

REPORTS

FEPTO RC Report

Research for a magic profession? Scientific reasoning in psychodrama training and practice

Johannes Krall



Psychodrama is magic. This statement would quickly find consensus in a community of psychodramatists. And it is true, all psychodramatists can tell stories about magic moments in their professional work or in their own experience as a protagonist on stage. We love psychodrama, because we have experienced its playfulness of spontaneous and creative action.

However, a professional community is more than a group of “believers” and “followers”. We need to challenge our experience from a systematic point of view, which includes scientific work and empirical research. Since psychodramatists are used to changing roles and perspectives, we can take the role of those, who want to know more about the specific potentials and limits of our method and who want to further develop psychodrama instead of getting stuck in a conserve. Systematic inquiry and research enable us to take a meta-perspective and to better understand the change processes and positive and negative effects of our work.

Developing the role as a practitioner researcher and fostering a research culture as part of our training and practice is still a task to focus on for the future. Therefore, “Scientific reasoning in psychodrama training and practice” was the topic of our Research Committee Meeting. And yes, we need further research for our magic profession.



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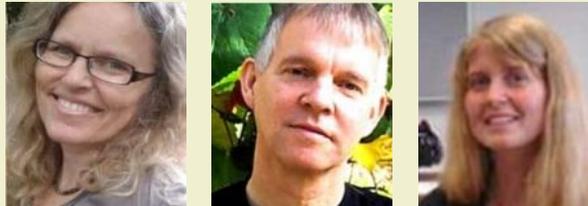
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In Leipzig, more than thirty people were present with additional guests on Friday during the presentation of the keynote speakers. We welcomed Prof. Dr. Bernhard Strauss (Universitätsklinikum Jena), who talked about “Current trends in (group) psychotherapy research” and we discussed questions and challenges we are facing in psychodrama research. Furthermore, our psychodrama colleague Dr. Reinhard T. Krüger from the Moreno-Institute Edenkoben/ Überlingen demonstrated and discussed the topic “Monodrama”. In addition, Prof. Dr. Konrad Schnabel from the International Psychoanalytic University Berlin presented a pilot study about “Psychodrama and wise interventions”. Apart from the keynote speakers, we heard about on-going research projects from our psychodrama colleagues. It was a pleasure to share our research work, to learn from each other and to enjoy social events together.

I want to express my thanks to the LOC – **Katja Kolmorgen, Anett Richter-Nowak and Uwe Novak from the Surplus psychodrama training Institute in Leipzig** for their excellent work in hosting our meeting.

LOC

*Anett Richter-Nowak,
Uwe Nowak, &
Katja Kolmorgen,*



Parallel to the above, we started the preparation for the upcoming

RC Meeting at the University of Padova:

From Resilience to Wellbeing – Promoting Health through Psychodrama and Action Methods

28th of February to 3rd of March 2019

Please also save the date for our FEPTO RC Meeting in Vienna from 10-13 of October 2019.

I am looking forward to meeting you there,

Johannes Krall
Chair of FEPTO RC