

7:30 pm - 9:00 pm

TASTE OF PSYCHODRAMA

offering a Sampler of Introductions

to psychodrama and sociometry for those new to these powerful and effective techniques

1T For Businesses and Organizations:

Stephen Kopp, MS, TEP

NOURISHING ROLES: EFFECTIVE ROLE TRAINING IN ORGANIZATIONAL SETTINGS ▲ ■

Poorly executed roles can stifle a group's creativity, raise anxiety and lower safety in training sessions. This workshop demonstrates several concrete principles for creating successful role training vignettes. From initially engaging your group to navigating responsible closure, we will learn and practice effective tools for action-based role training. Including action involvement can increase interest and engagement during your lectures or seminars. This workshop is appropriate to anyone interested in incorporating action methods to energize their presentations.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify steps for engaging a reluctant individual/group for role training activities;
2. Demonstrate three techniques for developing safety and cohesion in role training situations.

2T For Lawyers:

Elijah Meshiah, JD, CP

INTRODUCTION TO PSYCHODRAMA FOR LAWYERS: WINNING CASES ▲ ■

Psychodrama is a powerful and effective litigation tool, whether talking with the jury, preparing your defendant and witnesses, or questioning them on the stand. This largely experiential workshop introduces its participants to the history, theory and technique of psychodrama, and invaluable action techniques for empowering your legal practice.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate three psychodrama action techniques for working with their clients to help win cases by accurately understanding their story;
2. Demonstrate three psychodrama action techniques for working with their clients to help win cases by preparing them for trial.

3T For Educators. Regular and Special Education:

Tanja L. Lee, PhD, CTP-2, Certified Listening Hour Guide

ACTION METHODS FOR SOCIAL EMOTIONAL DEVELOPMENT IN SCHOOL SETTINGS

Participants will explore how to use action methods and other expressive art techniques, the cultivation of spontaneity, creativity, and playfulness to enhance elementary-ages students' emotional development and personal growth within a virtual and traditional school setting. Participants will learn how to use the Zoom platform to implement sociometry, improvisation, role reversal, and movement to promote self-exploration, self-management of emotions, and personal growth.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Apply one or more forms of sociometry techniques to gather and provide data about students in a group setting;
2. Describe two or more action method techniques to promote student's ability to identify and label feelings.

4T For Educators, Regular and Special Education Grades 4-12:

Lorelei Goldman, MA, TEP & Peg Lane, MA, LBS1, CP

POWER EDUCATION WITH ACTION METHODS ▲ ■

Psychodrama and Sociodrama are useful Education group-cohesion and strategy-builders for school boards, administrators, teachers, social workers, and students! Improving interpersonal relationships and collaboration, these action methods increase empathy, and further inner management skills. The discovered internal Superhero may embody inner strength, self-compassion and coping skills, that were hidden. The Social Atom explores the relationships of all the roles in the school community. To further learn aspects of the self, try Doubling, or Role Reversal!

Learning Objectives.

After attending this workshop, participants will be able to:

1. Select two techniques to use in their classrooms;
2. Demonstrate how role play can diffuse classroom difficulties and poor judgement.

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TASTE OF PSYCHODRAMA (continued)

5T For Social Workers:

Scott Giacomucci, DSW, LCSW, BCD, CGP, FAAETS, TEP
**SOCIAL WORK, SOCIOMETRY & PSYCHODRAMA:
EXPERIENTIAL APPROACHES FOR SOCIAL WORKERS
AS CASE MANAGERS, GROUP PSYCHOTHERAPISTS,
AND COMMUNITY LEADERS**

This workshop presents trauma-informed experiential group tools useful in any social work group setting including clinical work, teaching, supervision, and community work. These action-based tools emphasize mutual aid dynamics, experiential teaching, neurobiology, social justice, and relationships. The unique capacity for experiential activities to facilitate connection will be demonstrated through sociometric and psychodramatic processes.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Identify one theoretical similarity between social work and sociometry;
2. Describe one overlap between social work and psychodrama practice.

This is a 2022 Award Winner's Workshop

6T For Individual, Couple, Family and Group Psychotherapists:

Shelley Firestone, MD, FAGPA, CP/PAT
**THE MAGIC OF GROWTH AND CHANGE: INTRODUCTION
TO PSYCHODRAMA FOR PSYCHOTHERAPISTS**

Psychodrama is a powerful and effective tool for creating growth and change. This largely experiential workshop presents the history, theory and technique of psychodrama, and the use of invaluable action techniques in individual, family, couple, and group psychotherapy, and for anyone working towards self-improvement. The participants of this workshop will have the opportunity to experience the magic of growth and change, while gaining training and expertise in basic psychodrama techniques.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Demonstrate two selective psychodrama techniques as a therapeutic intervention in individual, couple, family or group psychotherapy to facilitate conflict resolution, and appreciate the power and effectiveness of psychodrama action concepts and technique;
2. Demonstrate one sociometric or psychodrama action technique for building connection and cohesion in families, couples and groups.

7T For Anyone Interested in Learning About Psychodrama:

Anath Garber, MA, TEP, PDD
CLASSICAL PSYCHODRAMA ▲ ■

What is classical psychodrama? Warm up, action, and sharing will be explained and experienced. The concept of concretization (don't tell: show!) will be introduced as the focal point of action intervention, along with techniques to chose someone (called *the protagonist*) as representative of the group's need.

Learning Objectives.

After attending this workshop, participants will be able to:

1. Explain why Spontaneity and Concretization are the core of Classical Psychodrama;
2. Explain the importance of adequate warm up and how the structure of the classical stage promoted it.