



SUNDAY April 3, 2022

3:45 pm - 5:00 pm CLOSING CEREMONY

10:00 am - 1:00 pm MORNING WORKSHOPS

51 GETTING UNSTUCK FROM ADDICTIONS, EATING DISORDERS AND SELF DESTRUCTIVE PATTERNS

Regina Sewell, LMHC, PCC, CP/PAT, Hudson Valley Psychodrama Institute, SUNY New Paltz

Eating disorders, addictions, and other self-destructive behavior patterns are maladaptive strategies to navigate a sense of feeling stuck in roles that are unfulfilling, even burdensome, or roles that they adopted to survive challenging circumstances that have outlived their usefulness. They've lost access to their spontaneity. This workshop is an experiential workshop designed to help group leaders help their clients get unstuck, reclaim their spontaneity and embrace change.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate techniques that help clients explore beliefs and habits that keep them stuck in outdated roles and self-sabotaging patterns;
2. Demonstrate tools participants can use to help their clients expand new roles and retire old ones.

This is a 2022 Award Winner's Workshop

52 LIVING WHOLEHEARTEDLY: THE PSYCHODRAMATIC POWER OF CONNECTION, COURAGE AND COMPASSION

**Ronald C. Collier, LCSW, TEP;
Scottie Urmey, LCSW, TEP**

Brene' Brown writes about the the significance of wholehearted living. This workshop will explore the key elements of this concept which are connection, courage, and compassion. Participants will learn the value of utilizing these concepts in their psychodramatic work. A full psychodrama will be part of the experience of wholehearted living. She ties this concept to the qualities of connection, courage and compassion. Psychodrama utilizes these same principles to create action plans, and promote healing and positive change. Participants will discuss, observe, and practice significance of wholehearted living. This concept derives its power from connection, courage, and compassion. These same principles support psychodrama in its ability to promote positive change. Workshop participants will discuss, observe, and practice these qualities and how to utilize them to powers of wholehearted living. This concept relies on Connection, Courage, and Compassion powers of whole hearted living and interpersonal powers of living whole heartedly.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize the key concepts of "wholehearted living" and understand how they apply to psychodramatic work;
2. Apply the concepts of connection, courage, and compassion in psychodrama in a manner which assist in developing contracts, promotes action plans, and creates an experience which leads to positive change.

53 HOW CAN WE BUILD AN ANTI-RACIST WORLD: ONE COMMUNITY AT A TIME ▲ ■

**Sheila Dallas-Katzman, MA, ASGPP, iSCAN;
Valerie Monti Holland, MA, iSCAN, BPA, FEPTCO**

This workshop provides a space of experimentation where as a group, we explore real-life scenarios and our ingrained responses to them. We raise awareness by examining our behaviour regarding racism in a blame-free, creative environment. Augusto Boal, founder of the Theatre of the Oppressed, called it "rehearsing for life." We call it "rehearsing for anti-racism." We provide a place where it is entirely okay to be "not quite there yet." Let's explore together so we can improve together.

54 EXPLORING THE RICHNESS OF THE SOCIOGRAM

Nan Nally Seif, LCSW, TEP, Psychodrama Training Institute of The Sociometric Institute

This workshop will focus briefly on sociometry in general and specifically on written sociograms. Sociograms can be used with various groups, including the family of origin. The sociogram makes visible the positive, the negative and neutral choices in a group. Attention will be on developing meaningful criteria questions for the sociogram. A psychodrama will be done based on the information gained from a participant's sociogram. This workshop is primarily experiential.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify and define a sociogram;
2. Apply and develop appropriate criteria questions for use in a sociogram.

55 PSYCHODRAMA AS ADDICTION & TRAUMA TREATMENT: TOWARDS A SCHOLAR-PRACTITIONER APPROACH

Scott Giacomucci, DSW, LCSW, BCD, CGP, FAAETS, TEP, Phoenix Center for Experiential Trauma Therapy, Bryn Mawr College Graduate School of Social Work & Research

This workshop will offer clinical skills and insights for practitioners working with addiction and trauma while proposing simple methods for collecting outcomes research. As an experiential approach integrating mind, body, and spirit, psychodrama is uniquely situated to treat addiction and trauma. This workshop will include experiential teaching on neurobiology and spontaneity theory as they related to trauma and addiction treatment. Sociometry and psychodramatic processes will be employed to engage participants in learning and exploring the topic in action. As psychodrama's research base continues to grow, practitioners have an opportunity to play an important role in the movement towards evidence-base practice recognition.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain one connection between addiction and trauma;
2. Describe one reason why psychodrama is effective as trauma treatment.

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56 **BONDING COGNITIVE BEHAVIORAL THERAPY WITH PSYCHODRAMATIC THEORY AND TECHNIQUES: THE COGNITIVE PSYCHODRAMA GROUP THERAPY (CPGT) MODEL** ▲ ■

Tom Treadwell, CCPT, CGP, TEP

The Cognitive Psychodrama Group Therapy (CPGT) model, an action model, incorporating Psycho-dramatic and Cognitive Behavioral Techniques that promote dynamic group interaction(s). Focus is identifying and exploring negative automatic thoughts and irrational beliefs, placing them in action utilizing Psychodrama techniques and challenging negative thinking. Integrating Cognitive Behavioral Therapy (CBT) Techniques allied to Psychodrama help provide a balance between an exploration of emotionally laden situations and a more concrete, data-based, problem-solving process.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe how The Cognitive Psychodrama Group Therapy (CPGT) model can be used to create a safe and secure environment where individuals can share their dilemma(s) without restraint;
2. Complete & interpret the Automatic Thought Record (ATR). Recognize and implement the major psycho-dramatic techniques; role-playing, interview in role reversal, protagonist, auxiliary ego, doubling, concretizing and the empty chair techniques.

57 **YOU GOT THIS!**

Eve Brownstone, LCPC, CP

Intermodal expressive arts therapy including art therapy, action method techniques, dance/movement and group dynamics can help people discover where they have given away their power, develop greater self esteem and empower them to "get the keys back" to their own lives.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify ways in which clients give away their personal power (given their keys to their life away) and begin how to get their keys back;
2. Describe intermodal expressive arts therapy techniques and

58 **THE 12 STEP PSYCHODRAMA MODEL FOR RECOVERY**

Louise Lipman, LCSW-R, CGP, TEP, Psychodrama & Creative Arts Therapy, NYC; Trial Lawyers College

Recovery is an ongoing process. This model is designed to integrate 12 Step messages of Recovery with Psychodrama's healing principles: seeking to deepen and enrich recovery from addictive behaviors. It's not meant to take the place of 12 Step fellowships. It provides support as participants share their experience, strength and hope, offering group members time to examine issues of identity and self-worth, while re-exploring the 12 Steps in a different and creative light – Psychodramatically.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate the use of the 12 Steps of Recovery combined with Psychodrama in a therapeutic group process;
2. Describe the use of psychodramatic warm-ups, doubling and role reversal to enhance the group's process of recovery.

2:00 pm - 3:30 pm
AFTERNOON WORKSHOPS

59 **SOCIODRAMATIC EMPTY CHAIR FOR COUNSELING AND EDUCATION**

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

The Sociodramatic Empty Chair can be used to address group and community issues in a creative and contained way. It is particularly useful for counseling and therapy groups where there is a lack of confidentiality and where members do not yet trust one another, in classrooms to teach social skills, and in corporate settings for teaching communication skills. With a focus on role reversal and doubling it is very adaptable and can be integrated easily into any group work.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe the use of the empty chair;
2. Identify two specific situations in which to use the Sociodramtic Empty Chair.

60 **POST - PANDEMIC COURT**

Galabina Tarashoeva, MD, Psychodrama Center Orpheus, Psychiatric and Psychotherapeutic practice Orpheus

After a long period of severe pandemic, we go out with the desire to forget it and never return to it. As much as we want this to happen, there are unfinished processes that pull us back and prevent us from enjoying the current, albeit, relative freedom from the virus. We blame ourselves – "I didn't do the best for relatives and friends I lost", we blame the state for what caused us the restrictions, we blame the doctors for not saving our sick relatives or for all the suffering during our own illness. We cannot forgive our colleagues who did not respect the restrictions and infected us or our dearest colleagues. Maybe we need a psychodramatic court to bring to the court all those we seek justice for. In court as in court – with prosecutors, lawyers, jurors and of course the accused. According to the needs of the group we will focus on personal or social topics.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply Moreno's (1937) technique for dealing with their own self-accusations;
2. Apply the judgment technique of Sacks, J.M. (1965). for dealing with accusations and obtaining forgiveness.

61 BRINGING THE “HERE AND NOW” INTO CLINICAL SUPERVISION

Julia Moss, PhD, CPG, MSW, University of Massachusetts, Amherst

This workshop will explore the use of psychodramatic methods to deepen understanding of clients, and interpersonal process with clients, in the supervision of clinical work of all modalities. Using role reversal, doubling and other psychodramatic techniques in clinical supervision increases supervisee spontaneity and affective awareness, reduces performance anxiety and deepens both supervisee and supervisor understanding of the work. The workshop will both describe and demonstrate methods of integrating psychodramatic techniques into clinical supervision.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain how role reversal and doubling can enhance the supervision process;
2. Apply one psychodramatic technique in clinical supervision.

62 INTEGRATING MUSIC INTO PSYCHODRAMA TO INCREASE FREEDOM, EXPRESSION AND POWER

Juliana Fort, MD;

Micheal Kenny, MMT, MT-BC'S, Drum Heart Music Therapy Practice

Psychodramatists benefit from integrating sounds and drums to help clients explore and lend a musical voice to their struggles pain. Allowing expression of the emotions through movement, sounds (musical and non-musical), and drama, the therapist empowers the development greater personal expression, freedom and power through a shared process. (No musical experience necessary.)

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify expressive art therapy modalities such as drumming and basic techniques such as rhythm in group connections. Identify the benefits of utilizing drums and sounds for facilitating creative expression, deepening the mind-body connection and helping clients to recognize commonalities with other groups members;
2. Apply the skill and knowledge to feel comfortable and competent incorporating sound, music, and movement with psychodrama.

63 PLAYING WITH GENDER: RESISTANCE AND RECLAMATION

Kaamila Mohamed, LSW;

Ellie Taylor, MSW, LSW, Center for Experiential Trauma Therapy (Media, PA)

Join two gender-fluid femmes in reclaiming exiled genders. Reach out a welcoming hand to younger dyke, faerie, sissy, butch, tomboy, queer, twink, and unnamed/unnamed parts of self that were sacrificed for survival or assimilation. Where are they hiding? What can we learn from them? How do we want to integrate them into our lives now? “All” are welcome, regardless of the gender identity and expression you hold at this time!

Learning Objectives.

After attending this workshop, participants will be able to:

1. Examine ways in which rigid gender socialization has shown up in their own lives;
2. Identify ways in which they participate in upholding rigid gender norms.

64 THE DARK MIRROR: DISPUTING NEGATIVE CORE BELIEFS ▲ ■

Steve Kopp, TEP

Hans Christian Andersen's Snow Queen, begins when a mirror of negativity shatters, causing those infected to view the world from a distorted perspective. Early family dynamics likewise distort self-perceptions. These can become so familiar that we are unaware of living in current misperceptions. Psychodrama offers an effective means of examining early situations in the present, and altering long-standing scripts. Psychodrama empower our clients to repair these flaws and reclaim their creativity and strengths.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify how negative core beliefs are masked by various cognitive distortions;
2. Demonstrate 2 ways to use sculpting and action methods to shift a client's perspective.

65 FROM J.L. MORENO TO FORMERS ANONYMOUS ▲ ■

Sammy Rangel, MSW, CSAC, Formers Anonymous;

Rhona Case, EdM, TEP, Crossroad Counseling Center

Before there was psychodrama, there was the mutual support group started by Dr. J.L. Moreno for the prostitutes of the red light district in post-war Vienna. In this workshop, Sammy Rangel, MSW, CSAC, tells why he started Formers Anonymous in 2012 for people involved with street life, crime, violence and addiction. With the help of several FA members, he will demonstrate “how it works” and how the practice of spiritual principles such as transparency, empathy and compassion can result in meaningful relationships that are genuine, kind and free of judgment and exclusion.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the value of mutual support groups;
2. Identify skills and perspectives to work with marginalized populations such as criminals, gang members and others.

3:45 pm - 5:00 pm

Closing Ceremony

All conference participants are invited to join us for our closing ceremony as we join in this collective closing ASGPP ritual. Together we'll explore discoveries made together throughout the conference.