



**WEDNESDAY, April 7, 2021**

10:00 am - 6:00 pm Pre-conference Institutes

7:00 pm

ASGPP WELCOME RECEPTION (bring dinner/drink/snacks)

## 10:00 am - 6:00 pm FULL DAY PRE-CONFERENCE SPECIAL INSTITUTES

### 1 SHAKING THE FAMILY TREE – WHO'S IN YOUR DNA?

**Karen Carnabucci, LCSW, TEP, Private Practice, Lancaster, PA**

As DNA tests become more available, people are learning about new relationships in their family systems. Adoptees are finding biological parents and siblings; others are discovering startling family secrets including illegitimate and abandoned children and long-lost relatives. These discoveries shake us and force us to reevaluate how we fit into our social atom. In this workshop, we use psychodrama, mindfulness and Family Constellations to explore how we can tend to and integrate these new realities.

#### Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify problems and distress that may surface with DNA results;
2. Demonstrate how psychodrama and Family Constellations principles can address personal and family distress.

### 2 INTEGRATING MORENO'S METHODS INTO SOCIAL WORK (AND OTHER FIELDS)

**Scott Giacomucci, DSW, LCSW, BCD, FAAETS, CP/PAT, Phoenix Center for Experiential Trauma Therapy; Mirmont Treatment Center; Bryn Mawr College**

If we are to spread psychodrama around the world or at least preserve its survival for the next generation, we must integrate it within other established professions such as social work, psychology, counseling, group therapy, and education. This workshop will highlight historical, theoretical, and practical similarities between psychodrama and social work practice/education. Furthermore, this workshop will present a process for integrating psychodrama into other fields and warm-up participants to doing so.

#### Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify one theoretical overlap between social work and Moreno's methods;
2. Describe at least one way of integrating Moreno's methods into another field.

### 3 GRACE, WISDOM & KINDNESS: A LEARNING COMMUNITY ON PSYCHODRAMA AND CLINICAL SUPERVISION

**Gatherine D. Nugent, LCPC, TEP, Laurel Psychodrama Training Institute; Johns Hopkins University**

Focus is the person of the supervisor, and becoming more conscious and intentional about how we are enacting the supervisor role. Dive deep into fundamental questions and cutting-edge knowledge about the role.

Through self-assessments, presentations/discussion, group exercises, and sociodramatic and psychodramatic vignettes, we explore how we take, play and create the supervisory role with grace, wisdom and kindness.

#### Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify four sub-roles of the supervisor role;
2. Describe strategies for matching supervisor approach with trainee's individualized needs and preferences.

### 4 DIALECTICAL BEHAVIORAL THERAPY IN ACTION: ENCOUNTER WITH THE WISE MIND

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

The Wise Mind is central in Dialectical Behavior Therapy as well as a useful concept for those not trained in DBT. Our clients who lack positive nurturing role models often are challenged to engage their own inner Wise Mind. Participants will learn to use deep interviewing and role reversal to help people find, develop the role of, connect with and successfully engage the Wise Mind to move forward as well as participate in a full psychodrama.

#### Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate the use of empty chairs to teach the concept of the Wise Mind, Emotional Mind and Rational Mind;
2. Demonstrate the use of deep interviewing to help protagonist develop their Wise Mind role.

### 5 MOTIVATIONAL INTERVIEWING MEETS PSYCHODRAMA

**Jennifer Sambilene, LCSW-R, CASAC, CDAC, TEP, Private Practice; Regina Sewell, LMHC, MEd, PhD, Russell Sage College, Dutchess Community College**

Psychodrama, Sociodrama and Sociometry are great adjuncts to motivational interviewing. They are particularly useful in cutting through rationalization, denial, justification and various other defenses that people use to avoid change. When you do things in action your body takes over and your mind gets out of the way. This workshop will show you how to use psychodrama to engage clients, help them identify and access resources, and work towards sustainable change.

#### Learning Objectives.

After attending this workshop, participants will be able to:

1. Define sociometry;
2. Describe how to incorporate two psychodramatic techniques into Motivational Interviewing.

*This is a 2021 Award Winner's Workshop*