



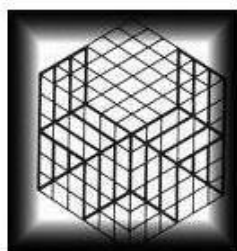
# REPORT

**FEPTO Research Committee Meeting**

## **Bridges between Practice and Research in Psychodrama**

**Porto/ Portugal, 13-15 of October 2012  
Fernando Pessoa University of Porto**

Hannes Krall, Chair of FEPTO RC, University of Klagenfurt



**Sociedad Portuguesa  
de Psicodrama**



The FEPTO Research Committee Meeting in Porto took place right after the 3<sup>rd</sup> Joint Meeting of the SPR (Society for Psychotherapy Research) European and the UK Chapters. The idea was to combine these two events to enable psychodrama researchers to take part in both events. This attempt to connect research in psychodrama with research in other fields and modalities in counselling and psychotherapy can be seen as very successful. Psychodrama research like effectiveness studies and training research in psychodrama were presented and discussed in several panels of the SPR Meeting.

After this European SPR conference the FEPTO Research Committee Meeting “Bridges between Practice and Research in Psychodrama” was dedicated to work on ongoing research projects and to propose new projects.

At the beginning Gabriela Moita (Co-President of FEPTO and our local host in Porto) and Hannes Krall (Chair of the FEPTO Research Committee) were welcoming all participating researchers and practitioners in psychodrama. In a sociometric warm-up we were creating a research market place to see who is present, what has happened up to now in the Research Committee, what can be offered from the participating researches in the meeting and what is needed to be addressed.



In the following one and a half days important research topics were presented, discussed and developed further in plenary sessions and workshops:

## **Positive Psychodrama Intervention: A call for Cross-National Collaboration**

***Hod Orkibi***

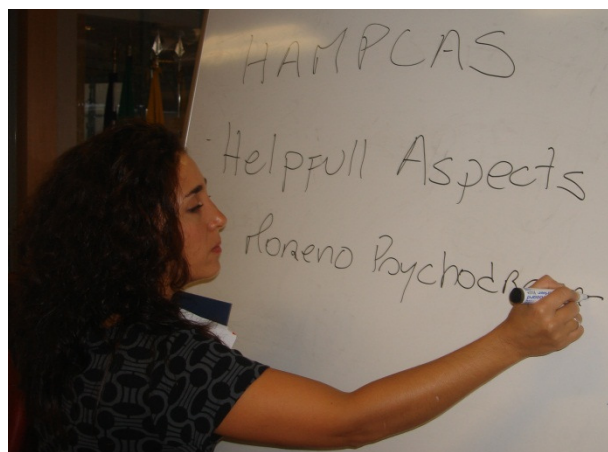
Hod Orkibi presented the primary integration of positive psychology principals in psychodrama. He suggested conducting a cross-national basic research to investigate the systematic relationships between Morenian concepts and positive psychology concepts of wellbeing. Colleagues who are interested in collaborating are welcome to contact Dr. Orkibi: [horkibi@univ.haifa.ac.il](mailto:horkibi@univ.haifa.ac.il)



## **The Helpful Aspects of Morenian Psychodrama Content Analysis System (HAMPCAS). International Validation**

***Ana Sofia Cruz, Célia Maria Dias Sales, Gabriela Moita & Paula Alves***

This study is part of a project integrated in Psychotherapy Research Portugal, a practice-based research network. It 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. Although the project is composed by three studies, in this meeting we focused on the first one, where the main goal 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 was 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 were found in HAT data and therefore are 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.

The list of the emergent categories were first discussed by the research team and analyzed by two Psychodrama experts, independent to the research team (Alfredo Soeiro and Rojas-Bermudez). These experts provided theoretical input to the preliminary system, to ensure the categories were in accordance with the constructs pro-

posed by the Morenian theory of Psychodrama. The purpose in this FEPTO RC meeting was to discuss the Action domain of the HAMPCAS, find agreement and validate it.

All the categories were discussed one by one until consensus was reached. Changes were made in the definitions towards a better understanding and definition of the categories. Opinions of the experts previously consulted were taken into consideration to solve disagreements in controversial categories. Some of them were also distinguished in Action due to the different psychodrama schools which are present in the Research Committee.



## Change process and therapeutic factors in psychodrama

***António J. Gonzalez***

In this presentation the authors reflect about an ongoing research study focusing on the change process and therapeutic factors in psychodrama.



This research is taking place in a university based-clinic in Lisbon with a heterogenic adult psychodrama group. It is a naturalistic study using a single-case study design. The methodology is partly based in Robert Elliott's approach and the data are collected through qualitative and quantitative measurements and procedures, namely, the Helpful Aspects of Therapy (HAT) form, the Simplified Personal Questionnaire (PQ), the Client Change Interview and the sessions recording. The main goal described is the understanding and crossing of client's, therapist's and researcher's perspectives on the therapeutic process. Client's and therapist's reports are complemented with the observation of the sessions by the researcher, which allows a depth understanding on both words and action in the here-and-now of the sessions. The therapeutic factors identified are analyzed in terms of individual and group change and the specific effects promoted by each factor are identified.

## The Effectiveness of Psychiatric Rehabilitation

***Mari Rautiainen***

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The aim of my research is to understand the effectiveness of psychodrama as a method in psychiatric rehabilitation. Psychiatric rehabilitation groups are financed and supported by The Social Insurance Institution of Finland (Kela). Kela is a provider of social security benefits for all residents of Finland and has financed psychiatric rehabilitation, where psychodrama has been the main method almost for 30 years.

These rehabilitation courses have been an important place to develop clinical psychodrama in Finland. The research data has been collected during 2002-2010 from 12 psychiatric rehabilitation groups, where psychodrama was used as a method. One psychiatric rehabilitation group lasted 17-19 days (93,5 – 117 h) and the whole process took 9 months. In each group there was one trained psychodramatist and a trainee as a therapist.

This research is mixed methods research. It is including both quantitative and qualitative parts. The quantitative sample (n=90) is questionnaire-based investigation (GAF, BDI, SCL-90, SOC-13, stress related questionnaire) and measurement was done at the beginning and in the end of the group. The qualitative sample includes 5 interviews.

### *The qualitative sample*

All patients have a diagnosis of depression, anxiety and also all of them have several trauma histories. Three of them were on sick leave, one of them was unemployed and one was a student when interviews were done.

I am using Interpretative phenomenological analysis (IPA) as a tool to understand how patients see the influence of psychodrama in their lives, to understand the process of psychodrama group and to develop psychodrama theory.

### *My research questions are:*

- 1) Effectiveness in general: how psychiatric rehabilitation, where psychodrama method is used, influences each individual's quality of life? (The ability of work and study, roles, relationships, sociometry and spontaneity)
- 2) What is specific in psychodrama? What is healing in psychodrama?
- 3) Who benefits from psychodrama groups? And who doesn't? An extreme analysis: comparison between those who feel strong influence and those who feel non or just a weak influence

## Identity, Theory and Methodology of Psychodrama according to Moreno

Summary by **Sirkka Varonen**  
for the work group



### 1. Session:

**Participants: Gabriela Moita, Marco Greco, Ivan Fossati, Mari Rautiainen, Reijo Kauppila, Zoran Đurić, Tamara Cavic, Zsuzsa Marlok, Sirkka Varonen**

A Common understanding and interpretation of theory and methods of psychodrama according to Moreno is a prerequisite for research that can be shared. There are similarities but also a wide range of differences in definitions of even basic assumptions. Therefore the techniques used in the training of students can differ from country to country and challenge compatibility of research data. The final aim is to find a common psychodramatic theory and methodology according to Moreno, at least common basic assumptions shared by all members of FEPTO.

Six European countries were represented in the work group. Half of the members had worked together over a long period on these themes, and for half of the members this context was new. There were obvious difficulties in finding a common language, a starting point and in structuring the discussion. The question, what is psychodrama according to Moreno was brought up and the differences between schools or directions like Jungian, analytical and Morenian psychodrama were explained. Another question was, if it would be necessary also to look at roots, background and how and by whom the theory in different countries had been taught and given further in the generations after Moreno? A further issue was, that there are two parts of theory - the original theories of Moreno and the further development of his theories and also their connections.

Moreno's philosophy and theory have their origin in the physical and material representation of his theatre, which he realized in Beacon. There are the three concrete locations; the stage, the group and the balcony, spaces for the ego-actor and the ego-observer, where the healing dialog can take place. Moreno's psychodrama is more than psychotherapy; it is also art and much more.

It seemed impossible to find an entrance that made sense to all of us here and now within time limits.

What all could agree upon, was what already earlier had been established: The focus has to be on the main theories of Moreno or the three pillars of his work: 1. Creativity and Spontaneity, 2 Role theory and 3. The concept of Tele. In the last meeting in Sofia the group had set up a letter to be sent to all FEPTO members to open a discussion about definitions of basic assumptions and concepts. This letter was considered as a concrete starting point.

**2. Session: Participants: Christian Stadler, Gabriela Moita, Marco Greco, Ivan Fossati, Reijo Kauppila, Zoran Đurić, Maria Guglielmin, Zsuzsa Marlok, Paula de Leonardis, Sirkka Varonen.**

The group saw the need of concentrating on the next concrete steps to be efficient and made following fruitful and helpful decisions:

- To start a pilot study with only a few countries i.e. associations (institutes); the institutes represented by



the work group members - Finland, Germany, Portugal, Italy, Hungary, Serbia and Switzerland.

- The main question to be formulated is: "Which theoretical basic assumptions of the psychodramatic theory do you apply in your Psychodrama trainings?" The other important question to be added at the end is: As this is a pilot study, please, let us know how you felt about answering this form."

- Christian Stadler, Reijo Kauppila and Sirkka Varonen are responsible for carrying through the pilot study:

- Writing the invitation letter and sending it to all institutes included,
  - Collecting the answers and making a first summary,
  - The first results will be presented in the RC meeting in Padova, February 2013.
- The questionnaire or form should be an integrated part of the information demanded from institutes applying for membership in FEPTO and start this new procedure immediately.

In a next step new discussions and decisions are needed: How to organize and handle the information. Co-operation and delegation, who does what, and so on... from pilot study to the study open for all members of FEPTO in order to get a broad basis of psychodrama used in European trainings.

It was rewarding to realize that this work resulted in integration of different committees in FEPTO - the form initiated in the Research Committee means a bridge to the Membership Committee. Furthermore, common understanding of theory and methodology of psychodrama according to Moreno builds a bridge to the Training Committee.

## EMPoWER group report

***Maria Silvia Guglielmin & Michael Wieser***

In the EMPoWER group we worked for the conference that will be on February, 20 to 23, 2013. University of Padua (EMPoWER equipe ), FEPTO Research Committee, Italian Network of Empirical Research and AIPsiM organize the conference. In the conference EMPoWER group will present the research results.

We will work together and in sub-groups. We have invited all the sub-groups to write a long abstract about their work and projects to put in the proceedings of the conference. Another topic were rules about project publications.



## Psychodrama ‘Children’s Corner’: Playing Around? Studying the diversity of psychodrama with children and young people

***Kate Kirk***

This research project has slowly taken shape through time, not unlike the stages of pregnancy from conception to delivery. We did not know it at the conception but twins have appeared. Each perfectly formed but growing at different rates. The broad aim of this project is to explore the ways in which psychodrama is used with children and young people. The objectives are:

1. To create a structure in which information, related to psychodrama with children, can be collected.
2. To describe, analyse and interpret ways of working with this client group.
3. To demonstrate from an empirical basis what psychodramatists who work with children do, how they do it and what is effective in this work.



The first study, under the care of Gabi Biegler-Vitek, is a truly rich exploration of psychodrama with children. It seeks to meet aspects of the 3<sup>rd</sup> objective.

The second study has been slower in its development and, with support of some skilled ante-natal carers, is all set to take life as an initial pilot project. It focuses on meeting the 2<sup>nd</sup> objective. In a research supervision group we reviewed the original research proposal and teased out the aims of the first round of questionnaire cycles. The search for understanding of how psychodramatists work uses the Delphi Cycle (Delbecq et al 1975) for its methodology and will generate both quantitative data and qualitative text for analysis.

From this meeting in Porto we established that the questionnaire will be set up and accessible on-line using Lime Survey. The initial questionnaire will act not only as an invitation to participate in this study but also as an English version pilot. This pilot will test whether the system works and help to remove any errors or glitches. Bearing in mind the aim for a European wide participation, the pilot is important before the questionnaire is translated into other languages. The beauty of the technology is that the quantitative data is automatically analysed regardless of language of origin, as the questionnaire cells correspond regardless of language.

The aim is to have the pilot phase up and running by the end of November, so watch this space and keep alert to requests for participation for subsequent cycles once translated. We aim to have English, Spanish, Portuguese, German, Italian and Hebrew.

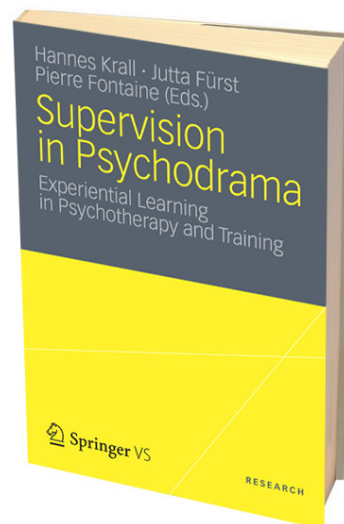
*Delbecq, A. Van de Ven, A. and Gustafson D. H. (1975) Group techniques for program planning: A guide to nominal group and Delphi processes Scott Foresman and Company*

I would like to thank Hod, Hannes, Nuno, Ana Sofia and Tamara who acted as mid-wives to this stage of delivery.

#### ***News from the book store:***

***Hannes Krall, Jutta Fuerst & Pierre Fontaine (Eds.): Supervision in Psychodrama. Experiential Learning in Psychotherapy and Training. (Springer, 2012).***

Supervision plays an essential role in the process of learning and professional development in psychotherapy and training. High quality in supervision is a crucial part of the training to support and to guide trainees and to be a reliable point of reference in terms of practice and theory, technical and methodological standards, ethical issues, research and evaluation. Therefore, the main purpose of this book is to share ways of doing supervision in psychodrama among supervisors and trainers in different countries and to stimulate further discussion and development.



**Looking forward to meeting you in Padua 21-23 of February 2013...**

***Hannes Krall***

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