



## From the ASGPP President

Dave Moran, LCSW, CCDP, TEP

### Changing Conserves

I would like to express the love and respect to the friends and family of Liz White. She is a loved and respected part of our conserve and history. We are so lucky to have had her move us through her spirit, action and writing.

As I write this I am reflecting on the Fall meeting of the Executive Council (EC). We had an awesome experience of sociometry with the members of our society and EC. We discussed ways and means of increasing the gift of JL Moreno and the work of Psychodrama, Sociometry and Group Psychotherapy. Like JL Moreno and many members of our society we have a gift which brings a genius with it. The ASGPP EC has that gift and genius. They have been tasked by you to make decisions in the best interest of our society and future. Some of those ideas will be mentioned in committee reports here in the PNN. Our manual and by-laws state that we have committees that do the work of the society which are led by the EC. You may be contacted by EC members asking you to participate in ongoing committees. If you are interested, please ask Debbie Ayers, Executive Director, and she will connect you to a committee you can get involved in. I want to report that the Executive Council is future thinking,

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## ASGPP ANNUAL CONFERENCE 2015

April 9 - 12, 2015

Sonesta Hotel Philadelphia, Philadelphia, PA

Welcome to the 73rd Annual Conference:

**Revolutionizing Group Process through Psychodrama and Sociometry**



Over 200 years ago, a group of frustrated colonists started a revolution to declare independence and change their sociometry. Revolution means a rebellion or uprising, and it also means transformation and innovation. In 2015 the ASGPP will have their own Revolution at the Sonesta Hotel in Philadelphia, where we will hold our 73rd annual conference. We will revolutionize group process and our sociometry.

Our reformation will begin on Thursday, with an amazing day of conference 'preambles'; 8 full-day and 4 half-day sessions, featuring some of your favorite crusaders. We finish our opening day with the president's reception and invite all revolutionaries to join.

On Friday we kick off with an action plenary where Anne Hale, the General of Sociometry, will lead us to sociometric victory as we battle to free the isolates and forge toward cohesion and reciprocity. To celebrate our new found freedom and sociometry, we will carry on our quest into the Sociometric Selection process of our morning workshops. The workshops will be chosen from your tele and warm-up to the presenters. You will witness an expression of our freedom and spontaneity. We close our day by honoring of all who have contributed so much to both the field of psychodrama and to the ASGPP at our Awards Ceremony. We will wrap up this triumphant day with an evening of Playback Theatre.

On Saturday, we greet a new type of keynote. We introduce activist Douglas Walter, Associate Executive Director for Government Relations for the American Psychological Association Practice Organization, who is an advocate for justice, and a sociometrist working to build congressional relationships towards a more inclusive culture. A man we all need to thank for his work on the Mental Health Parity Act and Addiction Treatment Act. We follow with more inspirational workshops focusing an myriad of topics; such as Addiction, Neurobiology, Trauma, Eating Disorders, Creative Arts, Gender Issues, Business, Psychodrama. Sociometry and more. No victory would be complete without an evening of dancing and revelry.

After four days of growth, fun and learning, we bring our revolutionary conference to an end.

So if this movement calls out to you, then your conference committee chairs: Colleen Baratka, Deborah Karner, Barbara McKechnie and Sandy Seeger, invite you for a taste of Philadelphia Freedom.

**See you April 9-12, 2015!**

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# Psychodrama Network News

Fall 2014

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Psychodrama Network News is ASGPP's primary means of communication with its members about association and member activities and developments in professional practice. It carries statements of opinion by a variety of spokespersons and members and, as space permits, letters to the editor. The views expressed here do not necessarily represent positions of ASGPP. It is designed to inform, inspire and connect our members in their professional roles and personal lives.

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Please put "PNN Copy" in the Subject

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Refer to our Advertising Policy on our website: [www.asgpp.org](http://www.asgpp.org)

## Sociometry at its Best



I had been struggling about what to write for this PNN. I couldn't seem to come up with anything. Everything I started, I couldn't finish because it didn't feel right. The deadline was Friday, Sept 12th. Then, on Thursday, September 11, 2014, I went to our annual 9/11 memorial service. I have been to this service many times before, yet this time seemed to be very special.

Our 9/11 Essex County Memorial, Eagle Rock Reservation, is up on top of a huge hill that overlooks the Manhattan skyline. We could see all that was happening from there on that tragic day. Thousands of people drove up and walked up to this place on 9/11 to watch with horror as the events transpired. The public servants who put this together actually managed to honor all the the sociometry of 9/11. There is a sculpture of a young child to honor all the children whose parents died and a sculpture of a fireman's hat. There's a sculpture of a man holding a beacon of light to represent hope. All the two thousand seven hundred and fifty names are inscribed on the wall overlooking the skyline. There were family survivors who spoke about the loss of their loved



ones. You could hear a pin drop when they spoke. The officials and news commentators couldn't hold back their tears. We were all coming together as a community and a nation that was ravaged by what it happened to us on 9/11. Many people told their stories. I did not know that thousands of firemen and policemen from California, Arizona and all across the country got into their trucks and cars and drove to New York to help. Every time, someone told a story, they healed themselves a little more.

Why, on this day, 13 years later did I and others all feel connected to people we didn't know? Of course, there are many obvious reasons. It happened to all of us. I do remember that there is a category of sociodrama, called *crisis sociodrama*, which deals with group responses after a catastrophic event. In Peter Kellerman's book, *Sociodrama and Collective Trauma*, he quotes that "time does not heal all wounds: decades after a disaster, entire communities may still experience the long-term effects of trauma." And here it is 13 years later; my Montclair and surrounding communities come together again under a tent overlooking the Manhattan skyline to leave some of the trauma behind. Happy to view the new tower looming in front of us like a beacon of hope that never went away. Zerka and JL, you would have been proud seeing everybody come together to remember and share as a community and a nation. I was proud to be an American.



I felt honored to be there because I realized that there are so many good people in the world and they are sometimes over shadowed by the terrorists groups and the death and destruction that follow in their paths. Yet the Power of the group prevails. I know that one of Moreno's visions for psychodrama was healing of mankind through the experience of the group. On that day, I experienced the healing in action, as I am sure many of you did at your memorial services. It may seem out of place for you to read this two months after the event, yet I felt it was important to tell my story of witnessing group traumas healing as Moreno envisioned it.

Carole Oliver, PNN Editor

# THIS IS YOUR COUNCIL

## AWARDS COMMITTEE

The Awards Committee held a phone conference call on September 4, 2014 and reviewed all individuals submitted by the membership for awards to be presented at the April 2015 ASGPP conference. Selections were made and sent to the Executive Council for their fall meeting. The Executive Council makes the final decision on award recipients. The Awards Committee is urging the membership to nominate individuals for the 2016 conference. Debbie Ayers, Executive Director, has suggested that nominations sheets be distributed at the close of the 2015 awards ceremony so that individuals have the paper in hand and are excited about the awards ceremony.

*Sue McMunn, Awards Committee Chair*

## CHAPTER LIAISON COMMITTEE

At the last ASGPP Executive Council meeting it was agreed that Chapters might be a good way to encourage sociometric connections between members. Much energy was put into identifying possible chapters and who might spearhead their formation. The results were three new chapters this year.

**Southern Chapter:** Craig Caines, craigcaines@sprintmail.com

**New England:** Carol Feldman Bass and Maria Mellano, caf.bass@rcn.com and mariamellano@comcast.net

**Delware Valley:** Colleen Baratka, catharsisinstitute@live.com

And in the pipeline:

Arizona

Minnesota — Mary Anna Palmer

Kansas/Missouri — Deb Shaddy

Feel free to contact them and get involved! And if you would like to get a chapter started in your city, state or part of the country, get in touch with Rebecca at hvpi@hvpi.net and she will let you know what has to be done and how the national office can assist you.

*Rebecca Walters, Chapter Liaison Committee Chair*

## MEMBERSHIP COMMITTEE

We have 435 members but many are overdue for renewal.

We sent out letters to those who are needing reminders and followed up with phone calls to let lapsing members know that they are valued.

The membership committee has revamped the membership brochure to incorporate our new logo design and to update our look. Contact the office if you are willing to hand out brochures to your group members or other interested persons. We hope that all members will use the brochure to recruit new members. There are no requirements for membership in ASGPP except an interest in being a member.

The council has designated a prize a free 3 day conference registration for the person who brings in the most new members, so...put your names on the brochures or have new registrants mention your name when joining.

The membership committee is interested in feedback from the membership. We created and sent a short online survey to all members and those who are eligible for renewal, to learn what members value about ASGPP and to hear suggestions

about what would make membership even more valuable. Results showed that members seem to value the journal, the PNN and Conference price reductions. Those who are using CEUs value the CEU benefit highly. Many recognized from questions on the survey that there were perks they neglected to take advantage of. Results from the survey, especially the comments will be discussed by council as we move forward to continue to serve our membership. It is not too late to send comments or to ask to be called to discuss ideas.

We are always open to members comments and welcome anyone who wishes to join this committee.

*Jeanne Burger, Membership Committee Chair*

## PUBLICITY COMMITTEE

The publicity committee is gearing up for the conference by supporting the conference committee in any way we can. There will be a big push this year with social media so we may be asking for the help of the membership. The main purpose of the publicity committee is to encourage interest in the ASGPP's activities for new and old members alike. Do you have a flair for telling the story of the ASGPP? If so you might want to consider joining the publicity committee. If interested email Heidi Landis at heidilan@aol.com

*Heidi Landis, Publicity Committee Chair*

## RESEARCH LISTSERV COMMITTEE

The most exciting thing going on in research for this time frame is Rory Remer's proposal for a multi site study in which all of us can participate. It calls for asking clients to fill out a few simple and short forms after doing psychodramas, then compiling the results collectively, analyzing them, and producing a report on what psychodrama accomplishes.

The idea of pooling results and pooling resources from around the country or even around the world to accumulate numbers of outcomes using simple and direct measures makes the kind of evidence that SAMSHA and others who accredit methods attainable for private practitioners who collaborate.

What we need to do this is practitioners and trainers to commit to participate, share data, and produce results we can use to demonstrate that psychodrama is effective treatment.

*Erica Hollander, Research Listserv Committee Chair*

## WEBSITE COMMITTEE

The website is cruising along. We are at a juncture and would love to have a few new members who could help us generate new ideas for increasing website traffic and for making the website even more user friendly.

*Regina Sewell, Website Committee Chair*

The ASGPP has a number of committees working on various issues that affect the society. Most committees have an ASGPP executive council member who serves as chair person. ASGPP committee membership is open to all ASGPP members.

For more information on a specific committee, or to join a committee, please contact the Chair person listed on our website, <http://www.asgpp.org/pdf/Committees.pdf>

## Valued Qualities Which Impact Learning

Ann E. Hale, MA, TEP



At a workshop on Training Dramas I led in 2010, the group members broke down into a number of small groups to consider the question, "What are the elements which, when present, further my learning and my enjoyment of practicing new things?" This question arose from presenting ideas about what helps new directors gain experience, the importance

of a success experience, and ways to create a great atmosphere for practicing in action. Here is a summary of those small group reports. I think it is fantastic list from an awe-inspiring group.

- We learn best in spontaneous, intuitive settings.
- We appreciate co-learners and teachers who are receptive, observant, with time for integration.
- We appreciate the use of the visual and the concrete.
- We like learning from both the negative and the positive.
- There is such a thing as contagious inspiration! I want to be inspired by the experience in ways which is contagious.
  
- We like concrete directions.
- We want to share strengths and appreciation.
- We want to have it be OK to be in a "not knowing" space and to be able to trust the process.
- We want to receive empowering feedback.
- We like permission to be in a learning process.
- We need feedback about what we are doing right.
- We learn best in settings where you are loved, welcomed and celebrated.
- It matters to be seen and valued.
- It is essential that the trainer "gets me".
  
- Small steps are necessary.
- I learn best in a safe, positive atmosphere, when someone has faith in me.
- I need a teacher who is excited and creative.
- I need time to practice when there is a lack of scrutiny.
- I want to be allowed to make mistakes, in fact, celebrate mistakes!
- I learn best when the teacher brings themselves into the experience.

## BECOME A CEU PROVIDER THROUGH THE ASGPP'S PROVIDERSHIP PROGRAM

**SIGN UP NOW FOR 2015! Good for 1 year**



The ASGPP is an Approved Continuing Education Provider for the following professional organizations:

- The National Association of Alcohol and Drug Abuse Counselors
- The National Board for Certified Counselors
- The National Registry of Certified Group Psychotherapists

As a CEU Provider, all the training workshops, groups or courses you offer throughout the year are approved for Continuing Education Credits.

Save time and costs. Enrollment in the ASGPP CEU Program eliminates the expensive and time-consuming process of applying for providership with these certifying groups as an individual trainer, or re-applying each time a workshop is offered.

You can heighten the visibility and relevance of psychodrama. Raising awareness of your work exposes new groups to the power and importance of psychodrama and spreads knowledge about the work and philosophy.

Requirements to become a CEU Provider:

- Be a TEP or PAT
- Be a current ASGPP member
- Have a current valid license or certificate in your discipline
- Conduct training-focused groups, workshops or courses

Fees: \$100/year for first provider number, \$75 for each additional provider number (for all three the fee is \$250)

If you have any questions about this program please contact the ASGPP office at 609-737-8500 or email us at: [asgpp@asgpp.org](mailto:asgpp@asgpp.org)

### 2015 Conference Cut-Off Dates

Scholarship Applications	January 23
Early Registration Discount	February 13
Room Sharing Service	February 13
Advertising in the Guide	February 27
Exhibit Tables	March 13
Hotel Special Rates	March 18

# Members in Action

\* **Peter Kranz, PhD, CP**, was a visiting Professor in Psychology at the Universidad Interamericana para el Desarrollo (UNID), San Luis Potosi, Mexico from May 10th-June 14th, 2014.

\* **Linda Ciotola, MEd, TEP**, traveled from Maryland to New England in June to present back to back workshops related to healing eating disorders with action methods. The first was a training workshop for professionals held at CASTLE C.R.E.A.T.E in Manchester, NH sponsored by Steven Durost. The second was held in Boston, sponsored by Maria Mellano – a personal growth workshop for professionals who work with clients with eating disorders. Both workshops featured action structures described in the book *Healing Eating Disorders with Psychodrama and Other Action Methods - Beyond the Silence and the Fury* which Linda co-authored with Karen Carnabucci.

\* **Lorelei Goldman, MA, TEP**, presented workshops and training at a number of facilities including the staff at Southwest Community Services Inc. in Tinley Park. She presented "The Brain and Psychodrama" on August 24 at the Evanston Public Library, Evanston, IL, and "Let's Pretend" with seniors in October.

\* **Jonathan D. Moreno, PhD**, has a newly published book, "Impromptu Man: JL Moreno and the Origins of Psychodrama, Encounter Culture, and the Social Network". He included original interviews with figures like Clay Shirky, Gloria Steinem, and Werner Erhard, written sources, and the author's own perspective growing up as the son of an innovative genius. Impromptu Man is the study of a great and largely unsung figure of the last century, JL Moreno.

## ASGPP CHAPTER & COLLECTIVE NEWS

\* **The Delaware Valley Chapter** has just rebooted after a 13 year hibernation. They held their first meeting on August 16 and met again on September 20th. They are hosting the 73rd annual ASGPP conference, and are looking for lots of local volunteers.

Please contact Colleen at [catharsisinstitute@live.com](mailto:catharsisinstitute@live.com)

\* **The Hudson Valley Chapter** has continued to offer open sessions. If any CPs or TEPs are in the area and would like to direct on the Moreno Stage, please get in touch with them at [hvpi@hvpi.net](mailto:hvpi@hvpi.net).

\* Now that the **Southern Chapter** has held their elections and positions are filled, they are excited to be exploring the specifics around when and where their first event will be presented. If you live in Tennessee, Mississippi, Alabama or Georgia and are interested in learning more about the ASGPP Southern Chapter, please contact them at [SCASGPP@gmail.com](mailto:SCASGPP@gmail.com).

\* **The Alaska Collective** is growing slowly but steadily. Kaya Kade has been offering a monthly free night of psychodrama, and interest in forming a psychodrama community/active collective is rapidly increasing. To find out more about their activities and upcoming events, contact Kaya at [k.kade@att.net](mailto:k.kade@att.net) or [www.kadeandassociates.com](http://www.kadeandassociates.com).

\* **Did you know Rebecca Walters is the ASGPP Chapter liaison?** She is ready to help you form a chapter or collective, figure out ways to promote chapter activities and/or answer any questions you might have. You can reach her at [hvpi@hvpi.net](mailto:hvpi@hvpi.net)

## ASGPP REGIONAL CHAPTERS

### Delaware Valley Chapter

Colleen Baratka / [catharsisinstitute@live.com](mailto:catharsisinstitute@live.com) / 610/600-1476

### Hudson Valley Chapter

Rebecca Walters / [hvpi@HVPI.net](mailto:hvpi@HVPI.net) / 845-255-7502

### Mid-Atlantic Chapter

Steve Kopp / [SteveK@sli.org](mailto:SteveK@sli.org) / 301-592-0542

### New England Chapter

Carol Feldman Bass, Co-President / [caf.bass@rcn.com](mailto:caf.bass@rcn.com) / 781-540-9486 • Maria Mellano, Co-President / [MariaMellano@comcast.net](mailto:MariaMellano@comcast.net) / 617-913-3898

### New York Chapter

Louise Lipman / [LipmanNYC1@aol.com](mailto:LipmanNYC1@aol.com) / 917-698-2663

### Southern Chapter

Craig Caines / [craigcaines@sprintmail.com](mailto:craigcaines@sprintmail.com) / 205-249-7048

## ASGPP REGIONAL COLLECTIVES

### South Florida Collective

Linda Condon / [lincondon@yahoo.com](mailto:lincondon@yahoo.com)

### The Toronto Centre for Psychodrama (Canada)

Barbara Guest / [barbara.guest@cyg.net](mailto:barbara.guest@cyg.net) / 519-271-5542

## COLLECTIVES UNDER DEVELOPMENT

### Alaska

Kaya T. Kade / [k.kade@att.net](mailto:k.kade@att.net) / 907-743-9994

### Arizona

Bill Coleman / [coleman151@mac.com](mailto:coleman151@mac.com) / 520-888-7900

### Denver Area

Erica Hollander / [ericahollander@comcast.net](mailto:ericahollander@comcast.net) / 303-978-9091

### Minnesota

Mary Anna Palmer / [maryannalpalmer@yahoo.com](mailto:maryannalpalmer@yahoo.com) / 612-309-7940

### Kansas/Missouri

Deb Shaddy / [dsshaddy@aol.com](mailto:dsshaddy@aol.com)

**Contact the ASGPP Chapter or Collective in your area to learn about their activities and to get involved.**

**See a complete list on our website, [www.asgpp.org](http://www.asgpp.org), under "membership".**

# CONFERENCES AND NETWORKING OPPORTUNITIES



EACH OF THESE CONFERENCES IS A DOORWAY TO EXPANDED POSSIBILITIES FOR PSYCHODRAMATISTS.

**November 6 - 11 — American Dance Therapy Association, 49th Annual Conference.** Chicago. Contact: [www.adta.org](http://www.adta.org)

**November 6 - 9 — American Music Therapy Association Annual Conference (AMTA).** Louisville, KY. Contact: [www.musictherapy.org](http://www.musictherapy.org)

**November 6 - 9 — Applied Improvisation Network Conference (AIN).** Austin, TX. Contact: [www.ainconference.org](http://www.ainconference.org)

**January 21 - 25, 2015 — “Moreno: a man of his time; a man for our times?” AANZPA Annual Conference.** Christchurch, New Zealand. Contact: <http://confer15.aanzpa.org/>

**April 9 - 12 — “Revolutionizing Group Process through Psychodrama and Sociometry” ASGPP Annual Conference.** Sonesta Hotel Philadelphia. Philadelphia, PA. Contact: [www.asgpp.org](http://www.asgpp.org)

**April 23-26 — “Blue Ridge Reflections: Word-Paths for Growth and Healing” National Association for Poetry Therapy Annual Conference.** Asheville, NC. Contact: [www.poetrytherapy.org](http://www.poetrytherapy.org)

**April 29 - May 2 — “La Fiesta del Encuentro y lo Intercultural” X Congreso Iberoamericano de Psicodrama.** Santiago de Chile, Chile. Contact: [www.psicodrama2015.com/ws/](http://www.psicodrama2015.com/ws/)

**July 8-12 — “Bridging Cultural Terrains, Expanding the Lens of Art Therapy” American Art Therapy Association, 46th Annual Conference,** Minneapolis, MN. Contact: [www.americanarttherapyassociation.org](http://www.americanarttherapyassociation.org)

**September 1 - 5 — “Despair and desire in times of crisis” 19th International Congress of Group Psychotherapy and Group Processes (IAGP).** Rovinj, Croatia. Contact: [www.iagpcongress.org](http://www.iagpcongress.org)

**September 30 - October 4 — “Oh! Eros unconquerable in battle” (Antigone, by Sophocles) 5th International Sociodrama Conference.** Kos island, Greece. Contact: [geo.chan@yahoo.gr](mailto:geo.chan@yahoo.gr)

**October 9 - 13 — North American Drama Therapy Association 2015 Annual Conference (NADTA).** Washington, DC. Contact: [www.naadac.org](http://www.naadac.org)

Check the ASGPP website, [www.asgpp.org](http://www.asgpp.org), for additional Upcoming Conferences.

## Scholarship Donations Welcome

Please consider a donation to this year’s scholarship fund to help underwrite the cost of an individual to attend the conference who might not be able to attend due to financial constraints. We helped 18 individuals through donations from our members and council last year. Anything you can offer from \$1 to ? is eagerly sought!

Thank you for helping us to reach out!

Your name will be listed in the Awards Program and Conference Guide.

Please send donations to the National Office:

American Society of Group Psychotherapy & Psychodrama  
301 N. Harrison Street, Suite 508, Princeton, NJ 08540  
(609) 737-8500, [asgpp@ASGPP.org](mailto:asgpp@ASGPP.org)

## How can you earn a FREE 3-day conference registration?

Read all about it here:

How would you like a free three day conference registration? The ASGPP member responsible for recruiting the most **new** members between now and March 19, 2015 will receive a complimentary registration for Friday-Sunday. The winner can decide if they would like the complimentary registration for 2015 or 2016. So even if you can't make it to Philly, please don't let that stop you from participating! There is a space on both the online and printed membership application where the new member can write in your name as the referring member. If you would like us to mail you some recently updated membership brochures, please let us know. You can direct people to our website ([asgpp.org](http://asgpp.org)), the office (609)737-8500 or hand them a membership brochure. Our members are our best ambassadors!

## SOCIODRAMA FOR OUR TIME A SOCIODRAMA MANUAL

By Rosalie Minkin, TEP



This revised 54 page manual covers four structures with which to construct a sociodrama for therapeutic settings, organizations and education settings. The step-by-step manual provides the basic process, from “Warm-Up” to “Integration.” Sociodrama is a special educational method that assists groups and individuals to alter the quality of personal and social life experiences. Sociodramatic activity brings into powerful focus the key issues that promote or hinder group development and progress.

For more information and to order, go to [www.sociodramainstitute.org](http://www.sociodramainstitute.org)

## Welcome to our New ASGPP Members

The following are new members who have joined us in recent months.

**Welcome!**

Thaddeus Heffner  
Robert Kasieta  
Tanzir Tushar  
Ilene Wolf  
Janie Wood

**MEMBERS: Submit your activities, articles and other things of interest for future PNN issues.**

We also are looking for articles on techniques, letters to the editor and reports on international conferences or activities.

If you have something you think would interest our members, please send it in. Email your submissions to the office, [asgpp@asgpp.org](mailto:asgpp@asgpp.org), and put "PNN Copy" in the subject line. It will be sent to Carole Oliver, PNN editor and Patty Phelps, design editor. The deadline for the Winter PNN is December 1st.

## **WHO SHALL SURVIVE?** by J.L. Moreno

An online edition of *Who Shall Survive?*, 2nd Edition, 1953, by J.L. Moreno, M.D. is available on the ASGPP website in the library: [www.asgpp.org](http://www.asgpp.org)

Check out the other books and articles available in our library.

## What Would J.L. Do?

Dr. Marlo Archer, PAT



Deb Gion urgently called me out of our hotel bathroom and onto the balcony on the morning we would begin co-facilitating Arizona Psychodrama Institute's first residential training. Already nervous, I instantly panicked about what trouble her summons meant. She pointed out onto the adjacent driving range where sunrise golfers practiced. It was then that I noticed the clowns.

Watching befuddled, as four clowns horsed around with golfers, we looked to each other for explanation neither could offer.

They spotted their pajama-clad audience, waved, and made their approach, along with a normally-attired woman. After we enjoyed some silly interactions, the woman explained they were high school kids, from Georgia, leaving in four hours to work with the Phoenix Dream Center which is a "volunteer driven nonprofit organization which exists to serve the homeless, low-income, at risk youth and struggling individuals and families by providing resources, opportunities and supportive services to help them realize their dream of living a self-sufficient life" ([phxdreamcenter.org](http://phxdreamcenter.org)).

Fast forward two and a half hours and you'll find me in our group space, arranging chairs, double-checking my notes, and wondering if we'll be adequate enough to provide a rich experience to the individuals who will entrust us with their time, money, and intimate details. Our room is far down a hall where other events are taking place that have not yet started, so when I hear voices, I assume our group members are arriving early. However, I soon identify the squeaky cartoon tones as our new friends, the juvenile clowns. Eavesdropping reveals they are searching somewhat unsuccessfully, for opportunities to interact with hotel guests. "Quickly!" I thought, "What would J.L. do?"

I shouted, "Group therapy for clowns, starting now," not having any idea what I'd do when they came. Introductions revealed that Professor Longbottom did not like school, Whiney Donny had a juggling addiction, and Buttons the Clown suffered from a button phobia. Donny shared that he juggled relentlessly - while he walked, while he talked, and even in the shower. As the others shared, the mood in the room shifted slightly. I was reminded of how powerful these methods are and how they need not be toyed with. Here I had minors who hadn't given adequate consent for therapy, and we could very easily have slid into issues that were more than simply improvised frivolity. As I searched my repertoire of cool-down techniques, one clown asked the others where their fourth friend was, a method I recalled using as a teen when I found myself in a questionable environment. I announced we would close by making a coping statement, which they all did, easily, thus restoring the jovial mood, assuring me they'd be less likely to run to their chaperon to describe the creepy experience they had with the weird lady. I hope J. L. would have been proud.



Members of Bethel Youth Group From Marietta Church of God  
Photo Permission by Sheila Brooks

## Concretizing a simple, basic, powerful tool

Linda Ciotola, MEd, CET III, TEP



The longer I am in my trainer role, the deeper my appreciation for the wholeness of psychodrama and its ability to work with body, mind, heart and spirit. I value how each piece of the mosaic of the method can both contribute to the unfolding of a full psychodrama and also stand alone – e.g. how doubling can enhance the therapeutic alliance in an individual counseling session.

In a recent training group session, I was reminded of the simple yet powerful tool of concretizing. By converting the abstract to the concrete, we make it more accessible. Think of how much more easily one can play chess on a chess board with pieces compared to trying to play the game only in one's head!

Here are just a few examples of many applications of concretizing:

1. Have each group member select an object they have on them or with them (e.g. key, wallet, pen, etc.) and speak from that role to introduce themselves.
2. Concretize strengths – have group members choose scarves (or other props) as in the TSM "Circle of Strengths" representing intrapersonal, interpersonal, transpersonal strengths each person brings to the group. After the scarf or other object has been placed in the circle, the group member can show the strength in movement and sound.
3. Concretize defenses by having group members choose a prop or "furry auxiliary" (puppet or stuffed animal) to represent their most defense mechanism. For example, an ostrich for denial, an owl for intellectualization, etc.
4. Family Inheritance Activity – Protagonist places objects in two piles, those aspects of family he/she wants to keep, and those not wanted.
5. Wishes, worries, fears, hopes, roles, decisions, goals, activities (and more!) can all be concretized.

When recent training group members concretized their strengths and wishes for the new series of sessions that was just beginning; they co-created a beautiful design of connection with a heart in the center – the whole design was a concretization of "the whole is greater than the sum of the parts".

My personal favorite is concretizing things and people I am grateful for. Psychodrama is always included!

*Footnote: Many thanks to JoAnn Thacker, Kate Hudgins, Joe Kenna, and Mario Cossa – my trainers who each shared their unique cornucopia of skills with me; and to my colleagues and trainees who are a constant source of inspiration.*



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## President's Column

(Continued from Page 1)

culturally sensitive, fiscally responsible, task oriented and research driven. In other words, genius in action.

I would like to ask you to indulge me once again in the discussion about "Evidence Based SAMHSA" approved research. Rory Remer has developed a plan for generating "Empirical Support of Psychodrama Efficacy". Erica Hollander is chairing a research list serve and has been instrumental in getting us moving toward recruiting research and researchers. Rory's proposal is an awesome tool for us to start with. We are looking for evidence to show SAMSHA and others that our methods provide reliable, sound outcomes. What this study would involve is all of us contributing our results into a single study so we can gain the quantitative power and significance we need. To join the research listserv write to ericahollander@comcast.net and you will be added to the list. To fully support this effort, what is required is follow through: incorporating the habit of having clients and yourself fill out the scales and routinely accumulate results till we are ready to analyze them together.

I would like to take this communique to bring to your attention a personal and professional role conflict I experience as your President. I am not talking about the many demands that come with the role for there is an equal amount of support and "positivity". The conflict I would like to share with you is deeply personal and creates role fatigue. As President, TEP and member of the ASGPP I am very passionate about psychodrama, sociometry and group psychotherapy. In my role as a director of an agency, member of county task force, addiction counselor, and LCSW, I am charged with providing clinicians training for their licensure, credentialing and professional growth. The split comes from the inability to offer psychodrama trainings through agency, county or state funding. The funding and direction for training requires "Evidence Based SAMHSA" approval. When taking the role as an EC member working towards my CP, PAT and TEP, we were able to offer psychodrama trainings to our staff. We received grants to provide trainings that were psychodrama in their foundation. At this point in time I have a difficult time scheduling trainings for agencies unless they are "Evidence Based SAMHSA" approved trainings, such as DBT, CBT, EMDR, and IMR etc. Please visit the SAMHSA website and view these for yourself. We have been warned about this by others for at least the last ten years. We have also been warming up to this for decades. But we haven't changed our own "conserve" to ensure that we shall Survive. I don't believe Psychodrama or the ASGPP to be threatened out of existence. I am asking that we pursue our goal of "All of Human Kind" and to be available through federal guidelines of the "Evidence Based SAMHSA" approved trainings. To try to put my point in perspective...a Dave Moran LCSW, CADC, CCDP-D, TEP coming into a choice of a therapeutic model in an agency today would not be able to

pursue Psychodrama as that choice, today! In other words your future leaders may not have the opportunity we have had.

That being said I want to move into the positivity of our present conserve and warming up to the next conserve. With the help of all of you, the research list serve and tools like Rory Remer's multi-site proposal, we will not only survive but thrive. Sociometry under many names is exploding, most without mention of sociometry. I want to be clear that like our EC you all are bringing psychodrama, sociometry and group process into many other arena's besides therapy such as business, teaching, law, coaching and politics to name a few. Psychodrama is alive and well. The Philadelphia Conference will offer a number of workshops that can help us to enter into the conserve I speak of. At our Plenary the cherished Anne Hale will provide us with sociometric tools and of course FUN. Our Keynote Doug Walter will speak to us about the Mental Health Parity and Addictions Act and changing conserves. And to "miss"-quote Socrates... "I hope the good lord presents others to antagonize you as I have."

Respectfully submitted,  
*"Yours in Service ...for free and for fun"*  
 David Moran, CADC, LCSW, TEP  
 President ASGPP

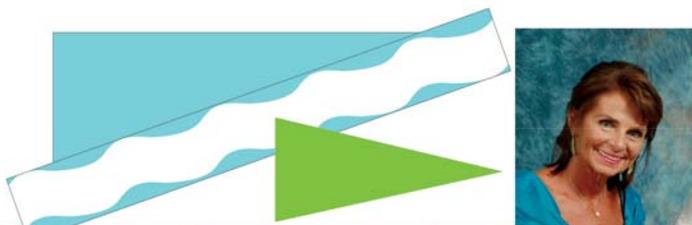


### Liz White

Liz White's children, Cathy and Doug, wanted to let our community know that Liz White died on September 8th while on a cruise with her husband Ian on the Danube in Europe. They had recently attended the British Psychodrama Association meeting. Liz died of what her children described as a massive heart attack. Condolences to the family may be sent to Ian White, 123 Eglinton Avenue, East, # 1009, Toronto, Ontario M4P 1J2 Canada. Liz was a vital, committed member of the psychodrama community and recipient of the ASGPP J.L. Moreno Lifetime Achievement Award.

It is with great sadness that we announce the death of Liz White. Because the PNN was ready to go to print, we did not have time to put a memoriam together. We will do a memoriam in our next issue. Please send to me now any thoughts or memories of Liz for the memoriam in our Winter issue.

Thank you.  
 Carole Oliver



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- **Residential Weekend: *Learning to Embrace Conflict in Relationships***, Feb 13-15, 2015 (Gadshill, ON) – **Barbara Guest, MSW, TEP**
- **Residential Weekend: *Grief***, March 6-8, 2015 (Gadshill, ON) – **Barbara Guest, MSW, TEP**
- **Non-residential Weekend: *Exploring Our Emotions Through the Medicine Wheel***, April 24-26, 2015 (Toronto, ON) – **Mike Lee, MDiv, TEP**

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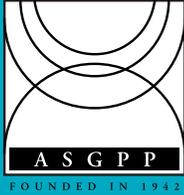
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