



REGISTER NOW!

**Trainers' conference
„Sociometry and Shadow“**

April 21-23, 2017

Tartu, Estonia

Lecture on sociometry by Sirkku Aitolehti (T.E.P.), and on shadow by Giorgio Tricarico (clinical psychologist, psychotherapist, Jungian analyst).

Workshops by psychodrama trainers (T.E.P.) from member institutes of the Nordic Board.

Participation fees:

Early Bird registration (until 31 December 2016) – 140 EUR

Registration beginning from 1 January 2017 – 180 EUR

Info, recommendations about accommodation possibilities, and **registration:**
conference@self.ee

We are looking forward to seeing you in Tartu!

(Buses from Tallinn airport depart about 20 times a day, Lux Express every hour).

The Nordic Board of Examiners in Psychodrama,
Sociometry and Group Psychotherapy
www.nordicboard.org

Tartu Psychodrama Institute
www.psyhhodraama.ee

LECTURES

Lecture in action on sociometry by Sirkku Aitolehti, T.E.P.

Sirkku Aitolehti is master of theology from Helsinki University in 1972, CP from Holwell in 1988, TEP from the Nordic Board in 1995. She is cofounder of Helsinki Psychodrama Institute and Tallinn Psychodrama School and Finnish bibliodrama training. She now lives in the countryside near Tallinn and grows flowers and vegetables and occasionally directs and trains psychodrama.

Do we make choices that support the status quo? Or do our choices give possibility to new creations? Sirkku's lecture in action tries to deal with this very basic question.

Lecture by Giorgio Tricario "Meeting the Shadow in the 3rd Millennium"

Considering images the best way to express psychic contents, C.G. Jung made use of the word "Shadow" to define those psychic elements that needed to be repressed by an individual, because in contrast with their familiar and social values.

Accordingly, what is considered Shadow can significantly vary, in different time, in different societies, and in different groups within a society as well.

Going beyond the personal, individual level, one would find other collective Shadow elements, so to say, belonging to the human being in general.

Together with becoming more aware of our "Persona", the Latin word for "mask", the analytical process is supposed to start with meeting our Shadow, and its personal and collective elements and layers.

The goals of this talk are:

- to explore the concept of Shadow from a Jungian perspective
- to reflect on how the Shadow is often unconsciously projected onto someone else, especially within groups
- to introduce the problematic meeting with the Shadow in our current era, i.e. the era of the repression of limits and of omnipotence

Giorgio Tricarico

Clinical psychologist, psychotherapist and Jungian analyst, member of the International Association for Analytical Psychology (IAAP).

He has worked with adult patients since 1998, and has given several lectures and seminars on relevant issues in Analytical Psychology.

He is the author of the book *The Labyrinth of Possibility: a Therapeutical Factor in Analytical Psychology*, London, Karnac Books, 2014.

Since 2009 he has been living and working in Helsinki, Finland.

WORKSHOPS

EDUARDO VERDÚ (NOR)

Eduardo Verdú, T.E.P. MSc., and director of the Norwegian Moreno Institute in Oslo.

He teaches, trains and supervises in psychodrama in Norway as well as throughout Europe where he also is a requested workshop holder and has been holding numerous amount of workshops for more than 20 years. Eduardo is a board member of the Nordic Board of Examiners and vice chairman of Pife as well as holding the chair of the Training and Supervision committee of Pife.



SHADOWHUNTERS

The sociometric exploration reveal the hidden structures in a group and helps us understand the grouplife: Alliances, subgroups, kings and queens, lawmakers etc.

It reveals the group structure from inside. The group is the protagonist. However, the individual gets to know a lot of his/her position in the group and receives all the "why's" from other group members. All the choices are explored from the sender and receiver point of view. My choices of you are made out of how I perceive you, but what can they teach us about ourselves? How can they help us understand ourselves better? Our choices can be transformed to shadowhunters, not only in service of revealing the groupstructure alone, but also in search of the unknown in ourselves. The shadowhunters can help us understand ourselves better and give us the opportunity to write and re-write the script of our lives.

In this workshop we will be shadowhunters diving deep into the understanding of our choices, revealing its unknown driving forces.

TUULA GRANDELL (FIN)

Tuula Grandell (geb. 1957) graduated psychologist (Diplom-Psychologin) at University of Cologne in Germany. She is the head of the Finish Moreno institute, psychodrama leader (TEP) and psychotherapist. She combines Jungian psychology and theories of psychodrama into a wholeness which she has named MoreJung.



THE PROCESS TOWARDS ENCOUNTERING ONE'S SHADOW

Shadow is the unconscious, natural part of the psyche which has autonomous power. It activates roles and choices unconsciously, and thereby influences a group's sociometry and challenges its ability to function and cooperate.

Encountering the shadow and becoming more conscious of its content enables us to strengthen the ego, to have more freedom to make choices, to develop more social roles and tele-relations.

Jungian analyst Verena Kast has noticed phases in the encountering of the shadow. Her model of phases shall be introduced and expanded from the viewpoint of role theory and spontaneity and creativity utilizing experiences in sociodrama with psychodrama leaders in Finland.

We shall explore how to employ these phases in a group where the focus is on examining the group's sociometry and the needs to change it.

The myth Inanna and Ereshkigal illustrates the original phases of Kast. The myth is introduced in Tuula Grandell's book "A Journey to the fountain of creativity – Psychodrama meets Jungian psychology"*

*The book is to be published in English by summer 2017. You can reserve a book by sending an email with your delivery and billing address to toimisto@morenoinstituutti.fi. (23 euros + postage costs) You can find the Table of contents and the Introduction in English in www.morenoinstituutti.fi

INARA ERDMANIS (LV)

Born in Riga, Latvia and living in Sweden since the second World-war. Certified and mainly trained by Zerka Moreno (CP 1982) and TEP by Nordic Board of Examiners (1995). Supervisor for the European Institute of Psychodrama.

Founder and leader of the Latvian Moreno Institute and have given education in Latvia since 1989.

Clinical psychologist and certified psychotherapist (by the Swedish State).

Trained as Body psychotherapist (teacher and supervisor). Got family training mainly by Satir, Kempler, Kirschenbaum and Gammar.



ME AND MY SHADOW

The Shadow is a major concept of CG Jung's archetypal philosophy and helps to understand the depth of the human species. Jung considered the Shadow to be the dark and unseen part of each person's personality. He thought the Shadow would always remain unconscious and never brought out to consciousness-hence being in the shadows. In Psychodrama we try, when possible, to bring our darker less visible traits and aspects of individual personality out into the Sun. When we get older, if not addressed correctly and timely, the Shadow can make a person bitter, angry, often leaving them isolated and lonely. Becoming "acquainted" –not necessarily friends- with our darker sides is important for happiness. Recognition that it exists!

No one is perfect so we should welcome the meeting of parts of our personalities that maybe hindering connection with others.

Come-let's take a look at the Darker side of Life.

REIJO KAUPPILA (FIN)

Psychodrama Trainer T.E.P., M.Ed. (Adult Education), Certified Organisational Counsellor and Supervisor, Certified Business Coach, Coach ACC (ICF)

Reijo Kauppila is the director and a trainer in Helsinki Psychodrama Institute (Finland), and he gives seminars in the use of psychodrama in organizations, coaching and organizational counselling in Europe. He has a wide experience in coaching, consulting, and training leadership, team building, and change management in different organizations in private and public sectors. His speciality is learning in and with psychodrama. He uses psychodrama, sociometry and action methods, and develops their application in organizations.



Reijo Kauppila is the Chair of Training Committee in FEPTO Council, a board member in Nordic Board of Examiners of Psychodrama, Sociometry and Group Psychotherapy, and a former President of Finnish Coaching Association.

SHADOWS OF SOCIOMETRY IN CURRICULA – TRAINING AND LEARNING SOCIOMETRY IN PSYCHODRAMA TRAINING

Jungian concept of shadow is connected to individuals, unconscious and counconscious, and it is very useful in psychodrama, too. Sociometry is a principal theory, concept, and methodology in psychodrama. How can we support learning sociometry and its shadows? What is the goal of learning sociometry? What is sociometry's status and position in our training? What kind of pedagogy / andragogy we use? What books and texts our students should read and learn?

In this workshop we explore sociometry – and especially its shadows – in curricula of psychodrama training programs. Answers to questions above will be formed, and practical hints and ideas for learning and teaching sociometry will be cocreated and shared.

We will use a curriculum of Helsinki Psychodrama Institute as an example in some parts of working. You are welcome to bring your own curriculum, too, to get comments and feedback from your colleagues in the workshop.

URBAN NORLANDER (SWE)

Psychodrama Director TEP (Trainer, Educator, Practitioner by NBE), Coach (ICF) With long experience as an actor, director and theater teacher.

Urban is the chairman and a trainer of Swedish Moreno institute and conducted trainings on psychodrama at Karlstad University.



THE SOCIOMETRIC CYCLE

The sociometric cycle is created by Ann Hale and has its origins in John Mosher's Healing Circle and the medicine wheel.

We will use it as a starting point for exploring the changes in life. And how our roles and relationships in different groups and relations changes and develops over time.

In essence the cycle describes the four phases of changes and the issues that comes up.

- 1. Belonging to others** (reciprocal positive choices)
- 2. Belonging but starting to leave** (incongruent non-reciprocal choice)
- 3. Not belonging.** Having left but not processed or really reconciled or found something new. (-Mutual negative selection)
- 4. Belonging to oneself.** To be isolated and reflect and rest. (Reciprocal neutral choice) And once again back to the mutual choice but now as something new.

We will explore the sociometric cycle in action.

PILLE ISAT (EST)

One of the founders and leader of Tallinn Psychodrama Institute since 2000. Psychodrama trainer TEP, supervisor and psychologist-psychotherapist, also trained and experienced in crisis work and traumatherapy.

President of Nordic Board since 2015 and very grateful to have a strong team of trainers and leaders of psychodrama institutes in NBE to fill the mission of developing psychodrama in Nordic and Baltic countries.



SOCIOMETRY AS A TOOL FOR DEVELOPMENT

Psychodramatists who start to use sociometry during or after their studies can meet sudden and unexpected reactions of some group members within very „simple“ sociometric actions. In supervision the most asked questions are – how to prevent repeating traumas for someone and what to do if this happens.

Moreno created sociometry as a developmental tool for groups and for individuals.

In this workshop we use Healing Circle as a model and look at the obstacles and healing possibilities in different developmental phases. We learn in action and theory about the basic fears (and traumas) people can have and see the opportunities to work within those processes according to the purpose of the group or certain action.

This workshop can be taken as a co-vision process sharing our experiences, questions, doubts etc. as trainers teaching sociometry.