

Psychodrama Network News

Winter 2021

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PNN Editor: Nancy Kirsner
Design Editor: Patty Phelps

Contributing Editors and Writers:
Diane Adderley Karen Carnabucci
Paula De Franco Bojana Glusac Draslar
Erica Michaels Hollander Violeta Kadieva
Deborah Karner Reijo Kauppila
Nancy Kirsner Joshua Lee
Rosalie Minkin Marjut Partanen-Hertel
Daniela Simmons Tzivia Stein-Barrett
Nora Vergara Mark Wentworth
Andrea Wilches

ASGPP President: Daniela Simmons

Advertising information:
ASGPP
PO Box 1654, Merchantville, NJ 08109-9998
(609) 737-8500 asgpp@asgpp.org www.asgpp.org

Executive Director, American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy:
Dale Richard Buchanan, 1629 K Street NW, Suite 300, Washington, DC 20006, (202) 483-0514,
abepsychodrama@yahoo.com
www.psychodramacertification.org

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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

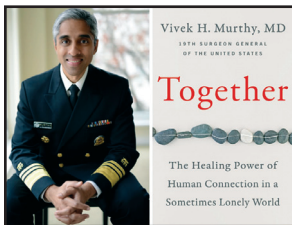
"During my years caring for patients, the most common condition I saw was not heart disease or diabetes; it was loneliness."

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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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!

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



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

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, email: 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.

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.

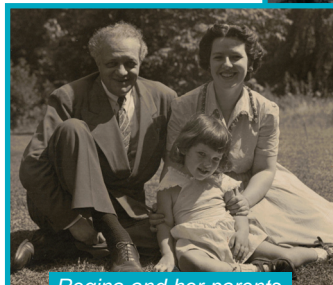
Jim Enneis, one of the first-generation psychodrama trainers who trained at the Moreno Institute, long maintained that Florence made significant contributions both in the integration of developmental issues in human development and in sociometric development. In the area of human development, Florence's 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.

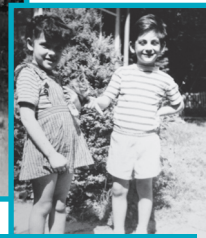
Regina's writing comes from many resources, including memories, her journals, letters, reviews of precious photos, home and commercial videos, yearbooks, articles and documents that she has saved through the years as well as conversations with others, both family and friends. She also re-read Rene Marineau's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

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/
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

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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)

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)



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



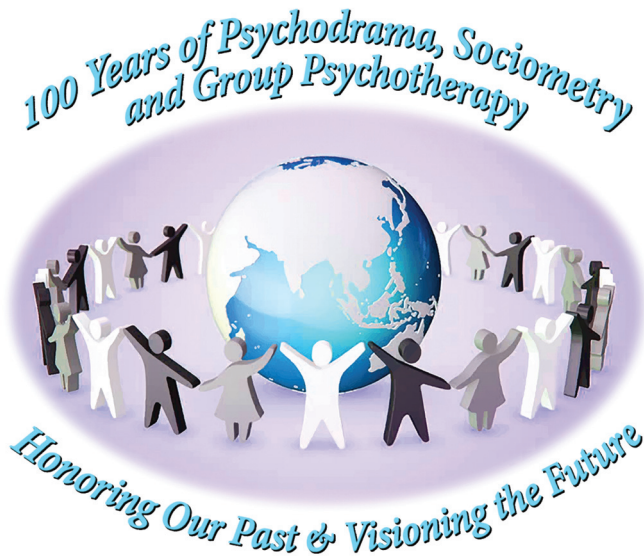
was with his friends, colleagues, students and brothers in the men's groups he conducted for many years.

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.

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.

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



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 woman!

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.

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?

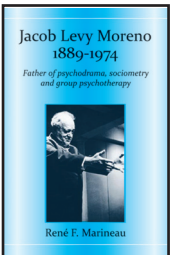
According to P. F. Kellermann, the psychodrama therapist has four main roles: healer, analyst, director and group leader. In TP we are adding the role of transpersonal facilitator who helps clients gain insight into the ways their core beliefs and values are reflected in their behavior. In that process 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)

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](#)

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Jenny Salimbene and Regina Sewell

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Ning-Shing Kung

May 2: Integrating Art Therapy with Psychodrama
Ning-Shing Kung

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with Rebecca Walters

August 19-23: Summer Psychodrama Intensive
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(305) 766-2622
recalibrate2021@gmail.com
www.actionmethods.org

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!



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.

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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!"

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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

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