



# IN MEMORIAM

## Joyce Hayden-Seman

Joyce Hayden-Seman, LCSW, PhD, CP, of Wanaque, New Jersey, passed away at the age of 79 on April, 5, 2020. She was born in Passiac and lived in Hawthorne, Montville and Oakland.

Dr. Joyce, as she liked to be called, was a psychotherapist and executive director of her private practice, Ridgewood Institute for Integral Psychotherapy in northern New Jersey.

She is perhaps best known in the psychodrama community for her book “Action Modality Couples Therapy: Using Psychodramatic Techniques in Helping Troubled Relationships,” published in 1998. She called her approach “Action Modality Psychotherapy,” or AMP, and expanded on the explanation of the modality in her book for couples and families. The



book was endorsed by Zerka T. Moreno, one of her psychodrama trainers, during her more than 15 years of study and practice.

This approach melded psychodramatic techniques with marriage and couples counseling and included clinical vignettes with role diagrams, assessment tools and self-supervision tools to build new treatment skills.

In her practice, she designed and implemented programs to promote personal understanding and growth and supervised continuing education certification in the fields of mental health and alcohol and drug abuse for psychotherapists and counselors.

Her obituary said that she “dedicated her life to service and care of others.”