



FEPTO Research Committee Meeting

Interdisciplinary psychodrama research: Prospects in psychotherapy, social work and education

10th-13th of October 2013

Lucian Blaga University Sibiu/ Romania



Organizing Committee

Mihaela Bucuță/ Gabriela Dima, ARPsiC
Romanian Association of Classical Psychodrama

Hannes Krall, Chair of FEPTO RC, University of Klagenfurt



Welcome to the FEPTO RC Meeting:

Our local hosts **Mihaela Bucuță** and **Ela Dima** were welcoming the participants in the FEPTO RC Meeting. Sixteen participants from eight different countries were present.

Both local hosts were not only helping with travelling arrangements and accommodations, they also took care for all organizational aspects and they always created a warm atmosphere around us. Thank you!



Marius Milcu, chairman of the psychology congress, was also giving us a warm welcome to the international congress at the University of Sibiu.

Radu Vulcu, president of the Romanian Association of Classical Psychodrama, conducted a socio-dramatic warm up. New participants were introduced and integrated in our group.



At the beginning the participants could share news about their ongoing and new projects. Research activities were reported and shared.

International Congress

Modern research in psychology – trends and prospects. Prospecting interdisciplinarity in health, education and social sciences



The FEPTO Research Committee Meeting in Sibiu was part of an International Congress of Psychology on the topic "Modern research in psychology – trends and pro-

spects. Prospecting interdisciplinarity in health, education and social sciences”. More than three hundred people participated in this international congress. The international network of FEPTO was introduced and an overview of the research activities in FEPTO RC was presented.

Members of the FEPTO RC were invited to present their research in the plenary and in workshops. “Practitioner research in psychodrama” (Hannes Krall), Supervision in psychodrama training (Jutta Fürst) and results of the Empower – project (Gianandrea Salvestrin) were presented. In a workshop on psychodrama with children two projects were discussed:

Research on psychodrama with children

Jutta Fürst

University of Innsbruck/ Austria



In the workshop the research design and results of a project of Maria Höllwarth, Andrea Koschier, Barbara Juen and Jutta Fürst were presented. The major goal of an early mother-baby-group therapy is to strengthen the mothers self-confidence and their intuitive parenting skills. The use of specific methods of psychodrama (e.g. doubling, role change, sharing, auxiliary ego) help the mother to empathize better with her baby and to better recognize the child’s signal.

The present data support the assumption that psychodrama group therapy is useful in treatment of early childhood regulatory disorders. The psychodrama approach with the structured and ritualized nature reinforced the sense of security and trust in the group, and also motivated the mothers for support and interpersonal learning.

Social interaction and role development in psychodrama with children

Hannes Krall

University of Klagenfurt/ Austria



In the workshop the design and a preliminary analysis of a research on a “Psychodrama intensive group with children” (Gabriele Biegler-Vitek and Monika Wicher) were introduced.

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.

European Funds for Research

Gianandrea Salvestrin

European Project Management

www.ieurope.it



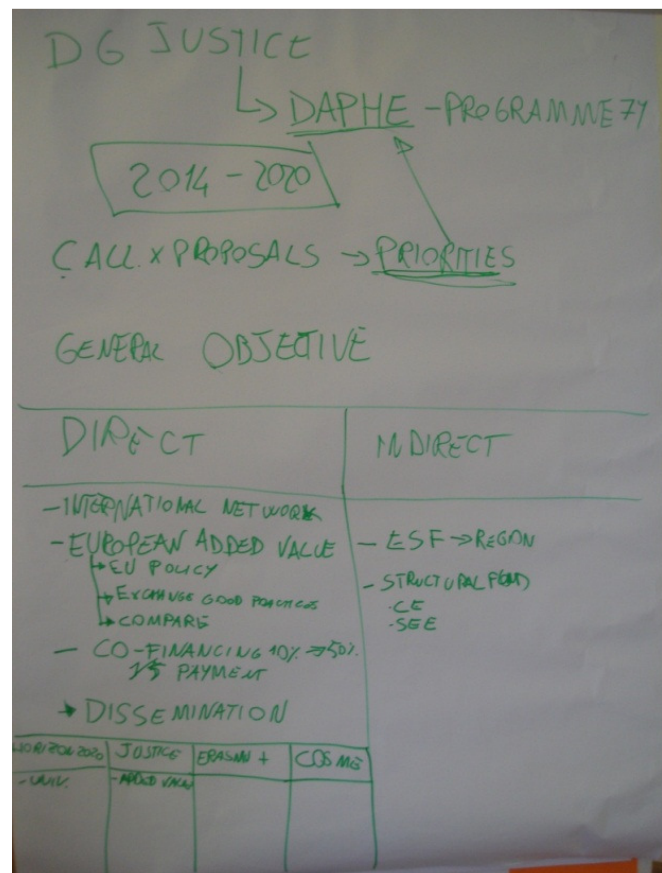
Starting from 2014 the EU enters in 2014-2020 programming; it means that several programmes will change, and it means that now is the proper time to make long term project because starting from the next year we will have the same call for proposals year by year until 2020.

The European fund is divided in direct and indirect. The direct funds are the most suitable for FEPTO. The main features of the direct fund projects are:

- *The international network*: the minimum is 2 countries but it is better to have at least 3 because if one decides to quit the project with you can keep on the project going with 2 partners, but not with one.

- *European Added Value*: the European added value has to answer the question: why we need to make this project at European level and not just at national level? The answer could be (for example): because it is following some EU policy, because we could exchange good practices, because we want to value the differences.

- *The co-financing part*: each EU projects need to be co-funded; the percentage could be 10% up to 50% depending on the programmes.



The main programmes in the next 7 years you've to focus for the research are: Horizon 2020, Erasmus PLUS, Justice and COSME.

Development of training competences of psychodrama trainers

Reijo Kauppila & Marco Greco

Helsinki Psychodrama Institute/ Finland
Centro Studi di Psicodramma Torino/ Italy



The goal of this project is to develop the training competences of psychodrama trainers. Training competences can be described as: substance competences, training and learning process competences and professional development competences.

Focus of this project is in training and learning competences both in theory and in practice. The aims are to strengthen the common training and learning process knowledge and skills and describe specially the ones, which are characteristic to psychodrama.

Integrating Research in Psychodrama

Jutta Fürst & Christian Stadler

Universität Innsbruck/ Austria
Deutscher Fachverband für Psychodrama (DFP)/ Germany



Participants: Jutta Fürst, Milena Mutafchieva, Krzysztof Ciepliński, Hannes Krall, Christian Stadler

Inspired by the introductory lecture of Gianandrea Salvestrin our group started to think about a project that focuses on the integration of research into training and into organisations as a whole. Regarding these goals the RC has already collected some experiences as a research promoting element of a bigger organisation and has developed the TRAIN project within this unit that focuses on integration of research into training.

Combining these two approaches led us to the idea of the integration of research into a professional community (like e.g. a psychodrama training institute or a private practice). The integration of research is doubtless a task many organisations have to accomplish in order to assure their quality of work in the future. Although research is widely supported in organisations and companies dealing with technology it is less appreciated in health and counselling services.

The project should include trainees, trainers and practitioners. Within the project the organisational structure of the research committee could be used as well as the various projects that are developed in the committee work.

It should involve training of psychodrama trainers and trainees in research to implement research activities in programmes of further psychodrama education.

The general objective of the project is the integration of research into further education, the improvement of the researcher-role of trainers, trainees and practitioners, in order to enable professionals to evaluate their own psychodrama counselling and psychotherapeutic work.

- improvement of the role of the researcher
- personal development of the role of the trainer
- change of motivation towards research

target group of involved people: social worker, psychotherapists, counsellor

final target group of people who take profit out of the project: i.e. (proposal of G.

Salvestrin) young people, adolescents, nurses

The group decided that the idea should be developed further and a more elaborated expose should be presented until January 2014

Possible programs: Erasmus +, Justice

Possible outcome: research designs for trainings and dissemination



Psychodrama with teachers and educators

Maria Silvia Gugliemin /Italy

Paola de Leonardis /Italy

*Elisabeth Uschold-Meier /
Germany*



Paola de Leonardis (Italy), Maria Silvia Gugliemin (Italy) and Elisabeth Uschold-Meier (Germany) proposed to apply at EU with the following topic:

"Implementing research and transmission of social values with peoples and families having care of mulitcultural integration and comparing different European cultures"

Each of us is occupied with the education of teachers and/or educators. Meanwhile Paola Leonardis is working with teachers in schools whose focus is on mulicultural education, is Maria Silvia Gugliemin practising Psychodrama with educators in the kindergarden. Elisabeth Uschold-Meier is training teachers and educators working with disadvantaged children.

Each of us made the experience that it is really necessary and useful to train these professional groups because the education at university for these professions doesn't include the training of empathy and how to relate to pupils who maybe are refusing relationship at all because of their specific life histories.

Interpretative Phenomenological Analyses (IPA)

Mari Rautiainen, Ela Dima, Sabine Feuerstein

Finland/ Romania/ Austria

IPA is a phenomenological method of data collection (e.g. interviews with psychodramatists and/ or group members) and data analysis. IPA can be used in psychodrama research in order to understand and make sense of the experiences of the process of psychodrama and its impact on patients



Psychodrama with children

Elisabeth Uschold-Meier

Germany

One aim of the FEPTO RC is research in psychodrama with children. The vision for nearer future is that many children psychodramatists in different countries will participate in research projects. They may develop methods to evaluate their therapeutic work with children, presenting, discussing and bringing it forward in common within the FEPTO RC. Hannes Krall from the University of Klagenfurt has already started a project of research in psychodrama with children by videotaping and questionnaires for evaluation. Elisabeth Uschold-Meier will this year start to check if her ideas of evaluating the psychodrama with children will work.

Both of them are looking forward to joining other children psychodramatists at the next meetings of the research committee to share the experiences in order to develop together a kind of research tool which is repeatable and practicable for any children psychodrama therapist.



Inspirational Pedagogy – The Development of Pedagogy in Psychodrama Training Programs in Finland, Norway and Estonia

Reijo Kauppila

Helsinki Psychodrama Institute/ Finland



"Inspirational Pedagogy - The Development of Pedagogy in Psychodrama Training Programs" –network between Helsinki Psychodrama Institute, Tallinn Psychodrama Institute and Moreno Institute (Norway) has got funding from Nordplus Adult .

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 network started with local trainer meetings in institutes in July-August, 2013. The first face-to-face network meeting was in Oslo in August, 2013. There were 10 participants from three countries. The theme of the meeting was "Playing, playfulness and theatre in psychodrama: How do we train it?" Here are some outcomes from Oslo and next steps:

- Powerful experience of using methods of theatre (Thank you, Arne! (Arne Husjord, psychodrama trainer TEP and professional actor)
- Ideas how to use some basic methods of theatre in psychodrama training
- In local trainer meetings in Helsinki (Finland), Tallinn (Estonia) and Oslo (Norway): Processing the experience in Oslo: How do I connect theories and methods from theatre to psychodrama training? What do I take into my training practice?
Written descriptions of how to emphasize playing and theatre in psychodrama training
- Opening web page: www.inspirationalpedagogy.eu

The next network meetings will be in Tallinn, Estonia, in March, 2014, with theme "How to teach relations, sociometry and making conscious, healthy choices?" The third and last meeting will be in Helsinki, Finland, on October, 2014, with theme "Inspiration and spirituality - how to teach their theory in training programs?"

The contact persons in participating institute are: Pille Isat (Tallinn Psychodrama Institute), Gerd Moen Nerdal (Moreno Institute, Oslo) and coordinator Reijo Kauppila (Helsinki Psychodrama Institute).

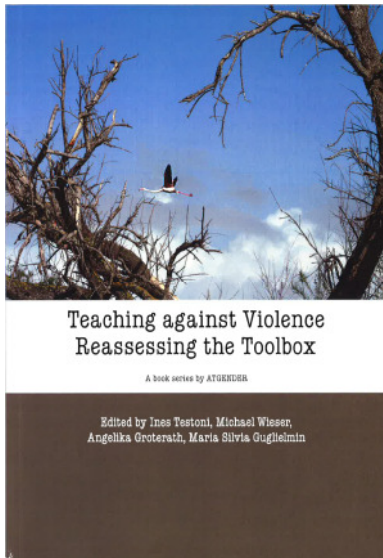
International Journal of Psychodrama

Christian Stadler & Sabine Feuerstein

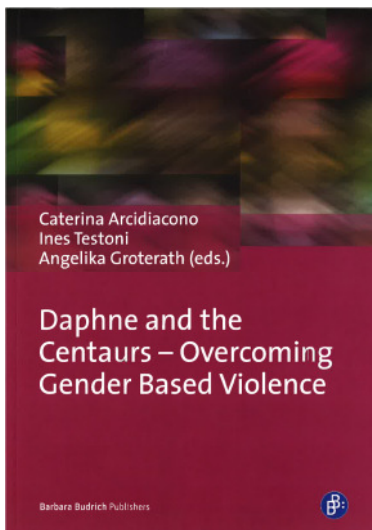
This project will be started by creating a team of editors. Ideas how to implement an International Journal on Psychodrama will be discussed and first results will be presented at the meeting in Budapest.



News from the book store:



Testoni, I., Wieser, M., Groterath, A., Guglielmin, M.-S. (Eds.) (2013). Teaching against Violence. Reassessing the Toolbox. ATGENDER. Ther Euopean Association for Gender Research, Education and Documentation Utrecht



Arcidiacono, C., Testoni, I., Groterath, A. (eds.) (2013). Daphne and the Centaurs – Overcoming Gender Based Violence. Barbara Budrich Publishers, Opladen, Berlin, Toronto.

FEPTO Research Committee: Evaluation of the RC Meeting

Christian Stadler conducted the evaluation of the meeting. He did a spectrogram on the question whether participants are (dis-) content with the meeting. The spectrogram shows that the majority of the participants were between content and very content. Positive experiences were mentioned like...

- the excellent opportunity to share experiences and exchange ideas
- fantastic work in the international group of people who combine interest in psychodrama with scientific curiosity
- unique, friendly atmosphere
- focus on work plus fun.

Next FEPTO RC Meetings:

February 2014:

University of Budapest/ Hungary
27th of February – 1st of March 2014:

October 2014:

Lublin/ Poland: The John Paul II Catholic University of Lublin:
16th-18th of October 2014

February 2015:

Helsinki/ Finland

Let`s make our
own bread.....



Practitioner research is something everybody can participate in...

**Looking forward to meeting you in
Budapest/ Hungary,**

27th of February – 1st of March 2014

Hannes Krall

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Photo gallery:

