## CONTENT

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>CALL for Workshop and Poster Proposals</td>
</tr>
<tr>
<td>3</td>
<td>Committee reports</td>
</tr>
<tr>
<td>4-5</td>
<td>Erasmus+ PERFORMERS#2</td>
</tr>
<tr>
<td>6</td>
<td>Psychodrama online: problems, searches, solutions</td>
</tr>
<tr>
<td>7</td>
<td>Group francophon</td>
</tr>
<tr>
<td>8</td>
<td>FEPTO AWARDS - call for propozals</td>
</tr>
<tr>
<td>9</td>
<td>Call for articles for Psychodrama Journal</td>
</tr>
<tr>
<td>10</td>
<td>Psychodrama .Net - Invitation to cooperation</td>
</tr>
<tr>
<td>11</td>
<td>Invitation for Training Committee Meeting</td>
</tr>
<tr>
<td>12</td>
<td>FEPTO network group for Climate change-invitation</td>
</tr>
<tr>
<td>13</td>
<td>Network Group for Children and Youth Psychodrama</td>
</tr>
<tr>
<td>14</td>
<td>Psychodrama at the Sigmund Freud University</td>
</tr>
<tr>
<td>15</td>
<td>FEPTO Calendar’2020</td>
</tr>
<tr>
<td>16</td>
<td>FEPTO Calendar’2020</td>
</tr>
<tr>
<td>17-21</td>
<td>Committee reports</td>
</tr>
<tr>
<td>22</td>
<td>Psychodrama online: problems, searches, solutions</td>
</tr>
<tr>
<td>23</td>
<td>Group francophon</td>
</tr>
<tr>
<td>26-28</td>
<td>FEPTO AWARDS - call for propozals</td>
</tr>
<tr>
<td>29-30</td>
<td>Call for articles for Psychodrama Journal</td>
</tr>
<tr>
<td>31</td>
<td>Psychodrama .Net - Invitation to cooperation</td>
</tr>
<tr>
<td>32</td>
<td>Invitation for Training Committee Meeting</td>
</tr>
<tr>
<td>33</td>
<td>FEPTO network group for Climate change-invitation</td>
</tr>
<tr>
<td>34</td>
<td>Network Group for Children and Youth Psychodrama</td>
</tr>
<tr>
<td>37</td>
<td>Psychodrama at the Sigmund Freud University</td>
</tr>
<tr>
<td>39</td>
<td>FEPTO Calendar’2020</td>
</tr>
</tbody>
</table>
Dear Friends, Colleagues and members of the FEPTO Community,

We welcome you to the last Newsletter of 2019. In this issue you will find initial information about the forthcoming 15th FEPTO Conference and Annual Meeting, to be held in Ohrid, North Macedonia in May 2020. We would like to thank you for the trust you have shown us, for one more year.

This has been a year full of challenges for Europe and the world. The growing influx of refugees, and the changes in the European Union are redefining the political, social and cultural scenery of our continent. It is part of our function as psychodramatists, to monitor and find ways to assist in this process of transition towards a new reality. J.L. Moreno, the founder of Psychodrama, imagined that the method he invented could contribute in the improvement of the relations among people, organizations and nations. It is of no surprise that during the last few years psychodrama and sociodrama have been so effectively used for the facilitation of the settlement of many immigrants and refugees in European countries, as well as for the familiarization of Europeans with the new reality.

It has been a substantially productive year for the development of our community. There are several ideas, plans and projects that have started or further expanded during 2019. Some of them are the FEPTO forum for the exchange between our members, the creation of the Psychodrama database with information and scientific material about our method, and the International Psychodrama Journal. From our end, as the FEPTO Council, the elected representatives of this community, we try constantly to enhance and enable all the initiatives that our Organization can benefit from.

We plan to continue in the same spirit through 2020! We are sure that with the collaboration and the engagement of our members, it will be one more prosperous year of development, productivity and joyful collegiality for our Federation!

We would like to wish to all of you and your beloved a happy, healthy and prosperous new year!

Nikos Takis & Chantal Neve Hanquet
FEPTO President and Vice President
president@fepto.com, vicepresident@fepto.com
INVITATION

15th FEPTO CONFERENCE
THE HEALING POWER OF THE PSYCHODRAMA
22 - 24 May 2020, OHRID
NORTH MACEDONIA

28th FEPTO Annual Meeting
24th – 28th of May

MIND THE BODY
EXPLORING THE SOMA THROUGH
PSYCHODRAMA

‘2020
Ohrid
The conference was organized by FEPTO with local partners: Amigdala School for Psychodrama, Skopje, Republic North Macedonia.

Mirjana Jovanovska Stojanovska Ph.D. is a psychologist with a master’s in Clinical Psychology and Counseling and a Doctorate in Psychology. She is founder, main trainer and supervisor at the School for Psychodrama Amigdala and is an EAGT certificated Gestalt Therapist and a Certificated Supervisor (Gestalt Center, London). Mirjana is also an Assistant professor on the Faculty of Psychology, MIT University, Skopje teaching “Introduction to Psychodrama” as part of the Master’s Degree in Clinical Psychology. She is President of the Chamber of Psychology for the Republic North Macedonia and actively participates in the development and organization of the profession. She has a private practice as a psychologist-psychotherapist. Her work focuses on working with trauma, PTSD, stress management, panic attacks, phobias, OCD, psychosomatic problems, anorexia, bulimia, and LGBT issues. She is interested in Research in Psychotherapy and education and is leading a pilot research project on the influence of psychotherapy education on the personality of the Trainee. She is also conducting research on the impact of psychotherapy with cancer patients.

Dr.sc. Biljana Gjorgjeska is a Full Professor on the Faculty of Medical Science at University Goce Delcev in Stip. Psychodrama is her love. Member of AMIGDALA since 2009. Actively participates in the work of the Association and supports the development of Psychodrama in North Macedonia. As the head of Department of Drug Analyses and Pharmaceutical Chemistry, she leads and teaches courses on both graduate and postgraduate levels. She mentors both in specialization "Examination and Quality control of Drugs" as well as in doctoral studies. Professor Biljana Gjorgjeska's research interests are in the fields of Pharmaceutical Analyses, Quality Control and Quality Assurance of Pharmaceuticals, Biochemistry, Medicinal Chemistry and QSAR.

Vesna Blazhevska Ph.D. She is a psychologist, her master studies are in the field of Clinical Psychology and she has a Ph.D in developmental and pedagogical psychology. She is a trainer and supervisor at the School for Psychodrama Amigdala. She is Assistant professor and currently a Dean on the Faculty of Psychology, MIT University, Skopje. She is a member of Board of directors of the Chamber of Psychology of North Macedonia. She works as a psychologist-psychotherapist in private practice. Her work focuses on working with trauma, PTSD, stress management, anxiety, depression, domestic violence, eating disorders, LGBT issues. Her research interests are about childhood trauma and occurrence of late psychopathological phenomena, the dynamics of domestic violence, family dynamics etc.
Margarita Nikolovska, MScs in Clinical Psychology and Counselling, Psychodrama Trainer and Psychotherapist. She is a President of Amigdala, NGO and a humanitarian worker. She is the president of the Supervisory Board of the Chamber of Psychologists of RN Macedonia. In her Psychotherapy work, she works both in individual and group therapy, mostly with anxiety, Panic Attacks, traumas, relational problems, development problems, adaptation problems, personal development ... She also works at the Special Institution Demir Kapia with adults and children with deep autism, cerebral paralysis, hard developmental disabilities, and combination of psychological disorders with development disorders: assessment of functionality and identification of abilities, individual plans for development, treatments for socialization, cognitive and communication skills. In her work, she combines different psychotherapy and special educational methods and tools.

Ilija Dojčinovski, MA. Since 2018, Dojchinovski is a scientific assistant and doctorate at the International Psychoanalytic University in Berlin, Germany. His engagement at the university is both teaching seminars in the area of personality psychology and applied diagnostics and preparation of his PhD thesis on wise interventions and psychodrama and a psychological well being scale adaptation on Macedonian. He earned his master’s degree in Developmental psychology at the Institute of psychology, State University „Saints Cyril and Methodius“ in Skopje. From 2005 to 2018 he was a psychologist at the Zan Mitrev Clinic in Skopje. There he practiced counseling with patients (and their families) undergoing various medical procedures. He is a certified psychodrama psychotherapist through “Amygdala” school of psychodrama psychotherapy. He also spent two years in a gestalt psychotherapeutic group.

His professional and research interests include the possibilities of implementation of various (psychotherapeutic) approaches in the enhancement of psychological well being as well as the construction and adaptation of various psychodiagnostic instruments.

CONTACT

**LOC coordinator:** Mirjana Jovanovska Stojanovska  
Tel: +389 70 233 453

**Secretary of the conference:** Margarita Nikolovska  
fepto.ohrid@gmail.com
Ohrid is a city in the Republic of North Macedonia, the seat of the Ohrid Municipality. It is the largest city on Lake Ohrid and the eighth-largest city in the country, with over 42,000 inhabitants as of 2002. Ohrid once had 365 churches, one for each day of the year, and has been referred to as a "Jerusalem of the Balkans". The city is rich in picturesque houses and monuments, and tourism is predominant. It is located southwest of Skopje, west of Resen and Bitola. In 1979 and in 1980 respectively, Ohrid and Lake Ohrid were accepted as Cultural and Natural World Heritage Sites by UNESCO. Ohrid is one of only 28 sites that are part of UNESCO's World Heritage that are Cultural as well as Natural sites.

Besides being a holy center of the region, it is also the source of knowledge and Macedonian-Slavic literacy. The restored Monastery at Plaoshnik was actually one of the oldest Universities in the western world, dating before the 10th century.

It was located in this town, through the activity of Macedonian teachers St. Clement of Ohrid in the late 9th and early 10th centuries and the first Maconian-Slavic University in Europe.

Ohrid was also the most important official capital of the First Macedonian - Slavic State, more precisely of the Kingdom of Samuil.

Ohrid is the birthplace of Macedonia in the 19th century with one of the strongest and greatest European intellectuals of that time, Grigor Prlicev of Ohrid, referred to as the Second Homer.

Ohrid is also home to Vila Biljana, which serves as an official residence of the Prime Minister of North Macedonia.
THE VENUE

THE CONFERENCE AND AM WILL BE MAINTAINED IN METROPOL LAKE RESORT, OHRID.

Registration

We warmly recommend Hotel Metropol and Hotel Tourist. The Prices are low, the food is excellent and all events will be held at the Metropol Hotel. If you choose accommodations elsewhere, there is no other means of transport except taxi. Every day you will need to spend 7-10 euros for a taxi.

Please book your hotel accommodation yourself!

HOTEL METROPOL – METROPOL LAKE RESORT**** hotel

Phone number: +389 046 203 001

ACCOMMODATION

Hotel Metropol is located between the shore of Lake Ohrid and the green forests of the Galicica National Park, boasting amazing views of the lake and the mountains. Savour authentic regional cuisine as well as international dishes accompanied by the sound of traditional music while enjoying an amazing lake view. Benefit from the banquet hall as well as the conference hall.

Hotel Tourist is connected with Hotel Metropol through a corridor. Boasting well-equipped accommodation and great facilities. All the meals are served in the restaurants of Hotel Metropol.

<table>
<thead>
<tr>
<th>HOTEL</th>
<th>FULL BOARD (BREAKFAST, LUNCH AND DINNER)</th>
</tr>
</thead>
<tbody>
<tr>
<td>**** METROPOL</td>
<td>ONE BED</td>
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<td></td>
<td>TWO BEDS</td>
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<tr>
<td>*** TOURIST</td>
<td>ONE BED</td>
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<td>TWO BEDS</td>
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HOW TO GET TO Ohrid, Hotel Metropol

Ohrd’s **St. Paul the Apostle Airport**, also known as Ohrid Airport, is an international airport. It is the second largest airport in the Republic of North Macedonia The airport is located 9 km northwest of Ohrid.

In total there are 4 airlines flying from and to Ohrid. Wizz Air (W6), Germanian Flug (GM), Edelweiss Air (WK),

There are currently no buses linking the airport with Ohrid city centre. The normal taxi fare for the 9-km ride is **8 euros or 500 denars**. Hotel Metropol is 6,11 km more from Ohrid. Don’t give more than 15 **Euros – 900 denars** for the taxi ride to the hotel.

**Alternative airports to Ohrid**
The nearest airport to Ohrid (OHD) is **Skopje Airport**

Skopje Airport is the larger and busier of the two international airports in North Macedonia, with the other being the St. Paul the Apostle Airport in Ohrid which is located 170 km (110 mi) southwest from the national capital Skopje.

How to travel **form Skopje airport to Ohrid**? We suggest 3 options:

1. **Option**
   **Bus 1** — **Airport to Skopje** 3 EUR (180 denars) — **one way**
   (link to the Time table)
   Or you can go by taxi from airport to Skopje - 20 EUR **one way**

   **Bus2** — **Skopje to Ohrid** 13 EUR (800 denars) — **return ticket**
   **International Bus Station Skopje** to Ohrid **Time table** (the travel time is about 03:00h)
   Taxi — **Ohrid to Hotel Metropol** 5 EUR (300 denars)- **one way**

2. **Option**
   By taxi - Skopje Airport — Hotel Metropol, Ohrid - 120-150 EUR

3. **Option  RECOMMENDED**
   If you want quick access to Ohrid, the best and cheaper option is to contact **Travel Agency "Holidays" Licence A**
   E-mail: holidaycompa@gmail.com
   Tel: + 389 2 30 600 41 Mob: +389 70 29 59 86

   *(The owner is a wonderful psychodramatist –Tanja Pinevska)*

   Price:
   Skopje airport – Ohrid—Hotel Metropol (one direction)
   by car 100 Euros/3 persons
   by a van – 170 euros/8 persons
To find other options how to get from Skopje to Ohrid, by bus, train, taxi or car [click here]

**Important:** There are tolls on the way to Ohrid (to Skopje too), please have euro coins with you. Otherwise, you can pay with a card.

If you have any questions about traveling to North Macedonia, if you want to come before the Conference and AM or stay longer, if you need advice or want to rent a car, or you need help planning a private tour, we recommend contacting this touristic agency:

**Travel Agency ,,Holidays,, Licence A**  
E-mail: holidaycompa@gmail.com

The agency has a special deal with AMIGDALA and will give you the best prices and service. It will respond quickly and professionally to all your requests.

If you choose any other option or agency you cannot go wrong because the main characteristic of the people in Northern Macedonia is that they are hospitable and friendly.

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**CONTACT**

**LOC coordinator:**  
Mirjana Jovanovska Stojanovska  
Tel: +389 70 233 453

**Secretary of Annual Meeting:**  
Margarita Nikolovska  
e-mail: ohrid2020AM@gmail.com
TRAVELING and VISA

When you contact the agency please state that you are from FEPTO.

TRAVELING TO NORTH MACEDONIA

VISA
No visa is required for EU, countries in the Balkans, the State of Israel
Other countries please check following link

SECURITY
Advice from UK government:
Most visits to North Macedonia are trouble-free. Occasional acts of criminal violence occur, although foreigners are not generally targeted.
https://www.gov.uk/foreign-travel-advice/north-macedonia

Advice from the Canadian government on traveling to Northern Macedonia
North Macedonia - Take normal security precautions
Exercise normal security precautions
There are no significant safety and security concerns. The overall safety and security situation is similar to that of Canada. You should take normal security precautions.
https://travel.gc.ca/destinations/macedonia

You can find many interesting tourist destinations in North Macedonia. Take this opportunity and see the country. Here are some links and Google can find more
https://www.lonelyplanet.com/macedonia
https://www.lonelyplanet.com/macedonia/southern-macedonia/ohrid
https://www.macedoniatravel.com/

CURRENCY
The currency of the Republic of North Macedonia is denar (MKD = ден)
€ 1 = 61.53 ден
100 ден = € 1.63

Online currency converter for updated rate
Registration steps:
1. Fill out the online registration form found at the bottom of the registration page. Straight after submitting, you will receive a copy of the registration information in your email.
2. In 2-3 weeks, you will receive a mail from the LOC with an invoice of your registration fee with all needed information for payments to be made by bank transfer (including e.g. amount in EUR, due date, reference and bank information). Please, use only that information for payments! All payment must be made in EUR.
3. Your registration will be valid only after the LOC has received your payment.

REGISTRATION FEE
*The registration fee includes the AM program with all the meals and refreshments during the breaks.

<table>
<thead>
<tr>
<th></th>
<th>ANNUAL MEETING*</th>
<th>CONFERENCE**</th>
</tr>
</thead>
<tbody>
<tr>
<td>EARLY BIRD</td>
<td>170 EUR</td>
<td>80 EUR</td>
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<tr>
<td>until February 29th, 2020</td>
<td>120 EUR (accompanying persons)</td>
<td>50 EUR (accompanying persons)</td>
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<tr>
<td>LATE BIRD</td>
<td>220 EUR</td>
<td>110 EUR</td>
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<tr>
<td>until April 15th, 2020</td>
<td>170 EUR (accompanying persons)</td>
<td>80 EUR (accompanying persons)</td>
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<tr>
<td>after April 15th</td>
<td>250 EUR</td>
<td>150 EUR</td>
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The excursion to Ohrid includes: guides, boat ride, cocktail snack and drinks (wine, beer, juices), dinner at St. Naum with drinks (Delicious wine, beer, brandy and a large selection of soft drinks). For accompanying persons registration fee includes all meals and coffees, social events and the excursion to Ohrid and Sv. Naum.

**The registration fee includes lectures, workshops, processing groups, poster sessions and large groups, refreshment during the breaks, live music, singers and dancing groups on Friday and Saturday. For accompanying persons, it includes live music, singers and dancing groups on Friday and Saturday, and coffee and tea breaks during the Conference.

Accommodation is not included in the registration!

Please, reserve and pay for your accommodation on your own!

You can find information regarding accommodation here.

Online registration
ONLINE REGISTRATION AND SCHOLARSHIPS

ONLINE REGISTRATION

If you are online, you can register now by using the buttons below.

- Annual meeting*
- Conference

*Important notice:
Only representatives delegated by the FEPTO training and accrediting organizations and accredited guests by the LOC can participate in FEPTO’s Annual Meetings.

In 2-3 weeks you will receive a mail from the LOC with an invoice of your registration fee with all the needed information for payments to be made by bank transfers (including e.g. amount in EUR, due date, reference and bank information). Please, only use that information for payments! All payments must be made in EUR.

Your registration will be valid only after the LOC has received your payment.

FEPTO SCHOLARSHIPS FOR ANNUAL MEETING

This invitation is addressed to the FEPTO organizational members (institutes and associations) from Bulgaria, Croatia*, Estonia*, Greece*, Hungary, Latvia*, Lithuania*, Poland, Portugal*, Republic of North Macedonia, Romania, Russia, Serbia and Turkey. The scholarship for the Annual Meeting covers 2/3 of the participation fee for all above countries with the exception of *, when a 1/2 scholarships covers 1/3 of the participation fee based on early bird registration.

FEPTO SCHOLARSHIPS FOR CONFERENCE

Scholarships are available for trainees to be able to participate at the next FEPTO Conference in Ohrid. Please inform your trainees and encourage them to apply. The number of scholarships are limited.

This invitation is addressed to the FEPTO organizational members (institutes and associations) from Bulgaria, Croatia*, Estonia*, FYROM (Former Yugoslav Republic of Macedonia), Greece*, Hungary, Latvia*, Lithuania*, Poland, Portugal*, Romania, Russia, Serbia and Turkey. The scholarship for the Conference covers 2/3 of the participation fee for all above countries with the exception of *, when a 1/2 scholarships covers 1/3 of the participation fee based on early bird registration.

The number of scholarships is limited.

Deadline to apply: first come, first served until the 29th of February 2020

Application form for scholarships you can download from the website
http://www.fepto.com/annual-meetings/registration-form
http://www.fepto.com/fepto-conference/registration-form

Send an email Krzysztof M. Ciepliński, chair of the Development Committee: development@fepto.com
In the context of the FEPTO Council Meeting in Dave last month, it was decided that the topic of the 28th Annual Meeting, to be held in Ohrid, N. Macedonia from the 24th until the 28th of May 2020 will be: “Mind the Body, Exploring the Soma through Psychodrama”.

The rationale behind this choice is that we would like to shed more light on the importance of the participation of the body in the psychodramatic process. Psychodrama, in contrast to many other approaches in psychotherapy and group work possesses has the advantage of using, addressing and activating the whole psychosomatic entity of the individual. This is one more reason for its efficacy in relatively short periods of time. The majority among us are well aware of the significance and the effectiveness of bodily activities. Jacob Levy Moreno in his role theory, considered that the first roles we assume in our lives are the somatic, bodily ones. However, we deem that this topic has not been discussed and elaborated sufficiently. Therefore, we decided to focus on this important aspect of our work for this year, converse and find ways to integrate it in our training and our practice.

In the context of the 28th Annual Meeting we plan to create small groups that will explore more specific aspects of the work with the body in Psychodrama, how we integrate the somatic memories in the process, what are the limits and possible dangers, and other issues. One other important subject is how we address somatic problems, concerns and illnesses in Psychodrama. The Council’s aim is to have encounters in these small groups, where we will exchange information and learn from each other, in order to enrich our capacities and tools as psychodramatists and trainers.

Nikos Takis & Chantal Neve Hanquet

FEPTO President and Vice President
28th FEPTO ANNUAL MEETING
PRELIMINARY PROGRAM

MIND THE BODY
Exploring the soma through Psychodrama

Sunday 24th of May
15.00-17.00: Registration
17.00-17.30: Welcoming by the LOC, President & Vice President of FEPTO, municipal authorities. Greetings.
17.30 -19.30: Warm up to the meeting by the Local Organizing Committee
19.30-20.00: Welcoming the guest institutes
20.00-22.00: Welcome Dinner and Social Encounter

Monday 25th of May
8.00-9.00: Breakfast
9.30-11.00: Introduction to the AM Topic
Lecture: “Neurobiology and Psychotherapy”- Dr. Antonio Novotni, Psychiatrist
11.00-11.30: Coffee Break
11.30-12.00: Formation of Small Groups & Presentation of Rules
by Chantal Neve-Hanquet.
12.00-13.30: Small Groups I
13.30-15.30: Lunch
15.30-17.00: Small Groups II
17.00-17.30: Coffee Break
17.30-19.30: Large Group
Facilitator: Anna Bielanska (she will choose co-leader and one or two observers)
20.00-23.00: Dinner
Social Activity/ Music & Dance

Tuesday 26th of May
08.00-09.00: Breakfast
09.00-10.30: Small Groups III
10.30-11.00: coffee break
11.00-13.30: General Assembly, part I
13.30-15.30: Lunch
15.30-18.00: General Assembly, part II/ Constitution related subgroups
18.00-18.30: Coffee Break
18.30-20.00: General Assembly, part III/
Summary presented and discussed to the General Assembly
20.00: Dinner & Dance

Wednesday 27th of May
08.00-09.00: Breakfast
09.00-10.30: Committee Meetings
10.30-11.00: Coffee Break
11.00 - 23.00: Excursion and Dinner

Thursday 28th of May
08.00-09.00: Breakfast
09.00-10.00: Preparation of presentations of small group
10.00-11.00: Presentation of small group work in plenary
11.00-11.30: Coffee Break
11.30-12.30: Research Committee Presentation
12.30-12.45: filling out VOICES Questionnaire.
12.45-13.00: Closure and hand over to the new LOC
13.00-14.00: Lunch & farewell
Friday, the 22nd of May, 2020

15.00 – 16.00 Registration
16.00 – 16.30 Welcoming by the LOC (We will Announce the Competition)
16.30 – 17.30 Key note speaker
17.30 – 18.00 Coffee break
18.00 – 19.00 Large group
19.00 – 20.00 Small reflections groups
20.00 – 22.00 Welcome Dinner and Social Encounter

Saturday, the 23rd of May, 2020

07.00 – 09.00 Breakfast
09.00 – 10.30 Key note speaker
11.00 – 11.30 Home groups: Reflection and integration to own work and psychodrama
10.30 – 11.00 Coffee break
11.00 – 13.00 Workshops I
13.00 – 15.00 Lunch
15.00 – 17.00 Workshops II
17.00 – 17.30 Coffee break
17.30 – 19.30 Workshops III
17.30 – 19.30 Small reflection groups
20.30 – 23.00 Dinner / DJ & Social activity

Sunday, the 24th of May, 2020

07.00 – 09.00 Breakfast
09.00 – 11.00 Workshops IV
11.00 – 11.30 Coffee break
11.30 – 12.30 Small reflection Groups
12.30 – 13.30 Presentation of small reflection groups
13.30 – 14.30 Announcing the winners of the competition
14.30 – 15.00 Closure
CALL FOR WORKSHOP PROPOSALS

During this FEPTO Conference we will focus on the healing possibilities that psychodrama techniques provide us, by teaching us spontaneity to allow us to be creative. As Zerka says: “To touch the autonomous healing centre is our task as therapists”. The healing can be through a game, a dance, drawing, singing, acting, talking, encounters, modelling, writing, and fantasizing. Bring your experience and knowledge of psychodrama use to “heal” psychological problems, the soul, the body, interpersonal and society relations.

In this conference we are looking for experiential workshops that will concretise and explore the possibilities of “healing” offered by Psychodrama.

The 2-hour workshops should:

- Be in English (no translation)
- Explore a specific topic to the theme of the conference
- Provide a theoretical frame relevant to the theme of the conference

The proposal should be sent in by the 31st of January, 2020

1. The title
2. The workshop leader(s) + Short abstract, incl.
   - Topic and the approach
   - Descriptions of methods/process that will be used
   - Contact information

Send to us your propose for workshops possible at fepto.ohrid@gmail.com

CALL FOR POSTERS PROPOSAL

FEPTO, an organization assisting European and Mediterranean countries, is a great international platform for exchange and support for member institutes and all persons who are interested in psychodrama and related methods. We try to make psychodrama practice/training more effective, recognizable and fruitful for society.

Our approach is capacious and flexible, we can apply it in many forms and contexts: individual, pairs, small and large groups, clinical/psychotherapy work, education, social work, health promotion, etc.

As a FEPTO council we would like to announce and invite you to present your work as a poster which will be shown at the forthcoming FEPTO Conference and AM in Tallinn, May 2019.

The goal of this project is to open an additional space for the participants to share the current activity in the field of psychodrama (including sociodrama and sociometry) and action methods with the audience of these FEPTO annual events.

We trust, that it will be interesting for all participants to see what kind of research you are actually undertaking or what kind of best practice/training you conduct. You are friendly invited to present your good practices or/final research findings in graphic form as a poster.

Posters can be prepared by the individual member or by the team of co-authors. After the poster session the best posters will be awarded! Encourage yourself and your colleagues – get your students involved!
Dear colleagues, members of FEPTO,

It is an honour for me to be on the FEPTO board, a responsibility and at the same time a challenge for me to serve the Chair of the Training Committee.

As I assumed my present position in the Training Committee, I reviewed the work of my predecessors and I was amazed with all the work they had accomplished, and their ideas which have contributed a great deal to the Training domain. I noticed that certain themes were repeated and were in search of a better perspective taking into account complex and diverse contexts.

There seems to be a continuing dialogue regarding the meaning of Psychodrama Education, the term of Educator/Trainer, and how might Psychodrama find its position, on equal terms, among other more established or “recognized” psychotherapies. In addition, there has been discussion regarding the issue of Training-Education. I will try to give a brief overview.

FEPTO recognizes Psychodrama Institutes, promotes their networking, and supports the development of the trainers. Its purpose is to describe that which is “necessary” and “essential “and to converge on similar educational “images”.

FEPTO also helps promote Psychodrama. This means helping not only to understand Psychodrama but ultimately what psychodrama skills/abilities student trainers and therapists possess. Recognition based on FEPTO standards constitutes the basis, but the education of trainers and practitioners, methods, and the overall training is multi-coloured.

So far there has been a great deal of debate regarding the training duration, the theory, the practice, the different government requirements. The purpose of the discussions was to record, understand the programs, strive for knowledge, useful ideas, and to eliminate differences that create distance or are problematic.

The big and persistent question has been how do we recognize a trainer’s abilities and what are they? Opinions are many and varied, often with wide-ranging divergence in addition, what are the educational standards for adult and child therapy, as well as other areas of application of Psychodrama.

Theoretical and practical knowledge has been regularly highlighted by the need for good knowledge of the terms psychodrama, sociodrama, sociometry, group dynamics, group therapies, as well as basic psychoanalytic knowledge. The reports show that there is a great deal of difference regarding the knowledge of trainers, which raises concerns about the ‘equivalence’ of the profession of Psychodramatist with other psychotherapists and what would benefit and lead to international recognition. Another issue is that depending on whether the psychotherapist is more concerned with art, or psychotherapy, he or she recognizes as necessary different types of knowledge and abilities. Moreover, let us not forget what a country/state, or a university can recognize on its part. In this case the ‘differences are enormous and often not coordinated with the local institutes.

Dear colleagues, all these issues, my predecessors and the Training Committee teams tried to put in discussion. Reijo Kauppila has already worked in a considerable manner to write about them in the newsletter. It is my wish for us to work upon this basis which has been handed down to us. Your thoughts, ideas and suggestions are welcome.

A lot of work still needs to be done to bring about a greater educational convergence. The stories of the Institutes, the national positions on psychotherapy and training, the cultural differences and therefore the perceptions, the personal paths of the educators are elements which tend to mitigate divergence. But if properly valued and used, always keeping in mind the local specificities and respecting the personalities of the trainers, we can help promote a better and at the same time more unified Psychodrama training. A training worthy of the fight for recognition of Psychotherapeutic Education and Psychotherapy.

I have come to the conclusion that the Training Committee team, and as I guess of other Committees, is like an accordion. It is therefore difficult to assess who the active or stable members are. This is not a serious issue; even though it points to the possibility of a think tank, in fact, it is difficult for us to communicate. In the first phase, I would like to invite anyone who wishes to participate to send an e-mail to the e-mail address of the Training Committee (training@fepto.com). In this way, we will have a better picture which will serve as a basis; it will be especially useful if the team gets together in Spring, before Ohrid.

Best Wishes for a constructive and creative academic year!

Georgios Chaniotis
Chair of Training Committee
Membership & Annual Meeting Committee

Three institutes are interested in joining the FEPTO Community.

The representative of PIB-Psychotherapeutisches Institut Bergerhausen - leader of the institute Prof. Dr Jochen Becher-Ebel, was a guest at FEPTO AM in Pravets, Bulgaria. He cannot provide all the documents needed to apply for FEPTO membership.

The other two Psychodrama Institutes are:

- Günişiği Psychotherapy Center and Psychodrama Institute represented by Yeşim Türköz, PhD
- Center for Psychodrama, Zagreb, represented by Ivana Juric

FEPTO’s Council has approved the Membership Committee’s proposal to invite these training organizations as guests at the next AM in Ohrid 2020. This will give them the opportunity to introduce themselves and get to know our organization and how it works and establish contacts.

The work priority of the Membership Committee is taking care of our members. After processing the voices from Tallinn we came to the following conclusions:

1. We need to create a much more organized procedure for collecting feedback from members
2. We have to know our members needs
3. We need to become more interested in the problems that Training Organizations face: internal problems related to education and functioning of their organization
4. We need to become more interested in the problems related to the laws of the country in which the Training organization exists.
5. For these purposes, we will include a few questionnaires that will serve to gather the necessary information. Apart from answering the questionnaires each of the FEPTO members is invited to contact the Membership Committee directly.

The recommendation of the Membership Committee:

1. Possible change of Constitution - to have the option of individual membership
2. To the Training Committee: to introduce renewal of the membership of training organization every 5-7 years.

* * *

The next AM will be in Ohrid organized by the AMIGDALA School of Psychodrama Psychotherapy.

The organization of the next AM is coming along great. Most of AM's events have already been agreed.

Key Speaker will be Dr. Antonio Novotny, Psychiatrist at the State Clinical Centre for Psychiatry.

Miranja Jovanovska Stojanovska
Chair of Membership and Annual Meeting Committee
My first act was to communicate with the former secretary, Anna Cruz and cleaned up the mailing list to our members. There are still some unidentified addresses, or mails which return. We need to find ways to update the mailing addresses. Please, send me a note if your mail address had changed!

Had sent the following information to members and to the FEPTO website:

- A reminder on the FEPTO Ohrid Conference and meeting
- An announcement of the Children Psychodrama network
- Chang of the staff of the Lithuanian Psychodrama Association
- The announcement of latest book of John Nolte
- Info about the Bergama congress May 2020

Wrote the minutes of the extra Council meeting in Iseo, during the IAGP International Psychodrama Conference, September 2019 and the minutes of the Council meeting in Dave.

International Affairs

I was the organiser and chair of the Sociodrama Symposium at the 2nd IAGP International Psychodrama Conference in Iseo. Presented the Erasmus+ PERFORMERS#2 project.

Participated in the Trauma Disaster Symposium at the 2nd IAGP International Psychodrama Conference in Iseo. This symposium was a result of the cooperation between FEPTO Task Force for Peace Building and Conflict Transformation and IAGP Trauma Disaster group.

I participated in a round table discussion on “Professional Ethics and Privacy”, together with colleagues from Italy, Argentina, Turkey and Egypt at the 2nd IAGP Psychodrama Conference. We'll go on with the cooperation in this group and discuss psychodrama training and practice out of ethical point of view.

Ethics Committee

In my experiences the small groups are working very well during the Annual meetings.

The outcome of the small group work on Ethics from Pravets and Tallinn is presented it in the NL 19/2. The Committee needs to meet to develop the work with the Code of Ethics and Code of Conduct for training organisations.

Members, who are interested in working with these issues and forming the paragraphs are invited to an Ethics Committee meeting in Hungary, at the end of August 2020.

Please, let me know if you are interested by sending a mail to jteszary@gmail.com and I tell you about the details of this meeting.
Beyond Numbers and Words
Measuring & Understanding Psychodrama

Johannes Krall
Chair of FEPTO RC

The FEPTO Research Committee has organized the RC Meeting in Vienna on the topic “Beyond Numbers and Words. Measuring and Understanding Psychodrama”. It was a pleasure to welcome 54 colleagues from 16 European and Mediterranean countries at the Sigmund Freud Private University. As a keynote speaker Prof. Klaus Ottomeyer (University of Klagenfurt, SFU Vienna) spoke about “Scenic Understanding” and he also conducted a workshop in the afternoon. It is particularly worth emphasizing, that young psychodramatists and researcher from three universities in Turkey presented their research projects. A full report can be found at the FEPTO website: http://www.fepto.com/organization/committees/research-committee-3

On behalf of the FEPTO Research Committee I want to thank our local hosts Susanne Schulze and Babsi Geml for their warm welcome and their excellent organization of the meeting!
Dear FEPTO Colleagues,

Let me say thank you for your trust and support in re-electing me to the FEPTO Council. In Tallinn it was agreed by the Council to offer me the responsibility for the Development and Network Committee for the next two years. It is my honour and pleasure to continue the work of former chairs and other participating Colleagues. I would like to mention here the important contribution of Norbert Apter and dearly missed Yaacov Naor. I am also thankful to Fred Dorn, the latter chair of the Committee for his involvement, in particular his progressive work on the establishment and development of the FEPTO Forum platform, as well as on the FEPTO Constitution revision. I am very pleased that Fred will be involved in both of these in the near future.

The idea of networking is at the heart of the FEPTO mission. By exchange in different contexts we can learn from each other, enriched each other and create new projects focused on specific fields and problems. I trust that the on-going projects and initiatives like inter-vision groups, the network for psychodrama with children and youth, and the peace building and conflicts transformation task force will all be successfully working in the near future. We are also very proud that FEPTO, as an organization, as well as many individual FEPTO Colleagues participate in a few Erasmus Plus Projects in cooperation with NGO’s, businesses and academic partners. As psychodramatists and citizens we are called upon to be responsive and creative to face current challenges like climate and society changes. One of the last initiatives, the Psychodrama.World interactive Web platform, aims to build on-line international cooperation providing accessibility to psychodrama knowledge. This is open to all psychodrama authors and students, based on Paola de Leonaris’es and Marco Greco’s Psychodrama Maps. Special thanks to Roger Schaller for his great involvement in this project. I believe that the co-creative work on this done during the Pravetz and Tallinn Annual Meetings will be supported by the FEPTO community in the near future.

Let me cordially invite you to share your needs, ideas or projects related to the issues of FEPTO Development and Networking. I hope we can successfully co-operate in order to develop as professionals and institutes. Please use the following email addresses: k.cieplin@gmail.com.

Please also visit our Committee Website: http://www.fepto.com/organization/committees/networking-committee as well as the FEPTO Forum https://fepto-networking.eu/index.php for all your needs.

Thanks in advance for your future cooperation!

Krzysztof Ciepliński
Chair of the FEPTO Development and Network Committee
The latest training was held in Stockholm with the focus of field specific sociodrama. Social partners were:

1. Huddinge Gymnasium, Mariolina Werner presented her sociodramatic work with refugee students to deal with their questions and experiences in their new land.

2. Detention home in Hungary, a prison, a total institution for juvenile offenders. Personal of different categories (guards, psychologists, mental health- team, teachers, the leader of the prison) participated and presented in action the system and regulation policy of the institute. In the pilot project, PERFORMERS#1 I have been working with the personal a couple of times. The Hungarian team since then continues to work there on different levels. Two of my students had psychodrama groups for 60 hours with the youngsters. They wrote their final Psychodrama theses about that work.

3. NOS, a Portuguese NGO. The personal (nurses, care takers, teachers, psychologist, the leader of the institute) presented their daily work at the family therapy centre, at the school and at the day-care centre. The organisation is working with young people living with cognitive and physical function-diversity.

Sociodramatists from Sweden: Monica Westberg, Mariolina Werner) and from FEPTO: Judith Teszáry, Irina Stefanescu, Melinda Ashley Meyer had workshops in different topics.

Plans for the 7th Sociodrama Conference in Peniche/Portugal 24-28 June 2020, were made.

The partners of the Erasmus+ project, the working group 4, which is dealing with standardisation of Sociodrama will have an interactive workshop with the conference participants to find out what do sociodramatists consider as the most important theoretical, philosophical and practical knowledge/competences a sociodrama leader should have. The title of the workshop is: Sociodrama as Applied Social Science.
November, 9 and 10, 2019

1st International Online Conference

Psychodrama online: problems, searches, solutions.

Specialists from 9 countries: Russia, Kazakhstan, Latvia, Bulgaria, Georgia, Germany, Ukraine, Great Britain, Israel, took part in the conference.


Twelve master classes and a round table were held during the conference

- 3th of November, technical meeting: Participants discussed the rules and some organisational issues of the conference. Also there was a master class of Alexandra Dolzhenko (Rostov-on-Don, Russia) and Olga Kuvaeva (Moscow, Russia) "Online Psychodrama Interface: Opportunities and Prospects"

- 9 and 10th of November, master classes.

Some of the topics:

- “Designing in psychodrama online: from concept to realization and through reflection to a new concept”

- “Special features of psychodramatic techniques in monodrama online”

- “Some features of working with transference and countertransference in psychodrama online”

- “Sensory deprivation of the therapist in psychotherapy online”

- “Physicality online”

- “Features of the Director’s Roles in Psychodrama Online”

- “Psychodramatherapist’s first-aid kit: quick response methods”

- round table (Victor Semenov (Moscow, Russia), Sofia Zelenkova (Irkutsk, Russia), Svetlana Gritsenko (Kharkov, Ukraine) "The Ethical Issues of Psychodrama Online"

The conference summed up the work of the project team, which was aimed at exploring the possibilities, restrictions and prospects of conducting online psychodrama. The work was initiated in 2016 by the Institute of Psychodrama and Psychological Counseling (Moscow, Russia).

In February 2019, Russian Psychodrama Association created the Section of Psychodrama online. The aim of the creation of section was combining and developing theoretical, methodological, research and
practical resources in the field of studying current problems of using psychodrama online.

Areas of work

◊ Participation in the organization and holding of conferences, round tables and discussions on the problems of using psychodrama online.
◊ Activities to popularize and promote psychodrama online.
◊ Activities for the provision of advisory and supervisory assistance in the use of psychodrama online.
◊ Accreditation of continuing education programs for psychodrama online.
◊ Making suggestions to the code of ethics of psychodramatherapists.
◊ Activities for the development and conduct of educational programs of psychodrama online.

The work plans of the Psychodrama section online for 2020:

* Conducting master classes and round tables 1 Wednesday per month (19-22 hours Moscow time)
* Psychodramatic online supervision 3rd Wednesday of the month (19-22 hours Moscow time)
* Further education training groups “Psychodrama online in individual counseling. Monodrama online” and “Psychodrama with depressed clients”
* Conducting an international Psychodrama conference online November 14-15, 2020

Victor Semenov (Moscow), PhD in Psychology
Director of the Institute of Psychodrama and Psychological Counseling
Chairman of the Section Psychodrama online

Zaure Tulebaev (Almaty),
Regional Director of the Institute Psychodrama and Psychological Counseling
Secretary of the section Psychodrama online

Alexandra Dolzhenko (Rostov on Don)
Coordinator of programmes of the section Psychodrama online
Présents : Luciano Moura, Inna, Pascal Graulus et Chantal Neve Hanquet Colette Esmenjaud

Nous avons été accueillis merveilleusement chez Chantal à Dave, dès le vendredi soir. Nous étions en petit nombre, mais heureux de nous retrouver. Le groupe s’est réuni le samedi et le dimanche pour 2 jours d’échanges et de partage.

- Nous avons fait, à la fois du travail personnel et aussi partagé des techniques, pratiques et réflexions à partir de nos différences.

- Thèmes abordés : Le travail avec les couples en difficultés, la complexité de certains liens en situation professionnelle, le prix que l’on paye pour résoudre certains problèmes, ou avancer dans la vie et les choix que nous faisons.

- Partages de techniques de la psycho-danse, de la Spirale Thérapeutique de Kate Hudgins de sortie de traumatismes, de jeu.

Les warming up très variés nous ont offerts de belles occasion de construire notre intimité, et d’ouvrir sur les jeux, leur analyse, et notre réflexion.

Le groupe continue, donc

*En anglais*

*We were wonderfully welcomed at Chantal’s home in Dave, on Friday evening. We were in small numbers, but happy to meet again. The group met on Saturday and Sunday for 2 days of discussion and sharing.*

- *We did both personal work and also shared techniques, practices and reflections from our differences.*

- *Topics: Working with couples in difficulty, the complexity of certain relationships in a professional situation, the price we pay to solve certain problems, or move forward in life and the choices we make.*

- *Sharing of psycho-dance techniques, of Kate Hudgins’ Therapeutic Spiral out of trauma and play.*

*The very varied warm-ups offered us great opportunities to build our intimacy, and to open up on the games, their analysis, and our thinking.*

*The group continues, therefore*
FEPTO AWARDS announcement

CALL FOR PROPOSALS

Arsaluys Kayir, arkaray@gmail.com

Award committee: Stefan Flegelskamp, s-flegelskamp@t-online.de
Jutta Fürst, jutta.fuerst@uibk.ac.at

For the upcoming annual meeting in Tallinn 2019, the FEPTO Council has once again decided to thank and honour psychodramatists from member institutes or founding members for their contribution to psychodrama and FEPTO.

Please send in your proposals regarding colleagues you think, should be awarded for the following:

**FEPTO Lifetime Achievement Award**

for a life-long contribution (innovative training, psychodrama practice, psychodrama research) to FEPTO or Psychodrama

**Goals:**

- Honouring people with a high commitment to the organization
- Encourage people to make efforts to develop psychodrama

**Criteria:**

The Psychodramatist candidate to be honoured should have:

- served FEPTO voluntarily from the very beginning (Council, Committees, organizational work etc., particular contributions) and/or
- contributed to psychodrama by teaching, training, and/or publishing in an outstanding way during their whole professional life.

**FEPTO Excellence Award**

for an outstanding single or on-going contribution (innovative training, psychodrama practice, psychodrama research) to FEPTO or Psychodrama

**Goals:**

- To enhance the reputation of psychodrama in their specific community of health, education, management, theatre or in general.
- To improve the psychodrama training regarding content, structure, teaching skills, research, positive training atmosphere and outcome.

**Criteria:**

The Psychodramatist candidate to be honoured should have:

- Either served FEPTO voluntarily over many years (Council, Committees, organizational work etc., particular contributions) or
- Contributed to the improvement of psychodrama in general or to psychodrama training regarding content, structure, teaching skills positive training atmosphere, psychodrama research and outcome more than usual.
FEPTO Psychodrama Students Award 2019

For the three best student 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 thesis is in English, send it in together with abstract and extended abstract.
• If it is written in another language other 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 sent in pdf format to the award committee by the end of February 2019.
Please forward this announcement to your trainees and your graduated students of the past three years

**WANTED**

Gifted trainees and psychodramatists (graduated 2016-2018) 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.
Special edition on Psychodrama theory, practice, training and research

Call for Articles

We are delighted to invite you to submit an abstract for consideration for the first Special edition on Psychodrama theory, practice, training and research.

These editions will be connected to the ZPS (Journal for Psychodrama and Sociometry) which is published by Springer.

The Journal is peer reviewed and will assure high quality of publishing and recognition in the scientific and professional community.

Deadline for submissions of abstracts: 1st of February 2020

During the FEPTO Annual Meeting in Pravetz it was decided to develop an International Journal of Psychodrama and Action Methods. As a first step, we will publish up to three special editions on psychodrama and action methods from an international and FEPTO perspective. These editions will be connected to the ZPS (Journal for Psychodrama and Sociometry) which is published by Springer. The Journal is peer reviewed and will assure high quality of publishing and recognition in the scientific and professional community.

We are delighted to invite you to submit an abstract for consideration for the first Special edition on Psychodrama theory, practice, training and research.

The aims and scope of this journal are to:

- Include a broad range of psychodrama, sociodrama, sociometry and action methods in education with children and young people, adult learning and training, supervision, psychological counselling and psychotherapy, social work, organisational learning and counselling, conflict management, peace education and community work.

- Promote and share current and relevant high quality articles in psychodrama and action methods practice, training and research.

- Have a balance of contributions including research, innovations in theory, methodology and application in practice.
SPECIAL EDITION ON PSYCHODRAMA
Call for Articles

♦ give a platform for practitioners, trainers and researchers in psychodrama and action methods upholding professional excellence.
♦ enhance integration of psychodrama and action methods through encouraging sharing and cooperation with other modalities.
♦ reflect application in different settings, e.g. single or dyadic work, group-work, application of psychodrama and action methods in organisational context or in local communities.

About the submission:
It should contain the following sections:
Title:
Abstract (500 words) with information related to the background, theory, methods, results and conclusions, literature
Authors Name/s, background/s and affiliations of authors

Please name preferred section in journal for your article, if accepted:
Theory
Practice
Methods
Training
Research

All submitted work should be written in English, original and not under consideration for other journals and represent current practice, i.e. within three years of 2019.

Deadline for submissions of abstracts: 1st of February 2020

Please submit the above information to: hannes.krall@aau.at

Thank you in advance for your contributions!

With kind regards,

Kate Kirk
Ana Sofia Cruz
Hannes Krall
Psychodrama.Net Project

Invitation to cooperation

Dear Member,

As you probably know, we are currently working on an important project which began in the FEPTO Research Committee and was further developed during the FEPTO Annual Meetings: a Wikipedia Psychodrama Platform called “Psychodrama.World”.

The project proceeds inside the RC Committee and has the cooperation of the Development and Network Committee and of the Training Committee.

At the moment the initial work has been done:
- in the editorial part by Paola De Leonardis (IT) and Marco Greco (IT);
- in the technical part by Roger Schaller (CH).
- in cooperation with Krzysztof Ciepliński (PL) who was involved in both parts and coordinates the project as the FEPTO Council representative.

Actually we are going to create two working groups: an Editorial Team and an Administrative Team. We hope you are actively interested to this project, designed to give more dissemination as well as a more clear scientific structure to Psychodrama theory, methodology and practice.

If you wish to participate, please sign your name and preferences.

First Name_____________________________ Last Name ___________________________
Institute / Association/ ________________________________________________________
E-mail Address_______________________________________________________________
Phone Number ______________________________________________________________

I would prefer to be involved in (multiple choice is possible):

☐ EDITORIAL TEAM
☐ Contribution Policy
☐ Publishing Standards/Guidelines
☐ Ethical Standards
☐ Submission Process

☐ ADMINISTRATION TEAM
☐ Financial Administration
☐ Fund Raising
☐ Technical Administration
☐ Media placement, Linking, PR

Date ____________________       Signature  ______________________________________

Further information:
Paola De Leonardis (IT): paoladeleonardis@fastwebnet.it
Marco Greco (IT): marcomariagreco@katamail.com
Roger Schaller (CH): schaller@ipda.ch
Krzysztof Ciepliński (PL): k.cieplin@gmail.com
Dear Members of the Training Committee,

Dear Members of FEPTO

Please save the date!

21-22 March 2020

Athens

Meeting of the Training Committee

I would like to cordially invite you to Athens for a two-day meeting (21 and 22 March 2020) of the Training Committee to discuss and exchange opinions, ideas, suggestions etc.

I will soon provide the agenda of the meeting and details of the program.

Please note that it is important for all Institutes to be represented.

Best regards,

Georgios Chaniotis

Chairman of the Training Committee
Join the new FEPTO network group for Climate change

Climate change, global inequality and loss of biodiversity are threatening the future of the planet and humankind. We need to do something to survive. We, psychodramatists, have a lot of competencies to work with ecological and climate change on several levels of the world: societies, organisations, groups and individuals.

Our network group was founded in the AM in Tallinn, Estonia. At present, there are 10 psychodramatists from 7 European countries, who want to use and develop their professional competencies and put in the work for the climate. We are inviting new members to join us.

Here are some ideas for working and action in our network group:

- to deepen our personal and professional understanding, and our willingness and ability to work with these questions both in our respective countries and internationally
- meetings (mainly virtual, maybe once a year face-to-face for example before or after the AM)
- development of all our methods (psycho-, socio- and axiodrama, and sociometry) for working with climate change, and planning and organising trainings
- organising seminars on climate and ecological change
- creating connections to research institutes, universities, and national and international organisations working with climate change
- creating connections to society, public and state organisations, and NGOs
- developing projects connected to climate change and searching for financial funding and support
- cooperation with FEPTO Research and Training committees

We have met once virtually this Autumn, and the next meeting will be in the beginning of 2020.

You are very welcome to contact and join us!

Reijo Kauppila
+358 44 599 3377
Helsinki Psychodrama Institute
Finland

Contact email: reijo.kauppila@ihmis.fi
Dear Practitioners of Psychodrama with children and youth, dear FEPTO Colleagues,

We are very happy to invite you to the 5th meeting of the network group “Psychodrama with Children and Youth”. We would be delighted to welcome you to Munich, Germany from 7th-9th of February, 2020.

7th February, Friday: 17.00 - 19.30
Arrival and Warm-up: Welcome and getting to know each other with Thomas Niedermaier
Presentation and discussion of the proposal of the steering group regarding the Minimal Training Standards for Psychodrama Children and Adolescents Therapists.
Development of a proposal for the FEPTO Annual General Assembly on the training standard.

Supper together

8th February, Saturday: 09.00 - 18.00 (Research Day)
Warm up
Presentation: Dagmar Mingers and Heidi Schaul (Germany)
“The impact of Psychodrama group therapy for children in their emotional competences - an empirical evaluation of the effectiveness of child psychodrama therapy.”

Abstract:
We would like to present a practice-oriented outcome-study to explore the effectiveness of psychodrama group therapy for preschool children. This evaluation deals with the question, whether this kind of therapeutic intervention has a positive effect on the development of children’s emotional competences and their social development which, as a result, supports a better school start. For this purpose, the emotional skills status of the participants of two psychodrama groups for children (in total 11 children) were surveyed by the EMK 3-6 ‘Inventory for registration of emotional-social competences of 3- to 6 aged children’ (original title: Inventar zur Erfassung emotional-sozialer Fähigkeiten von Drei- bis Sechsjährigen) by Petermann & Gust (2016). The children were tested by this inventory before, and 6 months later, after they participated in the psychodrama group. The results were compared to the results of 19 children who didn’t get psychodrama treatment. 6 of these children took part in in-depth psychological group therapy and 13 didn’t get any special care. The pre-post comparison of the psychodrama and control groups provides infor-
mation about the effectiveness of the treatment on the development of the children’s emotional skills. The results confirm our hypothesis that psychodrama group therapy for children significantly improves the emotional skills of children, which wasn’t the case in the control groups.

Coffee break

Presentation: Milena Mutafchieva (Bulgaria)

“Impact Evaluation of the Evidence-Based Trauma Stabilization Program for Refugee, Asylum Seeking and Immigrant Families.”

Kristina Gotseva-Balgaranova¹, Ivo D. Popivanov¹,², Milena Mutafchieva¹

¹New Bulgarian University, Sofia, Bulgaria
²University Hospital Alexandrovska, Sofia, Bulgaria

Abstract:
The study aimed to evaluate the effectiveness of the Evidence-Based Trauma Stabilization (EBTS) Program. The idea of the program was born from the present need of more effective work with refugee, asylum seeking and immigrant families. The EBTS-Program is based on a psychodrama-with-children approach, created by Aichinger and Holl (Aichinger & Holl, 2017) and is suitable for parent-child pairs. The study has a within-subject design with two measurements: A pre-test before attendance in the program and a post-test after the completion of the program. The psychological instruments, administered in order to measure the effectiveness of the intervention, assessed PTSD symptoms and the level of depression in both children and parents. Fifteen children and 16 mothers from Germany and Bulgaria participated in the study. The results showed significant decrease in PTSD intrusion, PTSD arousal, depression, and dissociation in children. There is a decrease in all scales in the mothers’ results but it did not reach significancy. Only one decrease is significant: mothers were more likely to share problems concerning their children after the intervention.

Lunch break

Presentation: Israa Shehada Al-Ebwiki (VIA SKYPE from Gaza)

“The effectiveness of psychodrama to reduce Post-Traumatic Stress Symptoms (PTSS) among Gaza children.”

Abstract:
The main Topics I would like to share are: First, the effectiveness of psychodrama to reduce PTSS: (Avoidance, Arousal and Intrusion), and present three short scenes that explain this, and support this explanation with the results of the CRIES 13 Questionnaire. And the second is shedding the light on the importance of the caregiver role, because of that we contributed in designing an observation card for caregiver use. I will explain the tool and how this helped.

Coffee break
UPCOMING EVENTS

Network Group for Children and Youth Psycho-

Presentation: Fabian Blobel

"Which theoretical models (about development, groups and psychodrama) should be includ-
ed in the trainings for PD with children and/or adolescents?"

An invitation to a discussion on minimal training standards.

Supper together

9th February, Sunday: 09.00 - 13.00

Warm up

Presentation: Cecilia Sousa (Portugal)

“Theater Studio with Traditional Tales”

Coffee break

Future Plans and Closure

Venue:
The network group “Psychodrama with children and youths“ will take place in: EineWeltHaus München e. V., Schwanthalerstr. 80 RGB, 80336 München

Local host: Thomas Niedermaier;
th.niedermaier@beratungsstelle-kirchenstrasse.de
Phone: Stefan Flegelskamp: +4915156651032

Next steps: If you are going to join us, please register and book your flights:
Register: Send a confirmation mail to Stefan Flegelskamp(s-flegelskamp@t-online.de) that you will partici-
pate.

Flight: Book your flight as soon as possible.

Accommodation: Please use:http://www.airbnb.com/ or http://www.booking.com/

Looking forward to meeting you in Munich

Bettina, Thomas & Stefan
Psychodrama at the Sigmund Freud University
“The courage to dream again”

Johannes Krall
University of Klagenfurt, Austria

In the past years, psychodrama as a recognized psychotherapy modality has lost ground in some western European countries. In these countries health and psychotherapy policy excluded a broad range of different psychotherapy modalities, which couldn’t fulfil the need of evidence-based research. Those psychotherapy modalities which had a long tradition of training and research at academic and research-oriented institutions are in a better position to get resources for research. Academisation and research seem to be two aspects of the same coin. Therefore, psychodrama training should be part of a professional academic training.

At present, psychodrama training is provided at two different universities in Austria (University of Innsbruck and at the ÖAGG, which is cooperating with the Danube University of Krems). In the near future, there will be four universities offering psychodrama training programmes. One new psychodrama training programme at the Sigmund Freud Privat University (SFU) just has been accredited by the ministry of health in Austria.

Psychodrama at the Sigmund Freud Privat University (SFU) is an integrated part of a five years full Bachelor- and Master’s Degree Programme on Psychotherapy Science. The University intends to blend theory with practical training, self-awareness and comprehensive research activities. According to the Austrian Psychotherapy Law, psychotherapy training starts with a foundational course which lasts for two years (Propädeutikum). After finishing this basic training, a specific psychotherapy modality like psychodrama can be studied.

The Bachelor at the SFU (3 years) covers the Propädeutikum (2 years) and the first year of psychodrama training, which is to be continued in the Masterprogramme (2 years).

The bachelor programme lays the groundwork for psychotherapy science. “It provides students with the basic scientific principles and diagnostics related to normal and pathological development. It explores the framework of evidence-based treatment of pathological phenomena as a response to life-experiences by considering psychological, medical, sociological and anthropological aspects” (Course aims for the bachelor, SFU).
Psychodrama at the Sigmund Freud University

“The courage to dream again”

During the Master’s Degree Programme “students gain an in-depth understanding of general and method-specific psychopathology, diagnostic methods, disorders and appropriate treatment strategies. Deepening students’ capacity to pursue psychotherapy research is central to the Master’s Degree Programme. During the programme, students learn how to interpret, compare and pursue empirical research questions” (Course aims for the Master programme, SFU)

In addition to a broad general training in psychotherapy, students get an intensive training in theory and practice of psychodrama. It includes the following parts:

(1) Theory (495 hours)

Psychosocial development/ Diagnostics/ Aetiology/ Methodology and Technique/ Theory of Personality and Interaction/ Transmodal theory etc.

(2) Practical part (1560 hours)

- Self-experience (individual and group)
- Practicum/ psychotherapy under supervision
- Supervision (practicum and psychotherapy)

This intensive psychodrama programme, which is integrated in a full Master’s Degree Programme of Psychotherapy Science can be a model for the future by which we will be able to keep psychodrama as publicly recognized psychotherapy modality. At least it could give us the courage to dream again.
2020

January 22-26
Australian and Aotearoa New Zealand Psychodrama Association (AANZPA)
College House, Ōtautahi Christchurch, Aotearoa New Zealand: Beauty and Truth. Ugliness and Ignorance
http://aanzpa.org/

February 1-2
Various Italian psychodramatists and psychodrama associations – Provaglio D’Iseo, Brescia, Italy
Ventunessima di Psicodramma a piu’ voci: da decidere.
www.psicosociodramma.it

February 7-9
FEPTO Network of Psychodrama with Children and Youth – Munich, Germany
5th International Meeting: Research in Psychodrama with children and Youth Minimal training Standards
www.fepto.com

March 2-7
American Group Psychotherapy Association (AGPA) – New York, NY, USA
Group. Growth and Renewal
http://www.agpa.org

March 13-14
25th encounter of the association. Rojas-Bermúdez School: 60 Years of Psychodrama
http://congreso.assg.org/en/

April 1-4
American Society for Group Psychotherapy and Psychodrama (ASGPP) – Hyatt Regency, Schaumburg, IL, USA
78th Annual Conference: Here & Now
www.asgpp.org

May 1-3
Österreichischer Arbeitskreis für Gruppentherapie und Gruppendynamik Fachsektion Psychodrama (ÖAGG)
– Spital am Pyhrn, Austria
38. Psychodrama-Symposium: Mikro- und Makroprozesse in Szene gesetzt
https://www.psychodrama-austria.at/psychodrama/
May 22-24
FEPTO – Ohrid, North Macedonia
15th FEPTO Conference: The Healing Power of Psychodrama
www.fepto.com

May 24-28
FEPTO – Ohrid, North Macedonia
28th FEPTO Annual Meeting: Mind The Body – Exploring the Soma through Psychodrama
www.fepto.com

June 3-6
Turkish Group Psychotherapies Association and in cooperation with all local psychodrama associations (İzmir, İstanbul, Ankara) – Bergama/Aesclepio, Turkey
45. Internationally Contributed Group Psychotherapies Congress: Resilience & Sustainability
http://bergamakongresi2020.org/

June 24-28
Various psychodramatists/sociodramatists with Sociedade Portuguesa de Psicodrama – Peniche, Portugal
7th International Sociodrama Conference: Co-creating Social Responsibility
https://7thsociodramaconference.weebly.com/

July 10-12
British Psychodrama Association (BPA) – Elim Conference Centre, Malvern, United Kingdom
BPA International Conference: Roots and Shoots: From Moreno to the Future
www.psychodrama.org.uk/

November 6-7
Deutscher Fachverband für Psychodrama (DFP) with Psychodramaforum B – Berlin Germany
GEMeinsamKEIT. Perspectives from Psychodrama and Psychoanalysis
https://www.psychodrama-deutschland.de/
We wish you and your families
a Merry Christmas and a
Happy New Year!