



American Society of Group Psychotherapy and Psychodrama

Psychodrama Network News
Winter 2022



Published December 21, 2022



AMERICAN SOCIETY OF
GROUP PSYCHOTHERAPY AND PSYCHODRAMA

Psychodrama Network News

Published three times a year by the American Society of Group Psychotherapy and Psychodrama (ASGPP), PO Box 1654, Merchantville, NJ 08109-9998.

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Psychodrama Network News, along with the Tele'Gram, are ASGPP's primary means of communication with its members about association and member activities and developments in professional practice. The PNN carries statements of opinion by a variety of spokespersons and members. The views expressed here do not necessarily represent positions of ASGPP. It is designed to inform, inspire and connect our members in their professional roles and personal lives.

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The Winter PNN, our last issue for 2022, is dedicated to Patty Phelps. Patty served as the designer of the PNN and Conference Brochures for many years before her passing and we dedicate this issue to her.



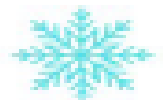
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*"Am I only a corpse that will rot and turn into meaningless dust?
Or is this consciousness that I now feel extending into the cosmos the most
real thing there is?*

In other words, am I nothing, or am I God?"

- Dr. Jacob Levy Moreno



A Time for Reflection

OUR LIVES, OUR WORK, OUR ORGANIZATION, THE WORLD

Members were invited to make an offering to our community by sharing reflections inspired by the following prompt:

Inspiration, light and gifts, presence and presents - endings and the interplay of the dark and the light. The Winter Solstice - darkest day marks the returning of the strengthening light and a preparation for the planting of new seeds. What seeds do you prepare to plant? And your intention for this new year coming? A time for reflection.



Tanja Lee

During this time, I am considering how my actions impact those I have direct and indirect contact. I desire to express an energy that empowers others intentionally. So, I am thinking about how that looks in daily interactions with others. For example, how am I reacting to others' behaviors, especially those that differ from what I consider or identify as normal, acceptable, or desirable? Additionally, I am contemplating how to hold specific people I work with accountable for their behaviors while also considering the reasoning for their actions.

There are many new things in my life. My parents are relocating from California to Georgia to live with me, which is incredibly life-changing. I am excited that we are reconnecting because we have always been a close family and actively engaged in each other's lives. My parents are advancing in age, and I value the opportunity to be in their presence so we can laugh, share memories, and express deep affection through touch. However, I also realize the new living arrangement may create challenges and damper my social life. Also, there are ideas and lifestyle choices that are not harmonious. So, it will be interesting.

At the beginning of November, the North America Drama Therapy Association confirmed that I and other candidates, such as Cortney Meadows, who was in the same cohort, completed the requirements to be a drama therapist. Yes! I am officially a registered drama therapist (RDT). As an RDT, I will offer drama therapy to children one-on-one and in groups as an associate of Play Wellness, LLC, in the spring. Additionally, I will focus on my psychodrama training and cultivating relationships with my family and colleagues.



Paul Lesnik

As the days begin to shorten and the winds chill as they shift from south to north, I find myself in a place of introspection. The days seem fleeting, the world in shadows, beginning the heave of relief from the summer riot of growth and the autumn harvest. The spent earth holds the remains of the stalks and stems of what had burst forth in the Spring. The Southern California hills darken to shades of grey as the green of the underbrush shuts down nourishment for the coming Winter respite.

Some might look at this as decay, others as a welcome time of rest. Indeed, for so many, the final Solstice of the year is a time of reflection, of repose. A time to take stock of the year that has once again taken the earth on its cycle around the sun, bringing us here to this fallow place of contemplation. But when I look closer so much is pulsing even in that seemingly arid ground. What is the story the soil is trying to tell me? I push my hands deep in the dirt, letting the clumps of clay and stone fall through my fingers listening for their whispers.

My mother died just short of her 99 th birthday in February and my brother-in-law died in September at just 66. As I age, as people from the generation before me die one by one, as my peers go too soon to understand, I ask the sleeping earth to tell me the secrets of its dreams. How do I look at what is left to me as the world quiets as filled with possibility rather than railing against who and what is being taken away?

Ashes to ashes, dust to dust. This cycle has a purpose I don't feel I appreciated until this time in my life of learning to let go, over and over again. My grandmother and father were gardeners, and I have taken on this legacy. They both taught me very different lessons about the craft. My grandmother passed on her reverence for the medicinal properties of plants and herbs and her awe of anything that bloomed, and my father taught the practicalities of planting to eat and the wonder of grafting to create something new. But more than anything, they taught me patience, for even the best of gardeners fail. They showed me their failures became the hubris of compost piles that nourished other experiments. Some of those also failed, but some rose up, having weathered the harsh winter, to become something living, something sacred, something born of love.

~~~~~



**Ed Schreiber**

Well, I most of all hope for peace. For a resolution of what divides us. For a human culture that grows, evolves, beyond the war we are waging against one another. And I hope that in 2023 that my life and work will emerge in such a way that I am more dedicated, more clear, more compassionate about the work I am here in this life to do. Which is to just simply teach and help. And I hope that our organization grows, evolves, continues to be of service to our fellow human beings. I hope that we can find a way to grow together.



**Karen Carnabucci**

Recently, I had the opportunity to receive a gift of a Tarot card after reading Tarot cards for a fund-raising benefit for the Lancaster Farm Sanctuary, a local organization that rescues and cares for abused, neglected and exploited farm animals. My card turned out to be the Ten of Pentacles, which shows an elder couple in the prime of their life, a child, two dogs and bunches of abundant grapes. It typically refers to the ending of one cycle and the beginning of another cycle. The accompanying message said: "In this season of your life, look to your legacy and what you want to leave behind in the world. Celebrate the goals you've already accomplished and set yourself up for the next."

Tarot, like psychodrama, holds a magical quality that can surprise, inspire and confirm. I found myself musing upon this image, which seems so fitting. I've been involved professionally in psychodrama and action methods since 1989, which has involved a journey that has led me into a successful career as a psychotherapist, trainer and author, with three books listed in my resume and "specialties" in sand tray, Family Constellations and, yes, the Tarot.

I discover that I'm enjoying teaching, consulting with and supporting younger professionals, sharing my hard-won wisdom, and looking forward to writing more books with varied topics of ancestor stories, creativity with food and sand tray innovations. They are all widely different topics, yet all part of who I am and what inspires and energizes. In her elder years, Zerka Moreno told me, "What a harvest!" as she surveyed her long and interesting life. I am not yet harvesting, but I certainly am slowing the pace to consider what is most important. Perhaps that is the preparation for the harvest...



**Courtney Meadows**

During the summer of 2021, my husband and I hiked Pikes Peak with another couple. These friends had family in Colorado, and we crashed at their house for a few days to acclimate before our ascent. The plan was to hike halfway up the 14,115 ft mountain (I didn't know what a "fourteener" was before this trip- it's muscle soreness, dehydration, and gasping for oxygen) and camp for the night. Acclimating, pacing ourselves, and resting were essential because my friend Susie has a traumatic brain injury. Yet, this woman sky-dives, is in a punk-rock band (which she describes as "shoegaze"- not entirely sure what that means), and has far too many other adrenaline-

pumping hobbies for me to list or remember. Susie is tougher than most folks without TBIs, and she still needed rest. Rest that she and I were not afforded by our husbands, when they continued hiking for two more hours ahead of us, past the halfway point, to "find the perfect clearing".

My pedometer congratulated me for reaching "3x's your daily goal!" as I carried both of our backpacks, her dog, and Susie learning against me. "Tell me something good", she said. I told her about a study where a camera recorded a man yelling "Mary had a little lamb" at a chip bag in a sound-proof room. When the researchers analyzed the creases in the chip bag from the images, they heard "Mary had a little lamb" playing back. So sometimes, I imagine the sound of my voice leaving traces on the rocks and trees, along with ... **(continued on page 4)**

**(Courtney Meadows)**... the laughter, weeping, singing, and stories of my ancestors. Susie and I found the men at the timberline at night. I had an encounter with the husbands. We separated into our tents. The next morning, we reached the summit together, plastering on smiles for the photo-op.

Am I still salty about the lack of consideration and considerable danger Susie and I experienced? Absolutely. And, I cherish that trudge up the mountain with her. During this last year, I had to leave my job unexpectedly, grieve with a friend after she lost her child, shoulder family secrets that weren't mine to share, process the death of an unloving grandparent, and I lost several pounds within a few months (a scary thing for someone striving to live a delight-full life after years of disordered eating). This last year was full of hard. And- so much joy. Witnessing families safely reunifying after separation by social services, celebrating three weddings, performing in a full-length play for the first time since covid, brewing kombucha, officially becoming a drama therapist, singing acapella with a choir at midnight, visiting bison on the prairie, and exponentially expanding my social atom with so many new friends and mentors- my heart could burst.

I think about that chip bag often. When my arms can't carry the enormous weight of sadness and joy, I pause. Wondering about my connectedness with the rocks and trees, and the voices etched in them.



**Erica  
Hollander**

The development and flowering of psychodrama online has been a great boon to me personally in the past several years, moderating the isolation of the lockdowns caused by the pandemic, and broadening the community of like-minded others to global scale. I feel as if I now have dear friends in India, Serbia, Japan, Germany, Austria, Argentina, Finland, and elsewhere whom I never have met in person. The richness of this experience has more than compensated for deprivations of the pandemic and amply demonstrated the common chords of humanity wherever we dwell. I would like to see this modality further deepened to reach younger practitioners and draw them into psychodramatic practice, and to be put to use to gather evidence of effectiveness of psychodrama therapy.



**Linda Ciotola**

As winter Solstice arrives , I am preparing for an annual tradition that I share with a group of 7 "solstice sisters ". We meet twice yearly at winter and summer solstices to reflect upon the light and darkness of the seasons, of the world, of our lives , and in ourselves . We invite spirits of light-filled ancestors to join us; we share a meal and readings; meaningful rituals and music . We share what have been our experiences of light and dark and ask for specific support . This has become the inspiration of a workshop Karen Carnabucci and I are planning, "Stepping into the Role of the Wise Elder". May the light fill us with hope ...



**Mario Cossa**

I would like to reflect on the fact that not all members of the ASGPP live north of the Equator and so, for some of us, we are approaching the Summer Solstice. In the spirit of inclusion, why not make this a Solstice Issue without specifying "Winter" or "Summer." We are a global community even though we are based in North America. When Moreno enjoined us to reach out to "all of (hu)mankind," he did not specify only a portion of the globe. Let us truly celebrate our global community as we move into a season in which so many holidays in so many faiths and traditions are celebrated.



## Conference 2023



**LIVE FROM NEW YORK, It's The Power of Connection.**  
**by ASGPP Vice President, Deborah Shaddy, MS, LCPC, TEP**

Planning is well underway for the **ASGPP Annual Conference live and in person at Fordham University, The Bronx, New York City, March 29-April 2, 2023.** It is an example of the canon of creativity in action as the conference committee and volunteers incorporate beloved cultural conserves while making adaptations best suited to this setting. The conference also takes place over the celebrate the 81st birthday of our Society (April 1st) and of our annual conference.

We are especially pleased that two of our own will be featured speakers. Robert Siroka, PhD, TEP, of New York sociometry and psychodrama fame is our keynote speaker, addressing the importance of “in person connection” and the history of the ASGPP. Our plenary speaker, Tian Dayton, PhD, is a prolific author and national psychodrama trainer who writes and trains on healing addiction and trauma.

The conference features two days of whole and half-day pre-conference workshops on topics covering action methods in many diverse areas, including ethics, neurodiversity, and Cognitive Behavioral Therapy. The conference has nearly sixty workshops by presenters familiar to the psychodrama community and will also welcome first-time presenters bringing us their own skills and experiences to add to the richness of the learning opportunities.

Fordham University is nestled in The Bronx NY and is a treat in itself, with beautiful buildings, history and ambience. It also neighbors shops and restaurants in what was the original Italian market and is adjacent to the Bronx Zoo and the New York Botanical Gardens among many other attractions. It is only a subway ride to Manhattan, with the theatre district and all its other attractions. [Click here to view activities near The Bronx, New York.](#)

The ASGPP has negotiated a special conference rate for conference attendees at two Marriott Hotels in Yonkers, NY, (**A Courtyard by Marriot** and a **Residence Inn** that are adjacent to one another) approximately eight miles from Fordham. **Make your reservation by February 22nd for this special rate.** [Click here to book your group rate for ASGPP Conference](#)

Lori Budman, Karen Levin Moser, Dave Moran, your Conference Chairs, welcome all to get involved with the conference as volunteers. Several committees are handling the many tasks associated with planning and implementing this conference, and your energy and enthusiasm will be greatly appreciated. Increase your sociometric connections within the ASGPP and who knows, you may even warm up to future roles such as Conference Chairs, Committee Members, Executive Council members or Vice President and President. Or just come and experience Psychodrama, your tribe and an exciting healing and educational environment.

**Early registration ends January 31st, 2023.** Watch your email and the ASGPP website [www.asgpp.org](http://www.asgpp.org) for program and registration information.

We look forward to seeing you all at the conference, **Live and In Person March 29 - April 2, 2023**

## Milestones & News

We asked members to send us milestones and news about our work, our lives, our vision for the ASGPP, etc.



Yes, Winter is typically regarded as a time for reflection, introspection, gathering from the past to prepare the ground for future growth and development. In this instance, however, it is not a reflection on past events but only a reflection forward from a very recent unique event.

**Herb Propper** The event in question was “A Psychodrama Deepavali\* Festival of Role Illuminations” which took place in Mumbai, India on this past November 5 – 22. It was a joint offering of the Unicorn Project of the Oklahoma Psychodrama Institute and the (emerging) Psychodrama Collective Mumbai. It consisted of 5 different modules of 2-3 full days of training, for a total of 14 training days. A total of 26 persons, including new and experienced trainees attended at least 1 module; 8 persons attended the full festival. As lead trainer, herb was joined for 3 modules by guest psychodrama trainer, Dani Yaniv, Ph.D. from the Creative Arts Therapies Department of Haifa University, Israel.

The festival was a rich tapestry of spontaneous insights and sociometric connections within groups ranging in size from 12 to 16 persons. plans are in the works for future activities to include trainings, workshops and demonstrations to promote the growth and development of psychodrama, sociometry and sociatry in India, Bangladesh and Nepal.

Further information available at: [oklahoma.psychodrama.institute@gmail.com](mailto:oklahoma.psychodrama.institute@gmail.com)  
[Deepavali, aka Diwali, is a major Indian festival celebrating harvest and featuring offerings of many, many candles]



**Karen Carnabucci**

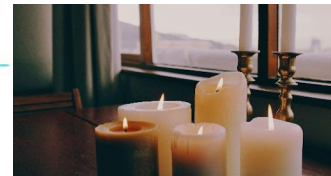


**Linda Ciotola**

Karen Carnabucci, LCSW, TEP and Linda Ciotola, M.Ed., TEP have co-authored and published 3 different articles in 3 different editions of Kid's Peace Healing Magazine designed to reach clinicians who work with troubled children and youth. The most recent one is "Self-Care for Clinicians". They also wrote "Introducing Children and Teens to Journaling" which was a featured article in the Fall-Winter 2021 Issue of Healing Magazine. Their newest article "Finding the Right Self-Care Approach," is printed in the Fall-Winter 2022 issue of the same magazine.

## Executive Council's Message

A message from the ASGPP Executive Council



Dear ASGPP members,

In this period of celebrations across religions and cultural traditions, we send you our warmest wishes that you will experience inner peace, outer joy, and loving connections this holiday season.

The winter solstice on December 21, this year, is the longest night of the year and symbolizes the end of one cycle and “the beginning of a new period of increased light and growth.” This past year has been challenging on many levels, from the loss of colleagues, friends, and family members that we hold dear, to our continued inability to meet and connect in person as an organization. Nevertheless, we have also experienced a time of creativity, new learning, and new ways of connecting virtually. No matter which holiday celebration you follow, we wish you the gifts of light, balance, abundance, and the warmth and richness of deep connections with those we love.

The pandemic conditions have continued to impact our lives for the past three years, preventing the organization from gathering in person and sharing the palpable energy of our human bonds; and yet we have used spontaneity and creativity to respond to this new situation with an array of technologies to remain connected and supportive of each other.

In addition to our warm wishes, we are sending you a special gift, an infographic to help you explain psychodrama to colleagues, trainees, students, psychotherapy clients, and others with whom you work or encounter.

ASGPP member Courtney Meadows created an infographic which illustrates the basics of psychodrama in a way that’s easy-to-understand and explain. Feel free to use it as a training or presentation handout, on your website, as an illustration for your blog article or with other promotional material. You may download it [here](#). Once you open the document, use the “save as” function to download the image to your computer files. On your other devices, you may tap and hold briefly and then use the “save as” function to download to your camera roll or other files. ***[The infographic is also viewable on page 9 of this Winter PNN issue].***

As the poet John O’Donohue so eloquently states, as we begin the new year, 2023, “may the nourishment of the earth be yours, may the clarity of light be yours, may the fluency of the ocean be yours, may the protection of the ancestors be yours.” And may we respond with joy, spontaneity, and creativity to all that lies before us in this new year.

Executive Council Members:

Daniela Simmons (President), Deborah Shaddy (Vice President), Janell Adair (Treasurer), Rhona Case (Secretary), and Uneeda Brewer, Scott Giacomucci, Pamela Goffman, Ed Schreiber, Rebecca Walters, Mark Wentworth, Bill, Wysong

## 3rd ASGPP Fall Online Symposium

A message from the Education Committee  
about the 2022 Fall Online Symposium!



Fifty-five (55) individuals participated in this year's online symposium, held Friday and Saturday, December 2-3. This year's event focused on ways psychodramatists are integrating other theories and techniques into their practice. At the opening plenary, Daniela Simmons led a series of sociometric activities to help participants come together as a learning community. Cathy Nugent offered a framework for this year's theme, discussing the burgeoning field of psychotherapy integration. Cathy defined psychotherapy integration as "an attempt to look beyond the confines of single-school approaches to see what can be learned from other perspectives" (Stricker, 1994). The rich array of educational offerings exemplified psychodramatists' openness to various ways of integrating diverse theories and techniques into their practice.

The opening plenary presenter was Dan Tomasulo, who provided an energetic and enthusiastic presentation on Psychodrama and Positive Psychology. Dan explained core concepts from both approaches, describing ways he integrates them, both theoretically and technically. A highlight of the session was a showing of Dan's video on The Benevolent Witness, followed by a guided practice of this structure using an empty chair. With his focus on HOPE, Dan infused the learning space with high levels of enthusiasm and optimism.

The remainder of Day 1 was devoted to break-out workshops. Each two-hour workshop focused on a different modality or approach the presenter integrates into their psychodrama practice. Topics ranged widely, including ways that psychodrama is being integrated with family constellations, transactional analysis, health coaching, Gottman family therapy, play therapy, music therapy, reality therapy, and more.

Day 2 of the Symposium got off to a lively start with a "cat-face emogees" check-in, led by Education Committee member, Uneeda Brewer. Uneeda went on to invite participants to set their intention for the day.

Intentionality was a warm-up to the rich and meaningful plenary presentation by Jacqueline Dubbs Siroka and Jaye Moyer. Jacquie and Jaye described ways they combine mindfulness practices with psychodramatic and sociometric techniques. The presenters explained that by attending to moment-to-moment awareness without judgment, we enrich our understanding of experience and enhance our choices. As part of the session, Jaye and Jacquie offered two practices. One was a dyadic exercise on deep listening, and the other a practice in holding a vulnerable part of ourselves with compassion and lovingkindness.

Break-out workshops followed the plenary. Another stimulating array of topics were offered, including psychodrama and cognitive-behavioral therapy, internal family systems, yoga, attachment-based family therapy, and Jungian dream work... **(Continued on page 9)**

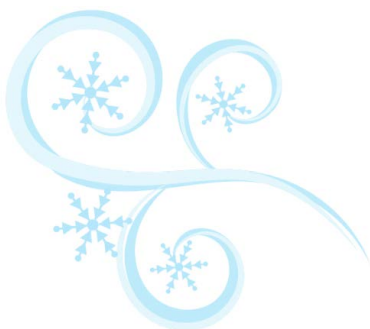


**(Symposium, continued)**... In the closing plenary, Daniela introduced the metaphor of a holiday meal and showed an image of a bounteous feast. She invited participants to identify the things on this year's symposium menu that especially pleased them. Some of the most pleasing elements mentioned included: the plenary sessions, the warm-up activities, and the variety of the workshops. Daniela also invited participants to let us know if there were "ingredients" missing from the table this year. Suggestions for next year were: to include more networking, play time and opportunities for self-care; and to consider that striking the balance between didactic and experiential activities in a two-hour workshop is challenging. No specific topics were suggested for next year's symposium.

As a final activity, Education Committee members invited participants to consider their most significant learning from the symposium. In break-out rooms, participants created sculpts, songs, cheers and other playful demonstrations of the learning they were taking away from the symposium.

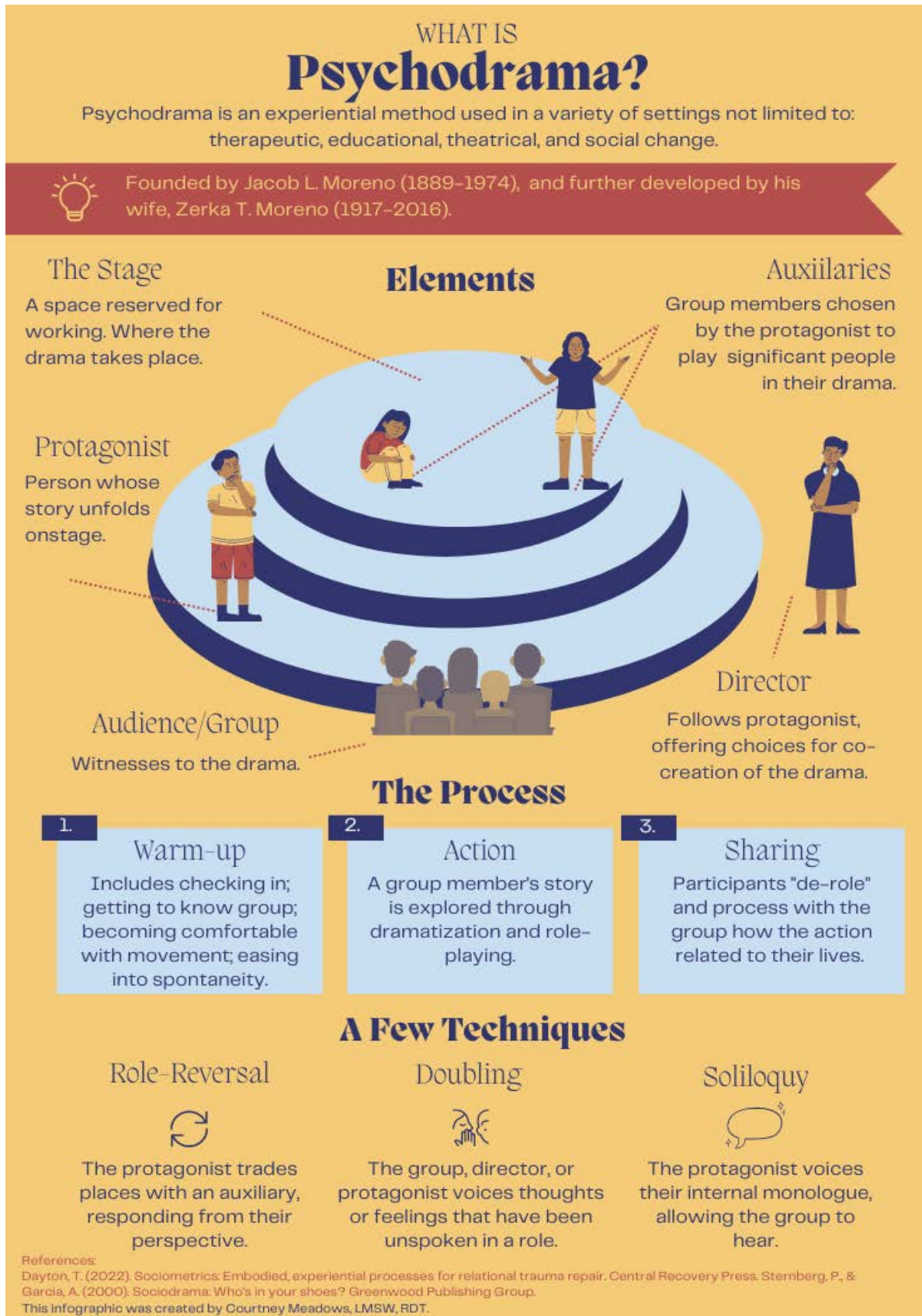
Thanks to the ASGPP Education Committee: **Uneeda Brewer, Carley Foster, Tanja Lee** and **Daniela Simmons** for planning and organizing the symposium. A debt of gratitude also goes to all presenters and the volunteers who assisted in the workshops. Special appreciation to Samuel Egber and Tina Stanojevic' for outstanding logistical and technical support.

Stay tuned for an announcement of dates and topic for next year's



## What is Psychodrama? Infographic

An infographic made by our very own Courtney Meadows, LMSW, RDT, who is also a member of our ASGPP Publicity & Marketing Committee!





## Writings

Short pieces of writings for members to share, including *a special poetry section* by The ASGPP Psychodrama Writer's Group Support Group



### **Sociometry a Bridge to All Humankind:**

#### **Inclusion vs Exclusion**

**by Dave Moran**

I write this on the plane returning from the Thunderhead Ranch in Wyoming, the location of the Gerry Spence Method. This is a 3-week training offering 1 week of psychodrama and personal growth with the next 2 weeks utilizing Psychodramatic techniques in trial prep for lawyers. Gerry Spence Method like most Psychodrama related experiences has a certain amount of controversy.

The Majesty of the Grand Tetons, the mountain landscape and wildlife welcome you as you travel to the Ranch. The Ranch is an experience of its own including 19th century housing and barns. But more important is the experience and dedication of the Gerry Spence staff, especially Joseph Low (Joey) who has followed in Gerry Spence's lead and continues to co-create this experience for the student lawyers and his dedicated team.

The majesty of the experience is the shared psychodramas of the 10 or so lawyers that go to the depth of their pain and soul to work through personal issues. If you're reading this, you know the life transforming experience of Psychodrama. An experience equal to my wedding to Michelle, birth of my children and the co creation of the Recovery Programs I worked in for close to 30 yrs. I am sure you are thinking this is a bold comparison, but the commonality they share is co-creating something that I feel is a part of my being and will go on after my participation in it. For clarity I am only part of the Psychodrama team that Gerry Spence Method (GSM) continues to use, honoring the value of trained Psychodramatists.

The experience has stimulated an Act Hunger as old as my connection to Psychodrama. That Act Hunger is a Call for Sociometry.

J.L. Moreno's simplest definition of Psychodrama is "exploring the Truth through Dramatic means.". The GSM is one of Storytelling. Psychodramatists at the JSM retell "The Story ". They explore how to tell their client's story- to the lawyer's team, to the judge and to the jury. This Storytelling is one of Spontaneity and Creativity from Gerry Spence who experienced psychodrama as a lawyer, author, and a man of spirit and then co-created an Experiential Teaching Method to EMPOWER Trial Lawyers to "Tell the Story" ... **(continued on page 9)**

**(Dave Moran, continued)**... My role as a psychodramatist in the GSM 3-week course was to offer psychodrama for each of the 10+ students who are seasoned Trial Attorneys in the group assigned, usually 4 groups. I, of course, came with my share of warmups to engage the group and prepare them for personal work.

Early on a dispute between my version of the warmup process and the GSM instructor James, a highly competent and seasoned Attorney from San Diego arose. The debate: how do you define the therapeutic method and how do you present it? I was kind of proud that I was able to maintain the debate for over 30 minutes with 2 powerful lawyers Jim and Joan. I lost the debate but learned a powerful lesson that is the foundation of my story. We were in their game. We were not asked to train them in the Psychodramatic therapeutic process. We were asked to meet the needs of trial lawyers and their clients through psychodramatic and sociometric interventions.

As the next 3 days unfolded, I learned much from my new friend Jim and the other members of the GSM team. I realized I was invited there by the GSM team to participate in their program. I was asked to direct psychodramas. But the debate was on how and what we were doing.

I learned that their definition of the therapeutic process of psychodrama does not equal therapy. I can hear the naysayers defending "that is what we are licensed and trained to do." Well let's re-evaluate that. For a method to heal all of humankind that method needs to be INCLUSIVE and broadly designed. Not necessarily the narrowly defined version we have come to know as Psychodrama. A point Joey made is "If we are doing therapy, are we licensed to do so in Wyoming?" How about when we practice at our national conference? Or do we get real and practice Sociometry as Moreno defined Psychodrama as a therapeutic technique on April 1, 1921.

I want to challenge our readers by asking you to consider the many different links on the ABE website. The many references each of us have in offering Psychodrama to a greater arena on our own websites, our history, and in our literature. When we do presentations in community settings with lawyers, coaches, administrative teams, college students, police or with treatment centers staff are we offering them therapy, a therapeutic method, or a demonstration of one? The common denominator here is Sociometry. The call of my "story" and my antagonism is a call for Sociometry.

My history with the ASGPP Council includes Vice and President roles and involved much controversy around credentialing Sociometry. The facts are Psychodrama cannot be patented or labeled as our intellectual property so we cannot own it. In my view, Sociometry can be. Tian Dayton has been an ally in this perspective and so have many others.

A roadblock to making Sociometry our core is establishing who oversees the credential. If the ABE won't then the ASGPP should. Please stop with all the arguments on what we can and can't do. Psychodramatists are geniuses, gifted and seasoned. But should we let our elitism get in the way of credentialing Sociometry?

Please hear this, for if we don't do this in the next couple years someone else will. Even though Moreno made a big deal of Gestalt and Fitz Pearls taking parts of his methodology and making it his own, he also left us with an ever-changing conserve as a measure of our adaptation and spontaneity. Anne Hale reported J.L. Moreno stated later in his life, "I made a terrific Raisin cake with lots of ingredients that you are free to recreate as is or take parts of it and use it at will, make it your own...". Anne Hale (the great Sociometrist) would certainly agree... **(continued on page 10)**



**(Dave Moran, continued)...** We need a Sociometry credential. Perhaps 300 hrs. of Sociometry training as a standard. This would be more involved than the 100 hrs. of the Experiential Credential many clinicians fall back on rather than moving on to the full Psychodrama CP/TEP credential. Many psychodramatists have said "the thing we teach is what our organization needs the most, Sociometry".

Let me elaborate on what is happening in the real world. First Psychodrama as a term cannot be owned as intellectual property. It has too many, confusing meanings. It is used in many Drug and Alcohol Treatment Centers across the country, most without credentialed Psychodramatists doing the work.

Here's something that really blows my mind, frustrates me, and empowers me to speak as I do. I am a proud and honored member of the Crisis Intervention Team (CIT) in Delaware County Pennsylvania. A training offered to police to help with citizens suffering Mental Health and Substance Use Disorders.

As a member of this team, I was frustrated and proud when informed by Dale Buchanan that they (St Elisabeth's) Psychodrama staff and the Police under a National Mental Health (NAMHI) Grant put the CIT program together in the late 1980's. Dale was gracious to provide the original journal article that established the program. This training we offer today is a 40-hour training for police that is similar to its original design. I understand it is offered in most cities and precincts across the country.

There is NO Mention of its history, its Psychodramatic nature or its origin. There is an emphasis on the action referred to as ROLE PLAY in every model. This is one of the many examples in which we have lost our place in the history of interventions that have their origin in Psychodrama and Sociometry. Scott Giacomucci and Rob Pramann's team of researchers have been working on this formally as have many others. I believe a SOCIOMETRIC Credential will pull this together as well as our research findings to advocate for Sociometry and Psychodrama as Evidence Based Practice.

I am reminded of Zerka Moreno's advocacy for Sociometry inclusion with other disciplines as has Adam Blattner, Ed Schreiber, Louise Lipman, Nina Garcia, Natalie Winters, Leticia Nieto, Rebecca Waters, Daniella Simmons the Social Justice Committee and several other authors and advocates of Sociometry.

In conclusion I am grateful for the many people that came before me to work in the Gerry Spence Method. That experience allowed me to formulate an answer to a stirring in my soul for several years. My Act Hunger, call to action and request is that we respect the rest of "humankind" by being INCLUSIVE, respectful and co-create with them on their terms as well as ours.

I see this much easier under Sociometry for it does not have the expectations of THERAPY. The GSM team gave me a perspective that works for all: Sociometry as a therapeutic technique. If we would like to broaden our scope and be inclusive and respectful of the many organizations like the Gerry Spence Method that experience the healing of connection to each other, we must embrace Sociometry and in that embrace, co-create healing for all of Humankind.



## HOW ANGER COULD BE A DANGEROUS MATTER

by Carolina Becerril

We were working on ANGER. I gave different balls to the participants. Soft and medium balls to touch, to manipulate, to stretch, to pull out, etc. Three members were expressing their anger (just women in the group) making noise and movements. Only one was absolutely blocked, paralyzed...keeping the ball in her hands without any reaction...just keeping the ball in her hands...her legs showed a kind of static position...but at the same time trembling, her face expressed fear.

This position was very noticeable for me and I went to Sylvia. I asked her what was happening to her, why this kind of impediment to express her anger. I asked her to close her eyes and try to bring a memory about something, a sound, a voice, an image...etc. I insisted with Sylvia to feel free and take her time, "something must have appeared in her mind".

After a little while she cried and referred to a moment when she was 9 years old. She had an older sister who was the "star". She was very kind, a quiet girl. Her father was at all times comparing both of them, always saying to Sylvia: you must learn from your sister, she's kind, she's a good student and so on.

One day, when she was 9, Sylvia went to her father's office and expressed to him a little anger: "Dad, why do you always take me back to my sister? Do like her, smile like her, why?" Sylvia's father opened one of the drawers of his desk and took a gun. He put it to his temple without telling anything. Just making the sign of the gun on him.

We can imagine in that moment that she learned how to repress her anger. This was the memory of hers who came to her mind at that moment. I let her cry all the time she needed. She was sad, as a little girl who couldn't be understood by her father. After this scene, the time was for her to come back to the moment, to the here and now, to the group.

Before going to the sharing I invited Sylvia to the surplus of reality to think about the reaction she would have wanted from her father to her claim, to her true feelings. She choose a scene with one auxiliary ego who came to her side trying to understand her anger and her sadness too. Because she had felt that she hadn't had her father's love as her older sister had had.

After these very emotional moments on the group, we start the sharing. As always on the co-unconscious in group, all the participants at the sharing brought to their mind different moments with their father. For Sylvia it was a very important moment... from catharsis going to her repressed feelings of anger because they were SO DANGEROUS!

One month later she went to her parents' home. She went with her father for a meeting and along the way she talked calmly with him, asking him about his work, when they, Sylvia and her sister, were children, etc., in a peaceful manner.



**Theme: November**

*Wherever you are in this vast world, what is rising to the surface of your awareness? What do you need/want to leave in the past? As you stand in this portal between seasons – looking back and looking forward – what pulls at your heart?*

*The group participated in a short meditation with open, cupped hands to the following poem read aloud:*



**The Clearing**

*by Martha Postelwaite*

*Do not try to save  
the whole world  
or do anything grandiose.  
Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there  
patiently,  
until the song  
that is your life  
falls into your own cupped  
hands and you recognize  
and greet it. Only then will  
you know  
how to give yourself  
to this world  
so worthy of rescue.*

*The following pieces emerged from the free-write session that followed:  
(continued on page 13)*

## Dialogue

by Lola Wilcox

These are dangerous times. What I write about is dangerous to some of the journeymakers I travel with in these times. We may look across a chasm of difference and say "What you are involved with is evil: from thinking, to being, to doing, because the premise is evil. Therefore you must be evil also."

*Tell me, what is or was your father's name?  
Where is or was he born? Did he grow up there?  
Do you know how his early years shaped his life?*

From my side of the chasm I see you talk about what you hate, and it seems to be just about everybody I know. If we were in a fascist state you might turn me in for having friends who are non-white, non-Christian, non-gendered, non... non... non.... Why even the food we eat and where we get it from are in no way similar.

*Now tell me about your mother. Was she hardworking?  
Did she love your father?  
Did she love you?  
How do you know these things about her?*

Right now I feel we are in the November of our world. The life our parents knew was over last December. By January we were all hearing the news: Change Is Coming. Every part of our lives will change. Every part from how we learn and work to how our avatar orders our clothes and how we have no need to brush our teeth. Traditions centuries old will pass away.

*Tell me, did your parents have many changes in their lives?  
Did they betray you in the way they managed those changes?  
Did they abandon you? Force you? Comfort you?  
Did they hold you in their arms when you were confused?  
Did they encourage you to be open, ready, to be fearlessly creative?*

What are the foundations we need in place by January? Can we find our new way together? What will we offer to our new world? How can we share our explorations? Support one another? Be genuine with one another?



## Untitled

by Jackie Fowler

Last month my arborist took down the dying crabapple tree that my Dad planted in 1959. As a child, I spent hours beneath those branches, practicing animal voices, oblivious of the neighbors' chuckles. I was the best howler on the street.

In the backyard, just out of range of this photo, still stands an 80' Silver Maple planted the same year. Each season, I watch its misshapen branches grow larger, heavier, and weaker. One day it, too, will need to be taken down, this ancient witness to my life.



## November in my Heart

by Elaine Lux-Koman

Cupped and open my November hands  
Listened in my lap  
Even as my heart bent, quietly  
Releasing its battered burgeoning  
Burdens into the universe.

The hands waited and waited  
At peace.  
Nothing to do.  
And this peace was a gift  
Recognized only after, in the reflection,  
In the moment the words  
"Your life is a song"  
Dropped softly into my empty hands,  
As did the wonder of remembering.

How could I forget?  
How could I have forgotten  
That my life is a beautiful song?

I, part of creation, flowing Into and out of myself  
And of others, am music.  
With inner laughter and wonder at the core,  
With tenderness and hope  
For self and others—  
A song to make softer  
The hard roads to walk in the world,  
A song to make sweeter the birdwings of dreams.  
This song that I am is beyond  
My understanding.

Back from a dreary forgetfulness,  
I receive again the light of delight—  
The taste of joy— the mission of mercy  
For self and others.  
With hope born in November, which, oddly enough, is prelude to winter,  
But now is a gracious host of unburied hopes and dreams, I open my hands and receive  
Words of wonder, words of vision.

## Untitled

by Stephanie A. Adler

Oh sweet November, you are greyer and darker than your October neighbor. For me, you represent a month of monumental, life changing loss and have always brought dreams and memories of sorrow. And yet, this year you brought warm air with sunny skies and life and laughter to the streets of the city... an unfamiliar experience in November. As I move into the... **(continued on page 15)**

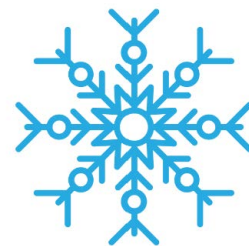
## The Unknown

by Connie Lawrence

*(The Unknown landed in my cupped hands and had this to say:)*

"I am the unknown, and I admit, I can be a little uncomfortable at times. It's not easy hanging with me, but I am where the great things brew, mature and season. If you look over your shoulder, you'll see some giant miracles in the last six months... ones you never saw coming... out of nowhere things emerged that were better than you could have imagined."

"I'm uncomfortable... Lots of people don't like me, but I say, "leave the lid on" and allow me to simmer without peeking." I understand, you'll get itchy and twitchy and start pacing around and swearing. You'll start to sweat and make things up, but keep your practices going. Keep up your prayer, meditation, and faith - your martial arts and all the things you do to stay connected to the mystery. Or at least open the door. You can even chop a few vegetables if you get impatient, but stay open to surprise. Let the mystery "cook." Trust that if you stay quiet and trust the process, it will be delicious and a long-awaited dish. It's worth the wait."



**(Stephanie A. Adler, continued...)** New Year, I would very much embrace peace of mind. The clutter of worry that flutters and activates my body induces stress- the stress that causes pain...physical pain.

While worry does not change our circumstance, it is, for me one of the most difficult emotions to shed. I would like to guide myself through the quiet, cool winter, into stillness and create a peaceful mind.

My commitment to eagerly and enthusiastically respond to everyone in need with expedience and excellence has worn me weary. My wonderful children, their friends, their friends' parents, my friends, their relatives and friends, my older, aging family... the lost person on the street without language...I show up and keep it all in my photographic /echoic memory.

What falls into my hands-----the elves and fairies. I call to the elves and the fairies to stay close. They remind me of my imagination, my creativity and my story. The story I would tell my son as a young mommy. How easy it was to feel free to let the elves and the fairies offer me advice when I felt stuck or encumbered. The elves and fairies found their way circling around and gave me the clearing I needed to take a breath. I do need to breathe more; see more nature new cultures, more art. Oh art, you fill my soul, whether fine art, cinema or theatre you nourish me. Thank you to the Ferragamo family for the documentary about Salvatore, the Shoemaker. His gift, his art, his complete passion to create the unusual and beautiful moved me into a different realm the other day. I was immersed in his life as I sat in a movie theatre with my dear friend, just the two of us at a morning screening. THANK YOU, to the Whitney Museum for the Edward Hopper exhibit, for filling me up so completely that my cup, the hands that I cupped...runneth over.

And, my former patients, those of you who have recently reached out after many years without formal contact, you have deeply touched my heart. While I worry about you, and am available for you, you are unaware that in your need of my clinical creativity you actually let me know how much of a difference I have truly made in so many lives. AND THIS 'worry' that I refer to is actually a validation; a Gift.

I am grateful for my elves and fairies of the forest, my sweet inspiration who spark my imagination. I will keep them near and dear!

## Tree

by Liane Ellison Norman

Today they are cutting down  
the old maple in the backyard,  
a crew of three men, one  
on a machine with long neck  
that raises him into high branches;  
one who has dismantled a part  
of the fence that hugs the tree;

one wearing spikes, his chain saw  
and other tools hooked to his belt;  
high up, cutting thick branches  
among dense leaves, working back  
towards the scarred and damaged trunk.. **(continued on page 16)**



***Liane Ellison Norma continued)*...**

The old maple has blushed faint green in spring, glowed gold in fall, spun lace in winter, runway and airport for squirrels, birds—an owl one year—a pair of woodpeckers who nested, laid eggs: a starling killed the chicks.

But it's older than we are old and might come crashing down. It's being dismantled, the way age dismantles, higher branches cut first, then pruned back until we can see from the sliced

raw trunk—twelve feet around— an account of age. At dinner time, three squirrels, tentative, peer over the fresh stump, perplexed that their whole world has vanished.



## **YamaDrama Yoga & Psychodrama**

**by Tzivia Stein-Barrett**

I have been exploring and working with body postures for a decade—and I thought I'd share some ideas about how I use Yoga in Psychodrama Au Deux. Below I share some similar mythic ideas in both Yoga & Moreno's philosophies.

In YamaDrama Yoga and Psychodrama, elements of an ancient science are blended with Moreno's Developmental Model. Moreno identifies Role Theory as the matrix with which humans develop a sense of themselves & the world. Role Taking: refers to process of adopting superficial behaviors. Role Playing: involves a degree of use of improvisational elaboration and spontaneity. Role Creation: One defines and modifies the nature of the role itself, so that the 'role part' can adapt to the current situation.

Yoga is the action of merging Self with the Divine within. Moreno's psychodrama is contacting the Godhead within while co-creating a new outcome, and a healing of the Self. I start with Somatic Doubling: a reflection through poses and posturing through life.

The body speaks the mind. Roles are a Complex of attitude, beliefs, expectations, skills and behaviors, and are created to satisfy needs (motivations). As a patterned interaction or as defenses in life; these roles can become concertized and manifest in what I call ~the Bodypersonality. Bioenergetics, developed by Alexander Lowan speaks more to this.

Moreno developed the concepts of "Psychotherapy of Time, Space and Reality" (Psychodrama Vol. 3, pg 13.) In recent years, space and physical communications have become important categories in the field of therapy. YamaDrama Yoga & Psychodrama, practices spatial proximity through 3-dementional planes~ side, top, bottom, front, back; the yoga postures and movements within the room. With somatic information; the concept of present time is pursued. Not only bringing a scene to life in the Here, but the sensations of Now.

Witness Consciousness: The body as double is a miraculous Auxiliary in our lives. As we look in the mirror, our body reflects the words we have not said, our feelings are betrayed through furrows, lines, wrinkles, tics and other somatic symptoms. The body translates (Continued on page 17)

**(Tzivvia Stein-Barrett, continued)...** our interpretations of life into it's own language of symptoms and markings. The DoubleBody is the internal muse of the protagonist. It expresses the unexpressed, becomes the internal truth seeker and identifier.

Body Action Double: we explore the feeling of the pose, the energetic quality of the pose and identify some life-associations to the gesture. (Intention - embodying energy– noticing sound, weight, texture, energy & vibration of the pose.)

Through Somatic Doubling: we can identify an urge or some motivation for a Role emerging. Spontaneity is ignited by the energy flow of Yoga postures, through moments of interacting within a scene or context. As we inform ourselves through a psychodrama, we translate the body's language into our own thoughts, feelings and ideas via our somatic memory.

"Moreno wrote about the two related universes: the first universe of the formless godhead and the second universe of individuated forms such as: me, us and them. The experience of the primordial nature, the godhead, is the birthright of humanity." ~from conversations with Edward Schreiber



## **The Circle is Broken - A Psychodramatic Zen Story**

**by Ed Schreiber**

I feel painfully reminded that we as a species are still at war with ourselves and one another. We see this in the news with Ukraine and Russia, with a continued great divide in the US, we can see this in families, communities, within our own minds and within ourselves, our social atoms and organizations.

I remember well an ASGPP Conference some years ago at a workshop presented by the ASGPP Journal, in which one of the presenters said that the Circle was broken and needed to be healed.

There are many ways to address broken circles, yet the one that has most impacted me are the ideas and experiential tools of JL Moreno, who created pathways to the unbroken circle.

When we find our way to the unbroken circle, we find ourselves in connection with what has been written about by many spiritual seekers and teachers. To experience the unbroken circle is to find ourselves in an encounter with what Moreno wrote of as a "primordial nature and first universe."

An experience of the primordial nature, the godhead, is a birthright of humanity. It is an experience in which the essential nature, primordial nature, becomes experientially known, even as a glimpse. The broken circle becomes unbroken within us, extending to a group.

Moreno wrote about the two interrelated universes: the first universe of the formless nature; the second universe of individuated form such as Me, You, Us, Them, That. The experience of the intersection between the first and second universes is discovered deep within the self and all around us.

To stand in this intersection is what Zerka described as an awakening of the autonomous healing center. It is autonomous from us, yet within and around us at the same ... **(continued on page 18)**



**(Ed Schreiber, continued)**... time.

When Moreno studied groups throughout the world, large and small ones, formal and informal ones, societies and all humankind, he found within all of these groupings the existence of a structure that he called this “an actual, dynamic, central structure underling and determining” impacting all of mankind. He called it the sociodynamic effect.

To more fully understand the dynamic of the sociodynamic effect is to realize that what is not always fully seen is playing a major role in determining social reality for all of us. To see this and alter it in small groups was their idea.

Zerka Moreno said in her training programs that these are seeds we can plant for the evolution and enlightenment of society, groups and organizations and our own lives, rooted in the integration and experience of a Great Mystery, of the presence of a force and an intelligence that is within us, around us, and between us. This is social microscopy.

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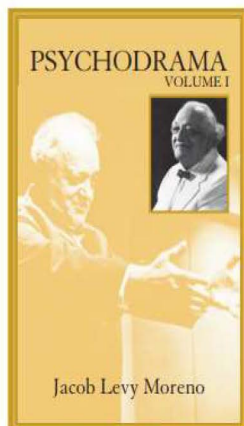
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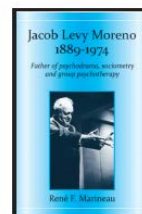


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Daisy Martinez-DiCarlo, LMHC, LPC, CP, PAT  
At Daisy's Home in Sarasota, FL  
Text or Call Daisy for an Interview at 203-613-5832  
Registration is open (limited seats available) at <https://daisymartinezcounseling.com>

The purpose of this affinity group is to provide an opportunity for Puerto Rican American Women to create a space where they can share one another's strengths and share their similar lived experiences of marginalization. In this space, they can build each other up through action methods and help one another to expand their empowering roles for the future.

May 19th - 21st, 2023  
Friday, May 19, 9am - 5pm  
Saturday, May 20, 9am - 5pm  
Sunday, May 21, 9am - 1pm

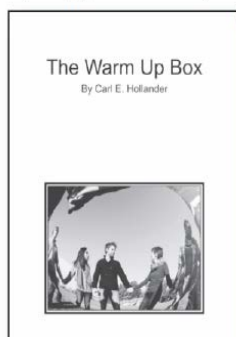
### Goals:

1. Identify and share your resilience and strengths in action.
2. Identify and use action methods to share similar lived experiences of marginalization.
3. Identify and use action methods to plan for a future expansion of empowering roles.

## The Warm Up Box

By Carl E. Hollander

The Warm-Up Box is a reservoir of warm-up ideas useful for anyone who works with groups. These warm up suggestions may be augmented by ideas you already use.



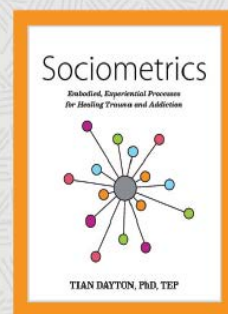
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