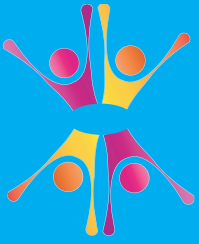


THURSDAY March 31, 2022



2:00 pm - 3:00 am **KEYNOTE ADDRESS** — Leticia Nieto, PsyD, LMFT, TEP
This is the Moment: Timing and Joy in Skillful Liberation

We co-create conditions for everyone to be 'at choice' through liberating disempowered or restricted elements. Sociometrists notice favoring, inclusion, marginalization - and criteria to correct uneven distribution. From role-theory we democratize access through role expansion and diversification. Psychodrama and sociodrama are realms of precise tailoring - rituals of liberation manifesting as precious portals of the unique moment. We will explore roles of social advantage and social marginalization and the path to skillful navigation of the socius. Standing at the imminent and evanescent, we midwife the certainty of freedom. Ours is the methodology of truth with profound possibilities for joy.

Learning Objectives. After attending, participants will be able to:

1. Discern differential paths to skillful navigation of socially advantaged and socially marginalized roles.
2. Reclaim capacities for delight in working in action with the goal of liberating everyone.

3:00 pm – 4:30 pm **DIVERSITY FORUM** — Jennie Kristel, MA, REAT, APTT, RMT & Michael Watson, MA, PhD
Envisioning a more accessible ASGPP community

10:00 am - 1:00 pm MORNING WORKSHOPS

10 **BUILDING THE SKILL OF INCLUSION, A SEARCH FOR THE UNSPOKEN VOICE**

Azure Forte, LMHC, TEP

Whether asking from a personal or helping professional role, the anticipation of a birthday or anniversary celebration can create anxiety, confusion, indecision, conflict and worry, thus compromising interpersonal balance. Sociometric Action Method tools can penetrate the dilemma of who to invite, helping to achieve answers, not just journey through the search. This workshop will include interactive exercises, sociometric diagrams, psychodramatic action and discussion.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply an intra-personal intervention from a professional role that will reduce or prevent stress;
2. Recognize a new approach that will penetrate the dilemma of birthday anxiety.

11 **TRANSFORMING SURVIVOR ROLES: TOWARDS HEALTHIER COPING IN STRESSFUL TIMES** ▲ ■

Barbara Guest Hargin, BEd, MSW, TEP, The Centre for Psychodrama and Sociometry of Ontario & Spirit Alive; Rob Hawkings, MA, MES, MBA, RP, CP/PAT, The Centre for Psychodrama and Sociometry of Ontario, Ontario College of Psychotherapists

The trauma of the pandemic has impacted all of us over the past 2 years. For some of us, that has triggered old hurts. Old behaviours may have emerged or escalated. Using Moreno's role theory we will explore the roots of survivor roles which have led to addictive and/or problematic behaviours. We will support the wounded child within who is often the author of adult dysfunction as we explore creating new roles for healing. This workshop will combine role theory and canon of creativity as a means of understanding and transforming behaviour.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Understand Moreno's role theory and the canon of creativity and be able to apply it to the creation of new roles;
2. Identify the effect of childhood trauma in the formation of survivor roles that persist as maladaptive adult behaviours.

12 **SPOTTING THE SOCIODYNAMIC EFFECT; CREATING EQUITY AND INCLUSION**

Cindy Levy, LMHC, CHT, TEP, Private Practice

With a trauma-informed approach, we will apply role theory and sociometry to identify group structure and dynamics which our choices, and underlie the distribution of power. With this knowledge, we will co-create conditions which support each of us to come alive, have our voice, and access more roles – thus “showing up” more fully. Methods used will include group interaction, warm-ups, social atom, sociogram, and socio-drama.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Recognize the sociometric effect in any group;
2. Apply sociometric methods to create inclusion, and increase role access.

13 TRANSGENERATIONAL GRIEF ▲ ■

Cristina Schmidt, MA, LPCC, International Center for Psychogenealogy, Private Practice

Trauma generated by significant losses of our ancestors is one of the most important transgenerational psychotherapy topics that can impact the healing work with our clients. Incomplete mourning may have influenced our ancestors's attitudes, way of expressing their emotions and their relationships. Most of the stories were lost in time, lost in the history and yet they impact current generations. In this workshop we will identify if some of the symptoms in our clients might be "inherited grief".

14 MUSINGS OF AN IMPROVISED LIFE ▲ ■

Lorelei Goldman, MA, TEP, ASGPP, Wise Up

The school social scene can be frightening! Student insecurities about self, language, skills, clothing and supplies, and culture can be helped with Psychodrama invitations to Superhero intervention! The Super Girl or Spiderman within can clarify values and develop internal supports! Participants will warm up by designing their own superhero costume from materials provided and modeled by the presenters, Wonder Woman and Cat Woman.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain for students completion of a school Social Atom;
2. Identify a Superhero within themselves that will help solve student issues.

15 BUILDING EMOTIONAL WEALTH FOR POST-PANDEMIC HEALING

Mary Catherine Molpus, LCSW, CP, Private Practice, Boulder, Colorado

This workshop will describe the core tenets of emotional wealth and why they are meaningful to post-pandemic healing. After isolation, loss and fear, many of us and our clients have turned to compulsions to provide relief from the overwhelming feelings. This workshop will demonstrate how to address the hurt psychodramatically. Participants will experience warm-up, action and sharing in the classical psychodrama format. Participants will have an opportunity to participate in role reversal and doubling techniques to move from isolation and fear to resilience and balance. Let's join together and use this as an opportunity to access our collective spontaneity to heal and thrive.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the core tenets of emotional wealth and how they support post-pandemic healing;
2. Recognize the components of a classically directed psychodrama, which includes warm-up, action and sharing.

16 POST PANDEMIC GROWTH & CELEBRATION ▲ ■

Rob Pramann, ABPP (Group Psychology), TEP, Christian Counseling Centers of Utah, Utah Critical Incident Stress Management Team

Recent years were full of trauma including serious health, climactic, racial, political, and international crises. These have not only left us scarred and suffering but also with posttraumatic growth and reason to celebrate. Psychodrama provides a venue to recount meaningful experiences (Nolte, 2008) and a medium for celebration, something we, in modern times, too often neglect (Foster, 1978, Fox, 1986). Come, join, and share the good that has come out of such difficult circumstances.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate how psychodrama can be conducted to fully communicate a positive or meaningful experience;
2. Describe how a psychodrama can be a communal celebration.

2:00 pm - 3:00 pm

KEYNOTE ADDRESS

This is the Moment: Timing and Joy in Skillful Liberation

3:00 pm - 4:30 pm

DIVERSITY FORUM:

Jennie Kristel, REAT, APTT, RMT & Michael Watson, PhD

Envisioning a more accessible ASGPP community

What vision does our community have to address colonial issues such as racism, income inequality and all forms of social injustice? What conserves both explicit and implicit serve and restrain these visions?

Historically, the Diversity Forum has been a place for the ASGPP community to look at, take stock of and work on issues of diversity and social justice, within our community.

In this Diversity Forum, co-facilitated by Jennie Kristel and Michael Watson, with members of the Sociatry and Social Justice Committee, we will sociodramatically share the journey, workings, and discoveries of the Social Justice Committee including Courageous Conversations and the Town Hall meetings which many of us attended.

Using a self-reflective model, we, the ASGPP membership will explore together personal and collective conserves which need our attention; name what calls for healing within our community; and identify steppingstones which we as a group can take to co-create spontaneity and fulfill the dreams and visions we hold for our collective future.

5:00 pm - 8:00 pm EVENING WORKSHOPS

17 INTRODUCTION TO BIBLIODRAMA: ENGAGING IN COLLECTIVE STORIES TO FOSTER CONNECTION & EMPATHY

Barbara McKechnie, LPC, LCAT, RDT/BCT, RPT, TEP, Exceptional Wellness Counseling, Montclair State University;
Amy Clarkson, LPC, LCAT, RDT/BCT, RPT, TEP, Montclair State University, Creative Flow Therapy Services, LLC

Collective stories provide a container through which clients of all ages and abilities have the opportunity to explore archetypal themes that help form connections and invite expanded awareness and perspective. Participants will learn ways to help groups explore stories from different cultures, sacred traditions, mythology, fairytales and folklore drawing on techniques from drama therapy, bibliodrama, and music therapy. These techniques allow clients to explore characters who may be more able to freely express themselves, rekindle forgotten roles and discover new roles as well as develop empathy, enhancing social-emotional development.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify 3 options for sociometric selection of a group story;
2. Describe and demonstrate methods for deepening the experience of role and enhancing empathy

18 IT'S NOT ABOUT THE FOOD, IT'S ALL ABOUT THE FOOD- ACTION TECHNIQUES IN THE TREATMENT OF EATING DISORDERS

Brittany Lakin-Starr, PhD, TEP, Chicago Center for Psychodrama; Chicago Center for Growth and Change;
Kate Merkle, MSW, MPH, RD, LDN, CDWF, CP/PAT, Nourishment Works

Our relationship with food is complicated by the messages and behaviors we learn from our families, culture, and society. People who struggle with an eating disorder have developed distorted beliefs about food and their bodies. Come learn how sociometric and psychodramatic techniques (e.g., step-in-circle, spectrogram, and empty chair) can be used to explore our relationships with food and our bodies, challenge unhelpful messages we tell ourselves, and learn effective techniques to help people with eating disorders move toward recovery.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify two sociometric structures (e.g., including step-in-circle, spectrogram, and locogram) and one way they can be used with individuals with eating disorders;
2. Recognize how action methods can increase the spontaneity of the group and help facilitate healing.

19 CO-CREATING YOUR LIFE

Deb Shaddy, MS, LCPC, TEP, Hudson Valley Psychodrama Institute, Sophia Center, LLC

"A science of man should start with the science of the Universe", J. L. Moreno (1953). Moreno believed that we are co-creators of the universe, and his Canon of Creativity describes both the necessary elements and barriers that interfere. Through creativity and spontaneity, we to become effective co-creators of our own lives. This workshop will provide deeper understanding of the Canon of Creativity, an opportunity to identify an area where something new is needed, and, in action, explore the means to creating it.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify the key elements of the Canon of Creativity;
2. Apply the elements of spontaneity and creativity to a situation in which a cultural conserve needs to be changed.

20 SOBRIETY SHOP: ACTION METHODS FOR ADDICTION TREATMENT

Jennifer Salimbene, LCSW-R, CASAC, CDAC, TEP, Hudson Valley Psychodrama Institute

Sobriety shop is a fun and engaging way to help clients recognize character traits/qualities that pose a threat to sobriety and identify those that they need to support sobriety maintenance. In the Sobriety Shop, clients are invited to exchange dysfunctional character traits/qualities for healthy character traits/qualities. This workshop will show participants how to do Sobriety Shop in action and offer participants a chance to experience how it works.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Describe how to use Sobriety Shop with their clients;
2. Describe 2 sociometric techniques to assess character traits/qualities that pose a threat to sobriety.

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21 CONNECTING, COLLABORATING AND CO-CREATING

Linda Ciotola, MEd, TEP, Healing Bridges;
Karen Carnabucci, LCSW, TEP, Lancaster School of Psychodrama and Experiential Psychotherapies

In this workshop participants will learn and explore the basic elements of connecting, collaborating and co-creating across various fields of expertise to maximize the potential of co-created projects. Guiding principles, role definitions and delineations, value identification and other factors of cross collaboration will be explored in discussion and brief action structures.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify at least 3 areas of collaboration that are potentially possible between psychodramatists and other professionals;
2. Define at least 3 roles (example: respectful listener, creative problem solver, open minded learner, etc.) or personal qualities (co-operative, flexible, supportive) that are required between the collaborators.

22 USING BIBLIODRAMA TO EXPLORE STORIES OF HOPE

Linda Condon, LMHC, TEP, Private Practice;
Julie Wells, LCSW, TEP, Private Practice

Hope is an essential intra-psychic strength that grounds, connects and engages us, while hopelessness fosters depression, loneliness and despair. This bibliodrama workshop will utilize sociodramatic interventions to look at various genres of written works in action. Stories, poems, fairy tales, fables, myths, even song lyrics can hold hidden treasure of courage and optimism. Participants will learn to examine a variety of roles and identify role moments that offer rich and meaningful insight for ourselves and our clients.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify various role moments in different kinds of written works;
2. Explain how to utilize role reversal and doubling when directing Bibliodrama.

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23 CULTIVATING EDEN: CREATING AND MAINTAINING WORKPLACE HARMONY ▲ ■

Miriam Zahariah, CP, TEP

Have you ever been part of a team at work where the synergy between team members created a stimulating, creative yet safe working environment for everyone. In this workshop, leaders will learn techniques to support the development of strong working relationships; help co-workers dialogue effectively across differences; intervene effectively in conflict and form productive and mutually satisfying work teams. Fill your leadership toolbar with effective sociometric techniques, dialogue strategies, role training and other action methods to create the collaborative working environments you dream of.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply sociometric methods to help identify connection and differences in their working team;
2. Examine power imbalances and biases among team members at work as well as learn to facilitate dialogue to explore.

24 WORKING WITH THE LETTING GO IN TRAUMA

Sally Stepath, PsyD, OTR/L, Creative Change PDX, Pediatric Sensory Therapy

Our experience with trauma includes responses of fight, flight, and letting go. This last hidden response is the key to permanent change. We use techniques from Bodydynamics therapy to strengthen and train the ability to sense the body using micro movements. Going slowly, doing less allows us to approach the letting go response in your body like a shy cat in hiding.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate body resourcing movements of grounding, centering, and boundaries
2. Identify times during a psychodrama where these movements can be useful.