paris will be Paris.

Synchronistically, 1,200 miles away to the East another beacon of light shone out into the world for the first time, and equally continues to inspire hope in others in darker and happier times. Some say JL was born on a boat on the stormy Black Sea and others report it was in Bucharest.



What a coincidence, or not...

Carolina then brought us forward in time to, "Premier Congrès International de Psychodrame" 31st August – 3 September 1964 Faculty of Medicine, University of Paris.

We were then treated to a special birthday surprise of witnessing never seen before film footage from the conference itself. Carolina is gathering together all the information and will be sharing this as a "special presentation" for ASGPP at a later date.

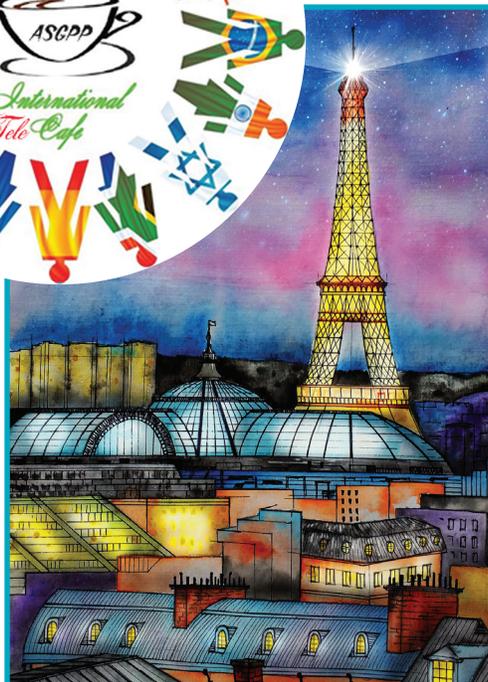
Carolina told us that synchronicity had stepped in for her when she was on a bus heading home from the conference. Lost in her own world whilst reading through the programme and thinking back on the day, she was politely interrupted by a man who had also been attending the conference. He turned out to be Jean-Luc Leridon, the reporter and editor of the film that many of you may have seen from that conference.

Such a wonderful story. Carolina then invited us all to think back and remember our own sweet and or memorable moments from our own encounters with psychodrama.

Being in the surplus reality of the Tele'café we of course needed cake, we were in a café after all! Not sure if it's the same for any of you, but I always find psychodrama, sociodrama and other kinds of expressive arts, in-person or online, makes me so hungry.

What better way to finish our trip back in time. Carolina let us eat cake, but not just any cake, these were the infamous Le Petit Madeleines. If you haven't tried them I encourage you to, because for sure they will transport you, maybe not back in time, but for sure to a little Parisian Café where you'll find an empty chair sitting opposite you... inviting you...

Look forward to seeing you at the Tele'café which will be on Friday, March 26th.



If you would like to sign up now go to <https://forms.gle/BGb6E58GQpPB6umA8>

Until soon,  
Mark

# Regina Moreno's memoir is published and ready to read

Karen Carnabucci, LCSW, TEP



The long-awaited memoir of Regina Moreno, the daughter of J.L. Moreno and Florence Bridge Moreno, has been published.

The title is "Words of the Daughter: A Memoir," and it is a gentle play on the title of her father's early book which he called "Words of the Father," taken from his scribbling on the walls of his room as a young man, claiming to channel the words of God.

Regina's memoir begins with her birth in 1939 at the prestigious Doctors Hospital in New York City, when her father was already beginning to make a name for himself as the founder of the new Beacon Hill Sanitarium in Beacon, N.Y., which housed an unusual theater where patients enacted their problems using the psychodramatic method that Moreno developed.

Through the chapters, Regina continues to reveal details about everyday life in the Moreno household and her childhood struggle, sometimes with fear and loneliness, as she navigated a world where her father's work dominated family life and the mental patients at her father's sanitarium became her friends and playmates.

She tells us about her mother Florence's haunting loss of her own mother who died in the 1919 flu pandemic – and Florence's emotional struggles after Moreno started his extramarital relationship with Zerka. She introduces us to her beloved paternal grandmother Pauline Levy – who she called "Omama" – who told her family stories as a little girl. We also meet her Uncle William Moreno, her Aunt Anne and their son, her cousin Joseph, all important figures in her childhood social atom.

"Writing this memoir was like being connected to all of them," she says, speaking not only of her parents but also her extended family. She writes in the introduction that "Writing this memoir has been a difficult journey in some ways and in other ways it's been a restorative journey."

In the library of psychodrama, the name of Florence Bridge Moreno is usually relegated to a footnote, if Florence is mentioned at all. In this memoir, Florence is revealed as a woman of accomplishment, present during the early days of Moreno's work in the

United States, particularly at the New York Training School for Girls in Hudson, where Florence worked as a student counselor.

The Hudson School was the place where Moreno conducted his early experiments in social relationships, which later contributed to research and innovations in psychodrama and its related sister method of sociometry.

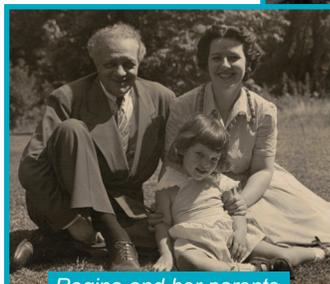
Jim Enneis, one of the first-generation psychodrama trainers who trained at the Moreno Institute, long maintained that Florence made significant contributions both in the integration of developmental issues in human development and in sociometric development. In the area of human development, Florence's part included: how we progress from spatial distance – for instance, nursery school children to adolescents — and cleavages based on characteristics to tele.

Many believe that Florence, who was Moreno's second wife, designed, implemented and created the early sociogram charts. She is known to have corresponded with psychodrama practitioners, particularly Rosa Cukier, the Brazilian psychodramatist who translated her letters into Portuguese and published them in an article in the Brazilian Psychodrama Journal in 1996.

Regina's writing comes from many resources, including memories, her journals, letters, reviews of precious photos, home and commercial videos, yearbooks, articles and documents that she has saved through the years as well as conversations with others, both family and friends. She also re-read Rene Marineau's biography of her father "Jacob Levy Moreno 1889-1974."

Her memoir shows how thoroughly performance, psychodrama and the creative arts wound their way into the lives of each member of the Moreno family. And in these everyday life stories, Regina also allows something else to be revealed – we learn about her father's struggles with his Jewish identity in the face of widespread anti-Semitism, prompting him to leave his beloved Vienna, then changing his surname to the less-Jewish Moreno and later lavishly celebrating Christmas while bypassing the traditional Jewish holidays. When Regina, as a young adult, began studies to convert to Judaism, she met her father's strong objections.

Regina's memoir joins the writings of her family members. Her stepmother Zerka Moreno published her memoir in 2012, called "To Dream Again." Her brother Jonathan, a professor at the University of Pennsylvania, wrote "J.L. Moreno and the Origins of Psychodrama, Encounter Culture, and the



Regina and her parents



Regina & Joe Moreno



Regina at the piano

# Regina and Me: How we created the memoir

Karen Carnabucci, LCSW, TEP

I have never met Dr. J.L. Moreno, the European-born physician who is widely celebrated as the man who revolutionized psychiatric treatment. A pioneer in improvisational theater and a social scientist fascinated with relationships in all kinds of groups, he prodded us to accept a new and vigorous way to relate to our world with the method of dramatic play that he called psychodrama.

However, I have had the good fortune to study closely for several years with Zerka T. Moreno, Dr. Moreno's third wife, who is now credited as the co-developer of psychodrama. She is known not only for shaping psychodrama while J.L. was alive, but also for refining and polishing the method after his death in 1974 through her teaching, writing and traveling.

And I have had the lovely opportunity to befriend Dr. Moreno's daughter, Regina Moreno, who has asked me to assist with the writing of her memoirs, where she warmly reveals more about the father of this method, the important contributions of her stepmother Zerka to this blended family (away from the psychodrama stage), and especially her mother Florence's hidden role in developing distinct psychodramatic and sociometric innovations of her own.

Gina – as she calls herself now – and I met in the early 1990s at Boughton Place, the small retreat center in rural Highland, New York, where Zerka was conducting monthly trainings on the original Moreno stage, where it was relocated from Beacon piece by piece.

Gina was a frequent participant in those trainings, which attracted aspiring psychodrama practitioners from throughout the East Coast, Europe and Latin America.

I came to know Gina as a wonderful auxiliary, not the least because she once played my child self during a drama about my visit to the doctor's office. Her acting, as she giggled and squirmed around the doctor's examining table pretending to be me, made the drama real and profound, offering a cascade of tumbling insights and awareness about my relationship with my mother, illness and wellness, and my younger self. When I realized that she was the daughter of Dr. Moreno, it made sense that she had a special relationship with psychodrama; she understood the method in a particularly intimate way that the rest of us did not, even though all of us were fascinated by the method and were investing much in learning it.

Because I love history and always enjoyed hearing Zerka's stories about the early days of the Beacon Hill Sanitarium, I jumped at the opportunity to stay overnight at Zerka's little house during one training weekend. My motel had overbooked our rooms, so Zerka generously invited me and a friend to stay at her home. I was as star struck as a young trainee could be, realizing that Dr. Moreno had walked these very rooms, dictating his volumes while Zerka typed, where Gina and her brother Jonathan had grown up.



*Karen and Regina*

As years passed, Gina and I warmly connected during the yearly ASGPP conferences, sometimes for a few minutes and sometimes more in depth. In 2016, when I guest edited the ASGPP special edition journal to commemorate Zerka Moreno's life and death, I asked Gina to share her memories of her stepmother, since they are an important part of psychodrama history.

Gina contributed the chapter "Growing Up with Zerka," brimming with fantastic memories of her younger years, which had never been published.

As we renewed our friendship, she expressed curiosity about my work with Family Constellations, the experiential method developed by Bert Hellinger which focuses on the ancestral family system, which has similarities to psychodrama. She showed up at my workshops at the conferences, volunteering to be protagonist in a session about her relationship with the maternal grandmother she never knew.

Later in 2017, she attended the Family and Systemic Constellations conference in Virginia Beach, Virginia. Upon my invitation, she wrote an article about her experiences at the conference and what her father might have thought about Hellinger's creation, for *The Knowing Field*, the English language journal of Family and Systemic Constellations, the next year.

Now the stories started flowing, not only about Zerka, but about her other grandmother, Pauline Levy, who was her father's mother, and her mother and extended family including her beloved Uncle Joseph Moreno, her Aunt Anne and her cousin Joseph.

Finally, Gina approached me about assisting with her memoirs. She had taken writing classes in her home community of Berkeley, California, and wanted help to stitch together her memories into a full-length book.

Our online sessions made good use of the method that her father invented. We doubled and role reversed with her parents, Zerka, her maternal grandparents, the stage, her girlhood companion and friend Gretel Leutz, and the tall apple tree in the backyard of the "Little House," that the family called their bungalow home that stood not too far from the "Big House," as the sanitarium was known.

Oh, yes, we also role reversed with Gina's computer, which always seemed uncooperative, returning her to writing in long-hand in her journal, which she found easier and familiar. In our role reversals, we named the misbehaving computer "Mack," and the computer finally seemed to act more helpfully.

As each story moved from memory to print, we collaborated in identifying the sequence of chapters. Gina wrote to her mother's colleges, asking for transcripts and course details and renewed friendships with high school classmates. She talked with her brother Jonathan Moreno and her older cousin Ruthie, from her mother's side. I searched on my computer, learning

*(Continued on Page 31)*

TRAINERS CORNER

## Sylvia Israel, RDT/BCT, TEP

Interviewed by Nancy Kirsner, PhD, LMFT, OTR, TEP

Sylvia Israel is a Licensed Marriage Family Therapist (LMFT), Registered Drama Therapist and Board-Certified Trainer (RDT/BCT), and a Trainer Educator and Practitioner of Psychodrama (TEP). She is a Director and Treasurer of the American Board of Examiners of Psychodrama, Sociometry and Group Psychotherapy. Sylvia is past-President of the Northern California Chapter of the North American Drama Therapy Association (NADTA). She has worked in psychiatric hospitals, schools, community agencies, in chemical dependency and eating disorder programs and has been in private practice for 30 years. Sylvia teaches psychodrama to Drama Therapy students at the California Institute of Integral Studies (in San Francisco) and Kansas State University and offers psychodrama groups and trainings through the Bay Area Moreno Institute. In addition, Sylvia is a Trainer in the Therapeutic Spiral Model of working with trauma survivors and the co-founder of Bay Area Playback Theatre.



have to generate it/warm-up to it). It is only when we bring our creativity/our ideas together with spontaneity, that something emerges...a new cultural conserve.

To continue her theatrical explorations, Sylvia enrolled and received a master's degree in Theater Arts from San Francisco State University (SFSU). While there, she learned about the Drama Therapy program at the California Institute of Integral Studies (CIIS). She knew intuitively that

this was her next step. At about the same time, Sylvia experienced her first psychodrama at a workshop with Dorothy Satten. She remembers being 'blown away' by the level of deep sharing, love, expression, and honesty. Sylvia frequently quotes Dorothy to clients and students, *We each have within us our own first born child and our job is to re-parent that child.* Sylvia adds that we need to learn to do so

with unconditional love, as Buddhist teacher, Stephen Levine said, *How sad to put one's self out of our own hearts.*

This story highlights the unique and creative talents of Sylvia's early professional life. For her Master's thesis, Sylvia analyzed how the childhood fantasy world she and her brother created was a response to being children of Holocaust survivors (Eva Leveton was on her thesis committee). Their fantasy world contained millions of characters, a core group of whom they embodied daily. In her thesis, Sylvia explored this fantasy world through family systems theory, object relations, and research on children of survivors. Sylvia also created an autobiographical performance piece, bringing her favorite characters to stage. She claims this was her early psychodrama training!

Sylvia's training journey followed a circuitous path. After graduating from CIIS, she joined a training group with Kate Hudgins and Francesca Toscani in the Therapeutic Spiral Model (TSM). Also, she re-connected with Nina Garcia, a fellow drama therapist who became her primary trainer for both the CP and TEP. Her secondary trainer for the CP was Dorothy Satten and John Mosher for the TEP. Sylvia passed the CP exam with *distinction*. She then went on to take the TEP exam.

Sylvia is grateful to have TEP colleague-friends that she has collaborated with including John Olesen, Susan Powell, Cathy Nugent, Elizabeth Plummer, Mario Cossa, Karen Drucker and others. She enjoys the opportunity to work with and befriend other psychodramatists through her service on the Board of Examiners.

From: [www.bayareamorenoinstitute.com/](http://www.bayareamorenoinstitute.com/)  
[www.imaginecenter.net](http://www.imaginecenter.net)

### Training and Experience

The myth in Sylvia's family was that people were either born artists or they weren't...and she wasn't. In her late twenties, Sylvia moved to a Northern California coastal town, where the prevailing belief was that everyone is an artist. She began taking art and dance classes and joined a women's theater group. Sylvia had to prepare a monologue for the first meeting. She was so nervous and shy that she delivered the entire "phone call" monologue without lifting her eyes from the phone she clung to. But she was hooked! Soon after she began studying physical improvisational theater with Ruth Zaporah. In theater, she experienced a joyous, fun, expressive part of herself that had never before had an outlet. Sylvia yearned to learn more and find ways to share this experience.

Surprisingly, Sylvia's first career was as an electrical contractor and co-owner of Wonder Woman Electric, a collectively run women's company. The one carryover to psychodrama from her electrical wiring days is her metaphor for explaining spontaneity, creativity and cultural conserves: 120 volts of electricity are available at every electrical outlet. But you have to plug something into the outlet to activate the electricity! The potential for our spontaneity is always there (of course, we

(Continued on Page 29)

## UNSUNG HEROINE: Judy Swallow, LCAT, LCSW, TEP

Interviewed by Nancy Kirsner, PhD, LMFT, OTR, TEP

The absolute joy of one on one contact (even on the phone) came bursting into my life again as I spoke with Judy Swallow. I heard interesting vignettes of her life and moments in time from the history of Playback Theatre and Psychodrama – ones I had never heard. Maybe they will be new for you too. Judy is a colorful story teller and you will hear her courage, zest, humor, and intuition throughout her journey.

While living as a teenager in the suburbs of NY, a girlfriend noticed an announcement in the Village Voice about psychodrama in New York City. This planted an exciting idea in the back of Judy's mind. Judy graduated from college with degrees in both Psychology and English literature. In her thirties, she was drawn to Primal Therapy - specifically the action in the moment and its impact on the body. Judy shared this experience with her housemate (Carolyn Gagnon) who went on to become a lifelong friend (and a psychodramatist). They did Primal, Playback Theatre, Psychodrama and shared children together. The intensity of Primal therapy concentrated on catharsis of abreaction. Judy and Carolyn would talk and process this together. During the year of Primal therapy, the psychiatrist – therapist would say to Judy (auxiliary line): Go over there, put your hands on your hips and say "after all I've done for you!" Judy realized that key words could evoke so much emotion.

### Early Years at Beacon

Judy had a meaningful experience about a year into Primal therapy (1975). While sitting in her backyard one summer, Judy clearly heard the word "psychodrama" coming from a tall tree. Being someone who follows her intuition, she went into the house and looked in the phone book for Psychodrama Training and found the Moreno Institute, Beacon NY. Discovering that they had three week summer sessions, curious and brave Judy jumped into residential training. Her teacher-husband could stay with their two little kids. She arrived at the Moreno Institute (the old Vanderbilt summer home), staying in a single room with a large crack down the wall.

"I would travel to the Moreno Institute as much as I could." While enjoying the peace of letting go of the roles of mother and wife, the training was rigorous including three two and one half hours groups a day (7.5 hours) as well as open groups. Moreno had just died, leaving John Nolte and Ann Hale as the trainers with Zerka coming in each afternoon. At Beacon, in the first session Judy sat around the Moreno stage, the very stage she sits around now at Boughton Place years later. She was thinking, "I can do a summer class." Zerka arrived, never having seen Judy and said, "You are very lovable, but you don't know it yet." Zerka is known for her intuitive articulate perspec-



tive which she delivers as easy as she speaks.

To have this amazing trio – Anne, John, and Zerka as her first trainers had a great impact. The camera at the back of the theater was on for the training sessions. While the groups were split into two, Judy was so excited about learning that sometimes she would go upstairs into the library at night to watch the videos of groups she was not able to attend. During this time Judy met John Brindell, who Zerka had taken under her wing. John was a quiet spiritual man who saw that Judy was overloaded with excitement and emotion sometimes. In true Morenian spirit – he acted and took Judy to an open field and said, just "breathe into the open space." Their connection got Judy in

touch with her intuitive transpersonal qualities, which was an important part of her journey.

### The Birth of Playback Theatre

I asked Judy what she was most proud of in her long successful career. Then came another great story. She met Jonathan Fox while she was at Beacon. Due to the intense training schedule, occasionally there were evenings off. One of these evenings, the trainees were invited to go to a local church where Jonathan Fox, a recent graduate of the Moreno Institute, had been given rent money by Zerka to experiment with an idea he had. Jonathan was a Harvard educated, Fulbright Scholar in New Zealand and he had been in the Peace Corps in Nepal (Judy had been in the Peace Corps in Ethiopia). Judy remembers first meeting Jonathan in batik flowing pants and shirt with his fuzzy hair! The group was comprised of many international PD students. As Jonathan led people through improv exercises, he discovered that Judy lived locally and invited her to come again the next week. In true Judy style, she spontaneously said yes and returned the next week with two friends. While the group began with psychodrama people, it expanded to include others that were sociometrically connected and had different occupations (nurse, teacher, sign painter, plumber, etc.). With Jonathan they co-created the first 'nameless' collection of theatre/improve/action experiences based on real life stories. After about six months of meeting they invited everyone from the Moreno Institute to brainstorm a name. Towards the end of a very long evening, with no apparent choice yet, Merlyn Pitzele (Zerka's companion) said "Play it again Sam." Spontaneously everyone started to say "Playback, Playback" which echoed around the big table. And thus, Playback Theatre was named.

Judy is proud of being part of this history and bringing Playback Theatre to Australia, New Zealand, Japan, Europe and the United States. One of Judy's favorite quotes from Jonathan is: "Psychodrama is like an oil painting – you can go

PSYCHODRAMA INTERNATIONALLY - Finland

# Psychodrama in Finland

Marjut Partanen-Hertell and Reijo Kauppila



**Marjut Partanen-Hertell, MS (Tech.), TEP, PIT**

*Supervisor, retired senior coordinator in FEI (Finnish Environment Institute), former chair of Helcom's WG on Public Awareness and Environmental Education in the Baltic Sea area, former chair of MOPSI, member of the IAGP, examiner in psychodrama institutes, co-author of "Sociodrama in a Changing World"*



**Reijo Kauppila, MEd, TEP**

*Director of Helsinki Psychodrama Institute, President of NBBE (Nordic Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy), former Chair of Training in FEPTO, chair of MOPSI, MEd (Adult Education), TEP, supervisor, certified business coach ACC*

offering education and trainings in psychodrama, sociodrama, axiodrama and sociometry. They also offer supervision and coaching. Reijo Kauppila has developed training, especially in organizational counseling and coaching. Nowadays the Institute is the only CP and TEP level educational institution in Finland. It participates actively in international cooperation in developing the theory and practice of psychodrama. It has coordinated international psychodrama projects about Morenian pedagogy and trauma stabilization in refugee families funded by the Nordic Council of Ministers and the EU. It is an active member in NBBE and FEPTO. Another institute, Kasvunpaikka, cooperates with Helsinki Psychodrama Institute with trainings.

Psychodrama in Finland has had a special theme of the environment since the early 1990's, when Marjut Partanen-Hertell introduced sociodrama in the Finnish Environment Institute (FEI). Today this work has widened to include researchers and professionals on climate change on different levels: society, communities, groups, individuals and the whole world.

## History

In the 1950's there were experiments with psychodrama in the psychiatric clinic at Helsinki University Hospital and in the 1960's in Tuukkala mental hospital. Also, the teamwork-unit at the University of Tampere was active beginning in the 1970's. Later the methods were used in A-clinics (for addicts), and in some public performances in theatres. As well, there was exploration and training in Bibliodrama.

Kaija Kaalamo, headmistress of the Nursing School of Lahti, made a visit to Beacon in 1973. She met J.L. Moreno and Zerka Moreno, whom she invited to Finland. Thereafter Beacon took the responsibility of training and Zerka visited Finland regularly. In 1979 a one-week training in Beacon had 24 Finnish enthusiasts. Kaija was the first Finnish psychodrama director (CP) in 1983. Soon after she graduated, Gyrit Hagman, Riitta Hiillos-Vuorinen and Pirkko Hurme, and Suomen psykodraamayhdistys founded the Finnish Psychodrama Association for organizing seminars.

From 1984 onwards Marcia Karp and Ken Sprague were in charge of training and examination. Many Finns visited Holwell in England. Sirkku Aitolehti graduated in 1988 and Martti Lindqvist a bit later. Martti, a lecturer and professor of ethics at the Helsinki and Tampere Universities devotedly developed sociodrama, focusing on ethical and political themes.

With Zerka's encouragement Riitta established Suomen Morenoinstituutti – The Finnish Moreno Institute in 1990, where she started 2-year trainings. Riitta graduated from AANZPA as the first Finnish TEP in 1992. Her large network with international trainers was in active use. The present director of the institute Tuula Grandell is combining Morenian psychodrama

Finland (Finnish: Suomi) is the happiest country in the world (2018-). It is a Nordic country and a member in the EU (European Union). The capital is Helsinki. Finland's population is 5.5 million (2020), and 88.7% of them speaks Finnish, a Uralic language. Other official languages are Swedish (5.3%) and the ingenious Sami, now spoken by few. Finland is geographically the 8th largest country in Europe, and the most sparsely populated EU-country.

## Today and future

The focus in psychodrama has changed during the years. In the beginning, the therapeutic work was core. In the 80's and 90's self-experience flourished, while the use of psychodrama and sociometry started to grow in organizations. Psychodrama is much used in the fields of education, social work, addictions and organizations, today also virtually. Connections to universities and research have been enhanced, generating academic research of psychodrama in therapy, education and gaming.

Finland, there are:

- about 400 trained group leader psychodramatists, (3 year studies)
- about 200 trained psychodramatists and CPs, (5-7 years studies),
- 12 Psychodrama trainers TEP, (10-11 years of study).
- Psychodramatist CP and Psychodrama trainer TEP are certified by NBBE.

Helsinki Psychodrama Institute is the biggest training institute,

(Continued on Page 27)

## PSYCHODRAMA IN UNIVERSITIES

# Students' Tele'Drama Experiences Texas Wesleyan University

Violeta Kadieva, PhD, LMFT-S, AAMFT Approved Supervisor



My name is Violeta Kadieva, PhD, LMFT-S, AAMFT Approved Supervisor and Member-at-large of the Texas Association of Marriage and Family Therapists' Board of Directors. I am currently an Assistant Professor at Texas Wesleyan University.

In the Fall of 2016 I got in touch with Dr. Daniela Simmons when I realized that in all of our books in the Graduate Counseling Department there was only one sentence about Psychodrama. I

was eager to find more information that I could share with my students. Daniela was extremely welcoming and willing to let my students attend her Psychodrama trainings. Since then my students and I have attended numerous face to face and Zoom training groups at Daniela's Expressive Therapies Training Institute in Denton, TX.

Daniela and I have engaged in a variety of combined projects to introduce psychodrama techniques into the counseling and marriage and family therapy training process. We have also invited outside presenters such as Concetta Troskie, who is a licensed dance and drama therapist. Daniela and Concetta did a training that combined dance drama and psychodrama. Our students absolutely loved this approach. Another training done by Daniela and Phil Armour, who is a licensed professional counselor, introduced students to Bibliodrama. Our students have enjoyed learning about these different expressive therapies and engaging in new creative methods of helping their clients.

Since the spring semester of 2018, we added another option for students-online training modules. This focused on working with resistant adolescents and other resistant clients as well as building nurturing and loving relationships. I will give an example from a recent Tele'Drama training that my students attended. They shared about their experiences with this training:

**Teshika Newson** - "It was a warm experience, even via Zoom, which is evidence of how well the training was facilitated. It was nice getting to be in the training with individuals from other parts of the world. Everyone was welcoming and many were brave enough to actively participate. I enjoyed the acting, doubling, and the camaraderie that formed."

**Lindsey Nance** - "I had no idea what to expect from the Psychodrama" presentation. Truthfully, before last night, I had no knowledge regarding Psychodrama. The training was amazing! While I was definitely a little anxious going into it because I am such an introvert, I was moved by the training

and from the stories that were shared. I am extremely interested in learning more about Psychodrama. Thank you for sharing the resource with us!"

**Janna McKinley** - "This is my second Psychodrama workshop and it was super cool to see how one could effectively use Psychodrama via the web, and specifically all the neat things that could be done with Zoom. It was a really exciting learning experience and I was fascinated by how, even when we could not be in the same room, we still established a group connection both individually and collectively. The topic of exploring relationships is always a fertile ground and I thought this was a particularly interesting and effective way of establishing a relationship with strangers. It was a very cool workshop and I hope to be able to do more Psychodrama things in the future!"

**Ciara Gunter** - "I loved the training - it was very informative and the impression of the group was that the therapeutic technique can drive relationships and empathy to a different level. I love it for my middle school students as drama gives students permission to express themselves more freely."

**Cynthia Eddings** - "I enjoyed the training. I realize I am even a virtual introvert and I was asked to play one of the roles for one of the participants. This helped me to relax a bit. It is a powerful modality and Dr. Simmons is an amazing and patient instructor; she could make anyone feel comfortable. Thank you for this training!"

In the last 4 years, I have taken a variety of different groups of students to Daniela's trainings. Some of them have even joined the ASGPP organization and started their process of Psychodrama Training and certification. In addition, I have some PhD students who have expressed interest in Psychodrama and decided to implement this method in their dissertation work. This is an exciting process and it assures that the future generations are interested in continuing the practice of Psychodrama. These students are the future of our field. I strongly believe that we need to continue the line of Moreno's work by educating and training the new generations of students.

The progress of modern technology and the current pandemic situation have pushed us to take these trainings to a whole new level and do these over the Zoom platform. Daniela is doing an amazing job with Zoom groups and keeping students engaged in these online trainings. I have no doubt that the field will continue to thrive with such dedicated professionals like Daniela who are creatively providing engaging new training opportunities for students.

# ASGPP SOCIATRY AND SOCIAL JUSTICE COMMITTEE

Co-Chairs: Deborah Karner and Paula De Franco

By Deborah Karner, LCSW, TEP



I signed up for my first Social Justice meeting in August 2020. Paula De Franco was co-chairing this committee. The two meetings that I attended were seriously and time consuming planned by the Sociatry and Social Justice Committee to get input from members and in order to facilitate an anti-racist workshop. The timing of these meetings made things complex and difficult, with people feeling polarized, confused, emotional, well intentioned and yet helpful. Our meetings seemed to be a fractal of the larger society. I was moved to get closer and I thought that we could use Moreno's methods and tools to bring our own organization into a circle, an organic unity.

In late August Paula and I spoke about ideas and surplus reality related to ASGPP and social justice. She and I asked the president of ASGPP, to appoint me as co-chair of the committee. As a new co-chair of the committee, I sent an email to ASGPP members who attended the meetings in the summer, saying that I was open and interested to know their feelings and thoughts about the summer meetings and about what they would like to see going forward. I offered to have an individual zoom time with anyone interested and I listened to the people who connected with me as a plan began to form.

At this time I was learning about Sociatry from Ed Schreiber. My studies confirmed that I was on the right track in thinking about ASGPP as a circle. I learned that to have the organization develop fully into group awareness of our inter-relatedness, each and every one of the members would have to be interested in doing the work - to become that organic unity.

Moreno says "A system of society must be realized in which all individuals belong as initiators without exception, not 99.9% but literally all individuals alive."

Through both personal work and group work using the social microscope, we can create a socially just and organic organization. The Social Microscope is a sociometric tool that reveals the inter-relational dynamics of power in a group and then offers the possibility of reversing the sociodynamic effect – the concentration of resources and power- from its current conserve outward towards the group and people who appear to be outliers. Moreno said that working in this way, it would take one thousand years for all of person kind to become an organic unity, a circle. He also said that the way to do the work is using the social microscope in small groups, fractals of the larger community and global population. We, the ASGPP, are a fractal of the world and we could explore our organization and ourselves one small group, one small fractal at a time.

And for the finale of this vision, the ASGPP would become a resource for communities and other groups who would like facilitators trained in this way for their groups or community conversations wherever they may be. I believe some of Joshua Lee's

work is in barbershops – so the work can happen anywhere there are people. And we would have the knowledge to do this by having done it for ourselves and for our own organization. We would know the deep scope of the work.

## WHERE ARE YOU? 1 TO 10?

At present this vision is one of surplus reality. My question for our readers is: **where do you place yourself on a spectrogram? The spectrogram is from 0-10, at zero is: I do not believe this socially just unity can ever be achieved and at 10 is: I believe a socially just ASGPP circle, an organic unity can be achieved by using the methods devised by J.L Moreno and Zerka Moreno.**

All the thoughts, feelings, life experiences and beliefs that go into the reasoning you are using to place yourself on this spectrogram, is the focus of the work we all have to do to achieve social justice.

We have created an outline of how this will work. Paula will send out an E-Blast to all members inviting anyone who would like to be on the Sociatry and Social Justice Committee and to attend a two hour facilitated meeting with the goal of setting up these sub committees:

### • Sociatry Committee

Getting small groups together for Workshops with Ed Schreiber on Sociatry. Then moving these groups into sociodramatic action to explore how our small group parallels our ASGPP organization, the United States and the World. Then, from the lens of social justice, developing ideas and practices to change/support/add conserves to ASGPP and ultimately, to our work in the world. The context of all of our work, relies on co-creation through spontaneity and creativity, while walking the canon of creativity to find the next questions and answers about social justice action.

### • Our Own Work Committee

This committee connects with the membership to see what they would like to explore and topics they would like to learn about in an in-depth format to better prepare themselves for the work of social justice. Some suggestions are: exploring our implicit bias; discussing the context and history of injustice around given issues of racism, attitudes and systems around disability/differently enabled; LGBTQ, Trans, gender issues. Also, questions about what is an anti-racist and what are their actions? Committee members will find trainers for these in-depth workshops. This committee will also be available to those doing social justice work who want to process with peers.

### • What Others Are Doing Committee

This committee has an ear to the ground for what other organizations in America and the international community are doing with regard to social justice and environmental issues. This committee will discover people using psychodrama/sociodrama/sociatry in the service of healing person kind through social justice

(Continued on Page 28)

# ASGPP REGIONAL NEWS

## Find a Local Contact Near You

Join In and Cultivate your Action Experiences !



### ASGPP REGIONAL CONTACTS

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#### Delaware Valley

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#### Toronto (Canada)

Ananta Chauhan / [anantachauhan2014@gmail.com](mailto:anantachauhan2014@gmail.com)

### • Delaware Valley

Colleen Baratka / [catharsisinstitute@live.com](mailto:catharsisinstitute@live.com) / 610-609-1465

The Delaware Valley Psychodrama Collective has offered support, not only to our members, but nationally and internationally, throughout the Pandemic. Every Saturday, from 2:00-3:00pm, Tom Treadwell, TEP, hosts a Zoom support meeting which has built the collective's sociometry into the worldwide web. On the fourth Saturday of each month we continue to offer a two-hour training. This training year we are focused on the theme of Social Justice and have invited trainers from all over the country. For information on support groups or trainings please contact DV at [dvpsychodrama@gmail.com](mailto:dvpsychodrama@gmail.com) or Colleen Baratka, TEP at 610-609-1465.

*Colleen Baratka, MA, TEP*

### • Denver Area

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

The Denver Psychodrama Collective continues to meet monthly on Zoom, doing psychodrama, being friends, discussing whatever is on our minds. If you would like to participate, it is, of course, just a matter of Zooming along. We usually meet Monday afternoons, around 2-4pm Mountain time. This group began in 2003, and here is a photo from that time of Zerka Moreno, Erica Hollander and Marian Craig. We have room for you.

Contact [ericahollander@comcast.net](mailto:ericahollander@comcast.net) for a date upcoming.

*Erica Hollander, PhD, JD, TEP*

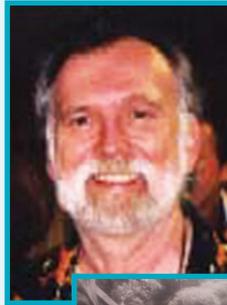


## IN MEMORIAM John Raven Mosher

John Raven Mosher, MA, LMHC, TEP, was actively involved in the professional advancement of the fields of Psychodrama, Sociometry and Group Psychotherapy for over 38 years. In 1975, John Raven Mosher began his psychodrama journey with Leon Fine, PhD, TEP. In 1995, Leon selected him as the heir to his training and therapy groups when he became too sick to work any longer. Leon also encouraged and mentored John to become active in the national psychodrama organizations.

Since 1981, John was part of The Federation of Trainers, The American Society of Group Psychotherapy, and The American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. In 1981, he wrote the Articles of Incorporation for the Federation and he later served as Secretary of that organization. He also chaired the Seattle Federation Meeting in 1986 that attracted over 200 participants. In 1986, he was appointed to the Executive Council of the ASGPP (completing Leon Fine's term of office) and while on the Council he re-wrote the Articles of Incorporation and By-Laws. He served on the American Board of Examiners from 1987 to 1992 and again from 1993 to 1995. While on the Board, he served as Chairperson and Secretary.

His seminal and pioneering book on the *Healing Circle System of Psychodrama, Sociometry and Group Psycho-*



*therapy* has been refined in four separate editions. He and Brigid Mosher also wrote a chapter on this model for Hudgins and Kellerman's book (*Psychodrama With Trauma Survivors: Acting Out Your Pain*). In addition he



wrote twelve other professional articles on topics as diverse as Effective Writing, Vocational Rehabilitation, and Psychodrama. John presented at numerous local, regional and national conferences including numerous annual meetings of the Federation and the ASGPP. He presented internationally in Argentina, Canada, and

Senegal. In 2002, he received the ASGPP Innovator's Award for his pioneering work in writing and teaching of *The Healing Circle: Myth, Ritual and Therapy*. In 2005, he received the ASGPP Neil Passariello Award. Since 1986, he has been a Fellow of the ASGPP.

John's passion and excellence in conducting both introductory and on-going psychodrama training workshops is legendary. Over the years, literally thousands of mental health professionals have taken training with John, and he has trained over 245 persons. As a direct result of his mentoring and supporting those trainees, 25 have become certified practitioners (CP) and an additional six have become certified trainers (TEP).



## Memorial for John Mosher

Tzivia Stein-Barrett, LCSW, RYT, TIYT, CP

On Sunday afternoon, December 20th, 2020, the Psychodrama Community said goodbye to one of its beloved members ~ John Raven Mosher. John was a maverick in Psychodrama, coupling theories of Shamanic Ritual with Sociometry and Personality Development. He also created the Healing Circle Model which he elaborated in a book.

Over eighty-six people attended the ceremony and a number of colleagues, students and friends spoke about the sense of love and safety that permeated their relationships with John. John's daughter was present and assured the community that John was as kind with his kids as he



was with his friends, colleagues, students and brothers in the men's groups he conducted for many years.

The hour-long memorial was hosted by ASGPP and facilitated by Tzivia Stein-Barrett from Texas. Tzivia is a graduate



of Shamanic Psychodrama Training led by John Mosher and Shirley Barclay through the Dallas Psychodrama Institute.

RESEARCH

## Best Outcomes / Worst Outcomes

Erica Michaels Hollander, JD, PhD, TEP



Do you want to see Psychodrama stronger, more recognized, more respected, better reimbursed among treatments?

Do you have questions about what you can do in your practice that would be more effective? Do you want to know what techniques others use with their groups and individual clients that they have found most powerful?

All these questions and many more can and should be addressed by solid research in our field. However, in the past, psychodramatists have not been very interested in doing or even in reading research. Why is that? What have been the barriers to working on and reading research?

Psychodramatists have, I think, been enamored of the process of doing psychodrama, swept away by fascination with what emerges in the action. The drama is gripping, engaging, creative, even riveting. To the sad neglect of results and outcomes, at least insofar as those can be discussed in hard numbers and empirical counts. Do numbers and empirical results matter? They surely matter to SAMSHA and other accrediting agencies.

How might it be possible to compile meaningful research on psychodrama? What can you do to participate in such an effort? Doesn't it take years, lots of staff, and many, many dollars to do research? Is there any way an individual practitioner or a small agency can hope to acquire even the start of empirical answers to the kinds of questions posed above? Yes, if we observe, describe and report.

This column is asserting that we can and should do more to support our field with evidence, and help to give it the status of evidence-based practices. All we need to do is observe and describe and compare. This is the beginning of a series of articles and columns devoted to building that missing piece of the overall psychodrama picture.

*That is what this new column in the PNN will seek to sponsor and encourage: reports from the field about what is being done and how well these practices are succeeding. The research committee envisions the column to be a place to help psychodramatists warm-up to research and demystify the research process.*

Erica Michaels Hollander, TEP, JD, PhD  
[ericahollander@comcast.net](mailto:ericahollander@comcast.net)

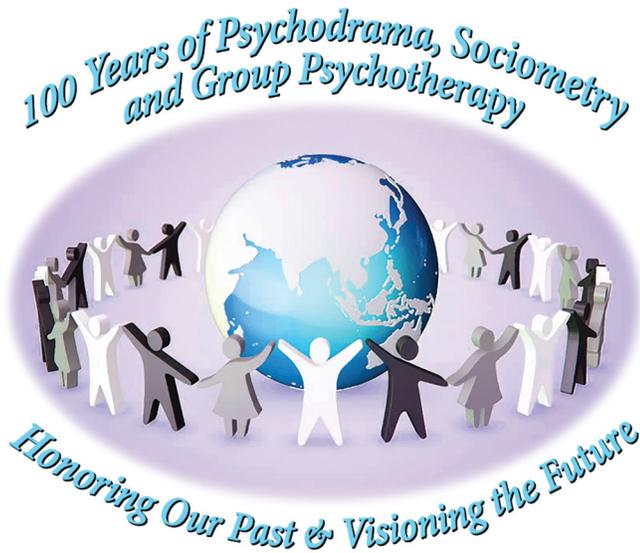
Shared observation and careful description can help answer these and other questions. That is to say, science and research can address your real world, practical concerns. I am proposing here that we begin a series of columns to do just that—where we discuss what we are doing, especially what's working best. And what is not working.

I have heard prominent psychodramatists say that research in psychodrama is impossible because of the nature of the method, and, alternatively, that all the research ever needed to justify our method was done by J.L. Moreno himself back in the day. Both were wrong.

Let me suggest, instead, that the way forward leads through cultivating a culture of seeking feedback, asking clients their reactions, then recording them, evaluating them, and learning from colleagues about their practices and outcomes. With online therapy the norm of the day, and the ability to ask every participant to respond to a few simple questions both before a session and again before signing out, it ought to be simple and easy to do. And easy to keep track of and compare with others' results.

For example, do you ever wonder what the optimum size of your groups should be? How long the group work should last, whether it should be combined with individual therapy? Do you ever wonder what you can do to freshen up your methods, to vary your established approaches? Do you ever wonder if there is something else you can do to reach that particular difficult client? Should your tools be the same for clients of all ages and all complaints? Do you feel you might learn more about how to work effectively online? When corona-related social distancing ends, will you go back to what you were doing before the virus struck?

# 2021 ASGPP Online Conference



## 2021 ASGPP AWARDS

**J.L. Moreno Award:**

Tian Dayton, PhD, TEP

**Zerka Moreno Award:**

Canel Bingöl, MD, PhD, TEP

**Hannah B. Weiner Award:**

Ed Schreiber, EdM, MSM, DD, TEP

**President's Award:**

Antonina Garcia, EdD, RDT/BCT, TEP & Elaine Camerota, EdD, TEP

**Collaborators Award:**

Lin Considine, LCPC, TEP & Paul Lesnik, TEP

**David Kipper Award:**

Rob Pramann, PhD, TEP, ABPP

**Neil Passeriello Award:**

Barbara Guest Hargin, BEd, MSW, TEP

**Diversity Award:**

Joshua Lee, MSW, LCSW, CP/PAT

**Innovator's Award:**

Andrea Hummell, MA

**William L. Moreno Award:**

Jaime Rojas Bermudez, MD

**ASGPP Executive Council Award:**

International Association of Group Psychotherapy (IAGP)

**Fellow:**

Michael Gross, PhD, CADC-I, CET-III, SEP, CP/PAT

Maria Mellano, LICSW, CP/PAT

Jennifer Salimbene, LCSW-R, CASAC, CDAC, TEP

Tzivia Stein-Barrett, LCSW, RYT, LMT, CP

## Conference Speakers

### KEYNOTE SPEAKER

*The Power of Connection and Identification*

**TIAN DAYTON, PhD, TEP**



Research in neurobiology has made clear that our emotions are experienced and processed by the body as well as the mind and that that healing from the kind of trauma that living with addiction engenders requires a mind/body approach. Psycho-drama and sociometry allow the body to participate in the therapeutic milieu. In this experiential workshop we'll look at how to use sociometry to explore issues related to trauma and addiction as well as to "warm up" a group, connect them with each other and their personal "stories".

### PLENARY SPEAKER

*The Importance of Cohesion in Group*

**RICHARD BECK, LCSW, BCD, CGP, FAGPA**



"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.

For complete conference information and to register online, go to our website: [www.asgpp.org](http://www.asgpp.org).

## Conference Exciting Events

### DIVERSITY FORUM

*Elevate Your Performance in Life's  
Diversity Games*

**JOSHUA S. LEE, LCSW, CP/PAT**



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.

### THE SOCIATRY AND SOCIAL JUSTICE PANEL

Panelists: Nina Garcia, Ed Schreiber and Paula De Franco

The Sociatry and Social Justice Panel will meet regularly throughout the year to let our membership know what others are doing in this area. We hope to augment the work of the Sociatry and Social Justice Committee and meet an act hunger from members toward action, “doing something.” The panel will provide the opportunity to ask questions about methods, results, challenges and successes of others’ work. The focus will be on work using Moreno’s methods and people who representing other methodologies.

The panel at our 2021 ASGPP Annual Online Conference is made up of: 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.

The cornerstone of the Sociatry and Social Justice Committee’s work is Moreno’s spiritual mandate of co-creating our lives in a realized relationship with the first universe, experiencing the essential nature of spontaneity and creativity. Moreno’s vision is for all beings to come to the experiential knowledge of our interconnectedness with all of life, as best reflected in the form of a circle of inclusion.

### DANCE AND 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](mailto:dvpsychodrama@gmail.com). If you know of another attendee who would like to share their talent, please give them our contact information.

### 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!

### AWARDS CEREMONY

Co-masters of Ceremony:  
Cathy Nugent, 2019 Jacob Moreno Award recipient &  
Mario Cossa, 2019 Innovator’s Award recipient

ASGPP awards acknowledge members who have made outstanding contributions to our Community. Come join us as we celebrate their contributions.

### CLOSING CEREMONY

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!

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PLEASE SAVE THE DATE:

**The Annual Membership Meeting**  
(usually held at the conferences),  
this year will be held AFTER the conference.

Date: Sunday, April 25, 2021  
Time: 2:00 PM - 3:00 PM EST

Written to honor our elder's

# The Octogenarian Warrior – The Art of Wise Aging

Rosalie Minkin, MSW, ATR-BC, LCAT, TEP



There was a 95-year-old man who was so proud of the way he looked that he would stop anyone on the street and ask them "how old do you think I am?" As he continued walking down the street, he asked the next person, who happened to be a woman, the same question, "how old do you think I am?" The woman quickly responded - "you're 95!" The man raised his head, a bit surprised and said "how do you know that?" "It's easy" she said, "you told me yesterday."

Now, you may be saying to yourself, "now that I am older and gray, what's next?" Aging provides us with opportunities to learn from one another and again challenge ourselves. We all know that challenging ourselves

always teaches us something new. Our lives are adventurous and forever changing. We also know that nothing lasts forever.

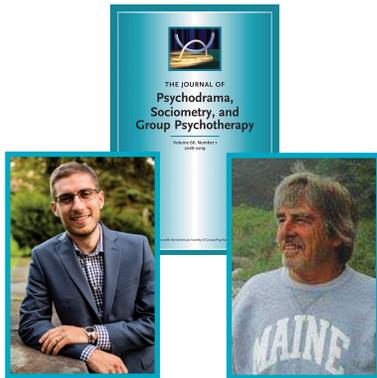


I awake each morning mumbling "where did that wrinkle come from? It was not there last night." And my thoughts go to... Our presence here is an attempt to live our lives as an adventure as well as being adventurous in how we are living every day.

I can respect the 92-year-old woman who said to me, "I don't need much more in my life. I live alone and I have tons of experiences. I now volunteer at a children's center." I hear these statements and I know Ernest Hemingway said, "We often hesitate when we age." For myself, I honor my confidence in knowing that we all have the power to use our lives

fully - at any age.

## NEW JOURNAL EDITORS



Please join us in congratulating and welcoming Thomas Treadwell and Scott Giacomucci on their new position as the new Chief Editors of the ASGPP Journal.

The Task Force members Nina Garcia and Elaine Camerota, previous chief editors; Martica Bacalao, current executive editor and Karen Carnabucci, current consulting editor of the ASGPP Journal, were appointed to select the future Chief Editors of the ASGPP Journal and have recommended the position be offered to Tom and Scott as co-editors-in-chief.

The Executive Council voted and accepted the recommendation unanimously. Thomas Treadwell and Scott Giacomucci will serve for a term of 3 years with an opportunity to run for a second term.

## ELECTION RESULTS

The 2020-2021 ASGPP Nomination Committee wishes to thank all who participated in this election endeavor whether that be by submitting nominations, being willing to run for office, and/or by voting in this election. We were fortunate to have more qualified nominees than positions to fill and the ASGPP Membership has spoken!!

Our elected colleagues are as follows:

• **The Leadership Committee:**

President: Daniela Simmons, PhD, TEP

Vice President: Deborah Shaddy, MS, LMHP. LCPS, TEP

• **Executive Council Members:**

Scott Giacomucci, DSW, LCSW, BCD, FAAETS, CP/PAT

Pamela Goffman, LCSW, TEP, CIRT

Bill Wysong, MA, LPC, EMDR II, TEP

Mark Wentworth - International Executive Council Member

• **Ethics & Standards Committee:**

Regina Sewell, PhD, Med, LMHC, PCC, CP

• **Nominations Committee:**

Aida Hernandez, MA, PLC, NCC

Respectfully submitted,

The Nominations Committee – Co-Chairs - Tzivia Stein-Barrett & Darlene Vanchura, with Colleen Baratka, Deborah Karner

## CONFERENCES AND NETWORKING OPPORTUNITIES



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

**April 5 - 30** — “Virtual Conference Experience” American Counseling Association

Contact: [www.counseling.org/conference/conference2021](http://www.counseling.org/conference/conference2021)

**April 7 - 11** — “100 Years of Psychodrama, Sociometry and Group Psychotherapy: Honoring the Past and Visioning for the Future” American Society of Group Psychotherapy and Psychodrama (ASGPP) 2021 ASGPP Online Conference

Contact: [www.asgpp.org](http://www.asgpp.org)

**April 7 - 11** — “Remote but Connected: Navigating the Storms of Our Lives through Poetry and Writing” AGPA Connect 2021. National Association for Poetry Therapy (NAPT) 40th Annual Conference Presented Virtually

Contact: <https://poetrytherapy.org/>

**May 16 - 20** — “The Healing Power of Psychodrama” 15th FEPTO Conference. Hotel Metropol, Ohrid, North Macedonia. Contact: [www.fepto.com/fepto-conference/invitation-for-the-next-fepto-conference](http://www.fepto.com/fepto-conference/invitation-for-the-next-fepto-conference)

**June 16 - 20** — VII International Sociodrama Conference organized by Sociedade Portuguesa de Psicodrama (SPP). Peniche, Portugal.

Contact: <https://7thsociodramaconference.weebly.com/>

**July 23 - 27** — “Groups For the World: Inspiration, Strength and Transformation” 21st International IAGP Congress. Vancouver. Contact: [www.iagp2021.com](http://www.iagp2021.com)

**September 3 - 24** (excluding 17-19th September) “Psychodrama and Sociodrama: Roots and Shoots - From Moreno to the Future”. 2021 British Psychodrama Association (BPA) Online Festival of Psychodrama and Sociodrama.

Contact: [www.psychodrama.org.uk/index.php](http://www.psychodrama.org.uk/index.php)

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

for additional upcoming conferences.

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

## PSYCHODRAMA & Creative Arts Therapy Institute, NYC



### 25th Annual Residential Fall 2021

October 7 – October 12

Boughton Place

Home of the Original

JL Moreno Psychodrama Stage

### Saturday Workshops 2021

March 6; April 3; May 1; June 5;

July 25; August 7; September 18;

November 6; December 4

### Psychodrama / Directing Workshops

March 5, 6, 7

April 30 – May 2

July 23 – July 25

- Exam Prep Group for 2021  
March – October
- PAT Monthly Training & Supervision Group  
Begins April 2021
- Weekly Psychodrama Training Group
  - Trial Consultant

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

1133 Broadway Suite 1227 / New York, NY 10010

[lipmannyc1@aol.com](mailto:lipmannyc1@aol.com)

917-698-2663

CEUs available.

All events will be virtual until it is safe to gather  
in person according to CDC guidelines.



# IN MEMORIAM

## Kathie St. Clair

October 14, 1940 - October 8, 2020

Kathie was born in Rockford, Illinois and liked to say that she never adjusted to life in the South as she saw herself as a Yankee in a foreign land. She was nothing short of a freedom fighter. She was a woman of integrity and kindness. She led with her heart and her work as a social worker and psychodramatist are legendary. But more than anything, she took pride in her family and her love had no limits. She is survived by her beloved companion of 35 years, Alfred "Buddy" Nance; her daughters, Jennifer Harris and Jordana Anderson; her son-in-law, Robert Anderson and her stepdaughter, Heather Nance. She was preceded in death by her daughter, Julianne Harris.



She leaves behind her grandchildren who she helped raise and who she adored, Kelley Burnette, Jordan Watson, India Younger, Ashley Robinson, Zoe Harris, Daryl "DJ" Jones, Dakota Jones, Aja Nichols, Christopher Nichols, and Ferrah Williams; and her great-grandchildren, Kelsey, Antonio, Kennedy, Casey, Julian, Jeremiah, Joy, Jayla, and Jayda.

We are all heartbroken yet we know that her legacy will never die.

Carpe Diem!

*Published by Roanoke Times on Oct. 11, 2020.*

Here is a summary from the many condolences and comments about Kathie from friends, colleagues, students, and trainees. Her brilliance, sense of humor, kindness, and unique style all wrapped up in such a loving woman:

♥ Kathie was absolutely unique and she was my dearest friend. Our friendship began in the early 1970s when she called and invited me to a "Christmas Brawl."

♥ Kathie was my instructor at Radford. After graduating she helped me feel more comfortable doing groups. When I think of how much I loved doing them, I think of her and how she helped. She always had an amusing story and was quite a presence in a room. My thoughts to her family and friends on the loss of this one of a kind women!

♥ I met Kathy many tears ago when she taught classes for Radford University in Roanoke. She was genuinely joyful and funny. I also remember that she was an accomplished artist.

♥ Kathy, was my student supervisor at the VA hospital when I was in graduate school. I learned so much from her. She was a strong advocate for the patients and was so funny . I have so many fond memories of that time.

♥ Kathie was one of the best, if not the best, teachers and psychotherapists, with whom I have had the privilege of working. Her bright and strong spirit, her skill as a psychodramatist and her remarkable way of helping others heal have been gifts to so many others throughout her career. My sympathy to Buddy, Jennifer and Jordana and family. What an incredible woman!

♥ I met Kathie at Lewis Gale Psych Center-such a genuine, centered, funny, really good woman. Enjoyed her sense of humor (sometimes on the dark side) yet she always seemed to know what to say. She cared for and advocated for people, whether colleagues or clients. This universe lost an amazing person.

♥ I met Kathie through psychodrama training groups. Her wisdom and humor were unique gifts. She had an important impact on my life as I am sure she had on many. My deepest condolences to Buddy, her family and her friends.

♥ I met Kathie at my first and only trip to "The Ranch" (where she was part of a team that trained Criminal defense attorneys). I knew she was special from the moment I met her. She had the ability to see me, and not just what I wanted people to see. She was a great psychodramatist, and an even greater person. May she rest in peace and love and may her family be comforted during this time of loss. Kathie was the best Psychodrama teacher I ever had.

## FROM THE BACK ROOM. With Paula De Franco, MBA, PhD, ASGPP Administrator



January has been a flurry of activity as we continue to prepare to take our Annual 2021 ASGPP Conference online. The 79th ASGPP Conference will be from April 7 to April 11 (with an extra day on Sunday). We have many social events scheduled throughout the five days, including a Tribute Panel honoring the 100th birthday of Psychodrama and a Social Justice Panel dis-

cussion on anti-racist interventions currently deployed within our communities.

From the backroom, I wish the ASGPP community a fabulous February, and I invite you to look within...

*"You yourself, as much as anybody in the entire universe, deserve your love and affection" - Buddha*

In light and tele,  
Paula

## Call for Manuscripts 2021 Journal Issue

The Journal of Psychodrama, Sociometry, and Group Psychotherapy invites manuscript submissions for upcoming issues of the journal including original research papers, case studies, theoretical or practical articles, poetry or other art, and book reviews.

The scope of the journal includes content related to psychodrama, sociometry, group psychotherapy and its history, theory, philosophy, practice, supervision, and teaching. Practice areas encompass clinical and non-clinical realms including work with individuals, groups, communities, classrooms, professionals, organizations, and society.

The journal publication plays an important role in embedding psychodrama in academia, enhancing scholarly activity, introducing academics/students to psychodrama, increasing the literature/research base, and contributing to a legacy for the next generation.

We invite you to submit your manuscript or reach out to us for additional information – [journal@asgpp.org](mailto:journal@asgpp.org)  
Please view our guidelines for authors, <https://meridian.allenpress.com/jpsgpp/pages/for-authors>

**Deadline April 30th**



Jaye Moyer, LCSW, TEP



Jacquie Siroka, LCSW, TEP

*Inter-weaving mindful awareness practice, group process and experiential investigation.*

*March 14th, April 11th, May 16th and June 13th.*

*Meet us on-line via Zoom, Sunday afternoons from 1:30 to 3:30 PM, ET.*

*To find out more, visit us at [www.IntegralTherapy.net](http://www.IntegralTherapy.net) or [www.JayeMoyer.com](http://www.JayeMoyer.com)*

*(CP PAT and CE credits will be available for fee.)*

*These "Time In" afternoons are offered in the heart-felt tradition of "Dana".*

*We gladly receive what is freely offered.*

## Transpersonal Psychotherapy

(Continued from Page 7)

This approach has proven to be particularly beneficial for two groups of clients. The first are those who for years remain locked in a "vicious circle" of their cognitive-emotional processes and face a serious challenge to reach a point of inner calm and harmony. The second group of clients is those who, through their spiritual practices, dissociate and neglect other aspects of life. For these clients, spiritual bypass is the main defense mechanism. Bringing such clients back to the importance of realizing all 4 levels of existence helps to integrate their experiences.

### What about the TP therapist?

According to P. F. Kellermann, the psychodrama therapist has four main roles: healer, analyst, director and group leader. In TP we are adding the role of transpersonal facilitator who helps clients gain insight into the ways their core beliefs and values are reflected in their behavior. In that process the transpersonal facilitator must remain open and nonjudgmental, recognizing that there are multiple paths toward fulfilling spiritual needs. It is not the role of the facilitator to prescribe any particular pathway but to help each client in identifying specific spiritual inclinations and needs and choosing the one that is most adequate for that person.

In the process of Transpersonal Psychodrama, both therapist and client are growing and changing, through Encounters, Empathy and Love. I consider each of my clients as my personal teacher and spiritual guide. In the last 10 years, I have changed a lot, and learnt a lot. At the beginning, I used to be fascinated by complicated philosophical or mystical theories and practices. As I am getting older and more experienced, I have found the deepest spirituality in the simplicity of nature, human connections and inner silence.

"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed." C.G. Jung)

## HUDSON VALLEY PSYCHODRAMA INSTITUTE

Boughton Place, Home of the Original Moreno Psychodrama Stage

### HVPI On Line!

**March 5: Healing Eating Disorders with Experiential Methods**

Linda Ciotola and Cathy Nugent

**March 14: The Social Atom in Substance Abuse Treatment**

Jenny Salimbene and Regina Sewell

**April 18: Art Therapy in Action**

Ning-Shing Kung

**May 2: Integrating Art Therapy with Psychodrama**

Ning-Shing Kung

### In-Person Summer Programs

**August 12-16: Directing Intensive**

with Rebecca Walters

**August 19-23: Summer Psychodrama Intensive**

with Jenny Salimbene, Deb Shaddy & Judy Swallow

Boughton Place, Home of the Original Moreno Psychodrama Stage, Highland, NY

HVPI • 845-255-7502 • hvpi@hvpi.net • [www.hvpi.net](http://www.hvpi.net)

## TECHNO-TELE IN 2021

### User Friendly Online Skills

Feeling left behind by the virtual zoom craze? Want to transition your practice online and don't know where to start?

Whether it's Zoom instruction, co-facilitation, workshop planning, introduction to PowerPoint, business coaching or creating a web presence, I can assist!

Contact:

**Dr. Paula De Franco, MBA**

(305) 766-2622

[recalibrate2021@gmail.com](mailto:recalibrate2021@gmail.com)

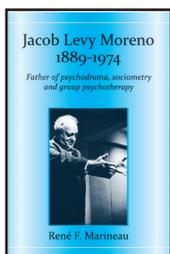
[www.actionmethods.org](http://www.actionmethods.org)

## Jacob Levy Moreno 1889-1974

By René Marineau

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

To order your book,  
click [HERE](#)



## Psychodrama in Finland

(Continued from Page 14)

with Jungian psychology.

Riitta was active in the 1990's in establishing the Nordic Board of Examiners of Psychodrama, Sociometry and Group Psychotherapy (NBE; today NBBE), together with Leif Dag Blomqvist (Sweden) and Eva Røine (Norway). Riitta and Pirkko are co-founders of FEPTO. Also, the Association of Finnish Trainers in Moreno Psychodrama (MOPSI) became a member of FEPTO.

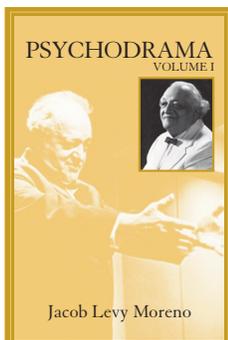
Psychodrama training expanded in the 1980's and 1990's. At the most there were 5 psychodrama institutes offering trainings around the country. In 1996 Sirkku co-founded Helsinki Psychodrama Institute in connection to Ihmissuhdetyö ry – Association of Human Relations, and she also co-founded Tallinn Psychodrama Institute in Estonia, thus strongly influencing psychodrama in Estonia. Sirkku graduated as a TEP in 1995. After Sirkku, several others graduated as TEP's. One of them, Päivi Rahmel, is today the head of Tarinainstituutti, the first playback training institute in the Nordic countries.

Finns are actively participating in international events as well as organizing and hosting them. This has included the FEPTO conferences and Annual meetings in 2004 and 2018 (together with Estonia), the 2nd Sociodrama Conference in 2009 (together with Sweden) and the 2nd Playback Conference in 1993. International trainers have lead seminars in Finland focusing on various orientations. Among them are: Zerka Moreno, Merlyn Pitzele, David Swink, Peter Pitzele, Jonathan Fox and René Marineau (North America), Anthony Williams, Warren Parry, Max Clayton and Deborah Pearson (Australia, New Zealand), Mario Buchbinder and José Fonseca (South America), Marcia Karp, Ken Sprague, Anne Schützenberger, Ella Mae Shearon, Inara Erdmanis, Leif Dag Blomqvist, Peter Kellerman and Eva Røine (Europa).

**NOW AVAILABLE**

## PSYCHODRAMA VOLUME I

By Jacob Levy Moreno



PSYCHODRAMA Volume I  
is available for purchase  
through Amazon.

To order your book,  
click [HERE](#)



## The Magic of Growth and Change

co-directed with special guest  
Guy Taylor

9:30 AM-12:30 PM CDT

**Saturdays: March 27, April 24, May 29,  
June 26, July 24, August 28, September 25,  
October 23, November 20, and December 18**

PLUS FUNDRAISING EVENTS FOR ASGPP:

**March 13, April 10, May 1, June 12, July 10,  
August 14, September 11, October 9,  
November 6, and December 4**

The cost is \$95 per three hour session, with a sliding scale (\$25-\$95) with some partial scholarships based on need, if we have enough people and if you register in advance. Registration will close on the TUESDAY at NOON before each workshop, or when we have ten participants.

If you would like to participate, please let us know by voicemail, phone (312) 671-3110 or email [sjschicago@juno.com](mailto:sjschicago@juno.com).

Questions? Please text 312-671-3110

We look forward to your joining us!

Thank you,  
Shelley and Guy  
Shelley (Korshak) Firestone, M.D.  
30 N. Michigan Avenue Suite 700  
Chicago, Illinois 60602  
[sjschicago@juno.com](mailto:sjschicago@juno.com) / CP: 312 671-3110

[www.Psychodramachicago.com](http://www.Psychodramachicago.com)

## From the Editor

(Continued from Page 2)

Togetherness and Loneliness. Jung's principle of opposites states that every wish immediately suggests its opposite – with Togetherness we think of Aloneness/Loneliness. According to Jung, it is learning to hold the tension of the opposites, that makes us stretch and grow. There is more space for seemingly opposite ideas, feelings, and behaviors. After you learn a little about Dr. Murthy, I am sure you will feel his hope and optimism and like he is 'part of our tribe.'

"Right now we have millions of people in our country who are suffering in isolation, thinking that they are the only ones who are dealing with drug addiction (or any other condition), who don't realize that on their own block there are other people and families. They think they are alone and they think they're going to be judged and they don't want to talk about it. **But when people do come forward and share their stories it's incredibly liberating, and it gives other people permission to tell their stories too.**"

One of the key ideas in his book talks about the three circles of connection: Inner circle of close friends and confidantes; middle circle of occasional companions; and outer circle of colleagues and acquaintances. We recognize this as three layers of our social atom. Parallel to these three circles of connection, are three distinct types of loneliness: (*intimate*) longing for a close confidante or intimate partner; (*relational*) longing for quality friendships and social support; and (*collective*) loneliness where you hunger for a community of people who share interests and a sense of purpose with you. Over this year, I have heard the voices of all three kinds of loneliness and more! Lonely for celebrations, rituals of holidays, a more normal relationship to time, easier choices, a once simpler life.

One of the biggest challenges during this pandemic as been how to stay connected - we have realized that it is as important as food and water. The human creativity that has emerged in real life, online, and the arts is impressive and inspiring. And despite this, its opposite – loneliness is at an all time high. Loneliness is not an easy or popular topic – the shame and fear of talking about or being lonely, creates a self-perpetuating destructive cycle. This is evidenced in the increased suicides, higher rate of addiction, and illnesses across the board.

### Our Relationships

We know from all the research and practice in Positive Psychology that relationships are primary and one of the strongest predictors of happiness and a life of Whole Being. The now famous words of Dr. Chris Peterson say it all – "other people matter." Similarly, our Psychodrama literature and practice states having a wide role repertoire, and enough people in our social atom, ignites spontaneity and creativity for a full life. As sociometrists and psychodramatists we know how to connect people and teach sociometric consciousness. We also know that the most beneficial of relationships are those that are mutually and reciprocally chosen. It is there in that place of positive tele, where we mirror each others values, creating a positive feedback loop – teaching us to love ourselves as we love our friends.

### Addressing Loneliness and Togetherness

During this last year, an ever growing number of people in all fields – science, education, the arts, communications, medicine -have creatively and generously given much attention to helping us build

resources and stay connected through the media and many online platforms. Within our own community the ASGPP has led ongoing support groups, Friday night social gatherings, Social Justice initiatives, and Pro bono workshops to keep our community growing and together. We will soon be hosting our first online Annual Conference. The members of our Society have "seen and been" with each other more this year than any other. This has built deep bonds as people have held hands, cried, and laughed together over the last year – online together.

### Action Explorations

So, how do we want to show up in the midst of this? We distinguish ourselves as experiential actioneers. In the last six years I have been exploring the applied science of Positive Psychology in combination with Psychodrama and Sociometry. I am continually delighted at how they fit – hand in glove. Here are some ideas Dr. Murthy has inspired in me from his book, Together.

1. Truly listened without distractions or multi-tasking. Think of and visualize the person you are speaking to.
2. Social Revival: Re-center your life more on people than tasks.
3. Social atom: Do a social atom from before COVID-19 and now. Look at what has changed and how it is impacting you.
4. Role Repertoire: Do a role diagram, a list of all your roles before COVID-19 and now. What roles are gone or changed; where and with whom do you execute these roles.
5. Draw the three circles of connection and put the people from your social atom in the appropriate circle. Do this with both social atoms – Pre-Covid-19 and now.
6. Identify your loneliness in any of the three circles. It may be from the intimate, relational, or collective circle. What can you do to change this?

When we are on the other side of COVID-19, we will know we got through this Together... moment to moment, day by day, with lonely moments but mostly friend by friend.

"A friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing, and face with us the reality of our powerlessness, that is a friend who cares.

Nouwen, Out of Solitude

## Sociatry & Social Justice

(Continued from Page 16)

work. We will organize panels of people to share their work in a 90 minute format. We will also list websites and links to events and articles on the ASGPP website.

### WHAT IS HAPPENING SOON

The first Sociatry and Social Justice Panel will take place at the ASGPP Online Conference (April 7-11, 2021). Nina Garcia, Ed Schreiber and Paula De Franco will speak about their work using sociodrama, sociatry and other methods for social justice and then respond to members questions.

A beginning series of Sociatry and Social Justice Workshops will be announced hopefully before the conference.

Stay Tuned!

## From the President

(Continued from Page 1)

We live in the historical moment, of being ASGPP members, together celebrating the 100th Birthday of the method, and keeping the legacy of Dr. Moreno alive and well. We also live in some of the most challenging times in our lives and in the development of ASGPP. Through spontaneity, creativity and the collective effort, we succeeded in being together during the past year, perhaps connecting with each other more than ever, even though communicating in a new and, perhaps, a previously unknown ways. With the same spontaneous effort, we will experience the historical 100th Annual Conference of ASGPP happening online for the very first time. We will be connecting from the safety of our homes, and even in this unusual way, we will be together!

Can we imagine what is in front of us and how will psychodrama, sociometry and group psychotherapy develop from now on? Will we be able to apply the Morenian methods in our own lives, in our own communities, in our societies, ultimately in the World? Will we be able to utilize the powerful science of Sociometry in our own relationships within our own organization? Can we connect the wisdom from the past with the knowledge of the present – finding it within ourselves and within our community? Can we deal with the collective trauma from the past and stop unhealthy patterns from continuing into the future? Will we hear the needs and the hopes of those coming after us, for the development of the method and for healthy relationships and societies? I truly hope that we can find the answers within ourselves.

As always, I want to thank my colleagues from the Executive Council for their leadership, consistent, diligent work and dedication: Rhona Case (Secretary), Janell Adair (Treasurer) and members (alphabetically): Aida Hernandez; Carol Feldman Bass; John Skandalis; Mark Wentworth; Ron Collier; Scott Giacomucci and Uneeda O. Brewer. Thank you to our Office Administrator, Paula De Franco, and our graphic designer, Patty Phelps, for their professional and kind approach in handling the ASGPP business in a timely manner. Thank you to Nancy Kirsner and Patty Phelps, the editors of the Psychodrama Network News (PNN). Thank you to the editorial team of the ASGPP Journal and, until recently, the past Chief Editors, Nina Garcia and Elaine Camerota. Congratulations and welcome to the new Chief Editors, Thomas Treadwell and Scott Giacomucci! Thank you to all ASGPP Committee chairs and members! Thank you to all who have volunteered, facilitating support groups and social events facilitators! Thank you to all colleagues who have donated their time and energy by offering pro-bono workshops to benefit ASGPP; thank you to all who have attended as well as those who donate and sponsor the ASGPP!

Being together is the way for all of us to support each other and to support ASGPP - the organization that Dr. Moreno created and gave to us as a precious gift to keep.

Wishing you a wonderful time ahead and let us stay connected!

Sincerely,  
Daniela Simmons, PhD, TEP  
President of ASGPP

## Trainers Corner: Sylvia Israel

(Continued from Page 12)

### As a Trainer

Sylvia encourages students to learn from their trainers but ultimately, to find their own style. She values the somatic training she has received and teaches students to bring body awareness into their work. She stresses the importance of experiencing roles in the body and takes the time to support the role player. Sylvia enjoys creating simple exercises so students can have experiential practice in small groups. Her training blends verbal therapy, psychodrama, drama therapy, movement, song, meditation, sandplay, and other expressive arts therapies into a colorful unique style. Sylvia also weaves Playback Theatre (which she has been involved with for 20 years) into warm ups, exercises, and training. She continues to believe that psychodrama is “amazing” – so simple and yet profound, beautiful, non-pathologizing, and effective and loves introducing it to others.

I asked Sylvia about a time recently when she felt she was at her best. Sylvia is proud that she has learned to work online. In February 2020, she joined a *How to Direct Psychodrama Online* class with Turkish psychodramatist Ozge Kantas, organized by Marianne Shapiro. The group continues as peer support/consultation. Recently, she taught a 37.5-hour *Introduction to Psychodrama* class online to engaged and excited Kansas State University students. Sylvia loves integrating music and dance structures into her training, particularly online. Her strengths include a love of learning, perseverance, and creativity. A few months into the pandemic, Sylvia vacated her sacred-magical office space of 25 years – the home of *IMAGINE!* Center for Creativity and Healing. For now, she is using her spontaneity and creativity to re-imagine herself as an online trainer and has created an office space in her home. She also regards the increased connection and collaboration with colleagues as gifts of this challenging time. Her vision for her future work is to offer residential workshops and trainings at a beautiful rural retreat center near her home.

When you are with Sylvia you feel her loving kindness, compassion, and mindful attention as a natural outgrowth of her desire to live by Buddhist principles. Sylvia's biggest dream is to use her psychodrama skills to help create a better world, to contribute towards the peace and healing of our planet. I am sure we can all join her in this dream.



ASGPP Videos

## ASGPP YOUTUBE CHANNEL

Visit our new YouTube channel to see the testimonials of our beloved colleagues.

<https://www.youtube.com/channel/UCmrZ8Bxu196GbpG9yZKbzHw>

Thank you to Krum Krumov, Website Committee member, for creating the channel.



ASGPP Executive Council

## The Peoples' Scenes

(Continued from Page 6)

for two hours on Sundays. These encounters left us many valuable messages and lessons, and many creative ways in which people from all over tried to spread hope and love across the globe.

Gratefulness, honor, and deeply-touched hearts bloomed as the love bond among the worldwide coordinators broke boundaries. Hence, we were not only left with the excitement of those experiences but also with the planning of more encounters, while noticing the need of the participants to continue having available spaces to explore the many aspects of this situation.

### REFERENCES

Moreno, J.L. (2019). *Psychodrama (Vol. 1, 6th ed.)* Princeton, NJ: Psychodrama press.(Original work published in 1947)

Moreno, J.L. (1978). *Who shall survive?*, Beacon, NY: Beacon House. (Original work published in 1934)

## ASGPP Education Committee Project: Members' Special Interest Groups

### Purpose:

1. Encouraging new sociometric connections within the organization;
2. New opportunities for connecting on the basis of similar interest for educational and professional support;
3. Offering an additional ASGPP Membership benefit.

The Education Committee will connect people who share similar interests.

The groups are encouraged to work independently via an online platform of choice or phone, e-mail, etc.

Each group meets on their own terms and time and communicates with the Education Committee as needed.

Note: The groups are for ASGPP members, both domestic and international.

There are over 20 areas of special interest listed to choose from. To sign up, go to <https://forms.gle/hsKyZtGij7zXD9PcA>

## Unsung Heroine: Judy Swallow

(Continued from Page 13)

over it and redo things. Playback is like a watercolor – it's a onetime experience in the moment."

Did you know that Judy is also one of eight Master Synergists in the country, being trained in the Rubenfeld Method by Ilana Rubenfeld? This rich mind-body synergy integrates Alexander, Feldenkrais, Gestalt, Eriksonian hypnotherapy which Judy blends into her extensive training toolkit.

### Hudson Valley Psychodrama Institute (HPVI) and Judy's Training Style

Judy met Rebecca Walters in 1985 and this began a 35-year successful collaboration. In 1989 the Hudson Valley Psychodrama Institute (HVPI) was born. Rebecca's training in psychodrama began at Lesley College when she was getting her Master's degree in Creative Arts Therapy. Beyond her training in psychodrama, Rebecca also brought organizational and marketing creativity to the partnership. Judy contributed an eclectic background and a different intuitive directing style to the mix. Judy's training history integrates bodywork and awareness, Playback Theatre, Rubenfeld Synergy, the creative arts, and psychodrama. As a trainer, Judy advocates exposure to different sources and trainers. She is guided by the magic, intuition, and passion of her work yet today. Judy is an ASGPP Fellow and was awarded the Zerka T. Moreno Award. She is a long time active member of our Community.

Her message to all, trainees and practitioners is "Find the passion in your work!"

## AMAZON SMILE - A WAY TO GIVE



When you use [www.smile.amazon.com](http://www.smile.amazon.com) to shop on Amazon, you can give to the ASGPP. No matter what you are shopping for, a portion of your purchase will be donated.

**No extra purchase required!**

Here's what to do:

1. Go to [www.smile.amazon.com](http://www.smile.amazon.com) and either log into the account you already have with Amazon or create an account.
2. Then, follow the instructions to select "ASGPP Inc" as your charity.
3. Every time you shop, go to [smile.amazon.com](http://smile.amazon.com). Portions of your purchases will help support the ASGPP.

The more people shop through smile, the more money the ASGPP will receive.

## Regina and Me

(Continued from Page 11)

more about the city of Beacon and its surrounding landmarks and nearby places, including the rustic lodge where she and her mother visited after her parents' divorce.

Along the way, I realized that my life and Gina's life shared several parallels, including an intelligent and visionary mother who suffered mental illness and a warm and loving father consumed by his work (in my case, my father was a barber and small businessman, not an internationally known psychiatrist!). Both of us grew up as only children and found solace in imagination, creativity and cats. No wonder we seemed to have such great tele!

I'm proud that Gina's memoir adds to the psychodrama literature and understanding about Moreno's private life. It's an important contribution to the psychodrama community, especially those who want to understand the private Dr. Moreno and begin to value the contributions of Florence, who later remarried and became Florence Bridge Moreno Gunsher.

I like to think that the memoir is also a precious gift to Gina's family. That includes her daughter Miriam Zachariah, a recently retired school principal and certified psychodrama trainer interested in conflict resolution who lives in Canada, and her son Benjamin Zachariah, a musician with an interest in languages who lives in California. And that goes for Miriam and Ben's children too – they are all part of the family who carry the ancestral legacy of psychodrama that we love so much.

## 2021 Online Conference

(Continued from Page 1)

er who will speak on "The Power of Connection and Identification". Beck, currently president of the International Association of Group Psychotherapy, will address "The Importance of Cohesion in Group."

There will be the usual *full day of pre-conference workshops, four days of 3-hr and 90-minute workshops, the Awards Ceremony, an opportunity to meet with the American Board of Examiners, and of course, the party.*

The conference schedule is generous with ample time for breaks. Worried about missing out on social connections? There will be opportunities to choose groups with whom to have lunch if you wish. Want to set up a group to connect with? – perhaps increasing your regional connections, or with other young professionals? Or other folks interested in a special topic? Notify the ASGPP office, and a room (with a zoom link) will be set up for you.

Detailed information and registration COMING SOON! The ASGPP website is undergoing updating and expansion to accommodate the complexity of on-line registrations for the conference. Please be patient and notify Paula De Franco ([paula@asgpp.org](mailto:paula@asgpp.org)) of any difficulties you experience.

We look forward to seeing you at the conference

## Regina Moreno's Memoir

(Continued from Page 10)

Social Network," and her cousin Joseph Moreno, a retired music professor who has long combined psychodrama with music, is the author of "Acting Your Inner Music: Music Therapy and Psychodrama."

Karen Carnabucci, an author and psychodrama trainer in Lancaster, PA, assisted with coaching the book's development and editing for the nearly two-year project.



Zoli Figusch, a psychodramatist in the United Kingdom who has been part of the republishing project for many of Moreno's original works through the collaboration of members of the North West Psychodrama Association, took responsibility for the publishing process.

Endorsements have come from Dale Richard Buchanan, Tian Dayton, Marcia Karp, Jonathan Moreno, Edward Schreiber and Rebecca Walters.

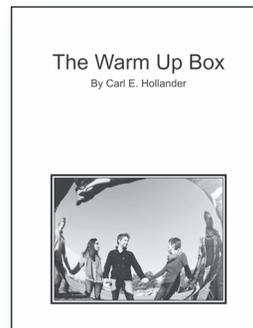
The book is published by the print-on-demand company Lulu at [www.lulu.com](http://www.lulu.com) and is available for purchase at several online outlets, including Lulu, Amazon, Barnes and Noble and Apple Books, among others.

A Facebook page at [www.facebook.com/regi-namorenomemoir](https://www.facebook.com/regi-namorenomemoir) keeps readers updated with information about the book and posts vintage pictures, excerpts and news.

## The Warm Up Box

By Carl E. Hollander

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



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

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

To order, go to:

[www.asgpp.org/pub/pubindex.html](http://www.asgpp.org/pub/pubindex.html)

## History Keeper: Dena Baumgartner

(Continued from Page 5)

Conference. Dena was elected to the American Board of Examiners (ABE) for 9 years and attests to how hard ABE members work. She also held roles as Chair of the Awards Committee and was master of ceremony for ASGPP annual conferences. She was awarded the ASGPP Lifetime Achievement award in 2014.

### International Trainers Weeks

Through ASGPP contacts and life long-friends, Elaine Sachnoff, Shirley Barclay and Rosalie Minkin, Dena got invited to attend the international trainers week that was run by Dagas Bloomquist and Zerka Moreno. Over time Dena met many international trainers. Here's a juicy Dena story from that time. Zerka was close to Dagas Bloomquist, a brilliant psychodramatist from Sweden. Dena was directing Dagas in a drama in which Zerka had a role as a significant other. Zerka kept coming out of character, and Dena spontaneously said to her, "If you don't stay in role, I'm going to have to take you out." Afterwards she was scared and a bit horrified at what she had said, until Zerka spoke, "You did the right thing – always protect your protagonist." Dagas brought Dena to Europe for the first time and through Lars Tauvon, Inara Erdmanis and others she has been able to present and train in over 25 countries around the world.

### IAGP – International Assoc of Group Psychotherapy

Another part of Dena's professional life has been with IAGP. David Kipper told her, after just becoming a TEP, "You need to go to the IAGP Conference in Mexico". While she didn't go then, she did present at their conference in Argentina in 1994. She was unknown to them and wondered who would show up. Her partner David always had her back, telling people she was the best Psychodramatist in America (we laughed). From the beginning she loved the different cultural aspects of the international conferences as well as all the people she met. After being an IAGP member for a while, David Kipper and Zerka encouraged her to run for the board. Dena was elected and served on the international board for nine years. These years brought Dena a major understanding of our world and she developed friendships that have lasted a lifetime. She co-chaired (with dear friend Cristina

Martinez-Taboada Kurtz) the IAGP Membership Committee for six years; and then served as the international Chair of psychodrama for three more years. For Dena the IAGP is her International family, that held her tenderly through the losses of her partner, mother and other significant life transitions, as well as her ASGPP family.

### As a Trainer

Dena became a CP in 1985 and a TEP in 1990. Well trained by the St.E's "classical model," as a trainer Dena integrates readings, lectures, and group process. She is noted for her spontaneity and creativity. As an undergraduate history and communications major, Dena is keen on teaching history and weaving it throughout training. She has had a full clinical practice over 30 years, done two groups a week, led 10 month training groups as well as residential trainings since 1990. She taught a graduate psychodrama class at Chapman University where students had to write papers and design an action game or TV show. Dena has always loved to video and has captured much of her class action exams on film. She also has a large collection of wonderful videos since the beginning of being introduced to psychodrama. Her videos include Dagas and Zerka trainings. Currently she is curating this video collection. I can't wait to see some of these. Dena finished a 2 year Spiritual Directors course and was certified as a spiritual director in 2019. She is looking at the S elements that are such a major part of psychodrama.

Dena is a living history of "love in action," in how she talks and engages in all her relationships. She is classically trained, reads energy, and embodies Shamanistic qualities in a wise and joyful way. Dena lives in flow, expressing the energy of her soul – you can feel it in how she speaks with you – and if you are with her – you feel how she is present with you. Dena loves her life and is still energized through her love of Psychodrama. Her message to us is "Find what you love and do it and say YES to life."

Dena Baumgartner, PhD, TEP, LMFT, CGP, LPC  
Former Chair, Psychodrama Section - IAGP  
dena@denabaumgartner.com  
[www.denabaumgartner.com](http://www.denabaumgartner.com)

## CALL FOR PNN WRITERS! THE POWER OF YOUR WORD.

As Adam Blatner is always telling us — It's important to write about what you are doing — people want and need to know about you and your work. The PNN staff welcomes your submissions and is very user friendly as to helping you write, edit, pull ideas together and then share them with your community.

Areas we want to know about:

- Trainer's Corner and tips
  - Student/Trainee viewpoints/learnings/the Training experience
- The PNN Guidelines are on page 33.



- International members – what you're doing
- Research in planning or in process
- A History Keeper or training story
- Any other creative ideas you want to write about are WELCOMED.

As your editor, I welcome any collaborations and I am here to help you. I love to write and edit.

*Nancy Kirsner*

# PNN Submission and Policy Guidelines

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

In the last two years with generous help from our writers in the in the United States and internationally we have a robust diverse colorful news-letter. We know that many of you write professionally and well. In an ideal world, you would like to see any changes to your submitted copy. We are not able to do this. Please understand these policies before you make your submission to us.

**EDITED ARTICLES ARE NOT RETURNED TO AUTHORS FOR THEIR REVIEW.**

**THE EDITORIAL STAFF HAS THE FINAL SAY IN WHAT GETS PRINTED IN THE PNN.**

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

The PNN Editorial Staff (PNN Editor, Designer, ASGPP President and other contributing editors or designees) reserves the right to accept or reject any article submitted and to edit submitted articles in any way deemed appropriate and necessary. **EDITED ARTICLES ARE NOT RETURNED TO AUTHORS FOR THEIR REVIEW.** However, the Editorial Staff may request additional information from authors when they deem it necessary.

**THE EDITORIAL STAFF HAS THE FINAL SAY IN WHAT GETS PRINTED INTO THE PNN.**

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

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

The PNN would be delighted to highlight any psychodramatist who is an ASGPP member who has received an award from

any organization, university or not-for-profit organization. ASGPP Members who have presented workshops at conferences, as part of community outreach, or not-for-profit organizations, or published articles in professional journals are also accepted submissions.

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

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

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

**WORD COUNTS:**

ARTICLES – 800

COLUMNS – Presidents, Editors, Trainers Corner, Unsung Hero/Heroine, International, etc. – 600

MEMBERS IN ACTION – 75

REGIONAL NEWS, EC/COMMITTEE REPORTS – 100

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

Respectfully submitted,  
PNN Editorial Staff

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

**Copy and Publication Deadlines:**

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Fall: September 20 for publication Nov 1