

Transforming the Power of Culture with Love and Compassion

STANDARDS AND PRACTICES FOR CREATING ANTI-OPPRESSIVE SPACES

SATURDAY
FEB. 8, 2025
ONLINE FORUM
OPEN TO THE PUBLIC

A Learning Forum
presented by the
Society and Social
Justice Committee of
the American Society
of Group
Psychotherapy and
Psychodrama



The first annual Online Learning Forum is organized by the Sociatry and Social Justice Committee of the **American Society of Group Psychotherapy and Psychodrama**. In addition to this event, ASGPP sponsors an annual conference, an online trauma symposium and other online learning programs and affinity groups. To learn about and register for the **April 1-6, 2025 conference in Albuquerque, New Mexico**, see asgpp.org.



Daisy Martinez-DiCarlo (She/Her)



Danielle Croom (She/They)



Deborah Karner (She/Her)



Ed Schreiber (He/Them)



Jennie Kristel (She/Her)



Michael Watson (He/Him)



Sheila Dallas-Katzman (She/Her)

THE SOCIATRY AND SOCIAL JUSTICE COMMITTEE

Daisy Martinez-DiCarlo,
LMHC-QS, LPC, CP, PAT
(she/her)

Co-chair of the sociatry and
social justice committee,
certified psychodramatist

Deborah Karner, LCSW, TEP
(she/her)

Co-chair of the sociatry and
social justice committee,
psychodrama trainer

MEMBERS

Danielle Croom, LCSW
(she/they)

Sheila Dallas-Katzman, M.A.
(she/her)

Ed Schreiber, TEP (he/them)

Michael Watson, Ph.D.
(Retired) (he/him)

Jennie Kristel M.A., REAT,
APTT, RMT (she/her)



Saturday, Feb. 8



11 TO 11:30 A.M.

OPENING AND WELCOME

Daisy Martinez-DiCarlo, LMHC-QS,
LPC, CP, PAT (she/her)

Deborah Karner, LCSW, TEP (she/her)

Welcome and Introductions.

11:30 A.M. TO NOON

CALLING OURSELVES HOME WITH THE LEGACY OF LIBERATION (BBIPOC) COLLECTIVE

Daisy Martinez-DiCarlo, LMHC-QS,
LPC, CP, PAT (she/her)

Jan Champagne(she/her)

Kulkiran Nakai, Psy.D., LP (they/them)

Leticia Nieto, Psy.D., TEP (she/her)

Miriam Zachariah, M.A., TEP (she/her)

Sheila Katzman, M.A. (she/her)

Whitney Bell, MA, RDT, CP, PAT
(she/her)

NOON TO 12:30 P.M.

KEYNOTE SESSION

ACCOUNTABLE WELCOME: INVITATIONAL STRATEGIES FOR LIBERATION

Leticia Nieto, Psy.D., TEP (she/her)



Our Saturday keynote speaker is **Leticia Nieto**,
Psy.D.,TEP (she/her)

Dr. Leticia Nieto, born in Puebla, México,
immigrated to the United States at the age of
17.

She completed degrees in theatre, human
development, and clinical psychology and is a
nationally board certified trainer, educator and
practitioner in psychodrama, sociometry and
group psychotherapy. As professor to graduate
students in counseling and leadership for more
than three decades, she developed an
intersectional model for anti-oppression --
portrayed in her book, **Beyond Inclusion**,
Beyond Empowerment.

She is a leadership coach, psychotherapist and
educator using action methods, including
psychodrama and the expressive arts.

Program is listed in Eastern Standard Time (U.S. and Canada)

SATURDAY WORKSHOPS 1-3 P.M.

1 TRAUMA INFORMED PRINCIPLES OF CULTURAL SAFETY

Kulkiran Nakai, Psy.D., LP (they/them)
Scott Giacomucci, DSW, LCSW, BCD, CGP,
FAAETS, TEP (he/him)

This workshop employs trauma-informed care and anti-oppressive practice to implement playfulness, critical reflection, sociometry, and role playing as a means to elevate the significance of and consideration for cultural safety in psychodrama spaces. We hope to increase participant knowledge, awareness, and empathy for ourselves and for others from different backgrounds by exploring the building blocks of cultural safety and other related factors that can help or hurt a sense of cultural safety in psychodrama spaces.

Learning objectives

- Describe the importance of trauma-informed principles in psychodrama.
- Define Cultural Safety and demonstrate its impact on the group process.

2 CREATING COLLECTIVE BELONGING THROUGH GROUP REIKI

Charlie Trotman (he/they)
Deborah Karner, LCSW, TEP (she/her)

In this workshop, we will utilize Reiki energy healing and breath work to reconnect with

the felt sense of sacred space within us. By envisioning our inner sanctuary as our home we discover a source of empathy and compassion for ourselves and others. In these challenging times, many of us are experiencing deep grief, fear, and a yearning for profound transformation. We may be unclear how to participate in the national or global home. This group session aims to support us in constructing a collective vision of home.

Learning objectives

- Discuss the concept of home in micro/macro manifestations.
- Construct a collective vision of home.

3 PSYCHODRAMA AND TRANS/QUEER COMMUNITIES*

Kaamila Mohammed, LCSW (they/them)
Ellie Taylor, LSW (they/them)

Many of us live and work in societies that target trans and queer identities and existence. Trans and queer individuals are often grappling with both the internalization of oppression and navigating ongoing violence in relationships and institutions. In this workshop, we will explore these issues using psychodramatic tools to support trans and queer individuals and communities.

Learning objectives

- Identify key ways in which transphobia and queerphobia affect trans and queer individuals and communities.
- Demonstrate the ability to use one experiential tool for supporting trans and queer clients who are experiencing internalized and/or external forms of transphobia or queerphobia.

SATURDAY WORKSHOPS 3:15 – 5:15 PM

4 COMPASSIONATE GROUP BUILDING: USING SOCIOMETRIC TOOLS AND TECHNIQUES TO INTERVENE IN OPPRESSION

Daisy Martinez-DiCarlo, LMHC-QS, LPC, CP, PAT (she/her)
Louise Lipman, LCSW-R, TEP, CGP (she/her)

When groups find themselves in a state of stagnation, individuals often confine their choices within their dyads, triads, and cliques, leading to the formation of subgroups. This division fosters oppression, as those who are frequently chosen continue to be selected, while those who are less chosen remain sidelined (known as the “sociodynamic effect”) and subjected to unjust treatment. By applying sociometric interventions, we can encourage individuals to step beyond the norm and their comfort zones, effectively counteracting the sociodynamic effect. This approach helps to create anti-oppressive groups where members have increased access to choices and roles.

Learning objectives:

- Participants in this workshop will be able to describe the underlying structure in various forms of oppression.
- Participants will be able to demonstrate at least one intervention which counteracts the sociodynamic effect in groups of people.

5 INDIGENOUS CIRCLE PRACTICES

Strong Oak Lefebvre, Indigenous woman of Wabenaki descent and executive director of Visioning Bear Circle Intertribal Coalition and longtime social justice activist in the Native traditions

Edward Schreiber, TEP (he/them)

Strong Oak Lefebvre will present indigenous practices and how they are used to bring communities back into wholeness. All of the community is impacted when harm is done and people will learn how harm that happens impacts the whole community and that circle practices restore communities to wholeness when harm is occurring. Ed Schreiber will assist Strong Oak Lefebvre in this process by integrating the social justice mysticism of Dr. J.L. Moreno, the originator of psychodrama.

Learning objectives

- Examine the nature of Indigenous circle practices to heal a community.
- Explore the relationship to Moreno’s Mystic Healing of Humanity.

6 EXPLORING ACCESS NEEDS AND MIXED FLUENCY

Sheila Katzman, M.A. (she/her)
Lauren Shpall-Brown, MA,MS, CP, PAT (she/her)

In our increasingly diverse world, conversations about race can be complex and

challenging, especially when individuals have varying levels of comfort and knowledge about race and racism. Discrimination, including racism against Black and Brown people, antisemitism, and prejudice against refugees, immigrants, and LGBTQIA+ individuals, is on the rise.

This workshop will equip participants with the skills to navigate these conversations, address mixed fluency, and identify and address access needs. We will explore how to engage in productive dialogue, build empathy, and challenge systemic racism while respecting diverse perspectives and experiences.

Learning objectives

- **Develop anti-racist skills:** Learn practical tools for navigating difficult conversations, listening empathetically, and responding thoughtfully.
- **Recognize mixed fluency:** Identify and understand varying levels of comfort and knowledge about race and racism among individuals, to foster deeper, more meaningful conversations.
- **Identify and address access needs:** Recognize subtle barriers to participation in anti-racist discussions and take steps to remove them.
- **Facilitate challenging conversations:** Frame and initiate discussions about race and other forms of oppression in a way that encourages diverse perspectives and promotes understanding.
- **Communicate effectively:** Select appropriate language and tone to engage with individuals from diverse backgrounds, fostering respectful and productive dialogue.

7 EXPLORING RACISM AND ANTI-OPPRESSIVE SYSTEMS WITH THE LISTENING HOUR PRACTICE*

Jennie Kristel, M.A., REAT, APTT, RMT
(she/her)

Will Chalmus, M.Ed., APTT (he/him)

Join us for the Listening Hour (LH), a community-based storytelling experience developed during the pandemic, as we explore its potential to confront oppression and racism. We will unpack and demonstrate the Listening hour, a strength-based, trauma-informed approach, and share stories of resilience, solidarity, and creativity in the face of injustice. Together, we will tap into memories of courage and community. Finally, we'll discuss how joy, neurologically, sustains our energy, presence, and calm in confronting oppressive systems.

Learning objectives

- Participants will examine the practice of the Listening Hour and demonstrate how LH recognizes our personal experiences through stories of solidarity, resilience and joy.
- Participants will identify ways of entering conversations about racism and oppression through the experiential tool of Listening Hour.

CLOSING RITUAL OF THE DAY 5:30 –6 PM

**LOOKING FORWARD/LOOKING THROUGH THE
GLASS DARKLY**

Sheila Katzman, M.A. (she/her)

Jennie Kristel, M.A., REAT, APTT, RMT (she/her)

Edward Schreiber, TEP (he/them)



WHAT IS PSYCHODRAMA?

Psychodrama is a method that employs guided dramatic action to examine problems and issues.

Conceived and developed by Dr. Jacob L. Moreno, a European-born physician, psychodrama examines problems or issues raised by an individual (psychodrama) or a group (sociodrama). Using experiential methods, sociometry, role theory and group dynamics, psychodrama facilitates insight, personal growth and integration on cognitive, affective and behavioral levels.

The basic elements of psychodrama:

- The protagonist: Person(s) selected to represent the “theme” of a group in the drama.
- The auxiliary egos: Group members who take the roles of significant others in the drama.
- The audience: Group members who witness the drama and represent the world at large.
- The stage: The physical space in which the drama is conducted.
- The director: The trained psychodramatist who guides participants through each phase of the session.

The three phases of classical psychodrama:

- The warm-up: The group theme is identified, and a protagonist is selected.
- The action: The problem is dramatized, and the protagonist explores new methods of resolving it.
- The sharing: Group members are invited to express how they relate to the protagonist’s dramatized story.

WHAT IS SOCIATRY?

Sociatry is “healing of society.” -- **Zerka Moreno**

Sociatry and Social Justice Committee Mission Statement

The Charge

To guide ASGPP’s Executive Council, membership, and conference planning in addressing social justice in all aspects of the functioning of the ASGPP while using as a template and guide Moreno’s vision of sociatry.

Purpose

- Facilitate dialogue on issues related to diversity, social justice, and the sociodynamic effect within the ASGPP and the larger culture.
- Provide educational events for ASGPP members focused on using the social justice lens of sociatry and Moreno’s methods in the context of social justice, cultural humility, white supremacy, and other forms of oppression.
- Offer input to the ASGPP Executive Council on organizational changes related to social justice, diversity and inclusion.
- Participate in the planning of the annual conference to create inclusive and socially just events and spaces.
- Provide a consultation team to address issues of social justice with particular focus on applying the tools of sociatry in response to the sociometric system of white supremacy.

Psychodrama Training Credits & CE Information for Licensed Professionals in the United States

CONTINUING EDUCATION CREDITS (CEs)

ASGPP has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6079. Programs that do not qualify for NBCC credit are clearly identified with a ▲. ASGPP is solely responsible for all aspects of the programs. Up to **6 CE credits available. Up to 6 online psychodrama training hours available.**

CE CERTIFICATES

CE Certificates will be provided at no additional charge. Those requesting CEs will have a “CE Verification of Attendance Form” that will be emailed to them after the participant's attendance has been verified.

In order to receive CEs, participants must join the workshop with the email they registered and stay for the entire workshop. It is the responsibility of symposium participants to download and complete the form and submit the completed form to the national office at asgpp@asgpp.org no later than two weeks after the symposium.

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 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.

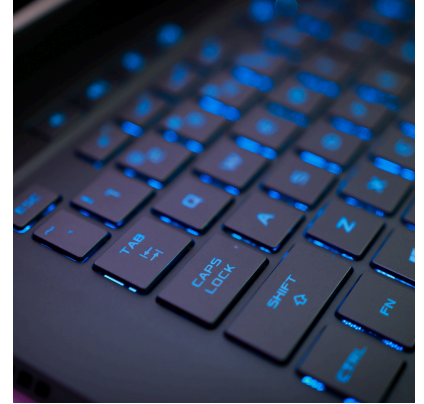
As an accommodation during the COVID-19 pandemic, the number of allowable distance learning hours is increased to 150. Distance learning hours must be documented under the name(s) of the TEPs or PATs leading these training sessions and not under the organizations sponsoring those distance learning sessions.

Workshops that are not eligible for ABE-approved psychodrama training hours are identified with an asterisk (*).

Important! It is the symposium attendee's responsibility to determine if his, her or their licensing or credentialing organization will accept the CEs for re-certification or licensure maintenance.

BEST PRACTICES FOR ONLINE EVENTS

We will use the Zoom video conferencing platform for our learning event. Please make sure that you have uploaded the most recent version of Zoom to avoid delays or connection problems.



- You will also want to take time to catch up on updating your computer system with other general updates prior to the online event.
- Watch for the User ID and passcode in your e-mail box, and check your spam box if you have not received it.
- Plan to arrive at the workshop on time so that you can start on time and end on time.
- Familiarize yourself with the chat feature of Zoom. We will use the chat to share thoughts, ideas, suggestions and references. That information will be recorded and shared with all the participants following the meeting, so please be aware of what you write.
- Unless the presenters announce otherwise, we ask that participants stay muted when others are speaking.
- If you want to share or ask a question, raise your hand electronically (under Reactions in Zoom) so that you can be recognized.
- Make sure that you have enough light shining on your face so that you will be visible to the participants. You might need to close the curtains or lower the blinds if you have a bright window behind you.
- Please be aware of time when talking so all group members will have a chance to share if they want to.
- You will likely receive a copy of written materials following the workshop; ask if the presenter will be sending handouts so you can focus on being present to the experience.

TUITION AND REGISTRATION

Tuition is based on the **Green Bottle Initiative**, a social justice tool that acknowledges economic inequality. To identify your payment, notice where you fit according to the sliding scale:

- **100% Full tuition: \$100** (My basic needs for housing, food, and transportation are met. My income allows me to pay full fee for the SSJC online learning event.)
- **75% Tuition: \$75** (My basic needs for housing, food, and transportation are met. I am employed or have other income, but full tuition is more than I can afford).
- **50% Half Tuition: \$50** (My basic needs for housing, food, and transportation are met. I am employed or have other income, but my income is not always sufficient).
- **10% to 25% Partial Tuition #1: \$25** (My basic needs for housing, food, and transportation are not consistently being met.)
- **10% to 25% Partial Tuition #2: \$20** (My basic needs for housing, food, and transportation are not consistently being met.)
- **10% to 25% Partial Tuition #3: \$15** (My basic needs for housing, food, and transportation are not consistently being met.)
- **10% to 25% Partial Tuition #4: \$10** (My basic needs for housing, food, and transportation are not consistently being met.)

Register and make payment [here](#).

Identify your workshop selection [here](#).

Donations above the \$100 level are appreciated and will help us meet the conference funding goals. If you would like to make a donation of more than \$100, please contact Samuel Egber, National Office Manager, at: asgpp@asgpp.org.

CE CREDITS & ADDITIONAL NOTES

- CE credits for this forum will be provided to attendees at no extra charge.
- Psychodrama credits will be provided to attendees at no extra charge.
- In case of cancellation, your payment will be credited to future ASGPP events.
- A limited number of scholarships are available. Contact asgpp@asgpp.org for information.
- Workshops are filled on a first-come first-served basis.

Quotes to ponder as warm ups

Quotations about social justice can serve as valuable warm up activities when offering presentations and trainings on social justice topics.

Here are some suggestions of how a group leader, facilitator or educator can use these quotes:

- Participants can do a body scan before and after reading the quotes and report on their body responses.
- Encourage participants to find a quote they resonate with, we can encourage them to sit with the quote and breathe for a moment.
- Ask, “Do you resonate with any of these quotes?”
- Ask, “Do any of these quotes offer you a sense of love, compassion and social justice?”
- Ask, “Is there something in these quotes for you?”
- Say, “We hope that there is something in these quotes for you.”

“Human society has an actual, dynamic, central structure underlying and determining all its peripheral and formal groupings. It exerts a determining influence upon every sphere in which the factor of human interrelations is an active agent – in economics, biology, social pathology, politics, government and similar spheres of social action. Its existence can be brought into an empirical test by means of social microscopy. The present human society is a preference system produced, to a considerable extent, by the sociodynamic effect.”

-- **Dr. J.L. Moreno**

Together we will create brave
space.

There is no such thing as a “safe
space” —

We exist in the real world.
We all carry scars and have caused
wounds.

This space seeks to turn down the
volume of the outside world,
We amplify voices that fight to be
heard elsewhere,

This space will not be perfect.
It will not always be what we wish it
to be.

But, It will be our space together,
and we will work on it side by side.

-- **Beth Strano**

“Human society has an atomic structure, which corresponds with the atomic structure of matter. Its existence can be brought into an empirical test by means of social microscopy. The present human society is a preference system produced, to a considerable extent, by the sociodynamic effect.”

-- Dr. J.L. Moreno

“We can disagree and still love each other unless your disagreement is rooted in my oppression and denial of my humanity and right to exist.”

-- Robert Jones Jr.

“I have a vision of (social) movement as sanctuary. Not a tiny perfectionist utopia behind miles of barbed wire and walls and fences and tests and judgments and righteousness, but a vast sanctuary where our experiences, as humans who have experienced and caused harm, are met with centered, grounded invitations to grow.”

-- adrienne maree brown

“You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you.”

-- Frederick Buechner

“Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return to the gift.”

*-- Robin Wall
Kimmerer*

“In certain moments the sociodynamic effect changes, the distribution of social energy is capable of spreading. The precipitating cause may be a social trauma, some factor, an economic war, migration, sickness, death, famines and epidemics. These moments are wide open for social change, either in one dimension

-- Dr. J.L. Moreno

Orland Bishop explains the meaning of the Zulu greeting Sawubona ("We see you") as an invitation to a deep witnessing and presence. This greeting forms an agreement to affirm and investigate the mutual potential and obligation that is present in a given moment. At its deepest level, Orland explains, this "seeing" is essential to human freedom. Seeing with the heart, the essential self, worth, dignity in the other and willingness to be seen.

“Positionality is the notion that personal values, views, and location in time and space influence how one understands the world. In this context, gender, race, class, and other aspects of identities are indicators of social and spatial positions and are not fixed, given qualities. Positions act on the knowledge a person has about things, both material and abstract. Consequently, knowledge is the product of a specific position that reflects particular places and spaces.”

--Luis Sánchez

*Stubborn Ounces:
(To One Who Doubts
the Worth of
Doing Anything If You
Can't Do Everything)
You say the Little
efforts that I make
will do no good: they
never will prevail
to tip the hovering scale
where Justice hangs in
balance.*

*I don't think I ever
thought they would.
But I am prejudiced
beyond debate
in favor of my right to
choose which side
shall feel the stubborn
ounces of my weight.*

-- Bonaro Overstreet

“Love and Justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters.”

-- Rev. angel Kyodo williams

“If you light a lantern for another, it will also brighten your own way.”

-- Nichiren Daishonin, 13th-century Buddhist monk and revolutionary

“Loving justice is not a praxis that supports punishment because loving justice is about relationship.”

-- Kai Cheng Thom

“Love sets boundaries. Love tells the truth. Love defends itself but love does not punish.”

-- Kai Cheng Thom

“The world changes according to the way people see it. If you can alter the way people look at reality, then you can change the world.”

-- James Baldwin

“When a complex system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to shift the entire system to a higher order.”

-- Ilya Prigogine, Nobel Laureate

“In a real sense all of life is interconnected.

All men are caught in an inescapable network of mutuality, tied in a single garment of destiny.

Whatever affects one directly affects all indirectly.

*I can never be what I ought to be
Until you are what you ought to be,
And you can never be what you ought to be
Until I am what I ought to be. This is the interrelated structure of reality.”*

--Martin Luther King Jr., Detroit, Michigan, 1961

“What is an ‘activist’?”

“You can be an activist planting Winter squash, walking in a fern forest, listening to your children, or smiling from your heart at someone who is lonely.

“True activism means, to gently immerse your whole astonished body in the river of Presence. To be moved by the breath of beauty like a golden leaf, falling right where you are.

“To drown in the mystery of communion with whoever stands before you, and serve them by Being. Out of Being, doing arises. This is love.

“And whatever action happens in that moment is your politics. The politics of compassion has no party, and no platform. It is groundless. A disheveled crow, a boy in the rain with his shining basketball, a spider web catching the moon, a crone at the grocery store marveling at all the soup.

“These are your tribe. This is your native country. It is all a sacred homeland.

“Earth is not transfigured by how much you do, but how wantonly, how nakedly you plunge into the ocean of this perishing moment.”

-- Alfred K. LaMotte

“Look for the truth in what you oppose and the error in what you espouse...”

-- Nash, 2008

“What the Poet seeks
is the deep You.”

--Antonio Machado

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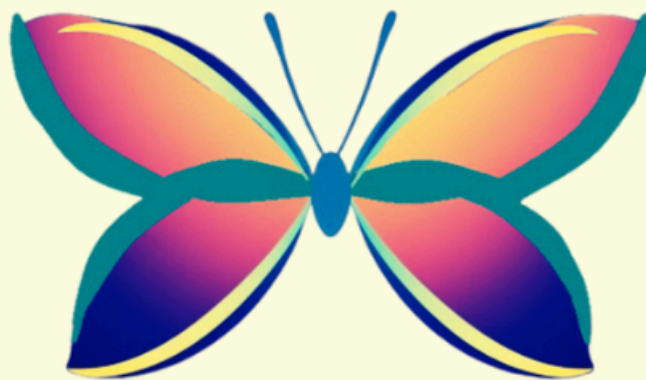


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SAVE THE DATE FOR OUR 2025 CONFERENCE!

The American Society of Group Psychotherapy & Psychodrama

83RD ANNUAL PSYCHODRAMA CONFERENCE



Transformation in the Land of Enchantment:
with Psychodrama, Sociometry, & Group Psychotherapy
La Esperanza de la Mariposa

APRIL 1-6, 2025
ASGPP.ORG

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