# 11th FEPTO Conference

**Shedding Light on the Shadows: Voicing the Unspoken in Psychodrama**

**13th - 15th May 2016**  
Golden Coast Hotel  
Marathon-Athens, Greece

## PRELIMINARY PROGRAM

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<th>Day</th>
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<td><strong>Friday, 05.13.2016</strong></td>
<td>14.00-15.00</td>
<td>Arrivals and Registration</td>
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|     | 15.00-16.30 | *Let's meet each other*: Welcome by the LOC, the President and Vice President of FEPTO  
Warm up to the topic by the LOC  
Presentation of the facilitators - formation of ongoing groups according to ancient Greek myths pertaining to the unspoken |
|     | 16.30-17.00 | Coffee Break                                                         |
|     | 17.00-19.00 | **Ongoing groups I**                                                 |
|     | 19.00-19.15 | Short break                                                          |
|     | 20.30-21.30 | Gala Dinner                                                          |
|     | 21.30-23.00 | Social evening and interaction                                       |
| **Saturday, 05.14.2016** | 09.00-09.15 | Welcome to the late comers. Presentation of the ongoing groups according to the ancient Greek myths |
|     | 09.30-11.30 | **Experiential Workshops: Zone A**                                   |
|     | 11.30-12.00 | Coffee Break                                                         |
|     | 12.00-14.00 | **Experiential Workshops: Zone B**                                   |
|     | 14.00-16.00 | Lunch Break                                                          |
|     | 16.00-18.00 | **Ongoing groups II**                                                |
|     | 18.00-18.30 | Coffee break                                                         |
|     | 18.30-20.30 | **Ongoing groups III**                                               |
|     | 20.30-...   | Dinner                                                               |
|     |            | Greek traditional music and dance!                                   |
| **Sunday, 05.15.2016** | 09.00-11.00 | **Experiential workshops: Zone C**                                   |
|     | 11.00-11.30 | Coffee Break                                                         |
|     | 11.30-12.00 | **Ongoing groups IV / Preparation for the plenary session**          |
|     | 12.00-13.00 | Plenary session & Presentation of the ongoing groups' work          |
|     | 13.00-13.30 | Final evaluation and remarks / Closure of the Conference by the LOC |
|     | 13.30-15.00 | Goodbye Lunch                                                        |
|     | 14.30-16.30 | Meeting of Greek Psychodramatists. Topic of Discussion: *Towards the Institutional Consolidation of Psychodrama in Greece*.  
**Moderator:** Nikos Takis, Chair of the LOC.  
**Note:** The discussion will be held in Greek Language. |
A1 The War After: Psychodrama and the trans-generational transmission of trauma.

*Yaacov Naor & Hilde Goett*

This workshop will deal with the emotional trauma which is passed on from one generation to the next, usually in an unconscious manner. We will use Psychodrama in order to deal with traces of wars in our present life. Wars and conflicts affect us much longer than their actual time. The emotional results are present in our inner lives and affect our behavior. We live with the wounds of wars and conflicts.

Peace is not the lack of conflicts. In the time of “the war after” our work as professionals should be devoted to learn how to live with the conflicts. Instead of projecting to others the unaccepted shadows, it is more important and effective to encounter the relationship between the inner roles of victim and aggressor.

The directors have been involved in creating a psychodramatic space for encounters between Jews and Germans from the Post-Second World War generation.

A2 Embedding light in the group’s shadows: a sociodramatic approach to help the group open up

*Smaroula Pandelis*

A workshop based on sociodrama aiming to explore how group dynamics may enhance or block deep sharing among group members in a psychodrama group. Understanding the dynamics that bring the group together in unison may assist the psychodramatist to support group members in finding their voice to speak up and shed light on their dark sides.

A3 “Light is light..” Giving value to the living spirit of psychodrama in Role theory

*Elena Kavrochorianou*

“There is always a bit of light. Stay with the light, just with that little bit. Don’t look for a bigger one. Stay with what you’ve got, it’ll grow. Stay with the small light. Very important, stay with it. Don’t stay with what you haven’t got. Light is light.” Max Clayton

Focusing on this little light inside us, will make an attempt to deal with the dark parts of our shadows.

A4 Beyond the unspoken

*Nellie Visantiadou*

What can not be said in a session is the most important... what cannot be put into words and describe all the thoughts and feelings of a client... The unspoken... so intense that leaves the silence in the place of the voice...

How can psychodrama work with the unspoken? See and go beyond this? How can a psychodrama psychotherapist apply the basic psychodrama techniques (role reversal, mirroring technique and doubling) and use objects (miniatures, fabrics, empty chairs) in a session?

How can a fairy tale inspire and facilitate the protagonist to touch his unconscious material without telling his personal story?

During this experiential psychodrama workshop we will travel together beyond the unspoken... the required ticket for this journey is your desire for communication, exchange and learning...
**A5 Light and Shadow: Exploring our Trans-generational Legacy through Psychodrama and Dancetherapy**  
*Leandra Perrotta*

Trans-generational Psychodrama is a powerful means of clarifying patterns of invisible loyalty and hidden scripts. The ritualistic framework is protective and creates a safe space to focus on the light and shadow in the relationship with our ancestors. Transformative rituals of reparation, gratitude and restitution have the power to sacramentalise not only time and space but the bonds between people as well. The re-enactment of ancestors’ secrets, unresolved traumas and unfinished business, condensed into visual images on stage, creates awareness which enables the protagonist to interrupt unconscious identification with the ancestors in order to break the cycles of painful repetition, deal with unresolved legacies and heal emotional wounds.

**A6 Exploring blind spots in the cultural conserve**  
*Jana Damjanov & Peter Haworth*

The cultural conserve is our cultural heritage and this set of beliefs and values can block our spontaneity and creativity, particularly if we are not fully aware of the blind spots that are part of our personal and social cultural mapping. This workshop will explore the participants’ largely unconscious cultural beliefs and values. They remain unspoken because we all struggle to understand that many of our basic assumptions are derived from unconscious cultural conserves that can be very restricting for ourselves and our perception of here and now. We will use techniques from art therapy, sociodrama and psychodrama to attempt to bring issues out into the open.

**A7 Our unspoken sexual themes**  
*Stylianos Lagarakis*

In our garden of sexual life there are plenty of flowers that we haven’t focus on them, still, plenty that we dreamed about but we have never shared it to someone, plenty that we have planted them secretly in a corner. In our workshop stage we will have a safe place, our stories to be spoken and cared, so as we will feel more accepted and free to keep on our life more creative!

**Experiential workshops: Zone B**

**B1 The War After: Psychodrama and the trans-generational transmission of trauma.**  
*Yaakov Naor & Hilde Goett*

This workshop will deal with the emotional trauma which is passed on from one generation to the next, usually in an unconscious manner. We will use Psychodrama in order to deal with traces of wars in our present life. Wars and conflicts affect us much longer than their actual time. The emotional results are present in our inner lives and affect our behavior. We live with the wounds of wars and conflicts. Peace is not the lack of conflicts. In the time of “the war after” our work as professionals should be devoted to learn how to live with the conflicts. Instead of projecting to others the unaccepted shadows, it is more important and effective to encounter the relationship between the inner roles of victim and aggressor.
The directors have been involved in creating a psychodramatic space for encounters between Jews and Germans from the Post-Second World War generation.

Melinda Ashley Meyer
The workshop will give the participants an opportunity to learn about the testimonial method from a Psychodrama perspective in group-psychotherapy with trauma survivors. This workshop is based on a longitudinal study involving the first group of 64 Bosnian war refugees who arrived in Norway in 1992. They underwent a stress management program using the arts and participated in making two documentary films during the period 1993 to 1999. The second project EXIT a group intervention carried out with 70 unaccompanied minor refugees from Afghanistan and Somalia. In the workshop the method will be demonstrated from a psychodrama perspective. The theory of scenario thinking and testimony will be presented. A group experience and a demonstration will be carried out. This workshop will be of relevance and interest to those working with refugees, multi cultural groups and trauma survivors.

B3 Moved to C7

B4 Why do brilliant people kill themselves?
Marcia Karp
Our friends, family, colleagues, patients and outstanding role models may be brilliant but suddenly die at their own hand. We, the “disconnected” onlookers, remain steadfastly connected through shock, through thoughts of life without them and through an unexpected review and celebration of their life which is irretrievably gone. The shadow of suicide is long. Many who are called survivors become paralyzed by the questions: “Why?” “What more could I have done?” “Was it an unplanned accident?” “Is it my fault?” Voicing the unspoken through psychodrama helps people to cope at a time when coping seems impossible. There is no survival kit instructing us how to live in the shadow of the cold finality of death. This two hour action workshop includes the lives of familiar people and such icons as Phillip Seymour Hoffman, Robin Williams, Michael Jackson, Amy Winehouse and Whitney Houston including the public impact of their sudden deaths. Mandela’s dictum of ‘honoring all people’ includes ourselves, our patients and all those in pain from the ripples of suicide. When does “so much to die for” replace “so much to live for”? All are welcome to shed light on our survival and to practice empowerment in the past, present and future surplus reality scenes.

B5 The Lust for Taboo - “The Seven Deadly Sins on the Psychodramatic Stage”
Gabriele Stiegl & Ulrich Ahrens
Characteristics like pride, avarice, envy, wrath, lust, gluttony and laziness often live a shadowy existence on stage. We want to shed light on them and give them a voice.
We invite you to free the Seven Deadly Sins from the Dantean Cave and to bring them to life on the psychodramatic stage. We will see and experience whether they do not deserve a little place in the psychodrama heaven.

**B6 Smokey words for unspoken feelings**: quitting smoking through psychodrama

*Stavros Kevopoulos*

For an addict, denied feelings are acted out through resorting to the substance; thus, anxiety is momentarily pacified. Smokers are no exception to this pattern of addiction. The first reason why psychodrama is the most effective tool in quitting smoking is that psychodrama can initially bypass words and work on a somatic, non-verbal level. This way, something of the unspoken is expressed through the body and can therefore be processed and put into words. The second reason is that the psychodramatic method offers the tools for group bonding. During the workshop, we will explore how the mechanism of addiction works and how addiction is installed in the person who submits their desire to an omnipotent craving for the substance. We will use specific psychodramatic techniques in order to experience how one can achieve abstinence and motivation for a substance-free new life, along with the group.

**B7 Who is in charge of our dreams?**

*Kostas Kalliogiannis*

Oneirodrama Groups function within the context of the Fortnight and the Daily Psychotherapeutic Communities of the OPC. This group is a specific application of the Group Analytic Psychodrama, with the same contact, structure and boundaries but with a content coming mainly from the world of dreams. The group procedure consists of a short general discussion, the narration of the members’ dreams followed with an agreement regarding the one(s) which is going to be acted in and finally the enactment itself. The member-“dreamer” temporarily becomes the “stage manager” and decides his/her role in the enactment, makes the casting among the members of the group, if they are willing to do so, and proposes changes in the plot of his/her dream if he/she wish. After the acting in is completed the group discusses the action on the stage, the audience’s feelings as well as their difficulties and distress. The Oneirodrama’s approach is characterized by a playful attitude towards dreams and the avoidance of interpretations, since it considers dreams as an originally relational material, in order to promote further, through the recreational process, the faculty of relating.

**Experiential workshops : Zone C**

**C1 Landscape genogram, culture’s experience and identity**

*Chantal Nève-Hanquet*

The concept landscape genogram is coming from the practice of Chantal Nève-Hanquet and Jacques Pluymaekers as therapists and trainers. It gives a creative representation by the words, the images and their graphical and/or psychodramatic representations of certain crucial moments which have been called up during the genogram’s exploration. This way people can express their culture’s differences and the transgenerational perspective by pictures, words and movements. With
psychodrama, the landscape genogram creates space so a person can live changes for himself and with others. In landscape genogram, everyone can find a piece of his family story, culture and transgenerational, it means the sense of his being.

**C2** “Who shall survive in Europe and Mediterranean?” Investigation of collective unconsciousness through dreams and sharing together

*Maurizio Gasseau*

We had strong transformations in European and Mediterranean countries: economic crisis, traumatic migration, unemployment, climatic change, environmental disaster, terrorism, wars! How is it increasing the Anima Mundi? We will share together dreams, memories and expectations to investigate personal and collective unconsciousness reactions to these phenomena and what suggestions the wisdom of dreams will give us. The conductor will present new warming up techniques, integrating Moreno’s sociometry and Jungian active imagination exercises. Two or three dreams will be played. After the final sharing, there will be an observation which will communicate the sense of the dreams will try to connect individual themes to the group’s collective unconsciousness, as well as to the trans-cultural themes.

**C3** Hidden Stories and Unforeseen Battles of Postwar Life. Integrative and gender inclusive psychodrama approach in work with trauma

*Lidija Vasiljevic & Jana Damjanov*

This workshop will present methods of our work, which we developed while practicing therapy and training in Balkan region. The approach grew through experience with war and post war trauma both actual (present) and trans-generational (In Ex-Yugoslavia there are 3 generations with war experience). The idea of the workshop is to show integrative psychodrama approach and specific action and expressive methods in work which combines art therapy, trans-generational work, and gender based violence reparation approach, narratives deconstruction and different action techniques like: storytelling, playback, improvisation theatre, living newspaper, script play etc. The group will have a chance to explore the application of different action methods in work with this specific vulnerable population: exploration and usage of personal resources, activation of hidden potentials, relocating caregiving towards self-care and toward others, reconciliation through action and symbolism, etc.

**C4** Archetypes & Sociometric choices

*Jacomien Ilbrink & Sabine Kern*

In this workshop we will look at predominant archetypical forces that are alive in us. We will work with these forces and discover how these archetypes influence our, mostly unconscious, choices. Raising awareness about our choices will help to get in touch with who we really are and what we aspire (or long for). This process will in the long run enable us to increasingly make more conscious choices. That is: choices that reflect who you are and therefore resonate with others so that you will be chosen for what you want to be chosen for. We will use the sociometry of the group to deepen our understanding of ourselves and how we are perceived by others.

**C5** Prometheus, Epimetheus, Metis (Pandora’s Legend): Providence, ingenuity, obvious, falsehood.

*Giorgos Chaniotis & Ioannis Georgeas*
Prometheus and Epimetheus were two brothers. The legend speaks about a man, who is “provident” and another who perceives what is happening, only when it is already too late. Their names notify exactly these qualities, that is the existence or not of Metis (ingenuity) in their actions. The relationship of these two brothers is well known from the Legend of Pandora, ("a Gift by All", i.e. the Gods), the wife of Epimetheus. It is a high risk gift for the person who is not provident. Therefore, in our group we will work on the value of providence as to the existence of true, evident, false, and imitative, like the question given in the issue by J.P. Vernant “We humans, who are we?”.

C6 My rights are your shadow? Let every voice be heard!

Sofia Symeonidou
Martin Luther King Jr. said. “We may have all come on different ships, but we’re in the same boat now”. Our own shadows and their own shadows are shadow people that exist everywhere and not in other planet. Psychodrama and Human Rights are the tools and the motivation that we will use to identify, to share and to bring light in our life shadows to this workshop. The personal and the social context will become the boat.

C7 The shadow, the unspoken and the silence: individual and collective secrets and their potential for resilience.

Jorge Burmeister
According to C.G. Jung it is the integration of the “shadow” of unpleasant and repressed experiences, in our concept of ourselves and of our life which develop us further. Some of those experiences are rooted in traumatic incidents, others in family and transgenerational tragedies and others in collective disasters which can produce shame, denial and internal conflicts - often on an unconscious level. In this workshop we will use the power of the “third place”: we will focus on dreams, arts, humanistic and spiritual wisdom and its mutual resonance to reveal the unspoken, to shed light into the shadow and words into the silence. Let’s make the world a little bit more beautiful and us a little bit more real.