

# FEPTO News

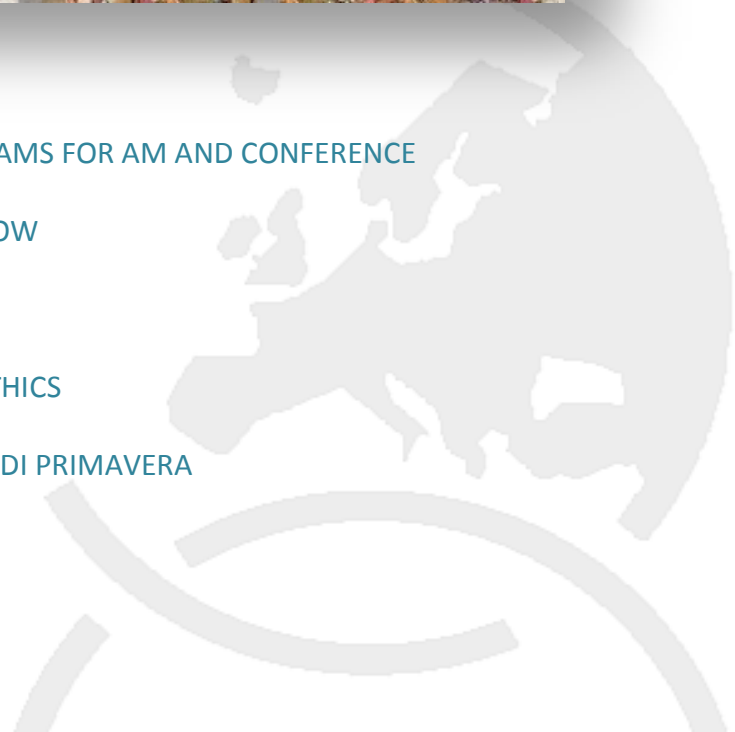
March 2013

13.1

ELECTRONIC NEWSLETTER OF THE FEDERATION OF EUROPEAN PSYCHODRAMA TRAINING ORGANISATION



EDITORIAL: THE GROUP AND I  
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PRESENTATION OF THE SANTANDER LOC/FINAL PROGRAMS FOR AM AND CONFERENCE  
THE HOLWELL DAYS  
EVA FAHLSTRÖM AND THE FEPTO THEATRE/BOWING LOW  
PADUA RESEARCH COMMITTEE MEETING RESULTS  
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REPORTS OF THE COMMITTEES: DEVELOPMENT AND ETHICS  
HOW TO MAKE PEACE AS EXCITING AS WAR?  
PSYCHODRAMA ON THE EUROPEAN STAGE: INCONTRO DI PRIMAVERA  
A MYTH OF OUR TIMES  
THE FUTURE OF MAN'S WORLD



GABRIELA MOITA and HORATIU NIL ALBINI

## THE GROUP AND I

Like all groups, FEPTO makes no exception. We are the group and at the same time the “I”. No matter if this “I” is a new member, rookie as we call it in some cultures, with all the energy and freshness of the start; a founding member, with all the wisdom and history beyond; an organizer, with all the “white” nights and worries for the group; or a guest, discovering and tasting the group and the many, many, many “I”s.

As group leaders one of our tasks is to simultaneously take care of the whole group identity and of each personal one. Sometimes this is a wonderful Job. Other times, this is a difficult hat to wear.

The group identity is constructed of the intertwined personal specificities, each one contributing and therefore changing the dynamics. When a new group identity is born, a new Framework is built which leads the life of the members and guides the newcomers’ behaviour. This is always a dynamic flow, moving from some criteria of prevalent behaviour to others, interconnected with life changes either of the individuals or of the group.

To belong to a group usually empowers each member in the role connected to the group issue. It can lead to awareness of belonging to a community. The stronger the energy to deconstruct a group from outside is pressuring the community, the harder the efforts to maintain the cohesion is expressed from the inside. There is a common way of thinking, a common way of facing the difficulties, and normally that gives power and trust to the members. Are there individuals to be protected, the whole group reacts like an individual, as each individuality is passing from solitarily to solidarity. Not being left alone is improving problem solving resources.

What the group wins with each member is the specificity, the “We” being constructed of a number of “I” that bring new questions to be answered and new answers to be questioned, each one contributing to the group development. Each personal need gives a challenge to the whole group. A new improving is won when a single problem is solved for a single member. Let it rain. That’s the way the whole group will grow-up.

The balance between the individuality and the group identity is one of the important aspects a Federation life is facing. Belonging to a group, what an amazing and powerful thing! Balancing between the interest of the institute and own rules and the federation rules.

The benefits of being together are paradoxically coming along with more privacy and possible liberty. Coordination of all voices means to take care of each identity creating at same time a new identity. How can we make each voice heard in the group, without turning an *acapella* to a cacophony? How can each institute with its particular cultural approach construct and respect our own organizational behaviour? How is my voice heard by the group? How can the real encounter turn the *Me* and *You* into the *MeYou* basis of the group? Is it the local or the global prevailing?

So many questions before a most challenging meeting!

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CELIA SCANLAN

## ELECTIONS FOR FEPTO COUNCIL

Dear Colleagues!

It is not long now till we meet in Santander for the FEPTO Annual Meeting.

This year there will be elections for council. As you know the full council will stand down with the choice to stand again for election or to retire. We have been aware for some months that our dear Co-President, Webmaster and Editor of FN, Horatiu Nil Albin, will retire. Gabriela Moita, President wrote a fitting tribute to Horatiu in the last issue of FN. He will have served eleven years for FEPTO Council.

Agnes Dudler will also retire having served nine years as Chair of the Annual Meeting and then Chair of Training. Our many thanks to Agnes for this long service.

It is with a heavy heart that I now tell you that Gabriela Moita our dear President will also step out. As we know life can take its own twists and turns and to quote the national bard of Scotland, Rabbin Burns, "The best laid schemes o' Mice an' Men, gang *aft* agley. "I know I will miss her elegance, grace, passion and well considered opinions, to name but a few of the attributes she has demonstrated whilst in the Role of Council member. I think we owe much to her for the work she did as Chair of Research and as a consequence, you will know this committee now thrives and meets twice yearly. Her work which is continued by Hannes Krall appears to grow beyond certainly my dreams. Gabriela then took on the shared Presidency with Horatiu and reversed roles with him last June in Oslo. She has guided the council since with wisdom and elegance.

It is somewhat of a shock to know that both our current Presidents will retire this year.

Nonetheless FEPTO will continue and grow in whatever direction you the Membership decide. I am happy to say that the remaining seven council members are willing to stand again.

The story does not end here, please consider if you can offering your time, skills and knowledge to FEPTO by standing for a role on the council. There are basic commitments, namely attendance at two council meetings each year. The first, which takes place immediately before the Annual Meeting and the second, is held on the first weekend of November. Currently we meet at the home of our Treasurer, Chantal Nève Hanquet. Chantal accommodates us in her home on the banks of the River Meuse, Belgium. In addition you will take responsibility for a Chair within the council. It is hard to quantify exactly what this entails but I would say for most the work can be undertaken by email or SKYPE.

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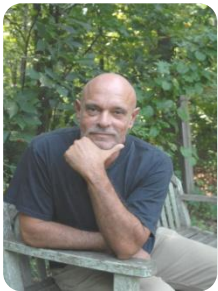


Photo by Inara Erdmanis

The host for the 2013 FEPTO Conference and Annual Meeting  
In Santander, Spain is:

## THE INTERNATIONAL INSTITUTE OF HUMAN RELATIONS DEAN AND DOREEN ELEFTHERY

In the FEPTO Local Committee you will find:



### ROBERTO DE INOCENCIO

Psychiatrist Psychotherapist  
Group analyst. Director and  
Supervisor of Psychodrama  
in The International Institute  
of Human Relations Dean  
and Doreen Elefthery Ex-  
president SEPTG, SAP, IAGP.  
Chairman of the LOC



### JOSÉ FÉLIX FERNÁNDEZ

Pedagogue. Secondary  
school counsellor.  
Psychodramatist. Group  
analyst. Member at The  
International Institute of  
Human Relations Dean and  
Doreen Elefthery. Private  
Practice.



### CAMINO URRUTIA

Clinical psychologist.  
Psychodramatist and  
Psychotherapist on her own.  
Past member of teams  
responsible for different  
conferences.



### MÓNICA RUIZ

Clinical psychologist.  
Psychotherapist. Group  
analyst. Psychodramatist.  
Member at The Internatio-  
nal Institute of Human  
Relations Dean and Doreen  
Elefthery. Private Practice.



### RUBEN ESTANDÍA

Degree in Social Work.  
Clinical Psychologist and  
Psychodramatist-Psycho-  
therapist. Professor of The  
International Institute of  
Human Relations Dean and  
Doreen Elefthery. Working  
with children with severe  
personality disorders.  
Private Practice.



### MERCEDES LEZAUN

Pedagogue. Psychotherapist.  
Group analyst. Director of  
psychodrama in The Inter-  
national Institute of Human  
Relations Dean and Doreen  
Elefthery. Professional  
Training. Private Practice.  
LOC secretary

[feptosantander2013@gmail.com](mailto:feptosantander2013@gmail.com)

## FEPTO MEETING IN SANTANDER, SPAIN 14th - 18th OF APRIL 2013 THE GROUP AND I

### SUNDAY, 14th OF APRIL

17.00 – 19.00 Registration  
 19.00 – 19.30 Opening: Gabriela Moita  
 and Roberto de Inocencio  
 19.30 – 20.30 Warm up with the topic:  
 Mónica Ruiz, Camino Urrutia  
 20.30 – 21.00 Break  
 21.00 – 22.30 Dinner  
 22.30 – Onwards open social space

### MONDAY, 15th OF APRIL

08.00 – 09.30 Breakfast  
 09.30 – 11.00 Warm up: The Group and I  
 Mikel Oier Berastegui, Jon Vitutia  
 11.00 – 11.30 Coffee break  
 11.30 – 13.30 **Small groups I**  
 14.00 – 16.30 Lunch  
 16.30 – 19.00 **Small groups II**  
 19.00 – 19.30 Coffee break  
 19.30 – 20.30 Large Group reflection:  
 Eva Fahlström-Borg  
 21.00 – 22.30 Dinner  
 22.30 – Onwards open social space

### TUESDAY, 16th OF APRIL

08.00 – 09.30 Breakfast  
 09.30 – 10.30 Lecture Research: Eduardo Verdu  
 10.30 – 11.45 Agora meeting new institutes  
 with Coffee  
 11.45 – 12.00 Comfort break  
 12.00 – 14.00 **Small groups III**

14.00 – 14.15 Lunch boxes  
 14.15 – 21.00 Excursion to Santilianna del Mar  
 and Altamira Caves  
 21.00 – Surprise dinner

### WEDNESDAY, 17th OF APRIL

08.00 – 09.30 Breakfast  
 09.30 – 11.00 **Small Group IV**  
 11.00 – 11.30 Coffee break  
 11.30 – 13.30 Plenary with presentation  
 of the small group results:  
 Melinda Ashley Meyer  
 14.00 – 15.30 Lunch  
 16.00 – 17.30 General Assembly I:  
 Reports, By-laws  
 17.30 – 18.30 General Assembly II: Voting  
 18.30 – 19.00 Break  
 19.00 – 20.30 General Assembly III:  
 Election for the new Council  
 21.00 – 22.30 Dinner  
 22.30 – FEPTO Theatre open stage:  
 Eva Fahlström-Borg

### THURSDAY, 18th OF APRIL

07.30 – 09.00 Breakfast  
 09.00 – 10.00 Presentation of new Council  
 10.00 – 11.00 Committee meetings  
 11.00 – 11.30 Coffee break  
 11.30 – 13.00 Mammoth Group:  
 Maurizio Gasseau  
 13.00 – 14.00 Closure and Hand over to new LOC

Small changes in the program may occur. AM first call: <http://bit.ly/V64NKa>



## 8th FEPTO CONFERENCE

### 12th - 14th OF APRIL, 2013 SANTANDER, SPAIN

#### CRISES AND CHANGE PROCESSES

#### FRIDAY, 12th OF APRIL

15.00 – 16.30 Registration  
 16.30 – 17.00 Opening: Gabriela Moita  
 and Roberto de Inocencio  
 Warm up:  
 17.00 – 19.30 Workshops I  
 20.00 – Cocktail

12.00 – 14.15 Workshops III

14.30 – 16.00 Lunch

16.15 – 18.15 Workshops IV

18.15 – 18.45 Coffee break

18.45 – 20.30 Workshops V

21.00 Dinner

#### SATURDAY, 13th OF APRIL

09.00 – 11.30 Workshops II  
 11.30 – 12.00 Coffee break

#### SUNDAY, 14th OF APRIL

10.00 – 12.30 Workshops VI

12.30 – 13.00 Coffee break

13.00 – 14.00 Large group:  
 Igor Fernández

#### Workshop 1: Friday, 17:00 - 19:30

PABLO POBLACIÓN - ELISA LÓPEZ-BARBERÁ – My role is ending. What will I do with my life now?

NATACHA NAVARRO - JORGE BURMEISTER – Creativity within the crisis: from the compulsion to repeat to the freedom to choose

MÓNICA ZURETTI - LUIS DE NICOLÁS - ASUNCIÓN LANDETA – The therapeutic space and respect for human dignity in the creative encounter interpersonal and social in a world in crisis through the sociopsicodrama

IRENE HENCHE – Discovering the gift of the shadow through symbolic psychodrama

ESTHER ZARANDONA - TALI SÁNCHEZ – Spontaneity and creativity in the school: Where I come? Where I go?

#### Workshop 2: Saturday, 9:00 - 11:30

LENI VERHOFSTADT-DENÈVE - MOIRA VERHOFSTADT – Is Psychodrama with Children (in Crisis), Possible?

ROBERTO DE INOCENCIO – Where does power reside?

ODED NAVÉ – Psychodrama of Being

AMAIA MAURIZ - MONTSERRAT VILARDELL I LLARGUÉS – The Silent threads: Reminiscence of heritage

JUDITH TESZÁRY – Psychosomatic – Somatic, Social, Psychological factors in stress related crises

#### Workshop 3: Saturday, 12:00- 14:15

EVA FAHLSTRÖM BORG – In Chinese the sign for crisis and possibility are the same!

IÑIGO MARQUINA – The use of Psychodrama in a business context

TEODORO HERRANZ CASTILLO – Fear of change and fidelity to the suffering

KONSTANTINOS LETSIOS – The significance of working on the roles and the role analysis during the psychodramatic session

STYLIANOS N. LAGARAKIS – Tracing our sexuality on the path of our social crisis



#### Workshop 4: Saturday, 16:15 - 18:15

CAROLINA BECERRIL – Did I have a crisis? If yes, which parts of my body are talking about it?  
 JASNA VELJKOVIC – Economic crisis as the “trigger” for the emergence of a fear of “losing control”  
 LAP JAN - MARJORIE - LAP-STREUR – Another angle! A bibliodramatical approach to despair and hope  
 VANDA DRUETTA - CHIARA DE MARINO – Google Heart... Heart, from material to feeling. Locating one’s feeling, confused in the inner conflict between showing and being  
 IGOR FERNÁNDEZ – Psychodrama and grief. What you left in me

#### Workshop 5: Saturday, 18:45 - 20:30

LOREN ROBLES SERRATO - ESTHER MATÉ SANZ – From pleasure to distress  
 MARIA GABRIELLA NICOTRA – How to re-establish confidence in life  
 SOPHIA SIMEONIDOU – Surplus reality the way for Human Rights in Crisis  
 MARÍA MERCEDES BAZO – Migration and social crisis: Sharing an Argentinean experience through psychodrama

#### Workshop 6: Sunday, 10:00 - 12:30

ARSALUYS KAYIR – To Go or to Stay... Which is hard?  
 ROBERTO DE INOCENCIO – Paranoiagenesis in Organizations  
 RUBÉN ESTANDÍA – History supports me, history holds me back.  
 ANA EGUIAZABAL – Good mood and the processes of change in the crisis  
 ITZIAR MARTÍNEZ – TALÍ SÁNCHEZ – His/Her adolescence and my adolescence. Your crisis and mine  
 New opportunity for change

For more information and online registration: [http://www.fepto.eu/web/en/FEPTO\\_Conference/](http://www.fepto.eu/web/en/FEPTO_Conference/)

#### SOULDRAMA® IN AUSTRIA

September, 26th-29th, 2013

Jacob Moreno is the father of psychodrama. We would like to honour him by maintaining the Moreno House in Bad Vöslau, Austria where he lived and worked. Keeping the spirit of his work alive, we are presenting Souldrama® as a 24 Hour Workshop.

Souldrama is an outgrowth of psychodrama that integrates all his tools in order to align the ego and soul to act as co creators with the divine. Integrating all three of our intelligences, it removes the blocks in our life and helps us to access our spiritual intelligence. Profits will be shared to support the museum and the life and work of Moreno as well as to share his work in Indonesia and with all of mankind. Learn this new transpersonal seven stage model, Souldrama a new model for addiction recovery and spiritual growth.

<http://bit.ly/YGsjUd>



<http://www.moreno-museum.at>

## FEPTO BALANCE 2012

	Balans 01-01-2012		Debit	Credit	Results 2011	Balans 31-12-2012	
Bank (Argenta)	20007.93		199.15			20207.08	
Bank	18180.41			9549.39		8631.02	
Cash	274.07			274.07		0.00	
Capital		40053.41					40053.41
ECP Belgrade		15.00		75.00	90.00		
Fee 2010-2011	2325.00			1790.00	70	465.00	
Fee 2012		35					35.00
Fee 2012				10835.00	11920.00	1085.00	
Application Fee				700.00	700.00		
Fee meeting to receive	340.00			340.00			
Meeting 2012			7301.73		7301.73		
1/4 Benefit to receive					1209.50	1209.50	
1/2 Benefit to pay		2024.00	2024.00				
Bank costs			109.53		109.53		
Audit			60.00		60.00		
Accountancy			517.87		517.87		
News Letters			200.00		200.00		
Officers 2012			550.00		550.00		
Board Meeting			8013.41		8013.41		
EAP				50		50	
EAP			3130.12		3130.12		
Bank interest				104.90		104.90	
Interest (Argenta)				199.15		199.15	
Network			200.00		200.00		
Website			373.00		373.00		
Research Sofia 2012	1000.00		120.00		1120.00		
Moniteur Belge			118.70		118.70		
Publication			1000.00		1000.00		
Loss						8490.81	8490.81
	42127.41	42127.41	23917.51	23917.51	22764.36	22764.36	40088.41

Bank accounts and cash in the first column sums that were accountable to January the 1st, 2012, in the debit column, the difference between the input and outputs in 2012 in the column balance at December the 31st, 2012, the balance in banks and cash.

Fee 2010-2011 on 1st January, we still receive € 2325, we received € 1790 in 2012, the board decided that Greece would pay € 130 instead of € 200, so there is a difference € 70 (placed debited result) it therefore remains to receive € 465.

Fee 2012, we normally receive € 11920, we received € 10835, and it remains to receive € 1085.

Application fee, we received € 700 and we are directly passed as a benefit.

Meeting: The accounts have been kept by the organizers in Oslo; FEPTO had made an advance of € 5570 and paid certain expenses (total € 7301.73). There was, among other costs of the 20th anniversary of FEPTO, insurance, etc. Regardless of the advance, the whole Conference, Meeting leaves a profit of € 4839, the board decided to let them  $\frac{3}{4}$  of this amount, the balance will be paid € 1209.50 in 2013.

Finances remain good even if we have to endure the costs of board and FEPTO 20th birthday.

Almost all associations have paid their fees; reminders will be made in early 2013. Miscellaneous costs correspond to those budgeted and are almost identical to those of last year.



## STATEMENT OF THE AUDITORS 2012

We Nel Bax and Hans Verdonschot representatives of the “Association for Psychodrama” for the Dutch language territory in Europe (the Netherlands and Flanders) both appointed as financial auditors, asked by Chantal Nève and Pierre Fontaine in the General Assembly from 2004) declares after auditing the financial accounts of FEPTO for the year 2012 the following:

Total received fees in 2012 are € 11920 (higher than in 2011) but there is an exceptional great loss € 8490.- in 2012. One of the reasons is the costs from the annual meeting. The loss for meeting and conference in the FEPTO balance is about € 6100.- (€ 7301.- deficit meeting and € 1209.- ¼ profit from the total settlement). Further are board meeting costs in 2012 much higher than in 2011 respectively € 8013.- (without annual meeting) and € 3385.-

### ORGANISATION MEETING AND CONFERENCE BY THE LOC

In 2012 the board has decided, that the LOC receives direct all the fees for meeting and conference from the participants and pays all costs without intervention of the treasurer. The LOC managed the money (administration and settlement). This administration was in Oslo and was no part of the FEPTO administration of the treasurer. The auditors cannot take responsibility for the precision of the amounts because there were no specified calculations with lining peaces and lists with received fees for meeting and conference (or copies from administration) on the audit address to verify.

In the FEPTO administration the auditors find booked as meeting costs € 7301. Paid by treasurer in Oslo € 5570.- *Specification:* € 3000.- extra budget for the jubilee + the hotel costs for the board meeting € 3115 + scholarship € 693 = € 6808 deducted with € 1038, settlement by FEPTO paid costs (€ 358.- + € 495.- + € 185.-) = € 5770.- The treasure paid € 5570.-

It seems a settle mistake from € 200. Another mistake seems the scholarship costs. FEPTO paid € 693 and could this settle with the LOC, but the amount was added up instead of deducted.

In the FEPTO administration stays € 3000.- jubilee + € 3115.- hotel costs + € 1386.- (scholarship € 693.- twice) = € 7301.- A question is if it is desirable that the mistakes are settled.

### CONCLUSION

The auditors conclude that there is good management about the FEPTO membership fees in 2012. The auditors could not verify the circulation of money for meeting and conference. They wonder how FEPTO and treasurer can bear the responsibility for meeting and conference if there is no possibility for an audit. The auditors mean that the deal with the LOC in Oslo was unfavourable for FEPTO. This while measures would be taken to prevent a deficit (audit 2011).

The auditors' advice the General Assemble to discharge the Treasurer and the Board of FEPTO for the FEPTO administration that the auditors have seen and to decide how (which conditions) FEPTO and LOC manage in future the money for meeting and conference. Which deal is made to share the profit, to bear the risk (or share) and the responsibility.

The auditors are prepared to be auditors again for the year 2013

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Hans Verdonschot  
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# FEPTO XIX. GENERAL ASSEMBLY

## WEDNESDAY, 17th OF APRIL 2013, SANTANDER

### PROVISIONAL AGENDA

#### GENERAL ASSEMBLY I

1. Opening the General Assembly – Chair person
2. Appointment of facilitators and secretary
3. Appointment of 2 members to check the minutes
4. Establishment of the quorum
5. Appointment of vote counters
6. Approval of the agenda of the Santander General Assembly
7. Approval of the Oslo General Assembly minutes
8. Report of the Executive Council
  - a. President report
  - b. Treasurer report 2012
9. Auditor's report / approval of the revised accountancy
10. Discharge of Executive Council
11. Budget 2013 - approval
12. Voting: Santander by law and Complaints procedure
13. Reports of the Chairs of the Committees
  - a. Training Committee report
  - b. Research Committee report
  - c. Ethics Committee report
  - d. European Affairs Committee report
  - e. Network Committee report
  - f. Development Committee report
  - g. Membership Committee report
  - h. Newsletter and website Committee report

#### GENERAL ASSEMBLY II

14. Voting of new members
15. Welcoming new members and voting results
16. Re-establishing quorum

#### GENERAL ASSEMBLY III

17. Elections for new council
18. Date and place of of 2014 annual meeting
19. Presentation of new council
20. Any other business
21. Closure of meeting

#### SANTANDER BY-LAW:

We are changing the statutory address from Herestraat 21, 3000 Leuven, Belgium (Pierre Fontaine's home address) to 20 Rue du Rivage 5100 Dave, Belgium (the home address of Chantal Nève Hanquet). Reasons are to be explained in the General Assembly

MARCIA KARP

## HOLWELL DAYS

1974 – 1998

Like an acorn off the Beacon Tree, I left America, and planted the seed in England. The psychodrama seed had already been planted but I planted The Holwell International Centre for Psychodrama and Sociodrama seed. Together with my visionary partner, Ken Sprague, his son and father, they built with many hands, a farm to grow people.



Holwell (meaning a place of safety) was a 12th Century farm in North Devon, South West England. The nearest neighbour was a mile away, the nearest shop was 6 miles away and the nearest town was 16 miles away. There was a train and a bus where each participant was picked up and delivered 16 miles to their new mystery destination. Many drove by car, 6 hours from London, flew by plane from many lands, or drove many days to attend.

As they drove down the mile long path to Holwell, in the middle of breathtaking countryside, some said, "This can't be the place. What are all the cows and sheep doing here?"

Holwell treated patients and trained professionals. Participants were human beings first and secondarily patients or professionals. A psychiatrist who had a drug addicted son might share a room with a former alcoholic patient.

The farm slept 25 people. The great oak table in the kitchen seated them all for three meals a day. We had six acres of land to walk in. Group members had time to walk alone, sit under a tree with others, or sit by the log fire for hours into the night. The place was theirs to experience and to share with our children.

There were times when we had Zerka Moreno or Anne Schützenberger as guest directors when we had to use neighbouring farms to house more people. There was a mini bus that delivered the participants after their breakfasts on other nearby farms.

Communal meals were full of discussion, laughter, cooperation doing the dishes, laying the table or collecting wood. We were a community. I made all the bread. Sometimes 45 loaves per week. An African psychiatrist once told me that he only came for the bread.

Because it was a 12th century farmhouse, much of it built in the 1700's, it was cold. Log fires in the living room, heaters in the theatre and a large hearth in the kitchen kept things almost warm. When one participant was asked how he'd he slept the night before, he replied, "Well, let's just say it's the first time I slept with my hat on."

The kitchen had a piano. The local piano tuner called it, "firewood with keys." We had much fun singing around the piano in front of the fire or playing music and dancing in the kitchen, lounge or wherever people were gathered. It was a happy atmosphere where anything was possible. Concerts, variety shows, readings, spontaneous celebrations for birthdays, anniversaries or graduation of students.

The kitchen had 300 year old blue-grey slates on the floor and a balcony from which one could play Romeo and Juliet, read poetry, or play instruments.

# A PLACE OF SAFETY



The theatre was an old granary-a place to store grain. It had an owl hole, where the owl used to eat the mice who ate the grain.

There were two major courtyards, a mill pond with trout, ducks, geese, a swan, a goat, a deer, chickens, a golden pheasant, a cat and a dog. On the front porch, the cat would sleep with a chicken, the chickens would sit on the duck eggs, the cat and dog would rest in front of the fire and we all lived quite peacefully together.

The training was all residential. There weekends, weeks and two week periods available. Most people could afford financially or time wise two weeks per year. Some stayed longer. Students began to practice what they learned in their own workplace after 500 hours of training. Each student had tutorials with Ken or myself during the time they were residents. We talked about what aspects in their training were developing and what weren't. We also looked at areas of protagonist work already done, or needed to be done.

"The best way to become a good director is to be a full protagonist at every opportunity. I can tell a good director by the quality of their protagonist work." Jacob Levy Moreno

Students met people from all over the world and in different stages in their training. As in Beacon, students didn't have a common starting or ending point. It was individual. There could be one person receiving their "Diploma in Advanced Psychodrama" during another student's first week in training. Sometimes we had several directors in different rooms in Holwell. I would go around and supervise at some point in time during their directing. We would come together after the sessions and compare experiences. Mostly there was one director and one protagonist in the theatre area. The theatre had a small balcony for authority figure role, for enhancing angry emotions or to feel lower or higher than another role. We had a bank of lights which the director used to enhance the drama. Intimate scenes had low lights.

We produced our first graduate in 1981, Dorothy Langley. The same year, our theatre was dedicated to Zerka Moreno. She unveiled the plaque over the theatre at a champagne ceremony at 9 in the morning!

Holwell had 2-300 students per year. This included day courses, therapy groups, and training groups for local people.

We produced hundreds of qualified directors from all over the world. They had a practical exam, a thesis on theory and clinical practice, which was of a publishable nature. We encouraged students to get their work published, to be able to speak about their work to colleagues and to be an "adequate" practitioner. Excellence and mastery were for later when experience was built year by year. Each student was required to have a supervisor at work, many tutorials with us as trainers, and to do regular protagonist work. Students were not graduated until these things were accomplished as well as working out their authority difficulties with their trainers, being me and Ken. No one was invited to take their final directing experience before their thesis was read and handed in. There were exceptions but generally not. We learned that when students feel their directing is passable, they may never finish their thesis, hence no final diploma.

We produced the first sociodrama graduate in Europe, Maarti Linqvist (Finland) and the first sociodrama graduate in England, Ron Weiner.

In 1984 the British Psychodrama Association was formed. We had a yearly conference in London. Each year, one student would do protagonist centered work with their group. Our workshops progressed and less protagonist work was done and more special subjects were presented.

They were golden days which none of us will forget.

[MKarp11444@aol.com](mailto:MKarp11444@aol.com)



## EVA FAHLSTRÖM BORG

### FEPTO THEATRE

*You can discover more about a person in an hour of play than in a year of conversation*  
*Plato 423/424-348/349 BC*

Founding FEPTO was a hard and tedious work. For years we met and discussed and discussed. By-laws, amount of training hours, ethical rules etc. Some of us were very strict – some of us were not. We were 40 founding members from 20 different countries – all with different experiences about what an *association* meant...

Those years were more hard work than flavour, colour or movement except for the breaks – and dinners when we all came alive... It was simply hard bureaucratic work and we all looked bureaucratic (in my mind). Suddenly I had an idea – what if we could create a theatre full of life, movements, colours and vivid spontaneity? Why not call it FEPTO Theatre?! Done!

We started FEPTO Theatre some 12 years ago. A theatre by the people for the people! Everyone who wanted could participate. The group was divided into smaller “theatre companies” each with their own director. The challenge is not only to produce a play but to present highlights and feelings emerging from the meeting. Only rule: “don’t mock other people!” The performance was held together by me, being a coordinator and storyteller and structure giver.

Each year the performance has become better! I am truly impressed by the top-quality of the companies... We have laughed and rediscovered collective memories. We have seen new sides of our colleagues and their tremendous sense of humour. In a way FEPTO Theatre is a way of honouring the founder of psychodrama, J.L. Moreno – the man *who brought laughter into psychiatry!*

PS. We have found that election years it is hard to find the time for the preparation of FEPTO theatre therefore we will do FEPTO theatre every second year when it is NOT election years. Starting this year instead we will instead have “FEPTO Open Stage” – pre-prepared by anyone who wants to perform, alone or with someone else. Content: Sing, dance, poetry, storytelling - Magic Moments!

PPS. Looking for a co-director of FEPTO Theatre and FEPTO Open Stage! I am getting old!

[fahlstrom\\_uppsala@yahoo.com](mailto:fahlstrom_uppsala@yahoo.com)



FEPTO Theatre first performance, Estoril, 12th of April, 2003

## JUTTA FÜRST

### BOWING LOW

In 2003 at the 11th FEPTO Annual Meeting in Estoril, near Lisbon the curtain of the legendary FEPTO Theatre rose for the first time. Eva Fahlström-Borg our dear colleague and ingenious art director took care of this special event which was unimposingly announced in the programme as following:



20.00 – 21.00 FEPTO THEATRE  
A creative summary of the meeting

It was not only a great gift for the community to have got a stage for reflection in action. Until this moment we had certainly missed the opportunity to use our own tools for expressing our feelings at the end of the AM. From this time on FEPTO Theatre became a regular agenda highlight. The success lay in the hands of Eva who invited and stimulated all of us to participate either in the role of an actor or in the role of the director. Sometimes we had more than eight groups of psychodrama trainers who formed small theatre companies and performed their view of the FEPTO meeting on stage.

Eva well known as a very experienced teacher and playback theatre director was highly inspiring and encouraged each group to give it's best.

I will never forget the moments when Eva after having given a clear structure for the performance

to the actors (mind: enter the stage from the right side - bow down - leave the stage to the left side) changed her outfit and role. Creating a particular atmosphere she always appeared in a wonderful dress in order to welcome the audience for the theatre. We all were full of exciting anticipation regardless if we were in the role of an observer or an actor. There were so many moments of laughter. We could laugh about all those things we had struggled through during the meeting. The performance itself and watching other productions gave release from tension, worries and conflicts.

Now ten years later our outstanding FEPTO Theatre art director Eva Fahlström-Borg stands back and passes this role to someone else. Let us pay tribute to her and give her the applause she honours. Bowing low, Jutta

[jutta.fuerst@uibk.ac.at](mailto:jutta.fuerst@uibk.ac.at)

YAACOV NAOR

## MAX CLAYTON HAS LEFT OUR STAGE

I have just received an email which I need to share with you. It said: "Our beloved Max Clayton died in his home in Kerikeri (New Zealand) on the evening of 28th March. A beautiful hauntingly still night with a full moon that was reflected in the lake, the trees and the far reaching deep night sky. During a rapid illness he remained alive and true to himself and to his life's work. He was very ironic, perceptive, exacting, tender, compassionate and loving through these final weeks and days".

I don't know if you knew him. But I had a wonderful chance to participate in some of his special workshops and during my trip to Australia 2010 I spent few days with him. We became close to one another and we shared with each other for many hours our life stories. I found him to be a very compassionate, human and warm person. He definitely was a great leader of Psychodrama in Australia,

New Zealand but also gave training workshops in Japan and Europe: Greece, Hungary and the Netherlands to mention countries where he was teaching for many years.

His love of psychodrama method and his dedication to the psychodrama community has earned the deep respect and gratitude of his students.

He was an expert on role theory and developed his own way of directing which I found to be very dynamic and powerful.

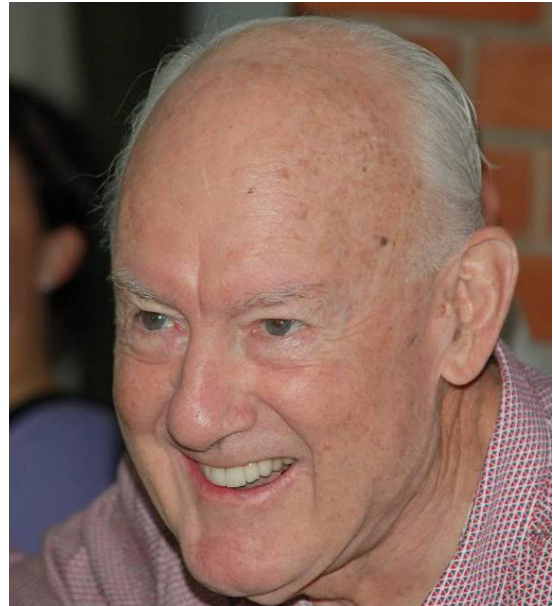
Max was the director of the Australian College of Psychodrama in Melbourne. He was trained as a psychodramatist at the Moreno Institute in Beacon, New York 1967-1973. In 1980 he founded the Australian and New Zealand Psychodrama Association and was its first president.

He was the author of "Directing Psychodrama, enhancing life and relationships: a role training in professional practice and daily living". His most famous book (which he wrote together with Philip Carter) is: "The Living Spirit of the Psychodramatic Method" (Resource Books 2004)

I am sad. I will miss him. He was a great man. He was in close personal and professional relationship with our friend Kostas from Athens. I am sure he can tell us more about him.

[yaacovn@gmail.com](mailto:yaacovn@gmail.com)

I am very sad to hear of the death of Max. I often quote him to students how he used to send up the student need to write notes at every moment. He would arrive in the group and say "good morning, have you got that?" A great loss to psychodrama, but more importantly we should remember the legacy of such a man (Celia Scanlan)



HANNES KRALL

## FEPTO RESEARCH COMMITTEE MEETING

ENDING GENDER VIOLENCE

21st – 23rd FEBRUARY 2013, PADOVA/ITALY

The FEPTO Research Committee Meeting in Padua was part of a conference on “Ending gender violence. Empirical research in psychodrama group therapy and group processes”. The conference was held in the historical venue of the Auditorium “Galileo Galilei” Palazzo Bo at the University of Padua.

The results of the European EMPoWER project were presented and discussed. EMPoWER is a Daphne project which was initiated and developed in the FEPTO RC in Edinburgh 2009. The conference was not only connected with the FEPTO RC Meeting, but also with the meeting of the “Italian network of empirical research in psychodynamic group therapy”.

After welcome and greetings from authorities Ines Testoni (University of Padua) chaired a series of lectures. Those lectures presented by members of the FEPTO RC.



## WELCOME TO THE FEPTO RC MEETING

Maria Silvia Guglielmin, Ivan Fossati and Hannes Krall are welcoming the participants in the FEPTO RC.

Maria Guglielmin, Ivan Fossati, Paola de Leonardis and Marco Greco conducted the warm up. Where do people come from? New participants in the research committee? What do we bring from our last committee meeting in Porto?

A role play on how do we convince clients to participate in research etc.



PSYCHODRAMA AS METHODOLOGY FOR WINNING PSYCHOSOCIAL  
AND PSYCHODYNAMIC CHALLENGES: THE OUTCOME OF PROJECT EMPOWER

SILVIA GUGLIELMIN (network coordinator) and  
INES TESTONI (executive and scientific director)  
University of Padova/Italy



The International Conference “Ending gender violence: Empirical Research in psychodrama, psychodynamic group therapy and group processes” was the conclusion of the EMPOWER project.

200 people attended the event which assumed the function of a double meeting to discuss both the results of the research and the specific works of each partner.

The quantitative outcome of the cross-cultural part of the research (total target sample: N=136) confirms the initial hypothesis: increased levels of spontaneity related to lower levels of suffering after both ecological

and psychodramatic interventions. In particular, psychodrama has been resulted effective as it consents women to process the internalized behavioral scripts which impose them the unconscious assumption of the victim role. Their encounter with the maternal mandate in the psychodramatic scene has offered them the opportunity to take a critical position facing the female subordination. Empower analyzed this entire dimension through the qualitative research, which was inherent to the trans-cultural part of the research (surveyed by psychodramatic monthly reports analyzed through textual analysis Atlas.Ti) confirmed that the efficacy of psychodrama intervention on women victim of violence.

The analysis has basically confirmed that women:

- Did not feel any more alone;
- felt themselves part of the group;
- felt free to express their emotions;
- took the opportunity to explore and perceive their anger in order to elaborate;
- turn their anger from being destructive force into constructive energy;
- elaborate their relationship with mother;
- critically elaborate the cultural transmission of victim role as positive value;
- start thinking how to create a new role.

The Empower Team of University of Padova is planning some new European projects to expand the area of psychodrama intervention. In particular, it is aimed at considering the themes of bullying, anger depression and trauma in victim/persecutor relationships. Prof. Anna Emilia Berti suggested using the model “ART” and “EQUIPE” which may be integrated with psychodrama in order to improve social skills and manage negative/destructive emotions.

If you are interested in participating in the forthcoming new European projects please send your application to Ines and Maria Silva.

[ines.testoni@unipd.it](mailto:ines.testoni@unipd.it)

[mariasilvia.guglielmin@gmail.com](mailto:mariasilvia.guglielmin@gmail.com)

## PRACTITIONER RESEARCH IN PSYCHODRAMA – STRENGTHENING THE ROLE OF A RESEARCHER

HANNES KRALL

University of Klagenfurt/Austria



In an ongoing study research identities of practitioners – psychodrama trainers, therapists and trainees – are investigated. In self-report questionnaire trainers, practitioners and trainees from different countries could rank 30 statements regarding research in counselling and psychotherapy on a 7-point Likert-scale. The scales comprise aspects like:

- Importance/ relevance of research
- Interest in learning and doing research
- Information about research
- Competence in doing research
- Research in training

The sample which consists of different subsamples includes 325 participants. International trainers in an Annual FEPTO Meeting in Oslo, participants of a preconference in Oslo, Austrian trainers in a national conference, and Austrian and German Trainers, practitioners and trainees who could respond by an online questionnaire were included in the study.

Preliminary results suggest that interest in research, research competence, the level of information in research, and the attention given to research in training can be seen as differentiating factors. According to the self-report of trainers, trainees and psychodrama therapists' four different research identities can be found.

The results of the study underline that research is seen as very important for the profession and there is an interest in learning and participating in research projects within the group of trainers, practitioners and trainees. However, there is still a lack of research experience and information about research. Furthermore, the self-reports display that for many practitioners research competences have to be improved. Therefore, more opportunities to participate and engage in research activities should be offered. Furthermore, results underline that research in training has to be addressed in the training curriculum. If trainees get an opportunity to reflect upon and to learn about psychodrama from a perspective of a researcher, they will acquire research competences step by step from the beginning of their training.



## THE ITALIAN NETWORK OF EMPIRICAL RESEARCH IN PSYCHODYNAMIC GROUP THERAPY

MAURIZIO GASSEAU

University of Valle d'Aosta/Italy



Empirical research in psychodynamic group therapy started later than in individual psychotherapy also because this kind of group has a higher complexity. In recent years at an international level and in Italy began a fruitful discussion on research methods, evaluation of the outcomes and the process of dynamic psychotherapy group.

The Italian network of empirical research in psychodynamic therapy group meets annually to compare means of investigation methods and research projects mainly on groups of psychodrama and group.

Numerous studies demonstrate the effectiveness and the meta-analytic effectiveness of individual psychodynamic therapies in the short and long term, but still there are few studies of psychodynamic therapy group (Burlingame, Mackenzie, Strauss, 2004; Barlow, 2008).

The effort of the researchers in recent years has been directed to investigate the conditions for the effectiveness of the groups, specifying which patients get positive results, the conditions under which they occur, in that time, which process variables are more related to the outcome and in which setting.

The *research projects* are developed in close collaboration between clinicians, involved in the actual experience of caring for patients and researchers interested in providing useful and scientifically sound tools for understanding the therapeutic work, and want to contribute to the empirical evaluation of the functioning of groups of psychodynamic therapy.

Objective of several research projects is to assess the clinical efficacy (effectiveness) of psychodynamic groups, to increase the clinical relapse of empirical research on psychotherapy. It is also proposed a complex research project, which focuses on various aspects of therapeutic work (characteristics of patients before therapy, outcomes, process-outcome relationship, specific aspects of the therapeutic process believed to be capable of moderating the change) (Giannone, Lo Verso, 1998, Burlingame, MacKenzie, Strauss, 2004; Lo Coco, Giannone, Lo Verso, 2006).

The different aspects will be evaluated in a multi-dimensional way, involving the measurement of change not as a single dimension, but as an intricate framework of operations, in relation to outcomes (symptomatic, relational, personological or psychological functioning of patients) and on the process (group cohesion, group climate, therapeutic alliance, therapeutic factors, the impact of the sessions, setting changes, drop-out). The effectiveness of the therapy will be evaluated in a longitudinal perspective, in various group formats (verbal analytic groups of psychodrama) and there will be a comparison among groups.

These workshops implemented by the Italian network of empirical research in psychodynamic therapy group, which have already taken place at the University of Valle d'Aosta in 2011 and at the University of Padua in 2012 want to encourage awareness and discussion on research done and on the one designed among clinicians of various organizations and associations and researchers from at least six departments of the Italian University Research.

*Conclusion:* The initiatives of this network are particularly important. The group therapy is becoming increasingly important because of its proven effectiveness, the relational wealth that allows the reduction of costs, both for the user and for the lending institutions, and his public office, even more relevant in the current social and economic crisis.

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FEPTO RESEARCH MARKET PLACE

**JUTTA FÜRST**

University of Innsbruck/Austria



Ongoing projects and new ideas and initiatives for new projects and “desires” for the RC Meeting in Padua:

- HAMPCAS: Helpful Aspects of Morenian Psychodrama Content Analysis System
- Identity, theory of PD according to Moreno
- TRAIN: Towards research applied in international networks of trainees
- Research in training: Supervision/ personal development
- Research in PD with children
- EMPoWER Daphne project
- Status of research in PD in different countries

NEW IDEAS / PROJECTS

<p><b>Training:</b></p> <ul style="list-style-type: none"> <li>- (Re-) Search: common ground for training (quality for training)</li> <li>- competences/ self-experience</li> <li>- personal development of trainees</li> <li>- specific skills in PD Training</li> </ul>	<p><b>Children:</b></p> <ul style="list-style-type: none"> <li>- PD with children in intensive care</li> <li>- Rehabilitation for children</li> <li>- children victims of violence</li> <li>- questionnaire for children/group therapy</li> <li>- effectiveness of PD with children</li> </ul>
<p><b>Effectiveness of PD:</b></p> <ul style="list-style-type: none"> <li>- Short term PT in clinics</li> <li>- PD: Self-esteem of women</li> <li>- Effectiveness of rehabilitation of psychiatric patients</li> <li>- Narrative changes in PD</li> </ul>	<p><b>Specific topics:</b></p> <ul style="list-style-type: none"> <li>- Pedagogy in training / skills of trainers</li> <li>- Organisational culture: research and change</li> <li>- Cooperation between committees of FEPTO</li> <li>- Guide to do research</li> </ul>

EXPECTATIONS / “DESIRES”

<p><b>Getting to know/ meeting people:</b></p> <ul style="list-style-type: none"> <li>- interest and research activities of others)</li> <li>- PD in other countries</li> <li>- Network of networks</li> </ul>	<p><b>Research projects:</b></p> <ul style="list-style-type: none"> <li>- starting, continuing and finishing projects</li> <li>- what and how to do research / tools for PD</li> <li>- Research in training, in clinics</li> <li>- Evaluation</li> <li>- Outcomes (Daphne)</li> <li>- PD with women in the future</li> </ul>
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## MEMORY RE-CONSOLIDATION AND PSYCHODRAMA THEORY AND PRACTICE

GÖRAN HÖGBERG

Child Psychiatric Clinic BUP Huddinge  
and Karolinska Institutet Stockholm/Sweden



Cognitive neuroscience has developed immensely over the past twenty years and given important knowledge about the brain and the mind. From the beginning there was more focus on learning task but increasingly feelings were being recognised as important and subject of studies. This area has developed into the subdivision of affective neuroscience. Affective neuroscience gives knowledge of value for psychotherapy. Such a finding accounts for about ten years' research of memory re-consolidation. This finding is about memory and especially emotional memory: an evoked emotional memory is subject to new consolidation within a time frame of a few hours. Then the memory can be remembered,

re-consolidated in a new form as a new memory. This means that emotions and motor-impulses related to the emotional memory are also changed. This is of importance to psychotherapy, as negative emotional memory often is involved with symptomatology. This is in contrast to training which focuses on creating an alternative reaction to a stimulus.

Re-consolidation is more radical, changing the primary memory. In the presentation a protocol for hypnotherapy/hypnodrama/imaginal processing called affective psychotherapy was presented. Also reflections on standard psychodrama working with a re-consolidation protocol was presented: in this was stressed the need to start with building safety, talk about safety mechanisms in the interview, and to start the session with a positive scene, for instance construction of a safe place experience.

The importance of the re-doing scene is immense in the re-consolidation protocol, as the idea is to change memory and leave a new positive memory. In case a positive experience cannot be reached at the beginning of the session proper on stage there should not be work with negative material but more focus on training feel-good and feel-safety skills during the session. Also in the re-consolidation protocol the future projection, practising new skills and a new better memory is important - our idea about the future largely being a memory of a fantasy about the future.

Articles about the re-consolidation process and affective psychotherapy can be asked for from

[gor.hogberg@gmail.com](mailto:gor.hogberg@gmail.com)



## THE HELPFUL ASPECTS OF MORENIAN PSYCHODRAMA CONTENT ANALYSIS SYSTEM (HAMPCAS)

ANA SOFIA CRUZ

Universidade Fernando Pessoa/Porto, Portugal



After the work with the Research Committee in Porto (see report FEPTO RC Meeting in Porto 2012) and the international validation, we presented the updates and the final version of the HAMPCAS. This updates were discussed by the research team (Ana Sofia Cruz, Célia Maria Dias Sales, Gabriela Moita & Paula Alves) and made according to the proposals. One last review was conducted by Kate Kirk.

HAMPCAS is part of a project that follows a naturalistic approach, in which a psychodrama group is monitored with both outcome (PQ, CORE-OM & SAI-R) and process (HAT, Change Interview) measures of change.

One of the goals is to access the client's experiences about Psychodrama using the post-session measure, the Helpful Aspects of Therapy (HAT; Elliott, 1993). To achieve this aim, the events reported by clients in HAT were categorized with an adapted version of HAETCAS (Elliott, 1988) to psychodrama - HAMPCAS (Helpful Aspects of Morenian Psychodrama Content Analysis System).

HAMPCAS is meant to categorize session events based on action, impact and context. This study shows that the majority of impact and context categories of HAETCAS was found in HAT data and therefore is potentially applicable to psychodrama. When it comes to action, the results suggest the inclusion of categories specific to psychodrama, revealing the theoretical aspects of this therapeutic model.

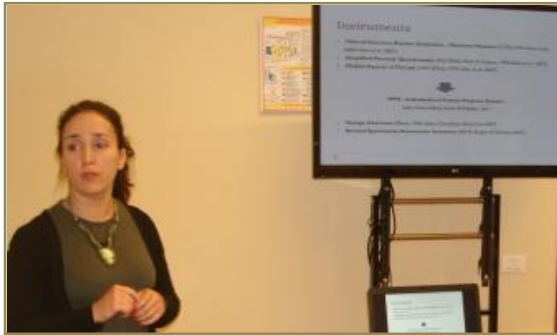
## INSPIRATIONAL PEDAGOGY – THE DEVELOPMENT OF PEDAGOGY IN PSYCHODRAMA TRAINING PROGRAMS IN FINLAND, NORWAY AND ESTONIA

REIJO KAUPPILA

Helsinki Psychodrama Institute, Finland



The purpose of this thematic network is to describe the pedagogy - inspirational pedagogy - used in training of psychodrama, sociometry and group psychotherapy in three Morenian Psychodrama Institutes in Estonia, Finland and Norway. By describing inspirational pedagogy in practice, the tacit knowledge of the trainers will be declared, and tools, models and concepts are formulated. The participating trainers and institutes will gain clearer understanding and more structured knowledge of their inspirational pedagogy and more conscious use of new tools, models and processes in training. International professional network is formed, too. The importance and benefits of conscious development of pedagogy in psychodrama training will be pointed out among psychodrama training organizations in Nordic and Baltic countries. We apply funding for our network and the network will start, if we will get the grant.



The network will start in June 2013, and end in December, 2014. It has 3 face-to-face network meetings, where trainers from the three institutes' research together pedagogy used in their everyday training. In each institute there are 4 trainer meetings, where the ideas and experiences from network meetings will be taken in use. There is a trainer exchange program connected to the network, too.

The participating trainers are working in three institutes: Moreno Institute in Norway, Tallinn Psychodrama Institute in Estonia and Helsinki Psychodrama Institute in Finland. The coordinator is Reijo Kauppila in Helsinki Psychodrama Institute, Finland.

## PSYCHODRAMA WITH CHILDREN: SOCIAL INTERACTION AND ROLE DEVELOPMENT

HANNES KRALL

University of Klagenfurt/Austria



Psychodrama with children is practiced in various different ways in Europe. However, research is not well integrated in this field. Therefore, a group of FEPTO RC members has started to focus on this issue. One recent initiative is the study on "Psychodrama intensive groups" as it was developed by Gabriele Biegler-Vitek and Monika Wicher (Austria).

In the presentation the specific approach with children was introduced. A videotaped process of one child over four days is shown as an example of the psychodrama in the group and to illustrate how the analysis of role development and social interaction takes place later on.

The "Psychodrama intensive group" provides a four day psychodrama process (4 hours each day) with about 12 to 14 children of different age (from 6 to 12 years), gender and different psychosocial problems. In this heterogeneous group each child has an auxiliary ego, which supports the child in these four days.

The children start to develop their roles and their plays first with the auxiliary ego. Together they create a safe place (e.g. a protective house). Step by step in a clearly structured process the children gain confidence and social competence to develop their roles in dyadic plays with the auxiliary ego, to play in small groups and later on in the process in the large group. A specific feature of this work is a clearly structured working space which distinguishes between places for observers, safe places for each child, and space for stages where the plays are enacted in the small and in the large group.

The research study focuses on the role development and social interaction of each child. Each day is videotaped in a way that sequences of social interactions of each child can be seen and analysed later on. Furthermore, every day in the four day psychodrama process each auxiliary ego fills in a questionnaire about the role development and social interaction of the child.

Additionally, the auxiliary ego reports how he or she has been helpful in this process. On the other hand the children can describe in a feedback form how they feel in the group and what they have found helpful or what they would like to have different from their auxiliary ego.

In a pre-post-measure each child and one parent fills in the Strengths and Difficulty Questionnaire (SDQ). Additionally, each child is given an anxiety test (PHOKI) in order to determine the level of general anxiety and specifically the level of social anxiety.

## ART AND EQUIP. TWO INTERVENTIONS FOR THE PREVENTION AND TREATMENT OF AGGRESSIVE AND ANTISOCIAL BEHAVIOURS

ANNA EMILIA BERTI

Università di Padova/Italy



In this presentation I describe ART and EQUIP, two very similar psycho-educational programs, overlapping in their view of antisocial behaviour and in the proposed activities.

Antisocial and aggressive youths are seen as having three limitations that a psycho-educational intervention should address: 1) A developmental delay in moral judgement; 2) social skills deficiencies in managing one's own anger and behaving constructively in difficult interpersonal situations; 3) self-serving cognitive distortion, such as, for instance, blaming others for one's own faults. Both programs addressed these limitation with 10 weeks (30 sessions) of intervention training, divided into three components; social skills training, anger-control training; training in moral reasoning. The difference between EQUIP and ART is that only EQUIP deals with self-serving cognitive distortion, in the context of anger-control training; training in moral reasoning.

The theoretical background of skills training is Bandura's social-cognitive theory, and the procedures involve modelling, role-playing, performance feedback (providing praise, reinstruction), transfer training (homework), that is encouraging the youth to use the skills learned in the environment when needed. The list of trained skills comprise negotiating, resisting to group pressure, and many others.

Anger control training derives from Novaco's self-instruction training, refined by Eva Feindler. Its theoretical premises are that 1) an individual can control his or her behaviour by internal speech (Luria, Vygostkij); 2) External circumstances provoke anger only as mediated by their meaning to the individual. The training helps to identify anger triggers and a anger cues, and to cope with them through relaxation techniques (e.g. deep breathing, counting backwards) and self-talk, a different appraisal of the circumstances, and evaluation of the possible consequences of one's behaviour. Moral reasoning training is based in cognitive-developmental theories of Piaget and Kohlberg, and on the tenet that discussion of moral dilemmas fosters more advanced moral reasoning by providing opportunities for social perspective taking It consists on guided discussion of moral dilemmas presented by means of short stories.

To know more:

Gibbs, J.C., Potter, G. &Goldstein, A. P (1995) The EQUIP Program. Champaign, IL: Research Press  
Goldstein, A. P., Glick, B., & Gibbs, J. C., (1998). *Aggression Replacement Training: a comprehensive intervention for aggressive youth*. Champaign, IL: Research Press <http://bit.ly/OnnJb5>

<http://www.youtube.com/watch?v=jIB7e5FyEwk>

<http://www.aggressionreplacementtraining.org/HOME.html>

## PSYCHODRAMA WITH CHILDREN: EVALUATION/ FEEDBACK QUESTIONNAIRE

ELISABETH USCHOLD-MEIER

Germany



*Participants:* Elisabeth Uschold-Meier, Sabine Feuerstein, Stefan Flegelskamp, Fabian Blobel, Hannes Krall.

In the group a questionnaire for evaluating psychodrama with children was presented and discussed. The discussion led to the following considerations: How to reduce the complexity of psycho-

dramatic work with children and to focus on specific interests of the evaluation.

For each aspect – role development, creativity, spontaneity etc. – certain questions and criteria of observation have to be developed. It was suggested to focus on two, at most three aspects of psychodrama with children.

Representatives from Germany, Switzerland and Austria have expressed their interest to engage themselves more extensively in the field of research on children's psychodrama and to develop tools for it.

## SEARCH FOR COMMON GROUND IN TRAINING

AGNES DUDLER

Deutscher Fachverband für Psychodrama (DFP), Germany



*Participants:* Agnes Dudler, Göran Högberg and Reijo Kauppila

Which skills does a psychodramatist need? The question of skills leads immediately to the question, how they are trained and what kind of skills make a good trainer?

Göran gave a short insight in the basic skills and the step by step training of trainees at his institute. This contains a description, an analysis of the components and basic exercises. He has written about it in Swedish and will try to translate it into

English. Inspired by Reijo's presentation of "Inspirational Pedagogy" we were developing ideas, how trainers can be motivated to train inspired and inspiring? As the council wants to spend some time of the next annual meeting in Santander on the training topic, we developed some ideas, to work on this in the plenary and small subgroups there.

## IDENTITY, THEORY, AND METHODOLOGY OF PSYCHODRAMA ACCORDING TO MORENO

PAOLA DE LEONARDIS AND MARCO GRECO  
Centro Studi di Psicodramma, Milano/Italy



*Participants:* Agnes Dudler, Mari Rautiainen, Ana Sofia Cruz, Marco Greco, Paola de Leonardis

Before Padova's meeting, a drafted questionnaire was previously sent to the members attending Porto's meeting. Its items pertain to the 3 main theoretical basic Morenian assumptions we had pointed out: the spontaneity-creativity theory, the role theory, the tele theory.

The questionnaire included four questions for each of the 3 theories. It had the aim of starting off the Padova's discussion. In our Padova's small group, the exchange was cooperative, informal and rich, getting to a form of thinking together. During our free minded discussion we had also the chance to give some examples in action.

In spite of the little time we had, we were able to emphasize some basic concepts connected with each of the 3 theories and to point out a number of basic keywords for each of them.

The group decided that each member could try, before Santander meeting, to give some free written answers to the questionnaire's items. In Santander we intend to share our written job and, following the same free discussing in verbal and in action ways, to try to cluster more concepts and significant keywords for each Morenian basic assumption we are working on: the spontaneity-creativity theory, the role theory, the tele theory.

Those clusters of keywords and basic concepts can become, in the future and in cooperation with other committees, a starting point for composing "conceptual maps" and/or "a thought out glossary" to submit to institutes and other FEPTO organizations.

## TRAIN – TOWARDS RESEARCH APPLIED IN INTERNATIONAL NETWORKS OF TRAINEES

JUTTA FÜRST  
University of Innsbruck/Austria



*Participants:* Mihaela Bucuta, Zsuzsa Marlok, Mari Rautiainen, Jutta Fürst

At the beginning all participants in the group got general information about the project, the aims and procedures (see reports of the RC meetings in Porto and Sofia 2012). After this introduction the current status and situation was reported: Austria and Turkey have started with the advanced level in the training group and follow the procedure of the advanced level. Portugal and Austria has implemented time for the research topic in their curriculum.

The trainees in Austria are using the CORE, HAT and PQ with their clients to become familiar with the application of the research tools.

Discussion of possibilities for new institutes in participating in the project: The training programmes are different in time structure (e.g.: personal therapy/self-awareness training does not lead necessarily to a continuing training), content (e.g.: the subject research, diagnostic etc. is not part of the curriculum) and target group (e.g.: not all trainees become psychotherapists). Therefore we need further discussion about the adjustment of training of participating partner institutes. This will be done by e-mail and Skype. It became clear that we need tools for the evaluation of the work of psychodramatists in the social, pedagogic and organisational work.

## FEPTO RESEARCH COMMITTEE AND NEXT MEETINGS

### EVALUATION OF THE RC MEETING

Agnes Dudler proposes spectrogram on the question how (dis-) content the participants are with the meeting. The spectrogram shows that the majority of the participants were between content and very content. Positive experiences were mentioned like getting to know projects from other people and getting feedback for my own research work. Some participants expressed also feelings of discontent regarding lack of time for specific research projects and topics and disappointment because of people who could not come this time to start or to continue research work. For the next meeting it is proposed to have more time for some ongoing or new projects and to work on them over more sessions.

### NEXT FEPTO RC MEETING: UNIVERSITY OF SIBIU, ROMANIA 10th – 12th OF OCTOBER 2013

Mihaela Bucuta gave us some information about Sibiu and she invited us to participate in the next meeting. Be aware that due to organizational reasons the meeting will start one day earlier than previously scheduled.

### “NEXT-NEXT” MEETINGS IN 2014:

- ▶ University of Budapest (February 2014)
- ▶ ISPA, Instituto Universitário in Lisbon (September or October 2014).
- ▶ In front of the place where Galileo Galilei was lecturing...
- ▶ Looking forward to meeting you in Sibiu,
- ▶ Romania, 10th - 12th of October 2013.



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NORBERT APTER

## DEVELOPMENT COMMITTEE REPORT IN JANUARY 2013

2012-2013 has been quite crea(c)tive! It was a rather demanding two-fold activity.

On one hand I supported as I could Santander's LOC in their setting up of the AM and of the Conference, and as far as I could see Roberto de Inocencio and Mercedes Lezaun (our main interlocutors from the LOC) did a very conscientious work in organizing both events. The structured data that they provided me with were of a great help in allocating the scholarships. The questions that they raised here and there were very relevant and I am sure that it will help us in supporting next years' LOC. As far as I saw their commitment in making Santander's AM and Conference become great moments of FEPTO's life, I can only recommend to those who did not register yet to do so.

Don't miss Santander 2013, it is worth joining us!

On the other hand, I ended up organizing two thinktanks in Geneva: one with the Board in September with seven of us (Horatiu Nil Albini, Gabriela Moita, Celia Scanlan, Chantal Neve Hanquet, Hannes Krall, Yaacov Naor and I – see previous FEPTO Newsletter 12.2 Supplement), and another one with 6 representatives in January (see the article in this Newsletter).

I would like to pay a special tribute to Elisabeth Loison Apter (my colleague and wife), who was omnipresent in the logistical organization (welcoming, preparing and bringing us food, reducing to its utmost the costs, inviting everyone for one dinner at our place...) for both these thinktanks.

My surprise (was it a surprise after all?) was the tremendous support of FEPTO community for this initiative of crea(c)tive thinktanks. It says a lot about us all in FEPTO: a great attachment to FEPTO, a real wish to see FEPTO get better and better, a strong commitment to FEPTO's future.

Interestingly enough, both thinktank send visioning some very similar lines of improvement: repositioning training at the centre of FEPTO AM, ensuring FEPTO's visibility and credibility, and dealing with diversity and growth. So many (excellent) ideas and suggestions came out of each thinktank. It is almost too much!

*If we look at all the ideas that have stemmed out of these thinktanks, we can only become very aware that we couldn't implement them all. Even if the Board wanted to!*

*Choices, priorities have to be made. And we need to find the means (active representatives) in order to, step by step, set down realistic plans of actions and carry them through!*

*This might very well be our next challenge before opening a new issue of crea(c)tivity!*

## THINKTANK IN JANUARY 2013

### WHAT A CREA(C)TIVE THINKTANK IN GENEVA!

"Excellent idea!", "Great initiative!", "That is what we need: to think about FEPTO's future!" etc. A great enthusiasm has surrounded the Crea(c)tive Thinktank: a very large number of supportive emails came to the Chair of Development Committee from November on. So, it was very important for us to start the Thinktank by being aware of such a positive movement.



Indeed added to the support of the Board (9), 21 representatives mentioned their interest and support, even though they were not able to join this time: Jutta Fürst, Gabi Tarashoeva, Gabor Pinter, Jasna Veljkovic, Arne Husjord, Stefan Flegelskamp, Marjus Paranen-Hertell, Hilde Gött, Natacha Navarro, Anna Chesner, Jenny Jeffries, Eva Varro, Ildikó Mävers, Gabriele Stiegler, Leni Verhofstadt-Denève, Inara Erdmanis, Rosa Shemesh, Radu Vulcu, Jorge Burmeister, and Jan and Marjorie Lap-Streur; 5 representatives made all the attempts to come and at the last minutes were not able to join: Rosie Telias, Jana Segula, Monica Westberg, Deniz Altinay and Göran Högberg. Göran, along with 2 colleagues, Anne Helleday and Marie Cassel, even sent us a one-page input (a wonderful fuel for thoughts!) and 6 representatives ended up being present: Annick Milet, Hannah Salomé, Gabriela Moita, Fred Dorn, Roger Schaller, and Norbert Apter (Chair).

It meant that although we were “only” 6 present in Geneva, we were not only backed up by the whole Board but also and above all by 28 other representatives in our energy to think about FEPTO’s future. So our first sharing reflected on one hand the pleasure of such an enthusiasm, and on the other hand the importance that we do work seriously and efficiently.

### FEPTO IN 2023

We started by checking out our vision of FEPTO in 10 years from now: we created a psychodrama time line and gathered through this brainstorming each and everyone’s views of FEPTO’s future. Pictures that came up were rather clear: in 2023, FEPTO is better known and recognized, its communication and Public Relations are more efficient, its Annual Meetings have become a place where to exchange and to increase the learning about training, the diversity of its cultures is managed in a constructive way etc... From the number of expressed ideas, we gathered three major issues to deal with during our two days: (I) Training, (II) Visibility and credibility and (III) Diversity. After a short discussion we ended up agreeing that we should however start by where is FEPTO now, with its 68 institutes representing 23 countries? And we decided that we should first answer the following questions: (1) What does FEPTO do for its members? (2) What do members do for FEPTO? (3) What should/could FEPTO do for its members? ... And possibly (4) What should/could Members do for FEPTO?



The two hours of our first session were over and we decided to go for the dinner: a cheese fondue in an alternative restaurant by the lake.

So we did... and enjoyed the atmosphere, the taste (and the all over smell of the cheese). Good food, fun and laughter after a productive first session, this was all what we needed.

### (1) WHAT DOES FEPTO DO FOR ITS MEMBERS?

When on Saturday we started by asking ourselves this question we were almost surprised by the result: FEPTO does a lot for its members! We could summarize its contribution in three major categories:

a) A professional group of belongingness, a professional family

FEPTO provides spaces and times: to exchange experiences and news, to talk about common topics, to get and reinforce identity, to overcome loneliness and belong to some network group, to be part of groups of interests and have opportunities of intervision, to position oneself... and to renew energy!

b) An international dimension

FEPTO stimulates its members and their representatives to travel and converse with other cultures, to understand that there is more than one's own school and own country, to get international connections, to open one's eyes on the width, richness and tragedies of European history and cultures.

c) A support for one's own institute

FEPTO gives to its members the opportunity to see other ways of doing psychodrama, to develop standards and guidelines, to get legitimacy, visibility, empowerment and status, to get access to a space for research, to initiate a network group according/responding to one's institute's needs.

## (2) WHAT DO MEMBERS DO FOR FEPTO?

With such a question, we automatically had to remind ourselves the meaning of “members” in FEPTO. Members are institutes. Oftentimes people forget it and make the confusion with representatives. So we created two lists: one thinking about members, the other list thinking about representatives.

a) What members do for FEPTO?

They pay their fee, send people to the AM, to the working groups (be it network groups, committees etc.) and advertise the Conference.

These primary contributions are of major importance in FEPTO's growth. Another major aspect of this issue is that the professional quality of each single member gives FEPTO its legitimacy, recognition, status and power.

We also pointed out that each member gives the lines of work of FEPTO through its specific training approaches, needs and goals, as well as through its complaints, helplessness and powerlessness. At times, conflicts between the institutes interfere or block the work of FEPTO.

## (3) WHAT SHOULD/COULD FEPTO DO FOR ITS MEMBERS?

We saw a number of possible things that FEPTO could do. We will summarize them here.

*(Local recognition)* to provide support to the members in their efforts to be recognized by their country; *(Annual Meeting)* to turn the AM more into a learning place;

*(Universities)* to provide support to the members in contact with universities; *(Training)* to reposition training in the centre of attention of its members; *(Translation)* to support translation of articles and books; *(Reviews)* to create peer reviews of qualifications;

*(Autonomy)* to strengthen the autonomy of its members; *(Cooperation)* to support cooperation between institutes and countries;

*(Strategy)* to clarify its mission and boundaries, goals (short and long term) as well as its strategy; *(Scope)* to make clear the scope (not only psychotherapy) within psychodrama trainings;

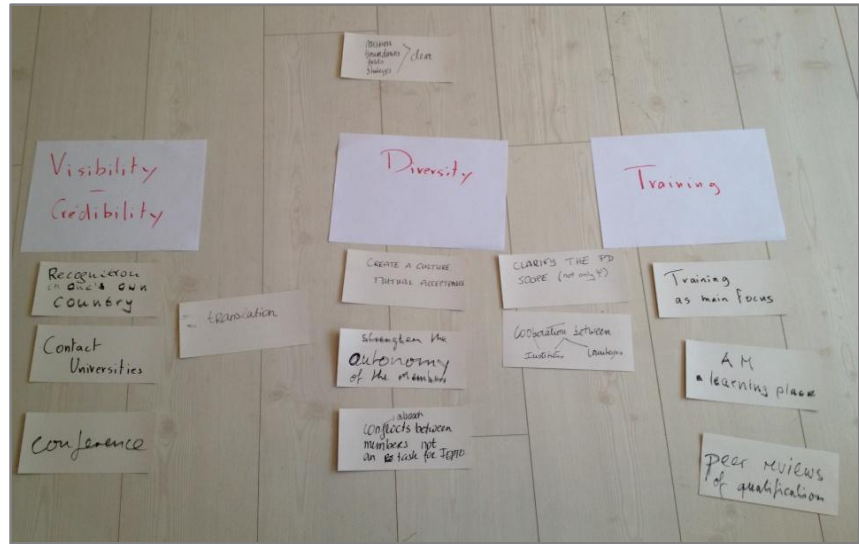
*(Acceptance)* to create a culture of mutual acceptance.

We also thought about Mediation that FEPTO should not mediate or resolve outside conflicts between its members.

**(4) WHAT SHOULD MEMBERS DO FOR FEPTO?**

We decided that if we would have time at the end of our meeting we would attempt to answer this question at the light of present considerations and ideas for future developments. We ended up not having time for it. However you enlightened as you are ☺ will probably see through our report what your institute can do for FEPTO... so, don't hesitate to do whatever you can!

3 major issues had stemmed out from our first day. We decided to address them one after the other and make some proposals.



**1) Training**

We started by analysing and clarifying:

<i>What is at stake?</i>	FEPTO's identity, mission, reputation
<i>Strategic intent:</i>	Training as main focus (back on track)
<i>Objective (What?):</i>	Create and maintain a high quality standard of PD training within all FEPTO members
<i>Criteria (indicators):</i>	<ul style="list-style-type: none"> <li>- min. amount of publications/year</li> <li>- requirements for training contents defined and applied</li> <li>- requirement for trainers</li> <li>- quality standards</li> <li>- recognition of institutes within countries</li> <li>- number of psychodrama students increasing</li> <li>- AM is a central place to exchange about training practices</li> </ul>

Then, we considered that a first series of steps could be made within the Annual Meeting:

a) Putting the institutes at the centre of the AM

*Proposal 1:* Having AM systematically oriented on training issues.

*Proposal 2:* Badges could have the name of the institute first, then country and the name of the person.

(At least everyone would know to which institute's representative one is talking to and dialogue could be initiated between institutes rather than only with persons).

b) Making the AM a learning place for training

*Proposal 3:* Asking that training and committees (FEPTO's work) be back at the centre of the AM and be a transversal point of view throughout each AM.

*Proposal 4:* Asking that in Santander there is a small group's session on "How to put the training as a main focus in the AM? How can the AM become a learning place? What would the AM look like?"

## II) Visibility and credibility

*Proposal 5:* Ask all institutes to a) Publish an article in a journal not connected to psychodrama, b) Join a conference/congress not connected to psychodrama and present something; c) Do a psychodrama action not connected to psychotherapy, and contributing to the society; d) Do an action showing the scope of psychodrama (not only psychotherapeutical psychodrama). Then FEPTO would harvest the results/actions and put them on the website.

*Proposal 6:* Enhance collaboration between members of different institutes by organizing common projects (conference, seminars...) with themes like European orphans, migration...

*Proposal 7:* Research committee could provide FEPTO community with research done.

*Proposal 8:* On the website, the calendar could be directly visible (even more than the way planned on the new website).

*Proposal 9:* FEPTO could sponsor some international events by its advertisement to its members and get its logo used and seen for the event.

*Proposal 10:* For FEPTO Conference, highlight one particular theme (not specific to psychodrama) to be addressed that would be advertised outside of the psychodrama world in order to attract professionals of other methods.

## III) Diversity

On this issue we saw three major aspects:

1) The various applications of psychodrama: psychotherapy, education, social work, coaching, training, organizations, theatre...

*Proposal 11:* Make these fields of applications visible in FEPTO website.

*Proposal 12:* Get an overview of which institute is active in which field (only psy, only others, mixed).

*Proposal 13:* Look into how the non-therapeutically approaches are taught (this would be a special topic for the training committee)

*Proposal 14:* Publish about psychodrama used in a non psychodrama journal or newsletter

## IV) Cultural diversity

*Proposal 15:* Make it visible by putting not only the name of the country but also the flag on the badge of the representatives that are present at the AM (this completes proposal 1)

*Proposal 16:* Have a lecturer, a specialist on cultural diversity during an AM

3) The Diversity of ways of conceiving and practicing psychodrama itself

*Proposal 17:* Work, during an AM, on how differently each representative and/or institutes see the fundamental assumptions underlying his/her work (using Yang Ching Cheng unpublished work and questions about locus of control, self-determinism, human nature, unconscious etc...). Norbert Apter could run this.

We ended up with thinking about what could be our next topics and we thought that it be important to think about "How will FEPTO adapt itself to the growing number of its members, in terms of organization, of structure and of AM?"

When we split, we were all satisfied: we knew that we had done quite a serious work. We were aware that all these proposals would definitely be helpful for the Board, since we had been very concrete.

Up to the Board now to see which of such a large number of proposals it can adopt and implement.

Norbert Apter  
development@fepto.eu



CELIA SCANLAN

## TRAVELLING WITHOUT MAP OR COMPASS REPORT OF THE EUROPEAN AFFAIRS COMMITTEE

During the period I have been Chair of this committee I have reflected on how best to honour the responsibility given to me; how to use the knowledge and experience of others who have worked on this committee in the past; bring in new committee members but above all to build a strong psychodramatic bridge between FEPTO and our psychotherapy colleagues across Europe.

At first Judith Teszáry and I thought that we might share attendance at EAP meetings. I had taken over the role from Judith. Very soon it became clear to me that I would never really come to grips with what was happening at EAP if I was not in fact present at every meeting. It was agreed at Council that I should indeed attend all of the meetings delegating only if it was impossible for some reason for me to attend.

This resolved one problem but did not address another. It is hard to keep a committee motivated if there is little for them to do as individuals. So how to make this committee a live experience? For a period of about three years we had a steady stream of candidates applying for ECP through the grandparenting scheme. Documents required scrutiny, best done by at least two people. So rather than Judith and I being the only ones to take on this task we sent files to additional committee members. We had begun to involve the committee so that they might learn more of the workings and value of EAP. As usual nothing stays as it is for long, in the past year we have only had one ECP application through grandparenting. Not that Psychodramatists have ceased to apply for ECP but we now have some institutes who have accrediting status, EAPTI. These institutes

can give ECP by direct award which reduces the paperwork for our committee.

I issued an invitation to FEPTO members to come with me to EAP as an observer if and when a meeting was in their country. This could be managed at no added cost and would offer an opportunity to see the work first hand and indeed to prepare someone to take over the role in a more informed way when the day comes when I will no longer be the delegate.



This has had limited success but the offer remains open so in July the meeting will take place in Moscow and in October in Larnica. Please contact me if, you live in either country, and wish to accompany me to the EAP meeting. I continue to encourage involvement of FEPTO delegates at EAP.

Returning to my initial thoughts of how to build a strong bridge, by which I mean, it is important that FEPTO not only looks inward at how we might constantly improve our knowledge and skills and how we teach our students but, I believe we must look outwards to strengthen our links with other psychotherapists. Just as FEPTO was conceived to support psychodrama trainers in Europe we can reach out and support psychotherapy in Europe. A tremendous amount of work has been done at EAP to establish psychotherapy as an independent profession in Europe.

We have had minor success and sadly some failures but never given up. Our hopes were raised that a common platform for psychotherapy could be established through Brussels. This was unsuccessful not through any lack of diligence on the part of EAP but as a result of the complexity of procedures of the European Parliament.

We did not lose heart but simply changed tack. A working group has been formed to establish core competencies of a psychotherapist. This has not been an easy project, we might say it was not sexy enough to attract participants, nonetheless it has progressed and the first stage is now nearing completion. A small project group has worked directly on this and it is important to mention that one of these people is our FEPTO colleague, Renée Oudijk. I would like to give my personal thanks to Renee for the hours of work she has expended on this project.

Very soon I shall be writing to all FEPTO members to take part in the second stage of this project. I believe this will be the most important stage: 'the Specific Competencies' It is essential that FEPTO members respond to the online questionnaire

otherwise psychodrama is in danger of being overlooked.

I have come to realise the best way to have psychodrama firmly on the European stage of psychotherapy is for the FEPTO delegate to become really active at EAP. To that end three years ago I was nominated and agreed to become an "International Expert" This rather grand title meant that I would have the task of making an accreditation visits to institutes applying for EAPTI status. During this process of accreditation an institute is visited by two experts, one trained in the modality of the institute and another. If there is no expert for the modality then someone is appointed whose modality is close to that of the institute. We now have three psychodramatists who are international experts which ensure that if a psychodrama institute applies for EAPTI it should be possible for the institute to be visited by a psychodramatist.

Continuing with my belief that it is essential to be involved if we are to be respected, last February I took on the role of Co-Chair of the European Wide Organisation Committee EWOC. This is the section of EAP where FEPTO are members. The role keeps me busy as we examine the applications from institutes applying for EWO status. Our constant task is to balance a wish to support new ventures in psychotherapy with the necessity of maintaining good standards.

In July EAP will convene in Moscow. Elections for the President who will take over in 2015. The person who is elected will serve as Vice-President for two years, President for two and Past President for two, a commitment of 6 years. I intend to stand for this role. I hope you can send me plenty positive vibes.

So as you can see I am kept very busy, I love this work but I never lose sight of the fact that I am here because FEPTO has sent me and that when I speak, especially from a position of authority, I speak as a psychodramatist.

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LEANDRA PEROTTA

## ETHICS COMMITTEE

In the last year, the Ethics Committee has been working hard on defining a procedure for evaluating ethical complaints and making the complaint assessment process as transparent and fair as possible.

The first draft of the Complaints Procedure was published in the last FEPTO Newsletter and feedback was received from FEPTO members. Three more drafts were written and a fourth version has now been finalized. The Complaints Procedure will be published on the FEPTO website so that all FEPTO members may familiarize with it.

The Complaint Procedure is an ongoing process and it should be continuously updated and rewritten following the changing needs of the FEPTO community and the awareness and knowledge which comes from new ethical complaints. Of course, the Complaint Procedure is not perfect. But as Winnicott would say, it should be “good enough” to be approved at the General Assembly in April and to be implemented immediately.

A future aim is also to update the FEPTO Code of Ethics and Practice. FEPTO requires members and applying members to comply with the FEPTO Code of Ethics and Practice.

In order to establish a well-working Ethics Committee, clear roles regarding involvement of its members were defined. Specifically, two different levels of involvement were considered. A first level, in which members of the Ethics Committee are only interested in the philosophical issues regarding ethics and in the definition of clear and adequate procedures; and a second level, in which members of the Ethics Committee agree to taking a deeper level of commitment and are dedicated to the practical and specific problem-solving aspects of ethical cases. This second level contains discussion of privileged information and since ethical issues have a high degree of confidentiality, all members of the ethics committee must decide at what level of commitment they wish to be involved.

One ethical complaint was filed with FEPTO in November 2012, and two more were filed in 2013. One of these has been resolved whereas the other two are still ongoing.

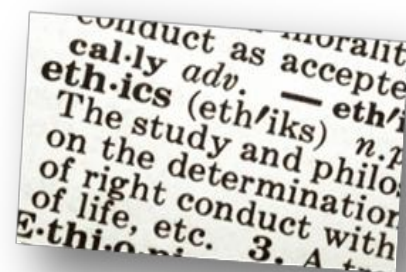
Ethical issues are a high priority for FEPTO and for the sake of transparency, I will briefly delineate the complaint assessment process that was followed and that is described in the Complaints Procedure.

The first step the Chair of the Ethics Committee takes to guarantee a correct and impartial procedure is to ensure that all people involved in managing the complaint assessment process do not have a conflict of interest. Then, the Chair of the Ethics Committee, in accordance with the FEPTO Council, nominates a Complaint Assessment Panel to assess the nature of the complaint and to determine how it will be progressed.

The Complaint Assessment Panel comprises members of the Advisory Board of Ethics and members of the Ethics Committee involved on the second level - chosen according to their experience. After carefully evaluating the complaint, the Complaint Assessment Panel formulates a recommendation to the Council regarding the outcome of the complaint and the Council ratifies the recommendation.

The Ethics Committee has 13 members: Stefan Flegelskamp, Peter Haworth, Tzvetelina Iossifova, Marcia Karp, Sabine Kern, Suzanne Kunz, Jan Lap, Konstantinos Letsios, Küllike Lillestik, Manuela Maciel, Peter John Schouten, Judith Teszáry, and Anja van Impe.

The next meeting will be held at the FEPTO AM in Santander, Spain in April 2013.



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JUDITH TESZÁRY and MAURIZIO GASSEAU

## HOW TO MAKE PEACE AS EXCITING AS WAR?

FEPTO TASK FORCE FOR PEACE AND CONFLICT RESOLUTION, MARCH 2013

In this report I will only focus on the special seminars we had over several years.

Coordinators: Judith Teszáry and Maurizio Gasseau.

Members of the TFPC: Norbert Apter (Switzerland), Jörg Burmeister (Spain/Switzerland), Agnes Dudler (Germany), Eva Fahlström-Borg (Sweden), Maurizio Gasseau (Italy), Arne Husjord (Norway), Marcia Karp (UK), Kostas Letsios (Greece), Manuela Maciel (Portugal), Melinda Meyer (Norway), Natasha Navarro (Spain), Gabriella Nicotra (Italy), Leandra Perrotta, (Italy), Galabina Tarashoeva (Bulgaria), Judith Teszáry (Sweden), Monica Westberg (Sweden), Nevzat Uctum Muhtar (Turkey), and Monica Zuretti (Argentina).

First coordinators of the group were Eva Fahlström-Borg, Melinda Meyer and Maurizio Gasseau for a couple of years.

We met in Budapest for the first time at the FEPTO annual meeting. Usually we have two meetings a year. One, during the AM and another one, a specific seminar on different topics in different countries.

Those were held in Oslo, 2007; Stockholm 2008, Turin, 2009, Uppsala, 2010; Sofia, 2011.

FEPTO TFPC presented a workshop the 3rd IAGP Mediterranean Congress in Barcelona and a course in 17th IAGP Congress in Rome. Natasha Navarro had a beautiful manifestation by teaching people how to make paper doves and many participants were doing this in their breaks.

**OSLO 2007**, the meeting was organised by Melina Meyer – NIKUT.

The main question for the newborn group was: What draws us together? What is our vision? Who are we? Planning of the workshop in Barcelona. The focus of the workshop in Barcelona; how to create the third place in conflict resolution and what is it? Melinda Meyer and Arne Husjord warmed the group up to the topic. Monica Westberg presented her work with refugees Melinda presented on the topic and future research program on "Testimony and Trauma". Jorge and Natacha presented from their work with "Peace construction groups".

**TORINO 2009**, the meeting was organized by Leandra Perrotta and Maurizio Gasseau.

It was decided that goals of Task Force for Peace and Conflict Resolution are: Train the Trainers, Help the Helpers, Research, teaching and supervision and intervision on Peace work and conflict transformation.

In Torino we did seminars of intervision and sharing of experiences and techniques. Melinda Meyer spoke of the history of the Task Force and mapping. Norbert Apter spoke of his experience in Sarajevo and in Congo and presented us with "Four spaces of choice" (Ann Hale's model). Eva Fahlström Borg spoke of restorative justice – inclusion vs. exclusion.

Judith Teszáry spoke of working on peace projects and training ourselves in skills. She presented a paper on meeting of the Swedish Section of FTPCR. Monica Westberg presented models of peace and conflict resolution of Johan Galtung's model.

We agreed that Galabina Tarashoeva will build a structured computerized pool of competencies of the Task Force for Peace and Conflict Resolution to make us visible (What we can do; with whom; in which language; Treatment or Training). Collect our experiences and skills – Pool of providers – Different models –Target groups.

We need to be learning and a reflective group.



**UPPSALA 2010**, the seminar was organised by Eva Fahlström-Borg and Judith Teszáry.

Göran Högberg, one of the founders of FEPTO, had a very interesting lecture: "Current Trends in Psychotraumatology". Per Allan Olsson had a short lecture about his experiences from the West Bank and the Gaza as the chief representative of Federation of Red Cross and Red Crescent Societies/IFRC. Both were a fine, informative and inspirational contribution to further our task force work together. We agreed that Nevzat Uctum Muhtar would put up a Google group for discussion. This group will only be open to Members of FEPTO TFPC. Eva presented the Time Map structure as a possible instrument to use in the process of whatever work we do as conflict management.

**SOFIA 2011**, the seminar was organised by Galabina Tarashoeva.

The aim of the seminar was to present models, theories and practical applications of different peace intervention models. There is a need to knit together the goal of the TF and the needs of the world.

Manuela presents a model of Sphinx and Sociatry. We explored ourselves in the four roles: emotional, physical, energetic and mental. Understand the truth of this group. Gabriella Nicotra presented the project: "The adolescent, his group and his relationship with significant other people." Judith presented "The non-violent philosophy and strategies of Mahatma Gandhi". Marcia presented what worked in the use of psychodrama during the Falkland war between Argentina and England. Mutual hearing of the pain of both sides.

We had a Skype meeting with lafi and her presentation of her work with children near Gaza.

We should present ourselves at the GA as available to be used within FEPTO, within and between the training organisations if it is wished. Possible cooperation with the Ethics committee in function of mediators and with the training committee in order to implement peace and conflict resolution training as continuing further education in the training curriculum. Specific training of trauma.

We wish to provide a collection of didactic material (theory, method and practice) and a bibliography on these matters.

#### FURTHER PLANS

- ▶ We wish to cooperate with IAGP Educational Committee, Trauma disaster Committee and with the Psychodrama Section of IAGP.
- ▶ The freedom and the boundaries of TFPC are under continuous discussion.
- ▶ Preparation of a Sociodrama workshop at 4th International Sociodrama conference on Iseo, Italy.
- ▶ We open the group for FEPTO members who actively wish to be a part of this work.

Welcome to our next meeting in Santander, Sunday the 14th of April, 2.30 pm - 6.30 pm.

Information of the meeting program and the room you will get when you are in Santander.

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## PSYCHODRAMA ON THE EUROPEAN STAGE

CELIA SCANLAN

### INCONTRO DI PRIMAVERA IN VENICE

I was delighted to be invited to represent FEPTO at the annual Spring meeting of AIPsiM.

What better place to approach spring than Venice with it's contradictions of weather from bright sunshine which held the promise of spring to the torrential rain threatening an Aqua Alta and even snow requiring the aircraft to be de-iced. All in three days! Just like psychodrama conferences so full, so varied and something memorable to take home.

AIPsiM through Ivan Fossati President AIPsiM and Lucia Moretto Director of AIPsiM Veneto had prepared a psychodramatic feast. The theme of "beyond the crisis, a new



prospective" was open to so many interpretations; the financial crisis which none of us can escape at the moment and how much it affects our lives, the family crisis and how such families can be supported all the more urgent in these difficult times to personal crisis and of course the personal.

In the opening plenary we were invited to see a crisis as a moment for growth and change. Immediately I felt I was taking new breath. I realised in that moment I had been pushing aside my concern that this conference would be full of doom and gloom. It seemed in that moment that my mood had changed just as suddenly as the Spring weather can change.

If the opening plenary was the anti pasti what a feast was in store! Three more courses at least.

Each round of workshops offered such variety to serve so many interpretations of crisis.

I attended a session of Bibliodrama, my first experience, with Giuseppe Bertagna. Giuseppe's gentle and calm holding of the group gave opportunity to explore at a deep personal level a passage from the bible. I wanted seconds!

Sunday morning I attended a session with Anna Lamo, "Mothers and children." Anna gave us insight into the complex work with deprived and dysfunctional families, how she encourages the mother to play and to learn to become the auxiliary ego of her children.

It was with a spring in my step that I was able to take myself for a walk, albeit in the rain, while my Italian colleagues held their GA. My excuse of course was my lack of Italian.

What better way to end a psychodrama conference than with Playback theatre. The local group did not disappoint. We closed with Ivan and Lucia inviting all the presenters to the stage and then brought us together in the circle by acknowledging the essential role both presenters and participants play in making a conference successful.

Multo Grazi AIPsiM!

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INARA ERDMANIS

## FROM THE NORDIC BOARD OF EXAMINERS (NBE) YEARLY MEETING

HELSINKI 15th -17th OF MARCH 2013

This organization was started in 1993 with the acknowledgement and acceptance from the other international Psychodrama accrediting institutions: The American Board of Examiners, The Australian Board of Examiners, The New Zealand Board of Examiners and the British Psychodrama Association. Close attention was paid to international standards and practice.

Today there are 8 member institutes: two from Finland, two from Sweden, two from Estonia, one from Norway and one from Latvia. Four of these are members of FEPTO and one is applying this year.

The president of the Nordic Board for 2013/2014 is Eduardo Verdu, Norway and the Vice-president is Tuula Grandell, Finland. The next meeting will take place in April 2014 in Stockholm.

The meeting this year was productive, creative and many interesting decisions were made.

As NBE celebrates its 20 year anniversary it was decided to offer an OPEN STAGE on the 26 of October, 2013 from 18.00 - 21.00 o'clock in all of the institute countries and in many different cities to introduce Psychodrama. In 2009 we also had this kind of event at the same time in 19 different locations in Latvia, Estonia, Finland, Sweden, Norway, Germany, and Switzerland.

It was decided we should gather the Psychodrama curriculum from all our institutes to compare, discuss and possibly better our individual educations.

We want to develop inspirational pedagogic in practice though trainers exchange.

There is also a project "How to train Psychodrama" for 1½ years. This is led by Reijo Kauppila, Finland, and Oslo, Helsinki and Tallinn are involved in research as to how we can improve on our pedagogic tools.



Over the past few years the cooperation between the countries and institutes has become much more intense. The future seems to be in solid and qualified hands.

Four new TEPs were certified and congratulated: Carina Holandsli (Norway), Reijo Rautianen (Finland), Inara Varpa and Aelita Vagala (Latvia).

We have now a Home page and invite everyone to have a look:

[www.nordicboard.org](http://www.nordicboard.org)

P.S. Don't forget the Baltic Moreno Days in Riga, August 2014.

[ina.erd@bredband.net](mailto:ina.erd@bredband.net)

## ARSALUYS KAYIR

### EVENTS FROM TURKEY

We have accomplished 7th Istanbul Psychodrama Days last week-end, 16-17 March, Istanbul. The theme was “The application Areas of Psychodrama”, organized by “Society of Psychodrama and Group Therapy” which was established in 1990 by Dr. Abdülkadir Özbek Psychodrama Institute’s trainees of [Istanbul.www.psykodramatist.com](http://Istanbul.www.psykodramatist.com)

It was a heavy program for two days, due to different psychodrama application areas. The topics will give you an idea about our theme:

- Key lecturer: My first encounter with psychodrama 50 years ago - Oya Baydar (author-sociologist). Known as “Socialist, Researcher and Action Woman” in Turkey moved us back and forth from past to present and to the future of Turkey. Her lecture was interweaving from two paths, a mature well known author in her 70’s and a young sociology assistant on the way of becoming socialist, and quit from her country witnessing “the breaking of the wall”. I was the moderator going to my 70’ies but was taken to the same university’s corridors and amphitheatre between the years 1966-1970. Later I was in the role of a third class psychology student saying “I will work in health sector when I grow up. But I don’t have my mini-skirt”. A response came from a psychology student “I will give mine”. If we would continue I would give her my experiences like in magic shop. We talked mostly about “Cats’ Letters” where the cats talk in the role of their owners like in psychodrama.

A small part of her lecture from the first voice:

“The year was 1961. Our experimental sociology professor Kosemihal in Istanbul University had just returned from New York. He was excited, had just met Moreno, attended psychodrama sessions and appreciated its importance. We translated “Who Shall Survive” into Turkish as “The Essentials for Sociometry” and began teaching together. However, everything was theoretical; I do not remember that we had practical work.

Years passed, my life has totally changed. I joined in socialist movement, deled with other issues. Although I was pre-paring myself for being a novelist, I found myself in quite different positions. Turkey was a country in which democracy was interrupted by military coups again and again. In 1971 and later in 1980, I suffered from the first of the two serious military interventions as I was arrested, tortured, fired from university and said goodbye to academic life. After the 1980 coup, I had to quit abroad and live as a refugee for 12 years.

And at those days, in 1989 the socialist system crashed. I was nearly 50 years old. It was also chasing of my identity, my personality, my belief. I was so collapsed psychologically that like a therapy I started to write so I could survive. Then it continued. After 30 years I got back to literature. I now identify myself as a novelist. My novels were translated to 23 languages. (One also to Romanian: The Lost Word...)



When I was preparing for my lecture for Istanbul Psikodrama Days, in fact unconsciously, I realized that I was using a psychodramatic therapy me myself being the protagonist and the characters of my novels were my auxiliary egos. I guess I have done this all in my life, I've benefited from the methodology of sociodrama fairly well, while working at various organizations, political parties and associations.

I think, being a novelist stands at the intersection point of spontaneity and creativity. And also I believe that the more a novelist identifies him/herself with characters and is wrapped into their soul and body, the stronger is the novel." [www.oyabaydar.com](http://www.oyabaydar.com)

- Key lecturer: Do Psychotherapy and Psychodrama have a place in Evidence-Based Medicine- Timuçin Oral (psychiatrist). Although psychological therapies supply benefit for patients, there is also evidence that patients' mental health can deteriorate if therapies are inappropriate or carried out incompetently. Evidence based psychotherapy has therefore been promoted internationally in different health care systems. Evidence-based medicine (EBM) has been defined as "the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients." Previously it was eminence based as there were no evidences. Now, in these days, the greatest challenge is the type of evidence for psychotherapy. Randomized controlled trial, the sine qua non of EBM, is not that easy for psychotherapy. Yet, there are many meta-analysis and studies on the subject. For psychodrama, specifically, sociometry or social atom type measuring methods are quite important techniques for the evaluation of the outcome. A student project, sociometry in bipolar patients, is presented at the end of the lecture to summarize what can be done to achieve evidences not only in the course of psychotherapy but in pharmacotherapy as well.
- Lectures: Humour in Psychotherapy and Possibilities Psychodrama Gives – Arsaluys Kayir; Psychodrama in Social Phobias, The responsibilities of a therapist in a patients' group
- Panels: Psychodrama in couple and family psychotherapy; The use of PD in forming mother child attachment relation; Working Psychodramatically on transmission of transgenerational trauma; Psychodrama with mother working in child houses; Psychodrama with children having special education support; Psychodrama at school - Why? How? For whom?, Designing, planning, need analysis, and goal identification in the works aiming recognition, definition, and evaluation of the sources; Plays and interactions aiming growth, change and transition; Encounters at the pooling point. Milieu therapy and day's hospital applications with psychotic and affective disorder patients; Individual therapy, Psycho-education, Group therapy and psychodrama with psychotic patients; Psycho-Oncology and psychodrama, Psychodrama with haemodialysis patients; Psychodrama for psychiatry nurses in their post training.



- Large Group: Differences and Similarities
- Workshops: Integrative use of family atom technique combined with expressionist art therapy techniques; Psychodrama in the treatment of alcohol and substance addiction; Psychodrama with fairy-tails; Psychodrama with students; Psychodrama with new-beginners; Psychodrama with chronic patients; Sociodynamic matrix; Psychodrama with the relatives of psychiatric patients.

### COMING EVENTS

- ▶ A new-born society with the trainers of Dr. Abdülkadir Özbek Psychodrama Institute: Denizli Psychodrama Society
- ▶ Events in March: The role of psychodrama in dealing with violence
- ▶ What psychodrama is and where else it is applied besides training
- ▶ 3. Ankara Psychodrama Days: “Our Roles in Life” – 19th -20th of April 2013 Ankara Psychodrama Society [www.ankpsikodrama.org](http://www.ankpsikodrama.org)
- ▶ 38. International Group Psychotherapies Congress, Bergama-Izmir
- ▶ Pre-Congress: the 29th of May 2013; Congress: 30th of May – 1st of June with the topic “Love”. With three pre-congress courses and eleven workshops, lectures and graduation ceremony for basic level psychodrama assistants and advanced level graduates with theses examination. The congress is organized by “Psychodrama and Group Therapies Society” – Istanbul, Turkey. [www.bergamakongresi2013.org](http://www.bergamakongresi2013.org)



Conference:  
**MOVING TOGETHER! MANAGEMENT CONCEPTS FOR SUPERVISION, COACHING AND PSYCHOSOCIAL COUNSELING**  
 Symposium for scenic-creative work in the profession  
 31.05. - 01.06.2013, ISI-Hamburg  
<http://www.isi-hamburg.org/produkt/isi-fachtagung.html>



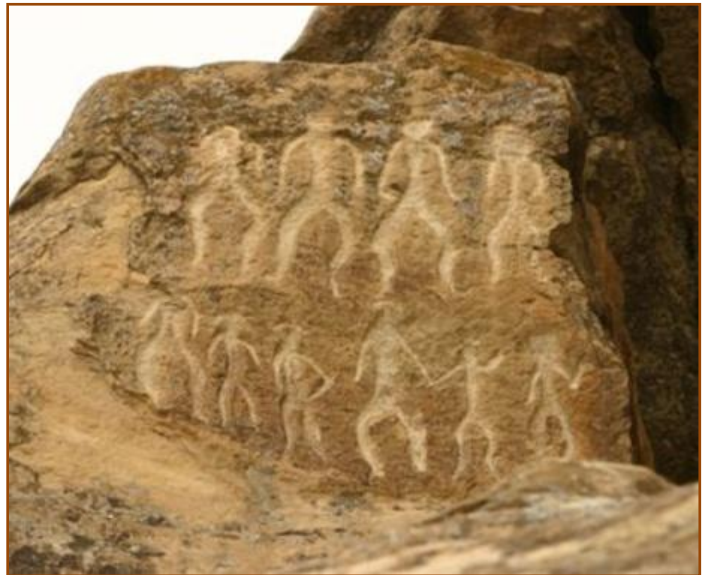
## INVITATION TO PSYCHODRAMA EVENTS

MANUELA MACIEL

### RECONNECTING ANCESTRAL ROOTS

2nd TRANSGENERATIONAL INTERNATIONAL CONFERENCE  
22nd -25th OF AUGUST 2013, SÃO PAULO - BRAZIL

**WE INVITE YOU** to participate in this unique event in Brazil to learn new experiences connected with transgenerational transmission and ancestral healing. Renowned professionals in this field will present their internationally recognised action methods such as Psychodrama, Dynamic Theatre and Voices of the Ancestors (DMP). For Dr Roger Woolger, a pioneer in ancestral fieldwork, believed that each one of us carries our own ancestral patterns, those patterns are inseparably connected to the collective legacies of our communities and nations. These invisible connections translate to inherited invisible loyalties forcing us to continue the unfinished familial and collective residues of war, poverty, colonialism, sexual abuse, persecution and exiles. This conference aims to begin the process of healing the wounds of history.



<http://www.transgenerational.com.br/#!english/ccy>



**“To forget our ancestors  
is to be like a river without a source,  
or a tree without roots”**

Klitsa Antoniou,  
Wall of Roses,  
Part of Traces of Memory Installation,  
Diatopos Centre of Contemporary Art, Nicosia,  
Cyprus

INARA ERDMANIS

## BALTIC MORENO DAYS 2014



Baltic Moreno Day in Riga 15 – 17 August 2014

### AMBER metamorphosis

- › Amber or the Gold from the Baltic Sea or the Tears of the Heliads descends from living evergreen trees and is fossilized resin.
- › The colour could be yellow or orange at times, brown to almost black or even white or green or blue. It depends what soil it lands in.
- › How has the fertile soil around you left resins to make the person you are today?
- › Sometimes you might find a captured insect within the Amber stone. Captured memories-good or bad-for eternity.
- › What secrets are captured within you since your time began?
- › Amber can be used in many different ways as ingredients in perfume, as healing agents in folk medicine, and as jewellery.
- › What do you want to use your personal Amber Gold, your fossilized strengths and secretes for?

Amber is considered to have magic power.  
So do you!

WELCOME!

The first person to promise to contribute with her knowledge and creativity is Marcia Karp.  
At this moment we would like to invite you to think of workshop themes.

Contact: [dr.maija@yahoo.com](mailto:dr.maija@yahoo.com)

The Latvian capital Riga will officially be unveiled as the 2014 European Capital of Culture with lots of exciting events...<http://riga2014.org/en/>

ADAM BLATNER

## A MYTH FOR OUR TIME

Circulating on the internet is a bit of inspiration, a brief piece by Christian de la Huerta, alluding to the excellent work of ethnobiologist, Elisabeth Sahtouris. Titled “A Myth for Our Times,” he began with an epigraph: “Someday, I am going to grow wings...” He went on:

In these times of dramatic social change and collapsing structures, it can be easy to succumb to feelings of fear and hopelessness. The work of ethnobiologist, Elisabeth Sahtouris, provides a beautiful framework and powerful context for our times. Sahtouris spent years studying the transformational aspect of caterpillar into butterfly (the process we learned about in school called “metamorphosis,” meaning in Latin, beyond-form process. She uncovered what she named imaginal cells. Because these contain the DNA of the butterfly, which is slightly different than that of the caterpillar, the immune system of the latter views them as foreign objects and destroys them, the same way it would a virus or bacterium. Similarly, we could say that humanity has done the same to our prophets, light-carriers and truth-speakers-the Jesuses, Gandhis and Dr. Kings: they pop up and we shoot them down.

At some point in the life cycle of the caterpillar, an internal mechanism is triggered and it goes into a hyper-eating phase, engorging itself, eating everything around. In a way, humanity is doing the same, carelessly devouring our natural resources without regard even to our own survival on this planet. There’s an upside, however. In the case of the caterpillar, the hyper-eating phase also triggers a hyper-production of imaginal cells. Suddenly, these are popping up everywhere, and they start gravitating toward each other, coalescing into imaginal clusters. Once they come together, the immune system of the caterpillar can no longer destroy them. It tries and tries until it fails, giving up, imploding into a mush, a nutrient soup that is what the imaginal cells feed on as they transform into the butterfly.

A chemical reaction!? One could say that is where humanity is now. Systems are failing all around us, disintegrating in front of our eyes. A global economic collapse remains a real and imminent possibility. The corporate scandals and church scandals have revealed the man behind the curtain. We are the imaginal cells, awakening now to our full potential, no longer willing live lives of frustration, lies and mediocrity, or to hide our light under a bushel. Once we find each other and come together, we can no longer be destroyed.

What exquisite butterfly humanity transforms into – and whether we survive the metamorphosis – is yet to be seen. For the wakening imaginal cells, the call has gone out: to shine, to be more than we have ever been before, and yes even more than we can now imagine, to heal ourselves and become beacons for other imaginal cells, to come together and discover what we may do together that we can’t do isolated and alone. The mission is clear. Will you answer the call?

One answer may be associated with our work: Moreno’s bringing the theme of creativity as something that can be creatively applied, a method, not just a theory, has since become a major meme – an idea that catches on.



I cannot give him credit – it's an idea whose time has come, especially in the last fifty years, and the number of books about creativity has expanded exponentially. There are whole professional associations that deal with creativity – such as the American Creativity Association - which has made connections with others internationally so that conferences have happened recently in, say, Singapore!

It's a myth because while God was imagined as creative, it all happened in the past - one act of creation. But re-telling the story, we create in an infinite number of ways, we being all of creation. We create ourselves, anew, each moment – what Moreno called the “hic et nunc” – back then using Latin was erudite – meaning the “here and now.”

Creativity was imagined as a lovely quirk, to ornament the glory of kings and popes. Artists, inventors, poets, were allowed to create - just don't dare extend the underlying subversive ethos into political life. Tradition was still held in higher esteem. That balance has shifted so that creativity is being recognized as emergent in every person, in every event, at least as a potential. It is being valued as never before.

The story of imaginal cells needs explication: Of course, humanity is transforming from a hundred thousand years as a caterpillar into a butterfly. The metaphor is partial, because many humans still live in the realm of tradition, but some already have begun to fly. We're at a tipping point, collectively, a time when tradition moves to modernity to post modernity into creativity. Freed from tradition as an ethical obligation, we are charged with creating responsibly.

Moreno's ideas are by no means the only relevant thoughts on the matter, but they are in some ways prescient - he addressed this cultural trend early on and noted that creativity was no mere philosophical ideal, but deserved to be put into practice. This was his major contribution, and all of his other methods serve this goal:

**Sociometry:** When people know about and include this fundamental dynamic in their social planning, social organizations become more humanized.

**The Psychology of Robopathy:** When the obligation to re-evaluate and create anew is recognized, it throws into sharper relief all the ways that people avoid taking responsibility, risking failure or resistance. Part of the psychology of promoting creativity is continuously struggling against the forces that lure people back into passivity and self-deception.

**Spontaneity:** This attitudinal foundation of improvisation and creativity can be cultivated only when one is free of fear, encouraged, hopeful, and relaxed. Moreno recognized that this is the natural state of the young child, willing to play, explore, and ask for help, without fearing criticism for these forms of innocence. This ethos needs to continue through childhood - and adulthood!

**Group Dynamics:** Spontaneity rises in a culture of mutual encouragement. This is the opposite of hyper-individualism, competition, and the spin-off emotions of envy and resentment. This idea has yet to penetrate our culture, but Moreno did plant some seeds.

**Role Training:** The idea that learning is a somato-psychic, holistic process leads to the idea that learning must be experiential, learning-by-doing. We must promote more action and less reliance on book-learning. (The whole problem of unconsciously privileging those who are naturally talented at book learning is a whole 'nother topic - but it goes by the term, “logocentrism.”)

**Role Theory:** We need a user-friendly language, one that ordinary people can use to describe the subtleties of human relationships. Role theory offers the only viable set of terms, because it's familiar (everyone watches movies and plays), relatively simple, and yet capable of extended complexification as the situation merits. It operates at all levels of human organization.

**Sociodrama:** In order to explore group dynamics, major issues between sub-groups, mixing action with doubling – promoting a deeper level of self-disclosure – comes closer to the ideal of the social philosopher Jurgen Habermas, who noted that while abstract truth is elusive, practical truth is best accessed

when everyone involved (including the less articulate) can freely participate in generating the fairest synthesis.

Psychodrama: Here the aforementioned issues all come together, as do all the roles in all their specificity: Not only are you a child of your parent, but you are a person with a unique blend of abilities, temperament, interests, socio-cultural background, and you are in relation to other individuals who are similarly unique, which in turn generates dynamics, stories, that are correspondingly unique. Teasing all these apart makes for a worthy story.

Narrative: We are not labelled categories, but ongoing stories: We can tell ourselves stories that lead to feelings of defeat and passivity, or we can re-create those stories, re-tell them so as to be uplifting, empowering. Drama is enacted, multi-media story.

The Creative Arts: Our stories involve action, drama, movement, dance, position, architecture, art, fabric, sculpture, music, rhythm, and all the other arts.

Through these and other processes we, too, may be part of the species metamorphosis, not just eating, but now fertilizing to promote a more ecologically sustainable world.

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## MARCIA KARP

### ...AND A CHILD WAS BORN

Many babies are born because of psychotherapy shifts. Here is an example: A woman was unable to conceive for 6 years. Neither she nor her husband knew why. She conceived within days of a psychodrama with her as the protagonist. The magic moment was her role reversing with her brother.

Her brother had haemorrhilia. He was given a blood transfusion, before bloods were rigorously tested as they are now. He died of aids. He had died many years before the psychodrama.

She had a fear that if she had a boy she would pass on haemorrhilia since the gene is passed on by the mother to a male child.

When she role reversed with her dead brother in the psychodrama, she told herself: "Have the child. If it's a girl, no problem. If it's a boy he may not have the gene. If he does, there is now medication to control it. There wasn't in my day. Don't let my experience stop you from being a mother. Go ahead."

[MKarp11444@aol.com](mailto:MKarp11444@aol.com)



## NEW PSYCHODRAMA BOOKS

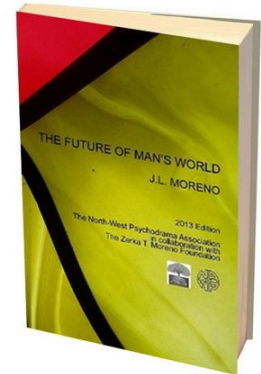


### THE FUTURE OF MAN'S WORLD

J. L. MORENO

Lulu Printings, 2013

Some years ago while studying this book it became clear to me that J.L. Moreno was a mystic and that his entire method is rooted in mystic practices. Sociatry, the focus of this small book, is a mystic path for the healing of human society: a large awakening. In the book *Radical Passion - Sacred Love and Wisdom in Action*, Andrew Harvey writes the following about the role of the mystic:



What is a mystic? The most beautiful definition I have ever heard was given me by an old woman friend in Paris: "A mystic is someone who has a direct and naked perception of godhead, beyond dogma, beyond ideas, beyond any possible formulation in words of any kind" Throughout history, men and woman of all sexualities and cultures have had this direct and naked perception of godhead; and have been transformed by its rapture and challenge. Almost always they have chosen to interpret this perception in terms of the existing religious and cultural symbols of their time; the perception itself, however, remains timeless and essentially beyond all expression, born as it is from a wordless conversation between the human God and heart, life and its source, that is more intense and intimate than any other relationship.

In *The Future of Man's World*, written long before Andrew Harvey's description, Moreno answers for himself:

Why I chose the course of the theatre instead of founding a religious sect, joining a monastery or developing a system of theology (although they do not exclude one another), can be understood by taking a view into the setting from which my ideas sprang. I suffered from an *idée fixe*, from what might have been called then an affectation, but of which might be said today, as the harvest is coming in, that it was by "the grace of God." The *idée fixe* became my constant source of productivity; it proclaimed that there is a sort of primordial nature, which is immortal, and returns afresh with every generation, a first universe which contains all beings and in which all events are sacred. I liked that enchanting realm and did not plan to leave it, ever.

The mystic encounters the godhead directly as a direct path; and this can be found throughout the world and throughout history, to be discovered within and behind systems of healing and transcendence. This is also the case for psychodrama, sociodrama and sociometry, for behind and within them are the mystic practices Moreno discovered and created. These are the inner workings of the method, and sociatry, designs to awaken us to the reality of the godhead within, in groups, and to heal society. D.T. Suzuki (1869-1966), a leading pioneer to bring Zen to the West described it as this: "To see directly into one's Original Nature, this is Zen. It is like picking a hidden lock. The mind seems to have something of this mechanism: When a certain moment is reached, a closed screen is lifted, an entirely new vista opens up, and the tone of one's whole life thereafter changes." Moreno's directive, the task of sociatry, offers a unique secular process not shrouded in religious structures, simply a set of practices that lead to this Great Reality. This embodied experience forever changes one's life, and over time and with

continued effort, matures. This is what is curative for the self, for groups, organizations, and for society, even in homeopathic doses. In this book Moreno writes:

I had a double task, to create, to produce the element within myself first, to bring so to speak, the subjective-creative subject matter to realization, then to isolate and investigate it. I thought of the prophets and saints of the past who appeared as the most shining examples of spontaneous creativity, and said to myself: "This is what you have to produce first and you yourself have to give flesh to it." Thus I began to "warm up" to prophetic moods and heroic feelings, putting them into my thoughts, my emotions, gestures and actions; it was a sort of *spontaneity research on the reality level*.

I am grateful to have found this path – or it found me – and to learn Moreno's work as a mystic tradition, and so to experience the primordial nature *within this life*. This is a demanding process and has required a director, someone to direct me toward the awakened life within myself, in others, in nature, and in groups. The mystic path of Moreno includes visual depictions; these are the formulas and instructions to produce this experience. These visual instructions are forthcoming in a companion book to this one, the *Autobiography of the Genius*, which explains in detail what is introduced here in this book.

It is humbling and mystical itself to have found someone to guide this discovery. For me this has been Zerka Moreno – JL Moreno's collaborator, and a number of essential others, able to guide many in this discovery. Zerka is an extraordinary example of this direct path; her life story written in her book *A Memoir: To Dream Again* is the story of this lived process. We are blessed by Moreno's work, as a path for the realization of the formless nature of the godhead, to be found in this life. This is a discovery of that which is the foundation to our organic unity with one another, and with all of life, available to all of us. It takes effort and time to see these mystic teachings of sociatry, but worthy of one's full endeavour, for the benefit of all. To order: <http://bit.ly/YMorDP>

Edward Schreiber  
[edwschreiber@earthlink.net](mailto:edwschreiber@earthlink.net)





## INTERNATIONAL GROUP PSYCHOTHERAPIES AND PSYCHODRAMA E-JOURNAL

DENİZ ALTINAY (editor)

Istanbul Psychodrama Institute, 2013

Istanbul International Zerka Moreno Psychodrama Institute, with the prosperities of years of studies, pioneering approach and background, has made a huge step by accomplishing “International Group Psychotherapy and Psychodrama E-Journal”.

Turkey is an intriguing country which has become the focus for the important regional and global developments percept as both positive and negative. In this field, there has been, and still continuously enhancing, substantial developments and innovations. Publication of equal worth this hard work should be essential. In this field systems like Psychodrama, Gestalt, Family Therapies, Group Analysis, Cognitive Behavioural Approach, in their own paths, have shown important national and international work. In these circumstances we have decided to bring into life an assembling journal. In time, we intend to prosper with the increase of participation.

In this first issue, the journal has aimed to compile papers and writings of Turkish and foreign experts who have shown many valuable work in their on fields. In this form, as an innovation the journal has been bilingually prepared; some papers are published both in Turkish and English, and some papers are solely English or Turkish. This approach will be carried out throughout all of the issues. This journal also aims to be a great reference for growing student population in this field. Leaving out the commercial texts, we intend to provide another opportunity for worthy writers who would like to present their studies and ideas in their genuine context.

J. L. Moreno, eponym of Group Psychotherapy, and his followers today have made immense contribution to this system which provides an approach and comprehension of life in a more holistic way. The following group approaches, with their idea of being a community and reflecting the truth of individuals' existential reality in a group, have complemented a fast and valuable system of learning and helping.

This system is the GROUP. The Group is a truth which we are bound to delicately examine, open up and comprehend. The “Group” represents a social placenta for the individuals within, and this highlights the vital importance of the situation. For this reason, analysing, examining and leading the group and its processes should be our primary objectives. The pure, nurturing, healthy, protective and instructive nature of this placenta is essential for the continuity of life and this is the Group.

Psychodrama Group Psychotherapy and Sociometry, being an important system of Group Psychotherapy and Educational system, is being used widely in our country in various platforms, moreover has a pioneering role in significant changes and developments. It would even take pages of writings, to recite the works and studies carried out just by our institute. Moreover, there are various experts and organizations other than our institute which present very successful works. The journal will be source of news for all these practices and developments.

As we initiate our publishing movement, we offer to raise this newborn baby all together, in cooperation. I would like to thank the experts who contributed to this issue with their worthy writings.

To download the E-journal: <http://www.istpsikodrama.com.tr/edergi/en/1>

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## COOKING FOR FEPTO

### CELIA SCANLAN CRANACHAN

#### INGREDIENTS:

Cream;  
Very small amount of sugar;  
Good measure of Whisky;  
Some toasted oats;  
Whatever soft fruit is available, raspberry is traditional but I love it with stewed Rhubarb.

#### METHODS:

A traditional easy to assemble, no real cooking, desert to finish off a decadent meal; no need to worry about quantities just use what is available so long as it is.

Toast the oats lightly under the grill, pay attention it will only take a few minutes and they can easily burn. Whip the cream till it just holds soft peaks add sugar to taste. Fold cooled oats into cream and add whisky to taste.

#### TO SERVE:

Either in individual glasses with fruit garnish or, and my preference for a dinner party, I think it looks more decadent on a large platter with the cranachan in the centre and fruit piled around.

You can add some fresh mint as a garnish if you like, for me that is too poncy. I prefer more of a “look what I just threw together presentation”. Does not store but that is no problem; you will never have any leftovers.

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### MAURIZIO GASSEAU

## FROM PSYCHODRAMATIC SOCIAL DREAMING MATRIX TO MAMMOTH GROUP

Dear colleagues and friends, in Santander, after 6 years of Psychodramatic Social Dreaming Matrix, we have decided to have a Mammoth Group, a model invented in Mexico to elaborate the dynamic of our Federation.

Social Dreaming Matrix (SDM) is a powerful method, founded by Gordon Lawrence to work with organizations to elaborate through the Dream Matrix the unconsciousness of the organization. I suggested in 2005 to the Council of our Federation European of Psychodrama Training Organization to have in

the program a session of SDM in the Annual Meeting to elaborate the dynamic process of the organization by sharing dreams and associations to dreams in the matrix.

I have conducted these plenary sessions of SDM with 40 to 80 participants in Cluj Napoca 2006, Alaçati Izmir 2007, Ghent 2008, Glasgow 2009 and I have realized that the classic SDM was not enough for psychodramatists. Psychodramatists have action hunger and need to play dreams.

So, in Kovacica 2010, Jerusalem 2011 and Oslo 2012, at the end of a classic session of Social Dreaming Matrix, we integrated with the help of Leandra Perrotta a session of 30 minutes of dream representations, where the first and last dreams are played because a SDM is like a soufflé made from the first to last dream. If some dreams shared during the matrix have a social meaning for the entire group, they may also be played. There is a very short sharing after the play because the sharing has been expressed with the associations of memories to dreams in the SDM.

In the closure of the IAGP Congress in Cartagena 2012, we had the possibility to experience the Mammoth group with more than three hundred participants to elaborate the process of the Congress through dreams. This model was started in Mexico City more than 40 years ago with the director José Louis Gonzales Chagoyan.

The Mammoth Group will give the possibility to all the participants of the FEPTO Community in the third part of the session to be divided into sub groups and to co-create with the dreamer the play, the representation of the dream. The Mammoth group has 6 stages:

1. The group starts with a 15-minute dance therapy warm up.
  2. The participants of the large group are seated in a circle and one of the two co-leaders asks if someone had a dream during the Annual Meeting that they want to share with the entire Group. The dreamers are invited to the center of the large group to share their dreams (we can listen to 5 or 6 dreams). The dreamers are invited to form a line and the conductor will invite the participants to make a sociometric choice by placing themselves behind the dream teller they identify the most with.
  3. Every subgroup prepares a representation of the dream together with the dream teller.
  4. Every group will give a title to the dream representation and they will play the dream.
  5. A narrator will reconnect past and present, the events and the group's life story, making bridges among the dramatizations of the different dreams and if it will be possible to identify the collective theme of the FEPTO large group.
  6. The two conductors will ask the members of the large group to play mammoths in a mysterious way.
- All this work can be done in 1.45 hour and give to the large group a strong spirit of cohesion and creativity.



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See You In Santander!

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