

3rd ASGPP Virtual Fall Symposium



FRIDAY, December 2, 2022

Program: in Eastern Time (USA & Canada)

SESSION #1, 11:00 AM – 1:00 PM Symposium Welcome and Opening

Catherine D. Nugent, LCPC, TEP, Chair, ASGPP Education Committee;
Daniela Simmons, PhD, TEP, ASGPP Education Committee, President,
American Society of Group Psychotherapy & Psychodrama

Join Daniela and Cathy to open this year's symposium with appreciations, sociometry and more to bring us together as a vibrant learning community.

Plenary

PSYCHODRAMA AND POSITIVE PSYCHOLOGY

Dan Tomasulo, PhD, MFA, TEP

Psychologist, writer, and professor; Academic Director and core faculty at the Spirituality Mind Body Institute, Teachers College, Columbia University; and author.

Psychologist Dan Tomasulo describes positive psychology, positive psychotherapy and psychodrama as three strands of a braided vine. Their combined effort offers evidence-based interventions for improving relationships, organizations and communities. Dan's book, *Learned Hopefulness, the Power of Positive to Overcome Depression*, has received acclaim from luminaries such as Deepak Chopra and Martin Seligman. Chopra called Dan's book, "The perfect recipe for fulfillment, joy, peace and expansion of awareness." In this plenary, Dan shares the rich theoretical bases of his practice and explains how he integrates psychodrama into his work as a positive psychologist.

SESSION #2, 1:30 PM – 3:30 PM

1 HEALING ANCESTRAL TRAUMA WITH PSYCHODRAMA AND FAMILY CONSTELLATIONS

Karen Carnabucci, MSS, LCSW, TEP

Psychodrama, developed by J.L. and Zerka Moreno, is the method that brings the story that we know into action so that we can experience it and repair it. Family Constellations, the newer systemic process developed by Bert Hellinger, detect the hidden ancestral trauma that we unconsciously carry, giving us the opportunity to bring the story to consciousness. In this workshop, we will explore how these methods may be combined for especially deep healing and change.

2 APPLYING ACTION METHODS IN HEALTH COACHING

Linda Ciotiola, M.Ed, CHES (ret), TEP, TSM Trainer; Souldrama Trainer

The use of action methods is well suited to both health education and health coaching. In this workshop participants will experience action methods such as locograms, spectagrams, circle sociometry, doubling, mirroring, and more as applied to health education and coaching. Assessments, warm ups, and behavior change interventions and issues from practical to mental/emotional roadblocks will be explored.

3 PSYCHODRAMA AND THE GOTTMAN METHODS: UTILIZING PSYCHODRAMA APPLICATIONS FOR RELATIONSHIP ISSUES

Daniela Simmons, PhD, TEP & Violeta Kadieva, PhD, LMFT-S

The founder of Psychodrama, J.L. Moreno, was also named an unrecognized pioneer in family therapy (Compernelle, 1981). Today psychodrama is widely applied in family therapy around the world. Both methods recognized the reality and significance of the person's social context. The Gottman Method for Healthy Relationships is a popular therapy that helps couples. John and Julie Gottman developed a theory of how relationships function well or fail, and methods to facilitate change in these relationships through psychoeducational, preventive, and therapeutic interventions. The presenters will offer theoretical and experiential learning on combining psychodrama and the Gottman method.

*NOTE: Workshops that are not eligible for ABE-approved psychodrama training hours are identified with a *.*

4 THE CLINICAL EFFECTIVENESS OF INTEGRATING PSYCHODRAMA WITH TRANSACTIONAL ANALYSIS

Monica Forst, M.Ed., R.P., C.P., I.C.A.D.C.

Eric Berne's theory of Transactional Analysis has many valuable concepts that explore transference, personality and relationships. Psychodrama provides the methods for exploring these T.A. concepts. In this two hour presentation participants will learn about two important ways of understanding our internal psychological structure: Ego States, and Scripts. Through didactic and experiential learning, participants will have the opportunity to identify their own ego states and their scripts.

SESSION #3, 4:00 PM – 6:00 PM

5 INTEGRATE PSYCHODRAMA WITH GLASSER'S REALITY THERAPY AND CONTROL/CHOICE THEORY

Julie Wells, LCSW, TEP

Come see how to integrate William Glasser's Control/Choice Theory and Reality Therapy with Psychodrama. Both focus on 'here and now' explorations of how we gain happiness through our relationships with others. Glasser teaches that we are all motivated to meet unfulfilled innate human needs; e.g., FREEDOM, FUN, BELONGING & POWER. Psychodrama allows clarification and validation of the basic wants and needs that drive us all, along with the role training and commitment to meet those needs more successfully and responsibly.

6 SOUND CONNECTIONS: INTEGRATING MUSIC WITHIN THE PSYCHODRAMATIC PROCESS

Amy Clarkson, MMT, LCAT, MT-BC, TEP

Music has the capacity to help us connect with our emotions and both internal and external resources that may otherwise be hard to access. Participants will learn effective ways of incorporating sound/music expression to enrich the warm-up, action and sharing phases of psychodrama. There will be opportunities to experience and practice music doubling and to consider how music may foster sociometric connections while supporting movement toward psychodramatic goals. Prior musical training is not needed for meaningful application of demonstrated techniques.

7 TRAUMA-INFORMED PRINCIPLES IN ORGANIZATIONS, GROUPS, & PSYCHODRAMA

Scott Giacomucci, DSW, LCSW, BCD, CGP, FAAETS, TEP

This workshop presents the six trauma-informed principles as outlined by SAMHSA and their utility in group work, psychodrama, and organizational leadership. Trauma-informed principles will be approached as both clinical guidelines and ethical values. "Trauma-informed" and "trauma-focused" will be differentiated. Participants will be challenged to critically reflect on their relationships to these principles and explore ways of further integrating them into their practice. Leadership will be explored through the lens of trauma-informed group practice skills and the parallel processes between group therapy leadership and organizational leadership.

8 PSYCHODRAMATIC PLAY THERAPY FOR CHILDREN*

Dr. med Fabian Blobel

In play therapy, based on "The Psychoanalytical Concepts" from Anna Freud and Melanie Klein, "The play is the language of the children". In the psychodrama method for children, developed in the last 40 years by the Germans Alfons Aichinger and Walter Holl, "The play is the royal way of children" (Hildegard Pruckner). This psychodrama method combines psychoanalytical approaches with the concepts of stage, role reversal, and the techniques of doubling, mirroring and sharing. It aims to bring the inner stage of children (their fantasies) on the outer stage and interact and work with them, in order to support healing and personal growth. In this workshop the participants will get an introduction to this powerful and playful method. The workshop will be interactive, so bring some materials, as colored cloths, symbols, pillows, hats, ropes, etc.

9 INTEGRATING THE CONCEPTS AND PRACTICE OF RUBENFELD SYNERGY INTO PSYCHODRAMA

Judy Swallow MA, TEP, CRS, LCAT

Participants will utilize the power of the imagination to listen to the messages from the body. All the senses can bring up images, awareness and active participation in the healing potential of this type of exploration. Touch is an important component of Rubinfeld Synergy, and the workshop will include self-touch. Psychodramatic structures weave in very well with this approach.

SESSION #1, 11:00 AM – 12:15 PM

Welcome to Day 2

Tanja Lee, PhD, P-RDT, ASGPP Education Committee
Uneeda Brewer, MSW, TEP, ASGPP Education Committee

Tanja and Uneeda offer a playful and stimulating kick-off to Day 2 of the symposium.

Plenary

PSYCHODRAMA AND MINDFULNESS

Jaye Moyer, LCSW, TEP, Integral Therapy & Jacqueline Dubbs Siroka, ACSW, LCSW, BCD, TEP, Integral Therapy, Psychodrama Training Institute

The combination of mindfulness and psychodrama encourages shifts in our perceptions of the events, patterns and circumstances of our lives. By developing moment-to-moment awareness we enrich our understanding of life and experiences. Our range of responses expands and our choices become more skillful. With mindfulness we become more intimate with our internal life. We focus on what is arising and how we are meeting it. Learn how Jacquie and Jaye integrate mindfulness with psychodrama and sociometry to create a powerful synthesis.

SESSION #2, 12:45 PM – 2:45 PM

10 COGNITIVE BEHAVIORAL, PSYCHODRAMA, & PROCESS GROUP THERAPY: A BLENDED EXPERIENTIAL MODEL

Thomas Treadwell, Ed.D., TEP, CGP

Blending Cognitive Behavioral, Psychodrama & Process Group therapy offers an opportunity to increase knowledge along with fostering effective interaction skills needed for a wide range of human interactions. This workshop examines implications of these three intersecting similarities: the use of groups to achieve therapeutic change. Focus is identifying, exploring negative automatic thoughts & irrational beliefs, placing them in action and challenging negative thinking. This process assimilates Yalom's four primary therapeutic factors of group therapy.

11 HOW DOES PSYCHODRAMA WORK IN AN ART THERAPY GROUP?

Ning-Shing Kung, MPS, M Ed, TEP, ATR-BC, LPAT

To use the major principles, techniques, and concepts of psychodrama in art therapy groups in an acute psychiatric unit is challenging but fruitful. In this experiential workshop, participants will go through warm-up, art-creating, and sociometric connection with a series of activities. A lecture will be given to describe the modified format for low function psychiatric patients. A discussion regarding the common concepts chosen from psychodrama and art therapy for smooth linkage between, and most important, doubling the therapeutic effects.

12 BRINGING THE WHOLE FAMILY TO THE TABLE

Paula Catalan Bayon, LCPC, CP, PAT

This workshop will bring professionals a closer look at the significance of engaging the parents in the work with children. Using attachment based family therapy and Psychodrama as a framework and a tool to create alliances with child and parent so both parent and child become ready to build bridges to restore ruptures.

SESSION #3, 3:15 PM – 5:15 PM

13 PLAYING THE WISDOM OF DREAMS IN JUNGIAN PSYCHODRAMA*

Prof. Maurizio Gasseau

"Jungian psychodrama is a theory of psychodramatic technique, articulated in a complex model of conduction and observation. It derives from Jung's analytical theory on dreams, from his concepts of the personal and collective unconsciousness, of archetypal images and individuation as well as S.H. Foulkes' concepts of the net and the personal and basic matrix. The conductor will provide a brief explanation of the theory behind Jungian Psychodrama and then a more consistent experiential part will follow. The conductor will also present new warming up techniques - suitable for transcultural as well as organizational work - integrating Moreno's sociometry and Jungian active imagination exercises. He will demonstrate the dream incubation technique according to the ancient medicine of Asclepion and the utilization of opening and closing rituals. Two or three dreams will be played in the workshop. After the final sharing, there will be an observation which will communicate the sense of the dreams which have been played, using a narrative style. It will enrich the plays with mythopoetic amplifications and will try to connect individual themes to the group's collective unconsciousness as well as to the transcultural themes.

14 ALL PARTS ARE WELCOME! INTEGRATING PSYCHODRAMA AND INTERNAL FAMILY SYSTEMS THERAPY*

Adena Bank Lees LCSW, LISAC, BCETS, CP

"Dr. Richard Schwartz, developer of the Internal Family Systems Therapy model, says we all have parts of ourselves, a "Self" with a capital "S" (combination of 8 innate spiritual qualities), and all parts function as a system. Similarly, Moreno postulated that we are the combination of roles, with each of us having a piece of the Godhead within. Both Moreno and Schwartz purport that their concept of spiritual energy is the field which sparks the spontaneity and creativity for healing to occur. Join us in enhancing your clinical skills and deepening your own psychological/ spiritual growth through this spontaneous and creative action exploration of the integration of Psychodrama and IFS! We will be identifying similarities and differences along with employing psychodramatic techniques such as concretization and role reversal to bring IFS concepts to life.

15 THE YOGA OF PSYCHODRAMA*

Tzivia Stein-Barrett, M.S.W., LCSW, CP, TIYT, E-RYT

Through lecture and experiential learning, participants will explore physical qualities of energy; culminating in changed mind-states, through yoga-inspired postures as warm-ups, and through enactment in vignettes.

16 COLOUR IN ACTION - AS SEEN THROUGH THE PSYCHODRAMATIC LENS*

Mark Wentworth

Sometimes it is difficult for a client to put traumatic events into action. Sometimes there are no words. There is however always colour. Through the dramatic techniques of psychodrama, we have the opportunity to give colour an action, a voice and a movement, we then have the chance to enter into and see the clients' worldview through the Soul language of colour. From this perspective both client and practitioner gain the gift of experiencing both the subjective and objective viewpoint.

SESSION #4, 5:15 PM – 6:00 PM
Closing Plenary

Carol Feldman Bass, JD
Uneeda Brewer, MSW, TEP
Carley Foster, LCPC
Tanja L. Lee, PhD
Cathy Nugent, LCPC
Daniela Simmons, PhD, TEP

Come together with members of the ASGPP Education Committee and the community gathered to bring the symposium to a close. Consolidate your learning from the sessions and leave refreshed and renewed--with new ideas, insights and practical tools to apply in your work.

FEES

Regular Registration

Two-day REGULAR participants	\$225
One-day REGULAR participants	\$125
Single event REGULAR participants	\$65
Two-day STUDENTS & RETIREES	\$180
One-day STUDENTS & RETIREES	\$100
Single event STUDENTS & RETIREES	\$45

Up to twelve (12) online psychodrama training hours available.

INTENDED AUDIENCE

Psychodramatists, sociodramatists, playback or other action methods practitioners or trainers; expressive arts therapists, drama, music, dance, poetry, other therapists; coaches, group facilitators, organization consultants, students pursuing education in the field of mental health, social sciences.

SKILL LEVELS

ALL (Beginners, Intermediate, Advanced)

TIME ZONES

All times listed are in Eastern Time (USA)

REGISTRATION INFORMATION

Workshops are filled on a first come, first served basis.

Psychodrama Training Credits

PSYCHODRAMA TRAINING CREDITS

The American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy (ABE) certification standards specify a maximum of 100 training credits obtained through for ASGPP conferences. These 100 hours must be obtained through face-to-face, in-person conference attendance. The certification standards also allow up to 120 hours of distance learning led by PATs and/or TEPs to be applied toward the required training hours, provided those distance learning hours are reviewed and approved by the applicant's primary trainer. As an accommodation during the COVID-19 pandemic, the number of allowable distance learning hours is increased to 150. Distance learning hours must be documented under the name(s) of the TEPs or PATs leading these training sessions and not under the organizations sponsoring those distance learning sessions.

- *Additional note:
Payment, in case of cancellation, will be credited to future ASGPP events.*