

FEPTO.NEWS

ELECTRONIC NEWSLETTER OF THE FEDERATION OF EUROPEAN PSYCHODRAMA TRAINING ORGANIZATIONS



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October 2018

EDITORIAL

Dear Colleagues,

It has been some time already since our last Annual Meeting, in Pravetz, Bulgaria. Unfortunately, the summer has been marked by the tragedies of the wildfires in Greece and Sweden as well as the collapse of the bridge in Genova, Italy. We express our support and sympathy to everyone affected by those unfortunate events.

With these thoughts in our minds, we return to the FEPTO event. Firstly, we would like to thank the Local Organizational Committee for the excellent work they did regarding both the Conference and the Annual Meeting. We also want to thank all the participants, for their active engagement that contributed significantly to the success of both events.

The title of the 13th FEPTO Conference was “The Tree of Life”. Our Bulgarian colleagues from the LOC delivered a beautifully planned conference in which they succeeded to make us revisit our roots, wonder about where we stand at the present and contemplate on which direction to take in the future. The dimension of time was the important one, but there were also other interesting levels and issues that were addressed by the various workshops and activities of the conference.

The main theme of the Conference had considerable contiguity with the title of the 26th Annual Meeting of FEPTO: “From Today, Tomorrow: Revisiting the Core Functions of our Organization”. As it has been announced in the previous newsletters, our aim was to think about and redefine our function, our procedures, our identity. We worked in small groups, all of which are related to the FEPTO committees. One more small group, that focused on the issue of psychodrama theory and its interconnectedness with other theoretical approaches, was added. We hope that this particular group work will be continued and will bear fruit in the future.

In the current newsletter, you can find the results and outcomes of the small groups’ work, as well as the participant assessment of the meeting obtained by means of the VOICES questionnaire.

There are two significant developments that need to be mentioned here. The first is the online platform that has been proposed and introduced by the Chairman of the Development and Network Committee, Fred Dorn, in order to facilitate and enhance the communication and various exchanges among us throughout the year. The second one is the proposal presented by the former president and chairman of the Research Committee, Hannes Krall, for an International Psychodrama Journal. It was decided at the General Assembly that FEPTO will support financially this excellent initiative.

We are also thankful to Dimo Stantchev and Galabina Tarashoeva, for their very interesting presentations. Dimo, as a keynote speaker, invited us in a journey in Psychodrama theory, shed light on its connection to other approaches and showed us the richness and breadth of Moreno’s thinking.

EDITORIAL

Galabina, as a representative of the Research Committee, presented her very interesting well-controlled pioneer research on the effectiveness of psychodrama in the treatment of panic disorder.

Very helpful in the process of self-exploration and self-awareness of the present resources and the future potential of our organization were the large groups creatively conducted by Inci Doganer, Zoli Figush and Sofia Symeonidou. Furthermore, Leandra Perotta and Oded Nave have organized and led for one more year, an experiential group on sexuality related issues.

It seems that FEPTO is growing and developing in multiple layers. Along with the act hunger that Moreno had described, which characterizes us, psychodramatists, there seems to be also a hunger for development and expansion, in the levels of theory, research and psychodramatic practice. Psychodrama, Sociodrama and Sociometry, our basic tools, are proven to be very effective in handling problems and difficulties in human relationships on an individual and collective level. Within the times of challenge that we are currently facing, they can be very helpful in the management of the conflicts and the tension that may arise. This became evident with the utilization of our techniques in projects focusing on the psychosocial support and integration of the immigrants and refugees in various European countries.

The psychodrama method offers the appropriate techniques and tools to respond effectively to those challenges and also to comfort individuals who suffer the consequences of unfortunate situations and tragedies. Let's use and spread them!

It would be an omission not to mention the FEPTO community's farewell to the colleagues Anne Ancelin Schützenberger, Nifont Dolgoplov, Luis de Nicolás y Martinez and Jana Segula who left the "psychodramatic stage of life". We are all grateful to them for their contribution!

Lastly, we would like to thank all our colleagues in the Council for their devotion and work the last year, that we have been collaborating, and especially Ina Ilieva, Chair of Communication and also member of the 2018 LOC, for her excellent work in the preparation of the Newsletter of our community.

Nikos Takis
President

Krzysztof Ciepliński
Vice President



**FEPTO XXVI GENERAL ASSEMBLY,
Tuesday, 15th of May 2018,
Pravetz, Bulgaria**

MINUTES

GENERAL ASSEMBLY I



§ 1 Opening the General Assembly:

Nikos Takis and Krzysztof Ciepliński (President and Vice-President)

§ 2 Appointment of secretary:

Secretary: Kerstin Jurdell

§ 3 Appointment of 2 members to check the minutes

Zoli Figusch and Irina Gruia accepted to check the minutes

§ 4 Establishment of the quorum

150 votes makes the quorum valid according the statues

§ 5 Appointment of vote counters

Annich Milet Wagner and Cecile Osse accepted to count the votes

§ 6 Approval of the Agenda of the General Assembly

The agenda was approved

§ 7 Approval of Sigtuna General Assembly minutes

Sigtuna minutes were approved

§ 8 Report of the Executive Council

A. PRESIDENT/ VICE-PRESIDENT REPORT

PRESIDENT'S REPORT(Nikos Takis)

Getting acquainted with my new role.

Enhancing and safeguarding the proper functioning of the Council.

Co-constructing along with the other council members the rationale and the structure of the 26th Annual Meeting.

Preparing the agenda and the material for the council meetings in Dave and Pravetz, as long as the executive meeting on the Isle of Man.

Actively supporting the LOC in the organization of the Conference and the Annual Meeting.

Participating in the exchanges with EAP about the recognition of Psychodrama as a distinct psychotherapeutic method.

Closely collaborating with the vice President and other council members for the effective handling of various issues pertinent to the operation of FEPTO.



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Writing, co-editing and supporting the publication of the FEPTO Newsletter.

VICE PRESIDENT'S REPORT (Krzysztof Cieplinsky)

The personal warm up to Vice President's role.

Establishing the way of effective and trustful cooperation with the FEPTO President.

Co-writing the editorials for the FEPTO Newsletter.

Participating in the preparation of Council and Board meetings as well as in issues regarding the current functioning of FEPTO.

Co-construction of the content and structure of the 26th FEPTO AM, authorship of the idea of building into the programme a small group focused on Psychodrama theory and interconnections to scientific discoveries and other disciplines. Co-organizing the work of this group including publishing information and letters to participants.

Involvement to organizing the next edition of the FEPTO Student Awards Committee.

Initiative of FEPTO's participation in the process of preparation of the EU Commission's ESCO description of the role of psychotherapist, in order to postulate the inclusion of Psychodrama or humanistic/experiential approach into this definition.

B. SECRETARY & INTERNAL AFFAIRS (Ana Cruz)

The main job was to minute the council meetings in Dave, November 2017, and the executive Meeting in Isle of Man February 2018. She accomplished this task with the support of all council members.

In addition, as a part of the Executive Council, she participated in the Isle of Man meeting by skype, and together with the president, the vice-president and the treasurer she worked to accomplish the goals of the meeting and take all the decisions needed.

She also worked to keep the email up to date and collaborated in editing the newsletter.

She wants to thank to all Council members their support and patience with her English and also for being so actively involved in FEPTO mission. She wants to address a special thank you to the LOC for the preparation of the AM and to all the lecturers.

She also would like to point out that the new format of the AM results from the active involvement of FEPTO members, to whom she thanks, and from the specific proposals they have sent to the council.

C. TREASURER REPORT OF 2017 (Chantal Nève-Hanquet)

Only two institutes have not paid 2017.

§9 Auditor's report / approval of the revised accountancy

Jacomienne Ilbrink-de Visser approved the revised accountancy. Suggestion: it should be two auditors in the future. We had a discussion but not a decision to change anything now.

§10 Discharge of the Executive Council

The executive council was discharged

§11 Reports of the Chairs of the Committees



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TRAINING COMMITTEE REPORT (Reijo Kauppila)

Goals of Training Committee

- To define the competencies of psychodrama trainee/practitioner working in therapy or psychotherapy. And to define specific competencies according to EAP - started March 2016, 80% is done; continues till Autumn 2018
- To define the competencies of psychodrama trainee/practitioner working in other fields of application: education, organisations, social work, etc. - started March 2016, 80% is done; continues till Autumn 2018
- To define competencies of psychodrama trainer – started March 2018, ready AM 2019
- To organize a week-end seminar for FEPTO trainers. The theme will be decided by training committee. (*To be organised 2019* - an option)

Training Committee meetings with competencies of psychodramatist and psychodrama trainer:

November 17-19, 2018, Stuttgart, Germany

March 27-28, 2018 Tallinn, Estonia

MEMBERSHIP AND ANNUAL MEETING COMMITTEE REPORT (Kerstin Jurdell)

Report from the chair of the Membership and Annual meeting committee.

There is one applicant from the D.E.A. Psychodrama Institute, Sofia, Bulgaria to be voted for in the GA. The application was considered and found to be in line with the guidelines and requirements for application for membership in FEPTO. I got help with the reading from a committee member, Sofia Symeonidou. We have three institutes as guests in the AM who want to become members of FEPTO next year. SPA, Serbian Psychodrama Association from Belgrade, Serbia. PIB, Psychotherapeutisches Institut Bergerhausen, from Hamburg, Germany. Centro di Psicodramma e Sociodramma Zerka T. Moreno di Lucca, from Concordio – Lucca, Italy. I have been communicating with the guests and other relevant board members as well as the president of FEPTO, concerning their interest to be members and we accepted them as guests. For the Annual Meeting I have been in contact with Katerina Illieva, LOC, board member FEPTO, in emails and telephone for questions concerning the organisation. I also read the voices from the GA meeting in Sigtuna and compiled this in a report.

ETHICS & INTERNATIONAL AFFAIRS COMMITTEE REPORT (Judith Teszáry)

The Ethics Committee is working on the Code of Ethics and Code of Conduct for training institutes/organisations.

Definition: The code of conduct for a group or organization is an agreement on rules of behaviour for the members of that group or organization. (Collins Dictionary)

At our meeting in Sigtuna we decided to collect ethical cases as examples to discuss and to see what kind of regulations/guidelines the training institutes would need to deal with ethical issues.

I sent out a round letter to all the FEPTO members to send in their existing code of ethics for their institutes. Most institutes/organisations have codes as a part of their general Code of Ethics for professionals but don't have separate codes for the training institute/organisation.

I received a few answers but I need more responses in order to evaluate the possibility of implementing the new information into the FEPTO Code of Ethics and Code of Conduct for training institutes and organisation.

I wrote a frame document about what area the Code of Ethics and the Code of Conduct should cover. Specific by-laws will be written for each area.



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The work in the small group on this topic will be a welcoming contribution to accomplish this task to create ethical standards.

There was one complaint letter from a trainee of an institute which is not a member of FEPTO, but it raised a lot of interesting questions. We did not open the case, but I answered the questions in general terms.

Committee members:

Agnes Dudler	Anna Bielanska	Arsaluys Kayir
Dragoteanu Dana	Leandra Perrotta	Lillian Grevo
Luciano Moura	Maurizio Gasseau	Peter John Schauten

DEVELOPMENT & NETWORK COMMITTEE REPORT (Fred Dorn)

◆ *The Task*

When I took the responsibility for the Chair of Networking – and as well for the Chair of Development – I was not at all sure what it was about, how to handle it. I had some proposals and papers produced by my predecessors – Yaacov and Norbert – but for me it was not quite clear how to establish and how to promote the idea of networking into and within the community of FEPTO, how to give it a frame, how, to take it psychodramatically, to create a balance between spontaneous working networking groups within FEPTO and the requirements of an organizational management that allows sharing ideas and experiences, enhances psychodramatic development and creativity in the wide spread European society – geographically as well as socially and politically.

The definition of this demand was produced by Yaacov Naor:

Networking is about creating more meaningful dialogues for our personal support and professional exchange and development as FEPTO members.

Creating networking can help FEPTO to become a broader psychodrama community and to allow more contacts and interactions.

Networking activities may reduce competition, tension and unnecessary power struggles between persons and institutes and within FEPTO, and increase the possibility of professional dialogue and cooperation.

I realized, that this is a very challenging task, because it concerns the organization of the cooperation of very different people and organizations, living in different countries, with different backgrounds and interests, problems and hopes – connected by a common historical and political background and the destiny of living together in a world full of changes, threats and challenges. The connection concerns as well Moreno's ideas and philosophy, his research and impact on scientific work concerning psychodrama, sociometry and group therapy, the common interest of establishing and developing psychodramatically based action-methods, thus to reinforce and to develop human creativity and spontaneity and thus to contribute to the creation of a less threatening world. This has been, as I understand it, the main interest of Moreno's thinking and acting.

At the peak of his scientific life Moreno wrote an article about Global Psychotherapy and Prospects of Therapeutic World Order, published first in 1957.

In this essay Moreno suggests a world order that faces all the dangers, threats and destruc-



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tion mankind has been producing in a global aspect therapeutically, that means not to consider the victims of aggression and destruction personally as clients or patients, but to look at the societies being responsible for this misery and calamities and to find socially and – network-based – ways to help them to cure themselves.

FEPTO – principally could be such an organization to promote by the organization of networking a social-therapeutic impact on our - European - society. But to realize this is really a huge task. And it requires the creative development of adequate skills and abilities on the personal level and to make use of them in the sphere of organizations as well.

◆ **Proposal**

Creating networking, that means “meaningful dialogues” and as well the possibility of “professional dialogue and cooperation” within a society of about 27 member organizations out of almost all European countries requires a well-structured organization of dialogues and interchanging of documents, information, projects and experiences. This does not only concern networking as a task between individual networking groups, but as well networking amongst the organization as a whole. It requires a creative use of tools appropriate to the demands of psychodramatic and as well of sociometric and scientific work: To create a virtual platform consisting of the council, the chairs, the committees and the networking groups – all in virtual connection to each other, exchanging information, thoughts, ideas, planning mutual projects, referring about events, sharing common experiences.

To work with such a networking platform as so to speak with prolonged arms and legs and as well making use of an enlarged common brain requires the acceptance and the readiness of all persons involved to cope with this kind of communication. It is an instrument, a tool, the use of which has to be learnt. It is an only virtually existing network representing in its structure the structure of the organization having created it. It represents a coherence that has to be fostered and taken care for. And it has to be manageable and last not least attractive and maybe even seductive.

As well it has to be secure, safe and a place that allows creative thinking and writing, considering the very different political and social situations our members are living in.

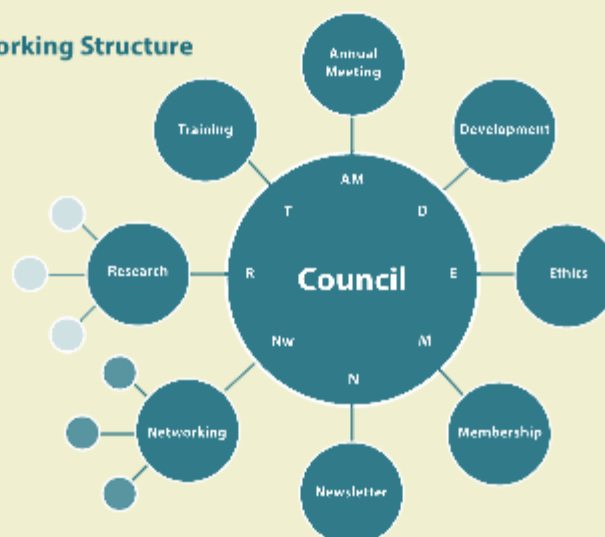
It is thus a steady conserve to be created which always can be transformed in vivid action by those who find pleasure in using it.

Thus it is by no means a substitute for real exchange and encounter, but quite in the opposite: It requires and demands even more real encounters and meetings, because project ideas, experiences, thought and ideas shared may stimulate new forms of cooperation, networking and thus contribute to an active networking society within FEPTO – which is and represents FEPTO.

◆ **Conditions of working within the Networking Platform**

- All members of the Council have

Networking Structure



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access to the Platform – to the “Council” and as well to all the other Committees.

- Council members are entitled to read, to write and to publish in the “Council” and as well in the Committee they have taken the responsibility for as Chair.
- As well Council members have access to the platforms of all the other Committees, but here it should be up to the Chair in charge to decide, in which way other members of the Council may contribute by own writing and publishing.
- All members of the FEPTO community may have access to this platform and read what is published by the Council and by the other Chairs.
- As well members of the FEPTO Community active in certain Committees are entitled to publish, to edit and to discuss common issues with other members. The decision and the frame of rights to contribute by writing and publishing has to be made by the responsible Chair.
- Normally each accepted member of FEPTO should have the right to write and to publish on the platform he or she is interested in, but the Chair should have a look how to organize it.

♦ **Advantages of Working in and with the Networking Platform**

- The platform offers a common space all members of the society have access to.
- This space is secure, allows to communicate in a safe and protected way.
- The platform collects and combines the activities of the society on one place in different folders and in a structure according to the FEPTO organization. Thus it enhances the access to quick information and encourages the exchange of meanings, opinions, documents.
- The virtual networking platform reflects and reproduces the real network within FEPTO and not only that – once working it promotes and increases networking between members, groups and committees.

♦ **Further more there will be:**

- An easy handling of documents, topics, discussions
- Safe archive of all important documents
- All documents and files maybe saved and deleted as well by the authors or by the administrator
- Transparency of activities of the Council and the different Chairs and Committees
- Easy handling of the platform by skilled FEPTO-members as administrators
- No easy access by Google, meaning that our data, documents, files are not stocked somewhere by Google, but on our platform, where we can decide by our own how to deal with them
- No payment of any fees or rental costs.

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RESEARCH COMMITTEE REPORT (Johannes Krall)

Since our last Annual Meeting in Sigtuna/ Sweden (June 2017) the main focus of our RC work was on four activities:

- preparing and conducting a Research Committee Meeting in Tallinn/ Estonia
- organizing a research conference and a Research Committee Meeting in Douglas on the Isle of Man
- developing a proposal for an International Journal of Psychodrama and Action Methods (see FEPTO News 18.1, p.)
- Participation in meetings and conferences: EAP in Vienna (European Association for Psychotherapy), SPR Oxford (Society for Psychotherapy Research)

(1) The Research Committee Meeting from 5th - 8th of October 2017 in Tallinn was on the theme “Diversity in psychodrama practice – challenges for process and outcome research”. Presentations of ongoing research on psychodrama effectiveness and research in training were the main contributions. Furthermore, we had research workshops to look at diversity in psychodrama practice, developing a research tool for spontaneity, and doing action research with experts on the issue of social work in an orphanage.

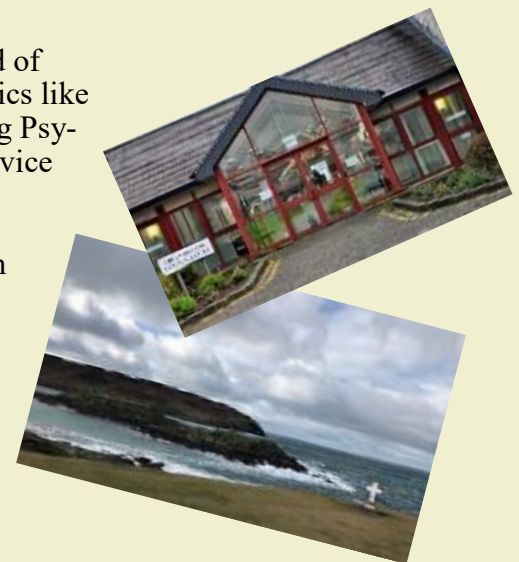
The RCM in Tallinn was a very fruitful meeting and participants have left with very positive impressions in their feedback and evaluation of the meeting. I want to thank our LOC who have organized the place and who helped us in any respect to make our work as pleasant as possible: Ene Vinter-van Vierssen, Dirk J. van Vierssen, and Pille Isat. I want to thank them for their hospitality and warmth.

(2) The Research Committee Meeting and the conference from 8th - 11th of February on the Isle of Man put a focus on the theme “All in the Mind?” Global perspectives on understanding, researching, and treating mental health. It took place at the Keyll Darree, Learning & Education Centre, and it was co-organized with Isle of Man Mental Health Services. It was a great success to welcome 120 participants. I want to thank our local hosts Kate Kirk, Juan Corlett & their professional team for their warm welcome and their excellent organization of the meeting.

In this conference researchers and practitioners shared their knowledge, practice and research results pertaining a broad field of professional practice. Several panels were organized around topics like Training and Supervision, Diagnosis and Standards, Researching Psychotherapy, Children’s Mental Health, Addiction, Voices of Service Users, Resilience and Coping.

It was a wonderful experience, that psychodrama could play such an important role in this conference. Many colleagues from the Research committee shared their research work on psychodrama. Research on psychotherapy with adults and young people, the experience of women in a psychodrama rehabilitation group, research about psychodrama in therapeutic communities for drug addiction, and research on training and supervision in psychodrama were presented and discussed by our RC colleagues.

On the final day participants in the Research Committee Meeting could also listen to and discuss specific topics on organiza-



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tional counselling and how to use digital tools, Live Action Role Play (LARP), Effectiveness research of trauma stabilisation and learning, and transgenerational transmission of the “cultural trauma”. The abstracts for these presentations can be found in the report.

It was very interesting to see the variety of different research methods applied in psychodrama research. Quantitative and qualitative methods were used and sometimes combined in a mixed method design. Moreover, case studies were discussed and psychodrama itself as a research tool was presented.

(3) *International Journal of Psychodrama and Action Methods*: In our last FEPTO Council in Dave (Nov. 2017) it was decided to present a proposal for a new Psychodrama Journal to be voted on at our upcoming Annual Meeting in Pravets. Different ideas were reflected upon, and finally the Council agreed that these ideas will be further developed in a discussion among Kate Kirk, Christian Stadler, Nikos Takis, and Johannes Krall at the FEPTO RC Meeting on the Isle of Man in February 2018. Zoli Figusch, who has also an interest in this project, is informed about the discussion. On the Isle of Man, it was underlined, that the Journal should have a good standing in the professional world, and therefore follow professional standards. The proposal for the International Journal of Psychodrama and Action Methods has been published in the FEPTO Newsletter and can be voted on in the GA at the FEPTO AM in Pravets.

With great pleasure we have started to prepare our forthcoming ***FEPTO Research Committee meeting from 4th-7th of October in Leipzig***. Our meeting will be hosted by the Surplus Psychodrama Institute Leipzig (PDI). Many thanks to our local hosts: Anett Richter-Nowak, Uwe Nowak, Katja Kolmorgen. Researchers and practitioners, students/ trainees and trainers in psychodrama and everybody who is interested in psychodrama research is invited to join our network.

§12 Approval of the Budget 2018

A proposal from the auditor Jacomiene Ilbrink-de Visser was that the airplane tickets for the AM for council members should be paid by FEPTO.

The proposal of changing the agenda for this approval was discussed. **61 voted YES**. The GA decided to change the agenda for the GA and make a change in the agenda.

1. Approval of changing to pay the cost for flight tickets for the council when travelling to the AM

In the discussion voices thought about the cost for the council and suggested it should be fewer council members. Another voice was the council don't need to pay the yearly membership fee. Another voice was to decide a maximum cost.

The GA decided to make this proposal for the next AM 2019.

	PRESENT	PROPOSAL
Conference profit	FEPTO: 25 – LOC: 75	FEPTO: 10 – LOC: 90
Conference loss	FEPTO: 0 – LOC: 100	FEPTO: 10 – LOC: 90
AM profit	FEPTO: 100 – LOC: 0	FEPTO: 90 – LOC: 10
AM loss	FEPTO: 50 – LOC: 50	FEPTO: 90 – LOC: 10

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§13 Proposal for the change of loss and profits between the LOC and FEPTO and discussion about the obligations of the LOC

The proposal also included the commitment of the LOC that the program of the Conference will be prepared by the LOC until the Council Meeting in November of the previous year and to respect the Council's recommendations.

The GA approved this change of loss and profit as presented. A new quorum was 86 (members had left)

81 votes YES

3 votes NO

0 abstention

This decision counts only if the LOC has prepared a provisional version of the program of both the AM and Conference by the Council Meeting on early November of the previous year and submit the final programs by the executive meeting on February of the same year.

An exception is due to Force Majeure!

§14 Approval of the proposal of FEPTO Platform & Discussion about the Constitution

Fred Dorn presented the FEPTO FORUM. A virtual platform accessible free for all members. He also reminded the GA that a change of statutes may be needed which might be discussed in the platform.

§15. Approval of the proposal for the International Journal with the support of FEPTO:

Discussion and voting

Hannes Krall presented the idea with the journal. It will be hopefully two issues per year or one large. The editorial board will be Hannes Krall, Zoli Figush, Ana Cruz, Christian Stadler and Kate Kirk. The publisher is still not chosen but Springer was for example proposed as a publisher with a good reputation. There was a discussion. Voices were heard like the cost for buying the journal and how accessible it will be for buyers? It will probably be read by the institutes which are members and hopefully their trainees. Another voice raised a dilemma whether this would be a FEPTO journal or not? Hannes informed about the need of an independent journal to be accepted in the scientific society as well as an independent editorial board. The GA was informed that the cost for members in the DFV (Deutsche Fach Verbund) +ÖAG is 40 Euro/year (two issues). Paula de Leonardis presented shortly the Italian journal where she is the editor. The distribution was discussed. It will be both from internet and printed. Other experiences from previous publishing were shared. For example the BPA journal which is not much active nowadays. The main question is how much FEPTO may decide and influence the journal and how much the editorial board? There is already an influence with Hannes Krall and Ana Cruz as council members.

75 votes YES

6 votes NO

7 votes abstention

Decision: FEPTO contributes with 3 000 Euro (maximum) for three years (9 000 Euro) to support a journal.

§16. Initiating a poster session and presentations in the context of FEPTO conference and Annual Meeting / connection with student awards: discussion and voting

It was presented for the GA. There is a support for this idea.



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GENERAL ASSEMBLY II

§17. Approval of new memberships on the recommendation of the Council

DEA Psychodrama Institute, Sofia, Bulgaria, has applied for membership. Their application had been presented in the News Letter and in the agora at the AM. The board proposed they should become members.

75 votes for yes

6 votes for no

5 votes for abstention.

Decision: The DEA institute is accepted as new member.

§18. Welcoming new members and voting results

We gave them a warm welcome.

§19. FEPTO AM and Conference 2019

Finland/Estonia:

Organising institutes:

Helsinki Psychodrama Institute, Finland

Tallinn Psychodrama Institute, Estonia

Tartu Psychodrama Institute, Estonia

Place: Tallinn / Estonia

§20. FEPTO AM and Conference 2020

F.Y.R. Of Macedonia

Organising institute: Amigdala + another organisation!

§21. Proposals for FEPTO AM and Conference 2021

Poland was presented.

§22. Any other business

§23. Closure of the General Assembly



For the minutes

Kerstin Jurdell

Checking the minutes

Zoli Figusch / Irina Gruia



FEPTO XXVI ANNUAL MEETING
FROM TODAY, TOMORROW
REVISITING THE CORE FUNCTIONS OF OUR ORGANIZATION
Pravetz, Bulgaria

BUDGET 2018



FEPTO		BUDGET		2018	
	Euros	Euros			
Incomes					
<u>Memberships fees</u>					X
Founding Members	480	4X120		4	X
Training Organizations	15565	44X275	9X175	21X90	74 X
Accrediting Organizations	2105	7X275	2X90		9 X
					X
Applications Fee	100				X
Journal EAP	1300				X
Interest	50				X
					X
Reserve	1200				X
					X
Total of Incomes		20800			X
					X
Expenses					
Officers		1200			X
Board Meeting 2+1		8000			X
Executif		500			X
Accountancy + Audit		600			X
Newsletters		400			X
					X
Bank costs		200			X
EAP		1200			X
Research		2000			X
Journal		3000			X
Website		1100			X
Training Committee		500			X
Network		1600			X
Ethics Committee		500			X
					X
Total of expenses		20800			X

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REVISITING THE CORE FUNCTIONS OF OUR ORGANIZATION
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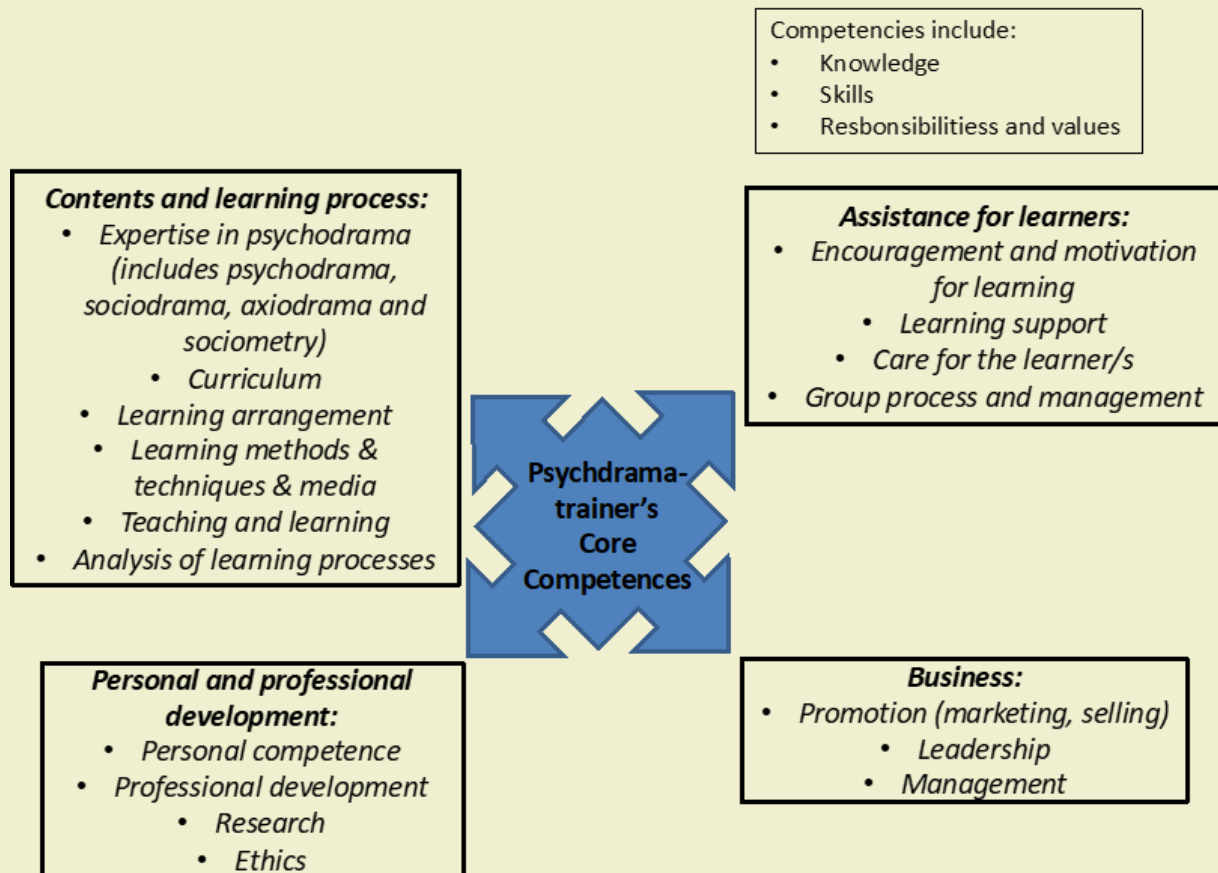
SMALL GROUP WORK

TRAINING

Small group work at the AM in Pravetz

Reijo Kauppila and Chantal Nève Hanquet

The work in our small group was focusing on the core competencies of psychodrama trainers. We started with a short presentation of core competencies of psychodramatist and psychodrama therapist, and then had a short look on some perspectives of the Morenian theory of learning. With this warm-up we started to work with psychodrama trainer's core competencies.



We used as a common basis a model, which was created last March in Tallinn, Estonia (see above) and a list of core competencies connected to "Contents and learning". We divided us into four small groups (one French speaking – jee), and started to concretise, what specific skills and knowledge a competent psychodrama trainer should have.

A very short version of the outcomes of this small group was presented to the whole AM:

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SMALL GROUP WORK

Main results of the work in the small group (3-5 topics):

1. Empathy and Containment as psychodrama trainer's competencies
2. Positive sociometric functioning in the group
3. Ability to read the needs of the specific group population
4. To have the courage to follow the individual and the group process
5. To be able to accept that there is not always a happy end

Actions to be taken for further developing main results (1-3 tasks):

1. To continue working with competencies
2. to analyse the collected and formulate a shared training process for pd-trainers
3. To start to define MTS for pd-trainers
4. Recognize the potential risks / dangers of breaking through resistance, rushing the warm up, and not regulating the affect

The first step for each task:

- 1.1. To collect good practices of pd-trainer's training from members
- 2.1. To collect processes to become a trainer from members

The work in continuing this autumn. Please, send me an email, if you are interested to join our work!
Reijo Kauppila, training@fepto.com

Participants:

Peter Wertz-Schönhausen, Klaudia Niepenberg, Zoli Figush, Chantal Neve Hanquet, Daniela Dragotescu, Biljana Gjorgjeska, Angelika Lorentz, Berna Gokentin, Pille Isat, Maria Joao Brito, Leandra Perrotta, Zoran Djuric, Georgios Chaniotis, Uwe Novak, Paul Gerhard Grapentin, Elena Lopukhina, Svetlana Nikolkova, Colette Esmenjaud, Daphna Ben Amitai, Vesna Blazhevska, Nadezhda Lubyantskaya, Ilona Gorog, and Reijo Kauppila

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SMALL GROUP WORK

ETHICS, VALUES AND PHILOSOPHY

Small group work at the AM in Pravets

Judith Teszáry, chair of the Ethics committee

Revisiting the core functions... Tasks for the small group

- Main results of the work in the small group (3-5 topics):
 1. Discussing and working through ethical cases as examples in order to find general principles.
 2. Clear criteria for training certificate/compatibility of those with other psychodrama training institutes
 3. Contract between the student and the training institute: time boundaries, economy, requirements for examinations, theses writing, practice, etc
 4. Advertisement of psychodrama in media, internet
 5. Relationship between trainer-trainees-supervisor Indications and contraindications – Dependency relations
 6. Guidelines for procedures when a student changes the training institute.
 7. The acceptance or non acceptance of other training institutes' training program
 8. the ethics of leadership
- Actions to be taken for further developing main results (1-3 tasks):
 - Collect ethic codes for training institutes.
 - Use the Platform for further communication in the Ethics Committee and the expanded network (the small group)

The first step for each task:

1. Send the frame for the Code of Practice and the Code of Conduct of the Federation to the Ethics Committee members and to the expanded network.
2. Ask Fred Dorn to invite the members and the expanded network of EC to the Platform.
3. Start to form the paragraphs of the Codes
 - What is the connection of the results to the purposes of Fepto (see below):
 - to support the development of training in psychodrama;
 - to promote interchange between the members of FEPTO;
 - to recommend minimal standards for psychodrama training;
 - to co-ordinate the timing of international European and Mediterranean psychodrama events;
 - **to uphold ethical standards of psychodrama;**
 - to promote research and quality-evaluations of the method.

Participants:

Anna Bielanska, Anzhela Hristoforova, Aurelija Rakstyte, Arşaluys Kayir, Christine Pichlhoefer, Daiva Rudokaitė, Eva Varro, Jasna Veljkovic, Julia Solovieva, Judith Teszáry, Konstantinos Letsios + student, Luciano Moura

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SMALL GROUP WORK

PSYCHODRAMA THEORY AND INTERCONNECTIONS

Small group work at the AM in Pravetz

Krzysztof Ciepliński & Nikos Takis

The idea to create an additional work group dedicated to psychodrama theory and its interconnectedness with other theoretical approaches at the FEPTO Annual Meeting in Pravetz was born out of the need to emphasize the significance of this issue for the mission of our organization. This topic has been methodically elaborated for the last several years by our colleagues - Paola de Leonardis and Marco Greco from Italy.

Our intention was to give the chance to AM participants who are interested in the discussion on the contemporary theoretical status of psychodrama to work together and elaborate on specific projects strictly bound to what our organization is most concerned with. We started our work from preparing and sending to all participants the initial list of psychodrama literature. Thank you to prof. Leni Verhofstadt-Denève for sharing with us her interesting papers dedicated to psychodrama theory and practice and its connections to the Dialogical Self Theory!

About twenty people participated actively in the meetings within our work group. During subsequent sessions, Paola and Marco presented an updated version of the “Psychodrama Theory Map” and the “Psychodrama Integration Map”. Later, using sociometric tools we explored the extent to which every one of us feels related to psychodrama itself, and the degree in which we feel connected to other paradigms. On the basis of our sociometric choices, we decided to create two sub-groups working on the issues of a better understanding and promotion of psychodrama theory and its implementation into various practical contexts.

During the last session, using a specially drafted form, we shared and analyzed the results and effects of our work. The main ideas which were created and discussed are:

- to prepare the FEPTO PD and Action Methods Handbook;
- to prepare a FEPTO theoretical and methodological Glossary of PD and Action Methods including a clear description of the key-concepts and the crucial techniques/interventions (a kind of practice-oriented internal FEPTO reference book). In this context, the above-mentioned “Maps of PD Theory and Integration” could be of particular use. We also discussed the idea of including video examples in the Glossary (with expert’s comments, explanations, etc.). The Glossary should additionally include the references to key-philosophical concepts/theories, ethical aspects, cultural context.
- to create a FEPTO literature database (English, German, Portuguese, Spanish etc. versions) including literature focused on PD integration (with reviews and comments of the FEPTO members). Roger Schaller from Switzerland volunteered to undertake the responsibility for the first steps of this ambitious project.
- to use the FEPTO Forum for sharing and discussing case studies of the implementation of PD.
- to create a “third map of psychodrama” dedicated to a description of the relation of PD to different action methods (sociodrama, playback theatre, etc.) and its particular fields of application.
- to do more for understanding/reflecting on our practice (its strong as well as weak points).
- Practical actions to be taken for further developing the above-mentioned ideas as well as its connections to the purposes of FEPTO were also pointed and discussed.

We were impressed by the creative and cooperative atmosphere during the group sessions. Thank you for this to all participating Colleagues. We hope to keep this energy for future work in the FEPTO network on the theory, interconnections and applications of Psychodrama.

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SMALL GROUP WORK

ANNUAL MEETING AND MEMBERSHIP

Small group work at the AM in Pravetz

Kerstin Jurdell, chair of Annual Meeting committee

In the GA meeting in Pravetz I was leading the work in the small group with the theme of how to organize the AM in a better way. We were around 10 people with two representatives from Estonia, who are members of the LOC for 2019 AM in Tallinn, Estonia. We also had skilled persons from organizational work in the group.

These questions were raised:

- ⇒ What is in it for me?
- ⇒ Allow different types of annual meeting-not stick to 1 type/not reinvent the wheel
- ⇒ Have time to connect/exchange with training schools
- ⇒ A tool to manage all this. The platform in internet-meet each other also when we don't see each other
- ⇒ Continuous responsibility/small groups----before the platform can be used
- ⇒ How to create a better atmosphere /better handle the sociometry in the AM
- ⇒ Peer-supervision at AM
- ⇒ Do PD in the AM
- ⇒ Make sure-to help the council +LOC-that we take something out for the home-community

Important to take care in the GA of THE PERSON (personal needs) THE PROFESSION (professional needs) and INCLUSION (to belong)

Theory, Practice, Encounter, Fun, Exchange.

Three group themes were suggested:

PERSONEL NEEDS	INSTITUTIONAL NEEDS	FEPTO/SOCIETAL NEEDS
Important to have space	Ethic, Quality, Marketing	FEPTO-growing and being useful
	Politics	
	Countries, institutes	

The big group is organizing these small groups and the work should be taken back to the big group.

Every day should be ending in the big group and ending with “family groups” how the day has been.

- ⇒The balance between the LOC and the board was discussed. The link between the LOC and the Board should be stronger. The group suggested a stronger influence from the LOC who could have two “hosts” every day with the emphasis to follow the process taken place each day. It is important to get more “a red thread” in the whole meeting and see how processes are happening in small and big group. A link to the Board from this and a communication is needed and organised (maybe the leading group of the AM needs to have a meeting each day?)
- ⇒The knowledge about group processes could be more used also in the organisation of the AM.
- ⇒Have confrontation in big group on essential topics (training, standards...) in a feasible level before we have conflict.

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SMALL GROUP WORK

- ⇒Concrete ideas for next year during the meeting
- ⇒Iteration (language problems and communication challenges)

Concrete ideas for the schedule

Arrival Welcome encounter, Keynote (not theory lecture) Arrival dinner		
Day 1	Day 2	Day 3
Large group 1 Small Group 1 GA 1	GA 2 Small group 2-3 Large group 2 (Discoveries, Less structural, Sharing (common entity)	Small Group 4 Excursion
Departure Large Group 3 (specific stuff)		

REPORT NEW MEMBERSHIP Kerstin Jurdell

During the AM in Pravetz I took care of the applicant institutes and the guests. There is one formal applying institute which has sent their application to me.

We did not have time to work with the issue of membership in Pravetz but the questions are still important like

- MTS-Minimal Training Standards for being a member of FEPTO. What is the entitlement of being a member of FEPTO? What is a good eligibility? Are the MTS relevant as they are? What should be changed? Why? Motivate!
- Is the application procedure good? Should anything be changed?
- Individual membership Is there a need for a new form of membership which is not a training institute or accrediting organization? For example, “seniors”? Supporters? Honorary members? Why? What would be good? What could be difficult with such a membership? How would it be performed?
- Other questions related to Membership? For example, possibilities to exclude? How?

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SMALL GROUP WORK

RESEARCH IN PSYCHODRAMA

Small group work at the AM in Pravetz

Johannes Krall, chair of Research committee

- **Main results of the work in the small group (3-5 topics):**
- **Actions to be taken for further developing main results (1-3 tasks):**
- **The first step for each task**
- **What is the connection of the results to the purposes of FEPTO (see below):**
 - to support the development of training in psychodrama;
 - to promote interchange between the members of FEPTO;
 - to recommend minimal standards for psychodrama training;
 - to co-ordinate the timing of international European and Mediterranean psychodrama events;
 - to uphold ethical standards of psychodrama;
 - **to promote research and quality-evaluations of the method**

FEPTO Constitution (1996)

Preamble

(P.2) The focus of FEPTO is psychodrama training and research.

Article 2 – Purposes

2.1. FEPTO (...) has an educational and scientific aim.

2.2. The purpose of FEPTO is to support the wider recognition of psychodrama (...)

2.3. The Federation will work:

(...) to promote research and quality-evaluations of the method.

FEPTO Research Committee: Network of Practitioner Researchers in Europe

Research as a Core Function How to improve the functioning of research?

- **How to improve the functioning of the Research Committee?**
 - Research and sc writing
 - RC Meeting
 - Funding/ grants (EU, bi-national)
- **Training Institutes**
 - Train the Trainer: research interest/ information/ competence...
 - Training curriculum: MTS/Thesis/ student award
 - Local/ national research networking
- **Scientific community: Publishing, research projects, participating in conferences**

Curriculum/ topics: how to integrate research in the training?

Training standards:

- Reading and writing academic papers
- Basic knowlegde in research design/ getting a good research questions
- Getting to know basic mixed methods approach/ quantitative and qualitative tools for psychotherapy/ learning processes

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SMALL GROUP WORK

- Interviews and thematic analyses/ questionnaires for assessing the learning process
- Interpreting data/ drawing conclusions
- Searching/getting access to research literature
- Ethics in research

Trainers and trainees....

- **Starting with research in the beginning of training: using tools/ collecting and analysing data**
- Specific hours for research training

Participating in research projects

Who, when, where.... training the trainers to do research?

- How to train trainers?
 How do you evaluate trainees? Observation, interviews... (empowering pd trainers)
 How to improve evaluation in instituts (I want to have an excellent institut)?
- Who?
 - Researcher (experience in r-teaching)/ psychodrama & AM
 - R-Experts in FEPTO
 - Pd trainer and supervisor (with research-experience)
 - Cooperation between experienced trainer + co-facilitator with r-experience
 - Psychodramatist connected to a research project
- When/ Where?
 - Research Committee (pre-, post-, during)

Actions to be taken for further developing main results

- Research in training as a main topic for the Research Committee
 Meeting Leipzig 4th – 7th October, 2018
 The first step: planning for Leipzig
- Cooperation with the training committee
 The first step: Talking to the Training Committee (having a chat with Reijo)

Participants:

Konstantinos Kalligiannis, Mirjana Stojanovska, Jochen Becker-Ebel, Ron Yiftach, Janai Cederbaum, Susanne Kunz Mehlstaub, Hod Orkibi, Milena Mutafchieva, Irina Stefanescu, Peter Haworth, Tamara Cavic Djuric, Stefan Flegelskamp, Anett Richter-Nowak, Johannes Krall

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SMALL GROUP WORK

NETWORKING AND DEVELOPMENT

Small group work at the AM in Pravets

Fred Dorn, Chair of Development & Networking Committee

The Small Group dealt with the future Agenda of the Annual Meeting and questions regarding how:

- to involve the community more actively in the work of the Council,
- to organize and to structure the Annual Meeting according to the needs of an organization working on an international level,
- to adapt this organization to the requirements and possibilities of communication in the midst of digitization.

The results and considerations of this group were presented in the final meeting and they will be incorporated in the preparation of the next Annual meeting.

Furthermore, the Small Group dealt with the question of Changing the Constitution.

The first reflections on the topic were put on our platform and worked over in August. These can be found on the FEPTO Platform on the Menu point **Constitution Changing**. And of course you are invited to take part in it.

Last but not least, the FEPTO platform was established in August and has been working ever since.

The report may be found below.

It is open to all our members. The manner to obtain access – User Name and Pass Word – has been announced to all members of our organization of whom I had got the e-mail addresses.

However, the addresses I have may be incomplete or faulty. So, by reading this report, if you haven't yet received the announcement and invitation to participate, please don't hesitate to write to me and to ask for access to our platform.

I think that it is a necessary tool which will enhance the collaboration and communication in our organization. It will work to enforce and to enable networking, and help us keep in touch with the chairs of our council, thus creating more vivid communication regarding our projects, tasks and ideas throughout the year, leading to the enrichment of our Annual Meetings and Conferences.



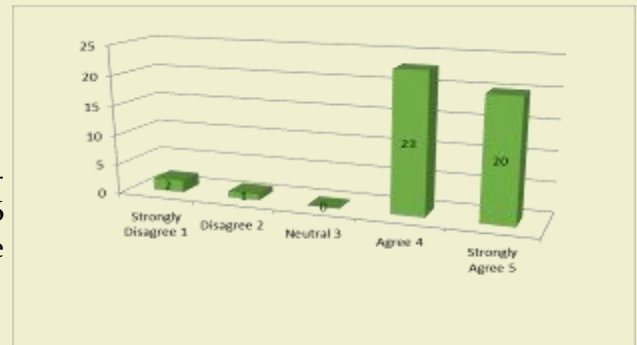
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VOICES

Regarding the VOICES questionnaire, which aimed at the evaluation of the Annual meeting of Pravetz by its participants, it was completed this year by 46 members of our community, almost as many as the previous year. You can find the results of the VOICES from the Annual Meeting on the following graphs:

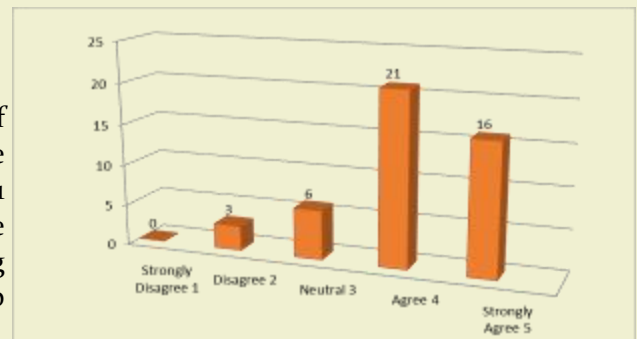
Q1: Overall, I am very satisfied with this Annual Meeting
(mean=4,26, SD=0,68, n=46)

The overall image is that the meeting was deemed as a positive experience, as it can be seen in this graph, (mean 4,26 out of 5). 43 out of the 46 participants were satisfied with the Annual Meeting.



Q2: I liked the content and the structure of the program
(mean=4,1, SD=0,65, n=46)

As you can also see in the above graph, the vast majority of our fellow colleagues appraised positively the content and the structure of the program of the Annual Meeting (Mean=4,1 out of 5). This year we had the innovation of focusing more on the group work of the committees and issues regarding the functioning of our organization. Below we try to group and summarize the comments of the participants:



Comments:

A. What did you like in particular?

The work in the small groups/ committees and focusing on the core functions of our organisation

The climate of the General Assembly, the whole atmosphere, the spirit of collaboration and cooperation, constructive communication and exchanges

Preparation of the small groups, structure, timing, clear information.

New ideas, new efforts, new perspectives

Our work on developing psychodrama

The working Research Committee group

The availability of President and Vice President

Dimo Stantchev's lecture, Galabina Tarashoeva's

presentation and De Leonardis/ Greco research

The balance between all parts, the emphasis on our theoretical reflection and on our psychodramatic practice

The large group facilitators Zoli Figush, and Sofia Symeonidou

The landscape

B. What could be improved?

Maybe peer groups during conference

No time to make use of the facilities of the hotel,

It was a bit expensive.

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VOICES

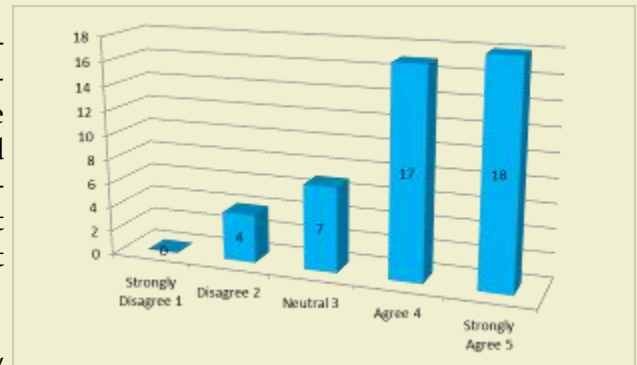
Q3: The Information before and during the meeting was sufficient, adequately and timely disseminated

(mean=4,43, SD=0,73, n=46)

The results in this question showed that the FEPTO community considers that all information relevant to Annual Meeting was announced on time and properly. However, there were some voices of colleagues who would like to be warmed up earlier to each year's annual meeting. One colleague proposed that the preparation/ warm up to the AM can start from September of the previous year via the website and not only e-mail.

Comment:

I did not sign up for the conference because the program was not ready when I wanted to book my flight.



Q4: I developed additional professional and/or training skills by attending this Annual Meeting

(mean=3,69, SD=0,61, n=46)

In this item, it seemed that we had many colleagues that although they enjoyed their participation in the small groups and the AM's activities did not feel they gained or practices any new skills.

Comments:

Ideas for "training" related to the lecture of Dimo Stantchev.

I would like to have more time and space to exchange experience with other training organisations and their programs.

When working in large group there must be time for reflection after the action,

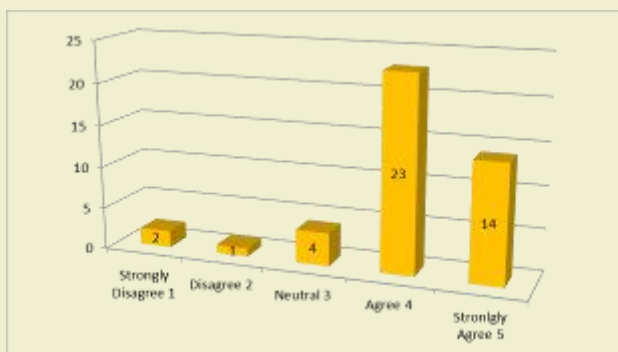
Warm up in small group contents.

Clarification on theoretical questions and integration with other approaches.

The ideas for research and the Research Group.

I receive additional information and structures, but not new skills.

The next step will be to think over the training process in our institutes.



Q5: I am satisfied with the General Assembly

(mean=3,95, SD=0,66, n=44)

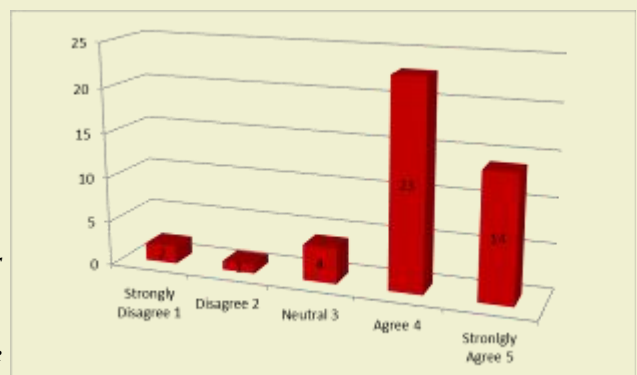
It is obvious from the graph that most of our members appraised positively the General Assembly. There are important comments though that we take into account, as the General Assembly is the most vital part of our Annual Meetings.

Comments:

I liked that there was some space to discuss and re-think our organisation as a community.

The borders disappeared between the members and the board.

There was good structure and timing but we could change the structure to spread out more, in 2 days instead of one.



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VOICES

Cell phones should be out or off!!

Too much discussion and chaos,

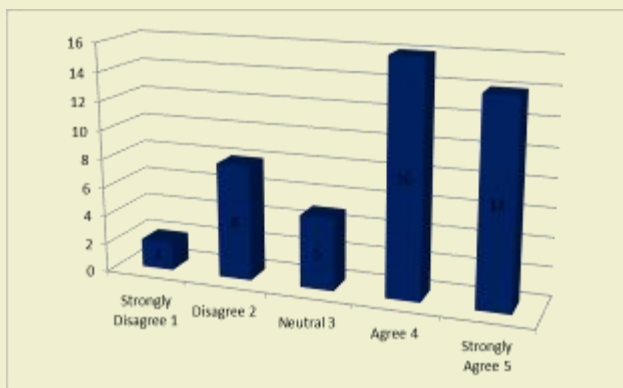
Discussions and voting about spending money should not be done at the same AM when presented, should be done at the next meeting.

Maybe for some questions we can induce very small groups and live groups with neighbours.

Voting has to take place only when it is clear what to vote, It has to be prepared before!

Q6: The presentation and voting process of new member institutes/organizations was adequately carried out

(mean=3,71, SD=0,62, n=45)



This graph tells us that the evaluation of the process of the presentation and voting of the new institutes was positive by the community, but there are some issues that need to be better taken care of in the forthcoming Annual Meetings, regarding the presentation and voting of the new institutes.

Comments:

I would have liked to participate and hear their presentation before the voting.

The presentation can be more structured in a private room.

There was too short time, too small place, nearly hidden.

We can have "live" presentations of new institutes in the GA.

New institutes were presented during the coffee break, no one could hear them.

Q7: What could have been done differently?

Regarding the Structure:

A good welcome, during which people may present themselves is needed

A "know-how" on presentations and discussions can be developed.

More fun/dance activities

More big groups, Hannes knows how to do it!

Agora does not work well,

Regarding the Warm up:

I would have liked to have different warming -up, to permit different ways to encounter, it was too chaotic, not understandable.

A bit more warm-ups are needed, I liked them a lot,

The big group can be improved. Have less large group process working, and better warm-up in the first large group, more precise and focused.

More action would be helpful, starting with remembering was cooling down, too long and too expressive. Use sociometry and do not start with remembering people who have died, please do it better.

Introduce the new institutes (it was done later).

Regarding the content:

The presentation of new organisation should change

We should choose small groups not before but in the present AM.

More practical contents, more actions methods are required.

Regarding other areas:

Continue to give place to the "theory" by trying to find it a house in the next FEPTO AM and web-site.

Continue to organize the small groups on the committees' schema.

Some more time to relax and have time to enjoy the facilities is needed.

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VOICES



*A map of participants from different countries in the beginning could work.
The introduction of new institutes could be made in an assembly.
Large groups needed action,
We could have annual awards for outstanding results, fields of programmes etc. of institutes, theory, field practice, workshops designs etc.
There could be a time and space for general proposals of cross organisations work functions, to have area for more personal issues.
In every FEPTO meeting the founding members are presented – please do it shorter.*

Q8: Be creative. Topic or subject for next meeting

*Unite-coming together as a group, large groups and small groups, study of dynamics of the group
Exchange between training organisations, encounter, exchanges and validation of our differences.
Political activity-how to influence? psychodrama and society, wars, intergroup relations, psychodrama in a world of war and change.
Process of becoming the new FEPTO member.
Functions and cross functions development projects.
Focus on being a trainer.
One lecture by researchers presenting concrete results of this committee, projects, papers.
Continuation of the work we started, break and re-build, one year after.
Co-operation, society dealing with conflicts.
More core issues, techniques, more personal and professional growth.*



Q9: Other comments

I suggest using the page of the AM on the FEPTO website instead of the newsletter, so to upgrade step by step the web-site (the upgrades is not impossible to do with the instruments of the newsletter). Even to activate login for the institutes and organisations recognized, to read about the new members before the GA, the material is private and delicate. Well done! Thank you!

Large group every evening, more interactive to let group process develop spontaneously, agora meeting in separate rooms, separate time not in coffee break, new organisation to have time to present-engage in dialogue and get feed-back, a better combination of professional, science and action.

I miss “a little” the action, explain at the beginning the logic of the AM to give sense.

Just more reaching out, large group every evening, more interactive, more attention and following group processes and encounter, agora meeting in separate room, more time, more discussions and exchange (dialogue) of experiences, less time for excursion, more time for small group.

Thanks to the board and LOC, I suggest large group every evening, more feedback, meeting for psychodrama of our colleagues, FEPTO members.

Thank You and congratulations!! Grateful to the council and LOC!!

What means “time”? Start 9.00 means to 9.15?

Thank you for your efforts, regular network group on sexuality to be included!!

It was a new start, always be attentive to the process, you put changes without changes.

Large group work should be evaluated, more to be of profit to learn more about FEPTO, very content all of all, thanks to lovely people, please build small groups out of big group.



Nikos Takis & Kerstin Jurdell

Echoes from XIII-th FEPTO Conference



"My sharing is not going to be a happy or grateful one, I am concerned about an ongoing process, I have noticed in Bulgarian psychodrama, and the same topic emerged during the 13th FEPTO conference. Namely, a disturbing answer of the question: towards what is psychodrama moving, what the changes are and how much are we ready to sacrifice in order to be seen, to have followers and to get "fresh blood" into our veins. On the first day, during the session "The tree of life" several groups were formed, I was in the group working on relations between core theory, new approaches, collaborations and possible ways of appliance of psychodrama. And here is what struck me the most – the idea risen in our group that we have to find a way to make psychodrama "sexy" for people and the readiness to do so... Is that new to you? Said in that exact way, it was new for me, and it kind of puzzled and angered me in the same time. And since then I have been thinking a lot about it. Actually, in the past probably two years, may be it is in motion in a much longer period, the same concept or attitude is evident in Bulgaria. Workshops and events have been organized with the aim to attract people outside the field, where psychodrama has been publically presented as "sexy". I do have a problem with it, and it is not just in the word selected, it is in the idea behind, it is in the lack of responsibility. Psychodrama is a group therapy with own theory, not just an extremely powerful set of methods and techniques that can be used to impress. I believe that we, calling ourselves psychodramatists, and especially the psychodrama therapists, we have the responsibility to know and apply psychodrama with the idea to help our patients, clients, and trainees to become more self-aware, spontaneous, and creative in a way that a widest possible set of roles is reached. And we have the responsibility to know the power of psychodrama (knowing the theory) and always to be conscientious and think how our actions are going to affect those who have put their trust in us. In my opinion, there is a very thin line to cross, leading to a broad abyss, between use and misuse, spontaneity and impulsivity, appealing and "sexy", and although we have to feel it, we have to reflect on it too. So, to come back to the conference: on the presentation of our small group work in the large group, Tzvetelina Iossifova and I, we both chose to play the role of the core theory, insisting on its importance. On the stage, I felt surrounded, everyone wanted a piece of me, without being really concerned what is happening with me. I felt frightened, and anxious, but I have been told to feel happy instead... I did not have the power to become angry, my voice diminished, and at the end I felt sad, nearly helpless, finding myself almost begging for sympathy and real concern from those who have taken from me, but not really gave anything back to me. What I am trying to say is - it is not OK to try to make psychodrama show more cleavage in order to get some new fans, because the users will just take and go, and we are here to really take care. So, please, do take care of psychodrama.

Svetlina Koleva, psychologist and psychodrama therapist , Bulgaria

Reflections from 13th FEPTO Conference



I am in my fourth year of Psychodrama training at Endohora Institute (Athens) and this is the second time I have attended a Psychodrama Conference. I found the topic, Tree of life and the workshops I participated in very interesting and educating. More specifically, I got the opportunity to see how dreams are enacted in a psychodrama session and witnessed the intensity and depth of emotions brought forward, not only from the protagonist but from the rest of the group as well. Also, the workshop on trauma stabilization for refugee families was very practical and educational. Through playing, I experienced how we can help develop resilience and build constructive relationships between refugee children and their parents. I come from a Greek island with a refugee camp and I strongly feel that such interventions can be very helpful for the refugees themselves and the community. The small group I attended gave me the opportunity to meet people from different countries and cultures on a more personal level. At first, I didn't like the fact that there was no designated leader, however, spontaneity kicked in and it turned out to be very productive, both personally and for the exploration of the main topic we worked on. I enjoyed the large groups, however, I would have liked for more warm up exercises. Overall, I enjoyed spending time with colleagues from different countries and to exchange ideas on matters of interest and our love for psychodrama. The hotel was very nice and the scenery was serene and inviting. The organization team was friendly, welcoming and helpful. Finally, I would have liked it if there were more theoretical presentations. Nonetheless, I left feeling inspired and I'm already looking forward to the next Conference.

Thank you!

Danae Roussou, student, Greece



FEPTO 14th Conference
FEPTO 27th Annual meeting

INVITATION

INVITATION
 to the
27th FEPTO Annual Meeting
 May 19th – 23rd, 2019
 and
14th FEPTO Conference
 May 17th – 19th, 2019
Mindful Action for Development –
Learning of Individuals and Groups
Tallinn, Estonia

In this FEPTO Conference we will combine action, mindful, focused presence and development with perspectives based on neuropsychology, psychodrama, sociodrama and sociometry. Morenian theory and methodology is practiced in action for development and healing of individuals and groups. There are a lot of connections between practice of psychodrama and sociometry, and modern neuropsychology. In this conference lectures offer views from neuropsychology and mindfulness to action and presence in practice, which is in the core of theories and practice of psychodrama and sociometry. In workshops we will concretise and explore these connections.



The title and topic for FEPTO AM will be decided by council in November, 2018.

The Local Organising Committee (LOC)

Pille Isat and Aivar Simmermann (Tallinn Psychodrama Institute, Estonia)

Endel Hango (Tartu Psychodrama Institute, Estonia)

Reijo Kauppila (chair of LOC, Helsinki Psychodrama Institute, Finland)



FEPTO 14th Conference FEPTO 27th Annual meeting

INVITATION

THE VENUE



FEPTO Conference and AM 2019 will be located in the Teachers' House in Tallinn, Estonia. It is an mediaeval building situated in the very centre of the old town at the Town Square.

Tallinn is an old Hansa Town from 13th century. Its Old Town is one of the best preserved medieval cities in Europe and it is listed as a UNESCO World Heritage Site. Today it is a vivid modern capital situated at the Baltic Sea, too.

Reserve the dates for your calender!

There will be more information in the next FEPTO Newsletter in December.

We invite you warmly to the FEPTO Conference and AM in Tallinn!

PS. Look at below and read an invitation to the first Poster session and exhibition in FEPTO Conference and AM.



FEDERATION of EUROPEAN PSYHODRAMA TRAINING ORGANISATIONS



**FEPTO 14th Conference
FEPTO 27th Annual meeting**

INVITATION

First call to
**Poster Session and Exhibition at the Conference and
the AM in Tallinn, May 2019**



For the first time there will be a poster session and exhibition in FEPTO Conference and AM. We in the Council want to offer an opportunity to present your work of developing and researching psychodrama and its training to the whole community.

There will be 2 categories of presentation: research and best practice. Posters can be from an individual practitioner or a group / team. It will be interesting to see what kind of research you do, and what kind of best practices there are in different fields of application of psychodrama, sociodrama, sociometry and psychotherapy.

This is the first call for posters. The second call with instructions for posters and submitting an application will be published latest in FEPTO Newsletter in December, 2018. The application process will start in January, 2019.

Start to think already now, what you and/or your students would like to present. Encourage yourself and your colleagues – encourage your students!

Announcements

FEPTO Psychodrama Students Award



FEDERATION OF EUROPEAN PSYHODRAMA TRAINING ORGANISATIONS



WANTED



Gifted trainees who contribute with their psychodrama thesis to practitioner research in health, education, management, theatre and in general.

Rewarded by the FEPTO community with financial support in order to present the theses at a research committee meeting

Read the application requirements and send your theses in.



Announcements

FEPTO Psychodrama Students Award



FEPTO Psychodrama Students Award 2018

For the three best student's theses of the year

Goals:

- ☐ Enhancing the reputation of psychodrama in their specific community of health, education, management or theatre and in general.
- ☐ Encouraging students to be a model for other trainees in order to develop the method.
- ☐ Encouraging training institutes to enhance the quality of theses in order to train students for research, writing and publishing.
- ☐ Motivate training and accrediting institutes to organize their training on a high standard.

Criteria:

- ☐ The thesis should contribute to practitioner research in psychodrama in order to assure quality of work in psychodrama and/or to develop the method further
- ☐ The thesis should be a study of excellent quality regarding theory, methodology, and presentation.
- ☐ The thesis should provide a clear question of research/ inquiry, an appropriate method of investigation and a soundness of structure and scientific writing.
- ☐ The theoretical part should show an in-depth substantive dialogue with the chosen topic including current literature and relevant literature from related fields.
- ☐ Research methodology/ methods of inquiry should be presented and applied according common scientific standards
- ☐ The study should potentially serve as a role model for other students to follow.

Guidelines for abstract and extended abstract:

- ☐ The abstract, summarizing objectives, method and findings (with 200-300 words) and the extended abstract (with 1000-2500 words) should include title, author's name, surname, affiliation, and e-mail. The extended abstract should provide keywords, introduction, methodology, findings, conclusion, and references.

Application:

- ☐ If the theses is in English, send it in together with abstract and extended abstract.
- ☐ In case it is written in another language than English two supervisors/trainers, who could read the thesis in the original language, should write a recommendation according to the above stated criteria. It should include all reasons why the thesis is recommended.
- ☐ The complete thesis (9000-15000 words), abstract and extended abstract in English should be send in pdf format to the award committee not later than 31st of December previous to the next annual meeting.
- ☐ award committee: **Arsaluys Kayir** (arkayir@gmail.com), **Stefan Flegelskamp** (s-flegelskamp@t-online.de) and **Jutta Fürst** (jutta.fuerst@uibk.ac.at)

FEPTO FORUM

<http://fepto-networking.eu>

FEPTO FORUM ESTABLISHED



Opening the FEPTO - Internet - Platform

27 Aug 2018

Announcement of the Opening of the Internet-Platform of FEPTO

[Read More...](#)

[Mark All Read](#)

Categories

Categories

FEPTO Forum online

From Monday, August 27th on the FEPTO Forum is accessible to all institutional members of FEPTO and has started working officially. It is just a start, there are the first steps taken and still there are some obstacles to overcome.

From a FEPTO members' list, taken from the participation lists of the meetings in Sigtuna and Pravetz, a preliminary table of FEPTO members has been composed thus to reach to start with most of the members of our community – about 120. To these addresses announcements were sent – first, to ask all of them to give consent to make use of the personal data FEPTO has got from our members – this in accordance with the Data – Protection – Law of the European Community. And second to inform shortly our members how to make use of the platform – it is not difficult, but anyway, it has to be learnt.

So please: If you haven't got yet the information about the opening of the platform, write me at the e-mail-address given below and I will open you the access with all the information necessary.

FEPTO FORUM

<http://fepto-networking.eu>



FEPTO Networking

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documents in progress

documents archive

FEPTO



Home Forum

my themes

Search

Benefits of the use of the Networking platform

In times of digitization the platform will be an inevitable tool for an organization acting on European level to allow and to establish communication between the members of our community all over Europe and neighbouring countries at any time. Shortly:

- It allows safe access only to registered members.
- The handling of documents, topics and discussions is rather easy.
- There is a safe archive of all important documents.
- It allows to take part at the activities of the Council and the different Chairs and Committees, establishes transparency and trustful communication.
- It is easily to be handled and managed by skilled FEPTO-members as administrators.
- It is not managed by Google and that means: You do not find easy access on Google.
- As well, our data, documents, files are not stocked somewhere by Google, but on our platform. So Google doesn't have the possibility to make use of our data. It is exclusively our decision how to deal with them.
- Once the platform working, we don't have to pay any fees or rental costs.

Invitation to make use of the Platform

All registered members will have access to the platform:

<https://fepto-networking.eu/index.php>.

Once being in, you enter the Encounter Area – Open Space, where you may present yourself, ask questions, may give comments and make proposals. If you want to join the activities of one of our committees, for instance work on the changing of the constitution or the guidelines of networking, want to get more information of the activities of the Training or Research Committee, then you may turn to the Chairs concerned and ask for your special access to the space of the Committee you are interested in. You will get it and so you may enlarge the scope of your participation at the activities of our community, the Chairs and the Council as it is comfortable for you.

So it is up to you and to all of us, how we make fruitful use of the platform for the benefit of a vivid and transparent communication within our community. Let's have a start.

Here my e-mail-address by which you may contact me in order to get access to the platform and further information how to make it work for you: fred.dorn@icloud.com

	Technical Questions, Support and Answers	0 Topics	4 Replies	Re: I proudly present the new Testcategory for only two people by FredWilhelm 1 year 3 weeks ago
Members	Total users online: 1 Member and 17 Guests Online			
	Katerina			
	Legend: Site Administrator Global Moderator Moderator Banned User Guest			
	Forum » Home Forum			

REPORTS



TRAINING COMMITTEE - REPORT

FEPTO AM'2018 Pravetz, Bulgaria



Goals of Training Committee:

To define the competencies of psychodrama trainee/practitioner working in therapy or psychotherapy – And to define specific competencies according to EAP.

- *Started March 2016, 80% is done; continues till Autumn 2018*

To define the competencies of psychodrama trainee/practitioner working in other fields of application: education, organisations, social work, etc.

- *Started March 2016, 80% is done; continues till Autumn 2018*

To define competencies of psychodrama trainer.

- *Started March 2018, ready AM 2019*

To organize a week-end seminar for FEPTO trainers. The theme will be decided by training committee.

- *To be organised 2019 (an option)*

We will organise next Training Committee meeting in Jan-Feb 2019.

Please, send me an email and join us!



Photo -Pixels.com

Warm Autumn greetings,

Reijo Kauppila, Chair of Training Committee
reijo.kauppila@ihmis.fi

REPORTS



RESEARCH COMMITTEE MEETING - REPORT

FEPTO AM'2018 Pravetz, Bulgaria

Cooperation and networking towards practice-oriented research



Research as a core function of FEPTO

The constitution of FEPTO (1996) describes “psychodrama training and research” as the main focus of our organization. In Article 2 it is said that “FEPTO (...) has an educational and scientific aim.” Research competence is essential to support the development of training and practice in psychodrama. Therefore, the constitution states, that “the Federation will work (...) to promote research and quality-evaluations of the method.” This ambitious objective has been the main orientation for the activities in the Research Committee, which has become a functioning network of practitioner research in Europe and Mediterranean countries in the past years.

During the FEPTO AM in Pravetz we have worked in a group of 14 participants on psychodrama research as a core function of FEPTO. The main task was to improve the functioning of research within our network. Different topics were addressed, like how to improve research training in psychodrama (for trainers and trainees), how to integrate research in the psychodrama training curriculum, how to support publishing and presenting psychodrama research in order to enhance the presence of psychodrama research in the scientific community.

The main tasks to improve the functioning of research in FEPTO can be summarized as follows:

- improving the function of the Research Committee
- teaching and learning about of research in the training institutes
- enhancing participation in the scientific community

Although research is seen is very important for the quality and further development of psychodrama, it is not mentioned in the minimal training standards. Therefore, the question how to integrate research in training was discussed in depth. The following training standards were proposed:

- reading and writing academic papers
- basic knowledge in research design/ getting a good research questions
- getting to know basic mixed methods approach/ quantitative and qualitative tools for psychotherapy/ learning processes
- interviews and thematic analyses/ questionnaires for assessing the learning process
- interpreting data/ drawing conclusions
- searching/getting access to research literature
- ethics in research

Research topics should be included in the curriculum from the very beginning of training, like getting to know tools for collecting and analyzing data. The curriculum should include specific hours for research training as part of minimal training standards.

Participating in research projects should be supported as much as possible.

It is still a long way to go from now to a more research active future in psychodrama. However, like any other journey it can be achieved step by step.

Johannes Krall, chair of Reserch committee

REPORTS



REPORT FROM THE FRENCH-SPEAKING GROUP at Ninane, Belgium *Meeting notes of June 15-16-17, 2018.*

The French-speaking group has once again reunited for a second round at Ninane, Belgium. The group has been wonderfully and warmly hosted by its generous, open and thoroughly able hostess Chantal Nève Hanquet. Additionally, our special acknowledgement goes to Pierre Nève, for doing his outmost in providing his assistance for bringing the group together.

Last year's group experience helped us get into the heart of the matter quite swiftly, requiring only a short warm-up ; thus finding ourselves in the midst of active play.

We have played and shared in French, which is our group contract. Those of us who were not native French-speakers were in full harmony and participated with great generosity, which was a precious gift in itself.

Discussions and sharing of professional experience were made around the following themes :

Psychodrama work involving the concept of surplus reality.

Its use with traumatized individuals ; either victims or aggressors.

Its use in grief-work and in the completion of unfinished business.

Dream-work.

Doubling.

Use of EMDR integrated with psychodrama.

This year, not only did we have the opportunity to build on our common theoretical and practical knowledge; but also had the occasion to dwell on personal and intimate matters.

The group is growing and elaborating.

Our intention is to meet again during the time period that spans the 31st of May, 1st and 2nd of June 2019.



Participants:

Ana CASPAR Portugal, Colette ESMENJAUD France, Chantal NEVE HANQUET Belgium, Hande KARAKILIÇ ÜÇER Turkey, Luciano MOURA Portugal, Pascal GRAULUS Belgium

Not able to come:

Inna BRANEVA Bulgaria, Rayna VETZOVA Bulgaria, Virginie GIRARDIN France

REPORTS



REPORT FROM THE TASK FORCE FOR PEACE AND CONFLICT TRANSFORMATION WORKING GROUP

Judith Teszáry and Maurizio Gasseau

During the year passed we had two ZOOM-meetings and one group meeting during the IAGP Congress in Malmö. Those who were not present in Malmö joined us by ZOOM.

The aim of the meetings was to plan a Conference for 2019.

We created a project plan with budget and programme for the Conference to apply for economic support and sent the plan to the Council.

Here we present shortly the idea and in the next FEPTO.NEWS issue we will present the whole project and give more information about the Conference.

The Title: IDENTITIES IN WAR CREATING SPACES FOR ENCOUNTER

The PURPOSE of the conference is:

A. to have a professional exchange of knowledge of Theories, Psychodramatic and Sociodramatic Practice about

- 1.Crisis Intervention,
- 2.Elaboration of Collective trauma after Wars
- 3.Exclusion-Inclusion
- 4.Forming and healing of identities
- 5.Sexual abuse during wars

B. To spread knowledge about the methodology of psychodrama and sociodrama in the context of trauma and crises for psychology students , teachers and other professionals.

Place: is yet to be decided

Dates: 2019

Forms of the presentations: Symposium / Lectures / Workshops

FEPTO Task Force for Peace and Conflict Transformation coordinators:

Judith Teszáry jteszary@gmail.com

Maurizio Gasseau m.gasseau@univda.it

TIP GROUP MEETING in Venice



Oct'18
Cannaregio_Venezia
"Gam-Gam"

REPORTS



XX IAGP Congress, Malmö, Sweden

Pre-congress: July 31, 2018

Congress: August 1-4, 2018

RISING TIDES OF CHALLENGE AND HOPE

HEALING IDENTITY, IN SOCIETY, GROUPS AND INDIVIDUALS

Judith Teszáry

I attended the congress as a representative of FEPTO together with Chantal Hanquet.

The previous congress in Rovinj/Croatia 3 years ago was a turbulent one caused by a conflict of divided loyalties among the members concerning leadership issues.

Kate Bradshaw Tavon offered herself as President to save the situation and was chosen by a large majority. She did the right thing. Kate worked for the organization as a secretary for many years and was the right person to navigate IAGP into a new phase.

The Malmö congress also began with a bit of turbulence. The venue had to be changed which caused a lot of correspondence between the attendees and the organizers about the new venue, new bookings for hotels, etc.

But every bad thing brings something good too.

This happened to be a good warm up to the congress among members. There was a common mailing list, so one could read who would be attending, which workshop people would lead, finding common accommodation, etc.

The Chinese word “crises” means both danger and development.

The Malmö congress turned out to be a development and a new start.

There were not thousands of participants as in the past, about three hundred people attended, but this made the whole event more familiar and cozy. Engaged and initiated individuals came from Egypt, Australia, Brazil, India, China, Japan, Russia and African countries. Everyone was visible and recognized, especially in the large groups. The large groups were very dynamic and exciting.

Every evening, the large group was carried out by representatives from different group-modalities: Systems-centered approach, Psychoanalytic approach and Psychodrama/Sociodrama.

The Systems-centered method led by Susan Gantt works with the group as a whole. The practice is “based on the Theory of Living Human Systems developed by Yvonne Agazarian. The theory postulates that living human systems survive, develop, and transform from simple to complex through discriminating and integrating information.”

Shortly, in practice, it means that if you say something, you ask- “anyone else?”

The next person who wishes to speak has to repeat what the former one said. This could be the intention, the meaning, the feeling the person wants to express. It is a difficult method, you know what you want to say, but it is not easy to listen carefully and to correctly determine what the other says.

There were some delicate moments with resistance to adopt the method, but it was quite useful in bringing sense to a large group which can be quite chaotic.



REPORTS



The analytic approach led by Earl Hopper was a gentle way to reflect about the events of the day. The Psychodrama/Sociodrama large group was led by Penha Nery from Brazil. Latin-American psychodramatists have an old tradition of using Psychodrama/Sociodrama in public. Putting two chairs in the middle of the group and asking if someone has something to say to someone else. It gives plasticity and focus. You listen, you see, and you can respond. *If* someone raises a general issue, people can double the other chair and in this way the issue is enlightened upon by many aspects. A very sympathetic method I would say.



The Psychodrama Section meeting was short and most of time was directed towards remembering Anne Schützenberger with many-many pictures from her rich life. Nevzat Uctum from Turkey was voted for as the new section leader and the former leader Dena Baumgartner was thanked. Unfortunately, we had no time to talk about the goals and actions to take in the section. But, we will build a committee around Nevzat to form the plans.

The elected president of IAGP is Richard Beck from New York. He is a clinical social worker, adjunct professor at several universities. He has been working with trauma of survivors, families, professionals, helpers after 9/11.



He is a former chair of the Trauma Disaster section of IAGP. From this role, I contacted him for cooperation and exchange between the FEPTO Task Force for Peace and Conflict Transformation. We will continue the cooperation with the Task Force for the disaster management section.

IAGP developed during the last years from an organization covering mostly psychotherapy to an organization dealing with a larger area of group work and group processes.

IAGP has several sections besides the Psychodrama and Trauma disaster sections, such as: Family Therapy, Analytic group, Organizational Consultancy, Trans-cultural, Young Professionals.

The next congress will be held in 2021 in Vancouver, Canada and I hope many FEPTO members will participate and present workshops, papers, lectures.

If someone is interested in the lectures of key-note speakers, write to me and I can send these lectures so can get a taste of the topics we dealt with.

jteszary@gmail.com



Announcements & Invitations

FEPTO Research Committee Meeting



Research for a magic profession?

SCIENTIFIC REASONING IN PSYCHODRAMA TRAINING AND PRACTICE

4th – 7th of October, 2018

UNIVERSITY OF LEIPZIG, Germany



ORGANIZING COMMITTEE

Anett Richter-Nowak

Uwe Nowak, & Katja Kolmorgen,

Psychodrama Institute Surplus, Leipzig, Germany

Johannes Krall

FEPTO Research Committee

Alpen-Adria University of Klagenfurt



Announcements & Invitations

2nd INTERNATIONAL IAGP PSYCHODRAMA CONFERENCE

8th INTERNATIONAL PSYCHODRAMA CONGRESS

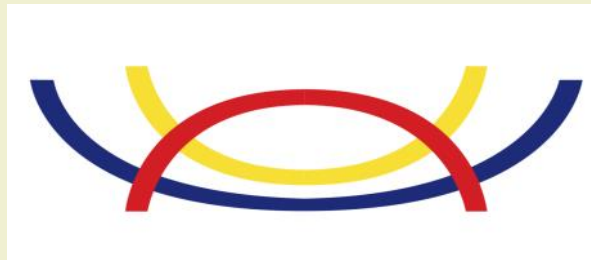
Invitation

2nd INTERNATIONAL IAGP PSYCHODRAMA CONFERENCE

8th INTERNATIONAL PSYCHODRAMA CONGRESS

September 4th - 8th 2019 – ISEO - ITALY

WHO SHALL SURVIVE?



„I invite man to turn to himself. I invite him to recognize the meaning of the living encounter: in the age of computers, robots, household appliances, cars, and airplanes, I propose to him to establish an unmediated relationship with the people he meets in the streets, at work and at home, to acknowledge that their worthiness is immortal and unperishable and they are not mere numbers in a game.” (J.L. Moreno, New York, 1960s)

Jacob Levi Moreno, creator of psychodrama and sociodrama, pioneer in group psychotherapy and co-founder of IAGP, organized 7 International Psychodrama Conferences before his death in 1974. Over half a century after the first international conference in Paris in 1964, the Eighth International Psychodrama Conference and the Second IAGP Psychodrama Section International Conference will take place in 2019. The organizing committee, along the path laid out by the Fourth International Sociodrama Conference organized at Iseo in 2013, intends to resume and develop J.L. Moreno's concepts of **co-responsibility** and **co-creation of the world**, which have marked psychodramatic practice in the care of individuals, groups, and society from the very beginning. The title of the Conference **“Who Shall Survive?”** refers to this core message: will women and men that can be spontaneous and creative in the co-creation of society and, at the same time, open to meeting the Other in the co-responsibility of care and change survive challenges, transformations, traumas, and collective tragedies? In the vital interaction with clinical and social practice in the groups as well as in society, **the international movement of psychodramatists** has promoted and developed this vision in the past fifty years, a vision that the Eighth International Psychodrama Conference intends to share by examining some emerging themes in this

Announcements & Invitations

2nd INTERNATIONAL IAGP PSYCHODRAMA CONFERENCE 8th INTERNATIONAL PSYCHODRAMA CONGRESS

Invitation

historical time.

- * GENDER IDENTITY AND GENDER VIOLENCE
- * MIGRATIONS AND INTERCULTURALISM
- * WARS AND INDIVIDUAL AND COLLECTIVE TRAUMAS
- * FRAGILITY AND DISABILITY

The Conference location is a territory that is open to welcome this meeting: the *Il Germoglio* coop at Iseo, which has been committed for decades to the care of disabled people, is the pulsating organizing heart, like in the previous Sociodrama Conference in 2013, and in the *Psicodramma a Più Voci*, an event that has promoted the interaction of psychodramatists all over Italy in the past twenty years.

Call for workshop, paper and poster 30th April 2019

Scientific committee

Dena Baumgartner (USA), Richard Beck (USA), Nevzat Uctum Muhtar (Turkey), Kate Tauvon (UK/Sweden), Franca Bonato, Laura Consolati, Chiara De Marino, Luigi Dotti, Vanda Druetta, Ivan Fossati, Maurizio Gasseau, Marco Greco, Clelia Marini, Gaetano Martorano, Salvatore Pace, Vanda Romagnoli, Antonio Zanardo (Italy)



Conference venue

Istituto Antonietti – Via Paolo VI, 3
25049 Iseo (Brescia) Italy

Conference central office

ILGERMOGLIO
Cooperativa di Solidarietà Sociale Onlus
Vicolo della Manica 17/G
25049 Iseo (Brescia)

Pre-Conference Leaders

Dena Baumgartner (USA), Giovanni Boria (Italy), Jorge Burmeister (Swiss/Spain), Kate Tauvon (UK/Sweden), Monica Zuretti (Argentina)

International workshops Leaders

Updated to 20/7/2018 (in progress)

Georgios Chaniotis (Greece), Krzysztof Ciepliński (Poland), Agnes Dudler (Germany), Eva Fahlström Borg (Sweden), Chantal Neve-Hanquet (Belgium), Ursula Hauser (Costarica/Swiss), Magdalene Jeyarathnam (India), Marcia Karp (Regno Unito), Arsaluys Kayir (Turkey), Johannes Krall (Austria), Grete Leutz (Germany), Manuela Maciel (Portugal), Nevzat Uctum Muhtar (Turkey), Oded Nave (Israel), Leandra Perrotta (Australia/Italy), Mona Rakhawy (Egypt), Khader Rasras (Palestine), Nikos Takis (Greece), Galabina Tarashoeva (Bulgary), Judith

Announcements & Invitations

2nd INTERNATIONAL IAGP PSYCHODRAMA CONFERENCE 8th INTERNATIONAL PSYCHODRAMA CONGRESS

Registration & Accommodation

Teszary (Sweden), Leni Verhofstadt-Deneve (Belgium), Michael Wieser (Austria)

Registration from 1st August 2018

www.psychodrama2019.org

FACEBOOKOFFICIAL

International IAGP Psychodrama Conference - Iseo - Italy September 2019

info@psychodrama2019.org

Registration timeline

Before 31/10/2018: €310,00/230,00*

Pre-Conference € 90,00/65,00*

Students € 150,00/110,00*

Pre-conference students € 70,00/50,00*

Before 30/04/2019: €360,00/270,00*

Pre-Conference € 100,00/75,00*

Students € 170,00/125,00*

Pre-Conference students € 80,00/60,00*

From 01/05/2019: €450,00/335,00*

Pre-Conference € 110,00/85,00*

Students € 190,00/140,00*

Pre-Conference students € 80,00

* Country band assignment

Registration includes:

- All Conference events
- Welcome dinner
- 3 lunches + 1 (pre-conference)

Companions – € 30 (all countries)

Included

- Opening and closing ceremonies
- Welcome dinner

Meals excluded



Suggested accommodation

Camping del Sole

www.campingdelsole.it

Bungalows, mobile home, apartments, chalets – with bathroom, kitchen, air conditioning.

Solutions: single or double rooms, shared rooms, (max 6 people).

Chalet and apartments reservations

NOVASOL +39 0412516150

Mobile home reservations

+39 0725183183 (dall'estero)

+39 0365522595 (dall'Italia)

*Iseo Lago Hotel (****):*

www.iseolagohotel.it

+ 39 030 98891

Announcements & Invitations

2nd INTERNATIONAL IAGP RESEARCH CONGRESS

Thessaloniki, Greece

14th - 17th of June 2019



Dear Colleagues,

As you may already know, the 2nd IAGP International Research Congress will take place in Thessaloniki, Greece from 14th to 17th of June 2019. The main theme of the Congress is "Trauma and Crisis". Nikos Takis is a member of the organizing committee. There will be a special FEPTO track. It's a great opportunity for all of us to promote Psychodrama and demonstrate the important research and work that has been conducted by many members of our community. Therefore, we strongly encourage and invite you all to present your work in this important International Congress. You can either organize a round table or symposium along with other colleagues, make an oral or poster presentation, or deliver a workshop related to Trauma and Crisis.

You can also see below the list of topics for the IAGP research congress in Thessaloniki. You can find more information about the registration, accommodation and abstract submission in the link:

<http://iagpresearchcongress2019.com>

We hope to see you there!
Our best wishes to all!

Nikos Takis & Ana Cruz

LIST OF TOPICS

Group Psychotherapy and Trauma.

Group Analysis and Trauma Research.

Psychodrama and Trauma Research.

Management and Trauma Research at Work in Organizations.

Psychosocial Risks at Work during Crisis.

Social Research on Trauma:

- Trans-generational trauma and Social Unconscious
- Research on Social Trauma.
- Financial crisis and Trauma.
- Meta-traumatic Syndrome and Trauma after Wars and Physical Disasters
- PTSD and Trauma Resolution

Clinical and Laboratory Research on Trauma:

- Psycho-Neuro-immunology
- Psycho-Neuro-Endocrinology

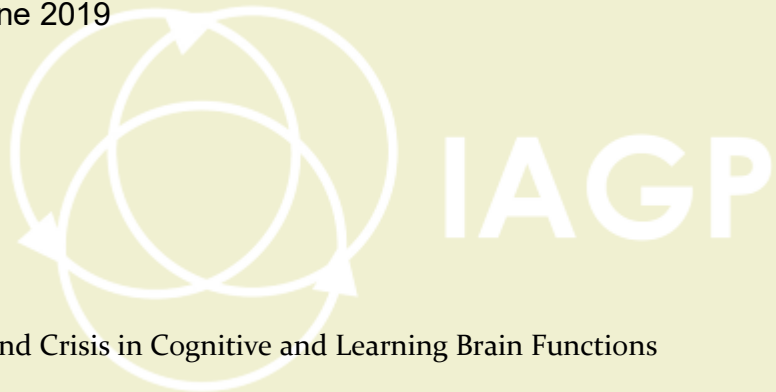


Announcements & Invitations

2nd INTERNATIONAL IAGP RESEARCH CONGRESS

Thessaloniki, Greece

14th - 17th of June 2019



- Fertility and Reproduction

- Psycho-Oncology

Brain Plasticity:

- Alterations provoked by Trauma and Crisis in Cognitive and Learning Brain Functions

- Trauma and Psychosomatics

- Trauma and Depression in Dementia

- Trauma and Memory & Modifications

- Modification of Brain Plasticity by Group Psychotherapy in Trauma situations.

Family & amp; Couples Research on Trauma.

PTSD and Trauma.

Drug Abuse and Trauma.

The Contribution of Art in Trauma situations.

Trauma and Education.

Dreams and Trauma.

Trauma and Climatological changes and Physical disasters.

Trauma and Refugees

- PTSD and Syndrome of Multiple Losses: Therapeutic Treatment in Groups

- Mourning process and Transmigration

- Treatment and therapeutic responses the crisis; management in Society and the refugee social problems

- Transcultural approach: The clash of cultures between refugees.

- Conflict resolution in refugee camps: Methods and Treatment

- Dealing with Stress and Trauma.

- Cultural Epidemiology

- Torture and Hate Crimes

- Racism-Exclusion- Bullying and Violence

- Terrorism

- Group Intervention and Support on Human Rights

- Refugees and Education at Schools.

- Trans-generational Trauma in refugees.

- Psychosocial Risks of refugees at work.

- Regional Activities and collaboration with International Organizations

- Tools for the Study of Migration in Groups (Methodology, Statistical data, Therapeutic Factors)

- Support and counselling to the staff and supervising members of Organizations related/involved with refugees (NGOs, Medecins sans Frontieres, UNCHR etc).

- The contribution of Art in Groups of refugees

- Dreams in refugees.

- Faith and trans-religion conflict in refugees.

- Trans-cultural Epidemiology.

- Gender issues and Trauma.

Announcements & Invitations

EBTS-Training and Programme Seminars and webinars Spring 2019

In the EBTS-Project, EBTS (Evidence Based Trauma Stabilisation) training and programme are created and implemented. The EBTS-Training and Programme support the integration of refugee, asylum seeking and immigrant families, and widen competencies of professionals, who work with these families. Both training and programme are based on trauma theories, action methods of psychodrama and sociometry, and using playing in stabilisation. The project started in Autumn 2017, it is works in Bulgaria, Finland and Germany.

The EBTS-Project organises seminars in Bulgaria, Finland and Germany, where training and programme are presented, experiences of participants in trainings and programmes are shared, and research results of effectiveness research of programme and training are published. There will be keynote speakers, too, who are specialists in refugee and asylum-seeking issues in practice and research.

EBTS-Project invites you join seminars in Germany, Finland and Bulgaria:

March 2019: Seminar in Sofia, Bulgaria, co-organised with The State Agency for Refugee in Bulgaria.

May 16th, 2019: Seminar in Helsinki, Finland. This is organised so that it is easy to connect it to FEPTO Conference and AM in Tallinn.

June 4th, 2019: Seminar in Cologne, Germany. This is co-organised with SKM (Caritas), Cologne.

There will be 2 webinars in May/June 2019. One is focusing in the EBTS-Programme and its effectiveness; the other in the EBTS-Training and its effectiveness. You are very welcome to join the webinars, too. You just need a web connection to participate.

Exact times and dates with more information of registration will be published in January, 2019. Follow us in Facebook and web pages www.traumastabilization.eu

FEPTO is an associated partner in EBTS-Project (Evidence Based Trauma Stabilisation). The EBTS-Project is co-funded by Erasmus+ Adult Education of EU.

For more information, contact:

Milena Mutaftchieva (Bulgaria): milena@traumastabilization.eu

Stefan Flegelskamp (Germany): stefan@traumastabilization.eu

Reijo Kauppila (Finland): reijo@traumastabilization.eu



Co-funded by the Erasmus+
Programme of the European Union

FEPTO as a partner in an Erasmus+ project



As a coordinator and administrator on behalf of FEPTO I proudly inform you that the application for a new phase of Erasmus + has won a grant.

Background

The P.E.R.F.O.R.M.E.R.S. was an initiative to reinforce the Sociodrama training in Europe in order to implement the method in institutions which are working with disadvantaged youth. The project: ERASMUS+ Strategic Partnership Exchange of Good Practices in Vocational Education and Training Program was funded by the European Commission. The applying organisation was the Hungarian Psychodrama Association (MPE).

The first 15 months long period of the project ended January 2018. This phase served first of all to build up a strong professional network and to establish a cooperation with the youth field institutions on local level and to establish cooperation and professional exchange among psychodrama training organisations on an international level.

The new project: Erasmus+ Strategic Partnership Supporting Innovation in Vocational Education and Training.

The main goals of the project are:

- to create a structured compilation of existing sociodrama theories, methods, practices and training structures
- to develop “site-specific” sociodrama curricula
- to implement sociodrama in the institutions of social services
- to build up a European network for sharing sociodrama minimum standards

FEPTO's contribution to the project:

- FEPTO delegates 6 staff members in the project
- FEPTO's staff members promote sociodrama in FEPTO and work on its structural integration in the organization
- FEPTO's staff members provide their knowledge to the partners about the umbrella organization
- Establish procedures for curriculum building and standardization.
- Partners can participate in FEPTO events (in conferences, in Research Committee meeting, in Training Committee meetings)

Project duration: 34 months

Project time frame: 2018/10/30 – 2021/08/29

Number of partners: 7

MPE Hungarian Psychodrama Association (Consortium) - EMMIBP Hungarian Detention Centre - FEPTO
 - BIP Birmingham Psychodrama Institute - SPA Swedish Association of Psychodramatists - SPP Portuguese Society of Psychodrama - NOS (Portuguese Social partner)

Judith Teszáry, Coordinator and administrator
 on behalf of FEPTO

Co-funded by the Erasmus+
 Programme of the European Union



Professional readings

FROM TODAY, TOMORROW. CORE CONCEPTS OF PSYCHODRAMA REVISITED

Dimo Stantchev M.D.

The entire lecture can be found on <http://www.fepto.com/>

By revealing the essential basic conflictuality lying at the core of most of Moreno's central theoretical and therapeutic concepts and discoveries in Psychodrama (**The Canon of Creativity; The Meeting; The Cultural, the Social and the Role atom**) the author is introducing and is opening for discussion his own formulations of *three additional theoretico-clinical definitions*, issued from his own therapeutic practice as psychodrama-therapist and psychoanalyst, that he finds of crucial importance for the enhancement of the effectiveness of our clinical psychodrama work:

- **The Principle of Psychic Conflictuality** - which could be seen as the psycho and socio dynamic core of the Spontaneous Creative Matrix, and which is transforming Spontaneity into a very complex conflictual Psychic Outcome - an overdetermined psychic construct and compromise formation - rather than being an initial primary energy, basic attitude or Psychic Cause in itself, allowing, this way, the transformation of the closed Spontaneity circle into a prospective Developmental spiral.

“In this sense, *spontaneity could be seen much more as a very complex psychic result, than as a psychic cause in itself*, a psychic construct, a capacity that could indeed be fostered, and in this sense *trained*, and which is experienced only on the conscious and behavioral level as *a propelling force in human progress*. This is why I think that spontaneity can only *descriptively* be “high”, “low”, “lost” or “blocked” in a cultural conserve.



Psychodynamically it has to be considered as a psychic capacity which is “conflictualised”, “constructed” and trained, as Moreno has put it, throughout our whole life, starting from the pre-symbolic *automatism and reflexivity* (of human needs and desires), mentioned by him, and being subjected to successive transformations through our consecutive life achievements, losses and identifications, incarnated finally in the different roles, that we are prone to recognize at the social level as entities in themselves, as a-tomos or cultural conserves (through the whole process of “humanization” of the machine-robot).

These conflictualised desires and primary phantasies, arising from and during the different positions and phases of our psychic development, with their ensuing object relations and psychic compromise formations, are associated, intertwined and enmeshed in such a way, that they are activated simultaneously in each given concrete situation as specific roles, with their specific Atoms of the Roles. (I will come back on this topic a little bit later). **We are to “choose” unconsciously (and that is what we use to call Spontaneity) which of them to privilege in each concrete situation**, according to the *interpersonal and intersubjective* specificity of the unfolding process in the “*here and now*” of the Encounter, from one hand, and of the *intrapsychic* economy and the activated object relational matrix, intrapsychic defensive operations and compromise formations, based on the “*there and then*”, from the other...



Professional readings

It is of crucial importance to assert after Moreno, that as human beings, **we need obligatory to pass through the interpersonal and the intersubjective encounters in order to form, develop and gain access to our intrapsychic (intrasubjective) world**, as well as part of the normal psychic and emotional development of the infant (the matrix of identity), as of the whole life process and of the psychotherapeutic relationships.



The consequences of this reformulation of the concept of Spontaneity should lead, on the level of the therapeutic practice, to the conclusion that in order to “stimulate” a specific aspects of the protagonist’s spontaneity in some concrete situations of the psychodrama encounter, we need to arrange the scene in such a way, that could be helpful for the resolution of the underlying conflict/s that are overdetermining the spontaneity’s “blockage”, through opening a sufficient space for the working-through and elaboration of it’s phantasmatic, objectal and defensive corollary, which, I think, gives back all its psychological importance to the complex process of doing-undoing-redoing during the psychodramatic process.



It’s very important to notice also that **spontaneity and especially creativity, according to me, could be apprehended as such only in the afterwards/ après-coup/nachträglichkeit of the encounter** and of the psychodrama enactment. In the moment of spontaneity and of action/co-action itself, the interaction/s are subjectively lived as “pure” acts/re-acts, thoughts and emotions, very

close to what Moreno has so abundantly described. I think that this point of view over the psychodrama enactments could shed some additional light over the crucial importance of the process of sharing....

For me it is important to make a very clear theoretical and clinical distinction between the 1) acting-out as a Play, with all its transitional intrapsychic and intersubjective symbolic complexity, which was mainly the sense that Moreno gave to acting-out, and 2) the acting-out as an unconscious Repetition compulsion, which partially or fully lacks symbolization, and 3) the acting-out as a pretended spontaneity, hiding almost conscious aggressive and destructive impulses of vengeance and envy in search of an omnipotent control and triumph, where the play could be a perverse enactment...



From this point of view, **the main curative factor in Psychodrama shifts from the spontaneous action per se, to the relational intersubjective matrix given as a symbolized and symbolizing opportunity for the transformational intrapsychic processes in the protagonist to take place during the psychodramatic enactment.**” (p.11-13)

- **The Principle of Neutrality** – which takes into account the Basic Asymmetry of the Encounter, and which consists in a general reflective and self-reflective stance from the part of the Psychodrama Director, allowing him to keep some equidistance and equicloseness during the whole psychodramatic process, and dispensing him, as much as possible, from being implicated in some advice giving interactions, some suggestive therapeutic interventions or some, more or less overt, therapeutic seductiveness during the therapeutic work.

“If we take the conflictuality as an organizing principle in the psychic realm, incl. in spontaneity and creativity, we will have to acknowledge **the basic asymmetry** of the different intrapsychic positions and roles from which each Meeting/Encounter in the “here and now” is taking place during our lifecycle, as well as the profound irreversibility of some of those positions - that is to say, we have to acknowledge the influence of the reality principle and of the reality itself (be it biological, psychological, social, cultural, structural or anthropological)- in the sense of accepting the limits of our psychic omnipotence, with the ensuing and structuring emergence of the differences between Beings, Sexes and Generations...

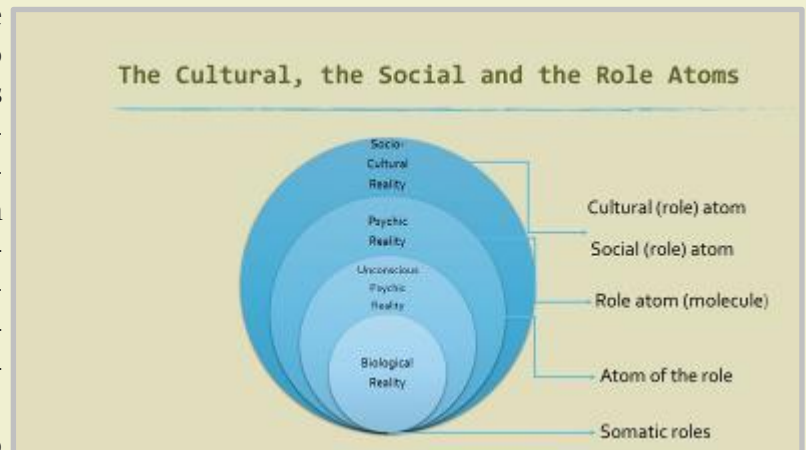


Professional readings

Apprehended from this angle, the encounter could be revisited in order to include not only the double reversible direction and interplay of the interpersonal and the intersubjective exchanges in *The tele-empathy-transference complex*, but also to allow the fundamentally asymmetric and triangulated human desires and the ensuing sexuality, with all their inherent conflictuality, to enter the Psychic and the Psychodramatic Scene with its *three chief agents of production* - *protagonist, director and audience*. That means to acknowledge, that **every meeting of two could at least be a meeting of three**, (A. Green) where the third is psychically present in the mind of the protagonists, as the result of the unconscious and conflictual internal identifications of each of the actors with both of her/his parents and/or caregivers during his development and

identity matrix formation.” (p.16-17)

- **The Atom of the Role** - which represents the complex, mainly unconscious structure of the Role itself, composed of many interconnected, interdependent and conflictual psychic elements, such as: the needs/desires (incl. the infantile sexual desires); the internalized, especially very early, primary object relationships; the prohibitions, the inhibitions or the adherences to these wishes; the used defensive maneuvers and operations; the resulting psychic compromise formations; and the affective overtone of all these psychic processes, which have, on a descriptive level, a purely conscious cultural, social and psychological aspects and layers as well, frequently misleadingly used as a valid representation and explanation of the Role itself.



“From some years I’m trying to develop **the concept of the “Atom of the role”**, investing my efforts to make more evident as well the conflictual and unconscious intrapsychic parts of the role itself, as its more conscious and explicitly or implicitly “prescribed” normative and social counterparts. I hope that this approach will give us the possibility to get even more closer to *the “truth” of the inter-personal relations and of the private worlds*

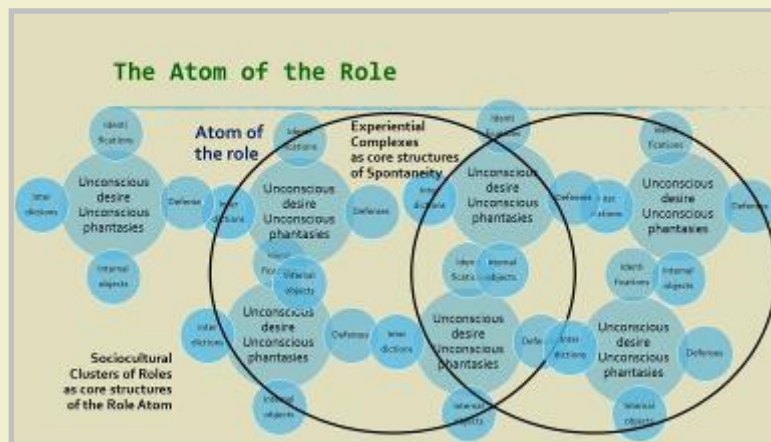
According to my understanding, the Role could be defined as a consistent, sustainable, dynamic and mainly unconscious construct (atom, complex), structured from:

- Unconscious desires/needs for/from the Other/s
- Unconscious phantasies, linked with these desires/needs (a kind of proto-roles)
- Internalized object relations (unconscious), linked with these desires and unconscious phantasies, especially towards the early primary objects
- Unconscious sanction (positive or negative) towards these desires/needs (leading to overt

Professional readings

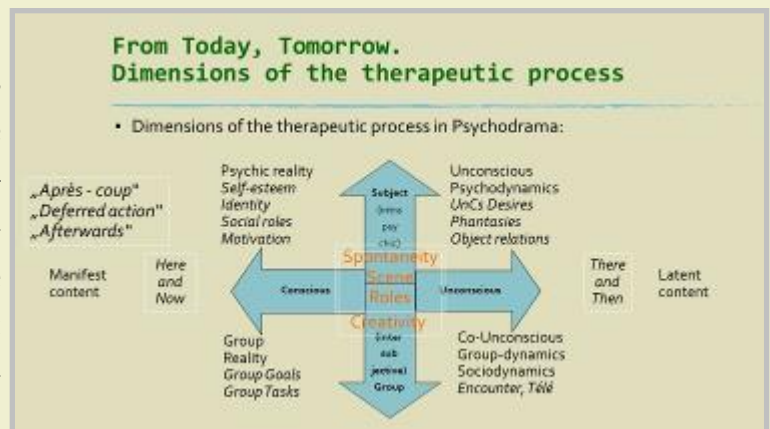
or latent intrapsychic and/or intersubjective conflicts)

- Achieved unconscious compromise formations – as the result of the defensive psychic maneuvers, incl. the resistances against the change (conserves)
- Behavioral, incl. somatic, affective, cognitive, social and spiritual elements, which are largely Con-



scious and socially constructed” (p. 20)

As a summary, the author proposes his overview of the complex **Dimensions of the therapeutic process in psychodrama**, taking into consideration as well the intersubjective, interpersonal and group aspects of the process, as the individual and intrapsychic ones, all examined according to their conscious and unconscious characteristics.



An impromptu SWOT- analysis

Psychodrama's Strengths

- Instantaneous (in the here and now);
- Interactive (based on co-action)
- Inspirational (aimed at co-creativity);
- Interpersonal (based on sociodynamics);
- Intersubjective (moved by the encounter and télé);
- Intrapsychic (using psychodynamics);

Psychodrama's Threats

- Self-evidence (Action mediated)
- Simplification (Naturalness);
- Suggestions (Instilment);
- Seductiveness (Permissiveness, Collusion);
- Speculations (Idées fixes);

Instead of a conclusion, the author risks an **Impromptu Organizational analysis** of the Strengths, the Weaknesses, the Opportunities and the Threats for Psychodrama as a psychotherapeutic approach and as an Organizational practice, (a **SWOT** analysis), advocating for more psychotherapeutic theory and clinical psychopathology during the psychodrama training and more reflection and self-reflection during the clinical work and the supervisions.

Professional readings

SOME ASPECTS OF EFFECTIVENESS OF PSYCHODRAMA THERAPY WITH PATIENTS WITH PANIC DISORDER

Galabina Tarashoeva, M.D.

I dedicate the results of this study to the memory of Professor David Kipper from the University of Chicago, who not only dared to measure spontaneity but contributed greatly psychodrama to become science!

I chose the subject - panic disorder, because I am convinced that we owe it to our patients, and the topic – psychodrama, because I believe we owe it to the method, undeservedly left out of academic psychiatry and psychotherapy.



Abstract

Introduction - Importance of the problem and the need for new solutions:

The lifetime prevalence of panic disorder among the population is high - from 1% to 4% (Pompoli 2016), despite the presence of pharmacological, psychological and combined treatments, 20-40% of all patients with panic disorder fail to respond adequately to the initial treatment (Bystritsky, 2006), approximately one-third of all patients with panic disorder have persistent panic attacks and other symptoms of panic disorder, and after treatment (Freire 2016) This requires enrichment of the therapeutic repertoire with new, proven effective methods of treatment or addition to the medical treatment of panic disorder, alleviating the suffering of the patients, preventing their chronicling and releasing a significant resource for the medical institutions, including emergency care, from unnecessary tests and interventions..

A retrospective study shows that patients with panic disorder have a higher rate of inhibition of behavior than controls (Reznick, et al., 1992). These data speak of blocked spontaneity in these individuals, which begins in childhood, occurs in caution, timidity, shyness and introversion, blocking increases over the years and reaches its maximum when panic attacks begin. Professor David Kipper's studies show a positive correlation between measured spontaneity and well-being, self-efficacy and self-esteem and a negative correlation between spontaneity and anxiety, stress, and obsessive-compulsive tendencies (Christoforou, Kipper, 2006; Kipper, et al., 2008; 2009). The psychodrama method has proven effectiveness in enhancing spontaneity in a non-clinical sample - female victims of violence (Testoni et al., 2012, 2013a, 2013b), students with pre-test anxiety (Kipper, Giladi 1978), pupils (Orkibi et al 2017), and others where spontaneity is impaired. This gives us reason to assume that psychodrama as a method stimulating spontaneity and allowing the roots of psychological problems in childhood to be reworked will be very useful and effective for those suffering from panic disorder. The efficacy of the psychodrama method in addition to drug therapy has been demonstrated in some other mental illnesses such as major depressive disorder (Costa, 2006), which gave us a reason to assume good effectiveness in addition to medication therapy in panic disorder.

As far as we know, no study of the effectiveness of psychodrama psychotherapy in panic disorder is published until now. In the last 20 years psychodrama has become a popular method for psychological

Professional readings

treatment in Bulgaria. However, there was no scientific evidence of its effectiveness in the Bulgarian public system for mental health care so far.

Parallel to the need to provide yet another method for more successful treatment of patients with panic disorder, the argument for this study is also the need for more scientific evidence to validate the psychodrama method, as called for by Professor David Kipper, Peter Felix Kellerman and Michael Wieser (Kipper 1978, 1989, Kellermann 1987a, Wieser, 2007), in which we are also convinced.

Results and Discussion:

Patients with panic disorder treated in parallel with psychodrama and pharmacotherapy showed statistically significantly greater reduction in anxiety symptoms (13.2 vs. 25.75, $t(38) = 4.25$, $p < 0.05$), improvement in mental well-being (0.99 compared with 1.69, $t(38) = 2.54$, $p < 0.05$), improvement in overall clinical outcome (0.75 versus 1.35, $t(38) = 2.97$, $p < 0.05$) and reduction of problems / symptoms (1.08 vs. 1.72, $t(38) = 2.35$, $p < 0.05$) versus those receiving only pharmacotherapy.

Anxiety was reduced under those values, accepted for pathological, in 55% of patients who participated in the psychotherapeutic group. Parallel to this, a higher increase in spontaneity (61.3 vs. 49.25; $t(38) = -3.01$; $p < 0.05$) was observed, confirming the role of psychodrama as a method of enhancing spontaneity in these patients.

There is found significant in strength ($R = -0.645$) and a statistically significant ($p < 0.001$) negative correlation between changes in spontaneity and anxiety values for all subjects as a whole. Increased spontaneity was also associated with an increase in mental well-being ($R = -0.716$, $p < 0.001$), improvement in overall clinical outcome ($R = -0.690$, $p < 0.001$) and function ($R = -0.507$, $p < 0.05$) reduction of problems / symptoms ($R = -0.687$, $p < 0.001$) in patients with panic disorder.

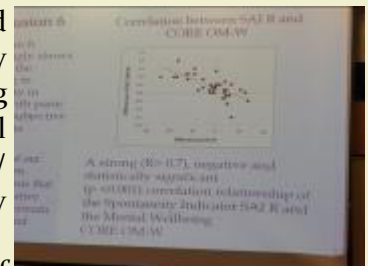


These results fully confirm the results of professor David Kipper proving a positive correlation between spontaneity and well-being and a negative correlation between spontaneity and anxiety (Christoforou & Kipper, 2006), and support Moreno's thesis that spontaneity and anxiety can exist within the same person, but not at the same time, nor within the same situation (Moreno, 1964)

Reducing the symptoms of anxiety, increasing spontaneity, problems/symptoms reduction, improvement of well-being and overall clinical outcome of patients with panic disorder in parallel therapy with psychodrama and pharmacotherapy remained significantly more pronounced than in those treated with pharmacotherapy alone also 6 months after ending the therapeutic course with psychodrama.

Conclusions:

Patients with panic disorder treated in parallel with psychodrama and pharmacotherapy show greater improvement in their anxiety symptoms than those treated with pharmacotherapy alone. For 6-months treatment course, 55% of patients reached a lack of clinically significant anxiety symptoms. This improvement goes along with a significant increase in their spontaneity, reduction of their problems and improvement of their well-being and general clinical outcomes. The improvement in their anxiety symptoms remained significant 6 months after completion of the psychodrama treatment course. The increase in their spontaneity, reduction of their problems, and improvement of their well-being and general clinical outcome also remained significant 6 months after completion of the course of treatment.



Professional readings

The presence of a significant increase in spontaneity in patients treated in parallel with psychodrama and pharmacotherapy is confirmed. Increased spontaneity correlates with reduced anxiety, improvement in overall clinical outcome and functioning and increased mental well-being, which supports the hypothesis of its importance for mental health in people with panic disorder.



This study is not funded by any public, commercial or non-governmental organization.

Acknowledgements:

I thank all those who have contributed to the creation and the success of this study:

- The team of the Research Committee at FEPTO, with coordinator Gabriela Moita University of Porto, and in particular the European Projects Group - Gabriela Dima, Spiru Haret University of Brasov, Michaela Bucuta, University of

Sibiu, Romania, Prof. Michael Wieser, Alpen Adria University of Klagenfurt, Austria, Maria Silvia Guglielmin University of Padua, created the original idea of designing a European Project "Study of Effectivnes of Psychodrama for Anxiety Disorder " (unrealized), which has grown into the idea of pilot studies in individual countries.

- Prof. Chris Evans, MD, University of Cambridge, CORE System Trust, and Prof. Celia Sales, University of Porto, who helped me to refine the design idea of the study.

- Prof. Ines Testoni, University of Padova and the entire international team of the European project EMPOWER, incl. Maria Gorinova and Teodora Nikolova, from Orpheus, Bulgaria, through which the SAI-R and CORE-OM tests in Bulgaria were validated

- Angel Tomov and Rayna Nemtsova as co-leaders of the psychotherapeutic groups, Dr. Maya Kostadinova, who has administered HAM-A

- All patients, participated in the study

- Petra Marinova Jambazova MD, Ph.D, for the constant support, knowledge and experience

- All colleagues, who referral patients for participation in the study

- Prof. Kojuharov, Prof. Shishkov, and the entire Department of Psychiatry and Medical Psychology at the University of Medicine in Varna to provide opportunities for the realization of the ideas and their popularization in the Bulgarian academic psychiatric community, as well as for the cooperation, support and understanding.

An article about the results of this research (in English) you could find at [https://www.researchgate.net/publication/318942384_Effectiveness_of_Psychodrama_Therapy_in_Patients_with_Panic_Disorders - Final Results](https://www.researchgate.net/publication/318942384_Effectiveness_of_Psychodrama_Therapy_in_Patients_with_Panic_Disorders_-_Final_Results)

"The presented dissertation thesis is an original and authentic product, resulting from own research. The study is the only research of the effectiveness of a psychotherapeutic method in Bulgaria, and with its focus on psychodrama and panic disorder is uniquely and internationally. The main conclusions and contributions are correctly formulated and focused on influence of psychodrama on anxiety, spontaneity ..." prof. Georgi Onchev

"The choice of the topic itself is a challenge as it enables for the first time in Bulgaria to explore the psychodrama therapy in a clinical setting and to prove the effectiveness of the psychodrama process to improve the overall clinical outcome in patients with panic disorder." "Prof. Dr. Nadezhda Vitanova,

More can be found on <http://www.fepto.com/>

Psychodrama calendar



September 28-30

International Conference for Psychodrama with Children and Youth – Budapest, Hungary

Our Common Language: Symbolic Play

www.childpsychodramabudapest.hu

October 19-21

Psychodrama Society J. L. Moreno (SPJLM) and Romanian Association of Classical Psychodrama (ARPSiC) – Cluj-Napoca, Romania

XI. National Psychodrama Conference: *Psychodrama Applications in Therapy and Organisations*

<http://www.psihodrama.ro/>

November 9-11

Asociación Española de Psicodrama (AEP) – Granada, Spain

33. Meeting of AEP: *El encuentro: creando entre muros y espejos*

<http://www.aepsicodrama.es/>

November 16-18

Polish Psychodrama Association (PIP) – Krakow, Poland

III. Psychodrama Festival: *On the Wings of Catharsis*

<http://www.psychodrama.pl>

2019

January 16-20

Australian and Aotearoa New Zealand Psychodrama Association (AANZPA)

Duchesne College, University of Queensland, Brisbane, Australia

<http://aanzpa.org/>

March 21-24

Centaur Art Foundation

Plovdiv, Bulgaria *8th Psychodrama Festival*

<http://www.psychodramafestival.eu>

April 2-6

World Council for Psychotherapy (WCP) and World Association for Personality Psychology (WAPP)

Hanoi, Vietnam: 3rd World Conference on Personality: topic to be decided

<http://www.worldpsyche.org/>

May 2-5

American Society for Group Psychotherapy and Psychodrama (ASGPP) – Manchester, New Hampshire, USA

77th Annual Conference: *Discovering new Worlds. Transformational Advances in Psychodrama,*

Sociometry and Group Psychotherapy

www.asgpp.org

Psychodrama calendar

May 8-11

Foro Iberoamericano de Psicodrama (FIP) – Costa Rica

XII. Congreso Iberoamericano de Psicodrama topic to be decided

<https://www.facebook.com/XIIiberoamericanoPsicodrama/>

May 17-19

FEPTO with Tallinn Psychodrama Institute (Estonia), MTÜ Tartu Psühhodraama Instituut (Estonia)

and Helsinki Psychodrama Institute (Finland) – Tallinn, Estonia

14th FEPTO Conference: *Mindful Action for Development – Learning of Individuals and Groups.*

www.fepto.com

May 19-23

FEPTO – Tallinn, Estonia

27th FEPTO Annual Meeting: topic to be decided

www.fepto.com

June 14-17

International Association for Group Psychotherapy and Group Processes (IAGP) – Thessaloniki, Greece

2nd IAGP International Research Congress: *Trauma and Crises*

<http://iagpresearchcongress2019.com/>

August

Centre of Athenian Psychodramatic Encounters – Kolympari/Crete, Greece

3rd Hellenic Summer Psychodrama Academy

<http://www.psychodramath.gr>

September 4-8

International Association for Group Psychotherapy and Group Processes (IAGP) – Iseo, Italy
Psychodrama International Conference

<http://www.iagp.com/>

September 13-15

Psychodrama Institut fur Europa e.V. (PIfE) with Latvian Moreno Institute – Riga, Latvia

PIfE International Conference: topic to be decided

<http://www.pife-europe.eu/en/>

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