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Dear Colleagues, dear Friends,

We are only a few weeks away from our next Annual Meeting in Tallinn, Estonia. We are looking forward to meeting you all. As it has already been announced, the theme of the Annual Meeting this year will be: “From Creativity to Functionality: Prosperous Members in a Flourishing Organization”. Our goal for the forthcoming event will be two-fold: Firstly, to continue working on some of the core functions of our Federation and secondly, to provide space for new ideas, projects and training topics that can contribute to further the development and flourishing of FEPTO. In the current issue you will find more details about the small groups and the activities planned for the event.

Furthermore, the term of the present FEPTO council will be completed and a new one will be voted in after the elections on 21st May. We want to thank you all for the trust and the support you have provided us over the past two years. We also seize the opportunity to invite those of you that are interested in getting more involved in the FEPTO community, to be candidates for the next council.

We deem that these two years have marked a time of significant development for our community. A lot of emphasis has been placed on the improvement and facilitation of communication among our members, with our recently launched online platform, the FEPTO Forum. Additionally, the decision for the publication of the FEPTO journal is another significant step that was taken. We are also very satisfied with the progress of the project focused on the systematic descriptions of key Psychodrama concepts and its relations to current educational and therapeutic approaches, as well to making Psychodrama more visible on the Web and understandable for the whole of society. It is a time of growth and change for our community, as well as for Europe and the World. We are trying to keep up with the changes taking place around us and to contribute with the use of our unique tool, Psychodrama for the best possible outcome. The present council has tried to serve this goal and we are sure that the next one to follow will continue to do so!

With lots of appreciation and gratitude,

Nikos Takis  
President

Krzysztof Ciepiński  
Vice President
The history of Psychodrama in Estonia goes back to the 1960’s when, at the university city Tartu, intellectual people gathered into “slaongs” to read Moreno and practice directing psychodrama. But, even so, the professional development of psychodrama was not established until the Estonian Psychodrama Association was founded in 1991. During the first independence days in the early 90’s several psychodrama trainers, mostly from Finland and Sweden held courses and seminars in Estonia.

In 1995 two training groups started, one in Tartu and one in Tallinn. Up until now, both Tallinn and Tartu Psychodrama Institutes offer training in group-leadership, psychodrama director/certified practitioner CP and trainer TEP level. Both institutes are members of Nordic Board of Examiners in Psychodrama, Sociometry and Group psychotherapy and members of FEPTO. Psychodrama is quite well known in Estonia as an effective method in the educational, social and organizational fields. We have a good working relationship with Tallinn University, teaching group-leadership and action methods to mentors and young teachers.

Psychodrama methods were brought to Finland in the 1950’s, first introduced at the Helsinki University Hospital psychiatric clinic in teaching and treatment. Later methods were used in A-clinics (for addicts) in Helsinki, and in some public performances in theatres. The first psychodrama courses were offered in the 1970’s, and professionals participated in short trainings in Beacon. The first psychodrama training was organized in 1977.

In the 1970’s and 1980’s psychodrama trainers Zerka Moreno and Marcia Karp were invited to give seminars once or twice each year. In the late 1980’s the first psychodrama training by Finnish trainers started. In the beginning there was one organization (Suomen psykodraamayhdistys – Finnish Psychodrama Association), which organized training. Later in the turn of the 1990’s, it was divided, and the second organization was formed in connection to Ihmissuhdetyö ry (Association of Human relations).

Psychodrama training flourished in the 1980’s and 1990’s. Martti Lindqvist was one of the main figures, and he made psycho- and sociodrama well know in Finland. There were about 5 psychodrama institutes.
offering training in different parts of the country. Today there is one major institute in Helsinki, and one which organizes training in cooperation with Helsinki Psychodrama Institute.

Psychodrama has strong connections with bibliodrama and playback theatre in Finland. In the 1980’s and 1990’s some psychodramatists became interested in these two cousins of psychodrama, and started developing them in Finland. Today, these connections still exist, especially with playback theatre.

Mrs. Riitta Hiillos-Vuorinen, one of the first Finnish psychodrama trainers was active in the 1990’s in founding NBE (Nordic Board of Examiners of Psychodrama, Sociometry and Group Psychotherapy) together with colleagues from other Nordic countries in Sweden and Norway. She and mrs. Pirkko Hurme are also founding members of FEPTO.

The focus in psychodrama training has changed during the years. In the beginning, therapeutic work and self-experience was at the core, today there is a lot of psychodrama training used in work in education and organizations. Connections to universities and research has been enhanced, and there is some academic research on psychodrama, therapy and education.

In Finland, there are:

- about 400 trained group leader (3 years studies) psychodramatists,
- about 200 trained psychodramatists and CPs (5-7 years studies) psychodramatists, and
- 12 Psychodrama trainers TEP (10-11 years of studies).
- Psychodramatist CP and Psychodrama trainer TEP are certified by NBE.

In 1999 psychodrama trainers TEP formed an association MOPSI (Association of Morenian psychodrama trainers in Finland), which is also a member of FEPTO.

Helsinki Psychodrama Institute was founded by mrs. Sirkku Aitolehti in 1992. It has been a member of the Nordic Board of Examiners since 1996 and FEPTO since 2011. Helsinki Psychodrama Institute is actively participating in an international cooperation for developing the theory and practice of psychodrama. It has coordinated international projects like Inspirational pedagogy (2013-2014, funded by Nordic Council of Ministers), and EBTS-Trainings (2017-2019, funded by Erasmus+Adult Education). It is active both in NBE and FEPTO.

In the institute, we train in psycho- and sociodrama, axiodrama and sociometry, and supervision (organizational counseling) and coaching based on these. A new field of application is working with researchers on climate change on different levels: society, communities, groups, individuals and the whole world.

Reijo Kauppila
Helsinki Psychodrama Institute
14th FEPTO Conference
17th – 19th of May 2019

Mindful Action for Development - Learning of Individuals and Groups

Tallin, Estonia
## PROGRAM

### Friday May 17th, 2019

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>15.00-16.15</td>
<td>Registration</td>
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<tr>
<td>16.15-17.30</td>
<td>Opening and warm up</td>
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<tr>
<td>17.30-17.45</td>
<td>Coffee break</td>
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<tr>
<td>17.45-19.15</td>
<td>Key note speaker Teri Talpsep, PhD, Tallinn University: Neuropsychology and learning</td>
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<tr>
<td>19.15-20.30</td>
<td>Dividing into small home groups and a home group meeting - Home groups are for reflection and integration of lecture to own work and psychodrama.</td>
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<td>20.30</td>
<td>Dinner</td>
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### Saturday May 18th, 2019

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<th>Time</th>
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<tr>
<td>10.00-11.00</td>
<td>Key note speaker Riin Seema, Phd, Tallinn University: What is mindfulness and how it develops?</td>
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<td>11.00-11.30</td>
<td>Home groups: Reflection and integration to own work and psychodrama</td>
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<td>11.30-12.00</td>
<td>Coffee break</td>
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<td>12.00-14.00</td>
<td>Workshops 1</td>
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<td>14.00-15.30</td>
<td>Lunch (not included in the registration fee)</td>
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<td>15.30-17.30</td>
<td>Workshops 2</td>
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<td>17.30-18.00</td>
<td>Coffee break</td>
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<tr>
<td>18.00-19.30</td>
<td>Home groups: Reflection and integration to own work and psychodrama</td>
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<tr>
<td>20.00</td>
<td>Dinner and PARTY</td>
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### Sunday May 19th, 2019

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<tr>
<td>10.00-11.30</td>
<td>Key note speakers Sirkku Aitolehti, Kirsti Silvola, and Päivi Rahmel, all Psychodrama Trainers TEP: Morenian theory and learning, lecture in action</td>
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<tr>
<td>11.30-12.00</td>
<td>Coffee break</td>
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<tr>
<td>12.00-13.00</td>
<td>Home groups: Reflection and integration to own work and psychodrama</td>
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<td>13.00-14.00</td>
<td>Integration and Closure</td>
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Optional and for those who want to have it:

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<th>Time</th>
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<tr>
<td>15.00-16.30</td>
<td>Tour in Old Town. A small fee. If you participate in FEPTO AM 2019, too, there is enough time to participate in this tour. Reserve your place now and register on web: registration</td>
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Read news and latest updates on

**Facebook Tallinn Conference page**
1. NEUROPSYCHOLOGY AND LEARNING

Teri Talpsep, PhD
Friday, the 17th of May, 17.45-19.15

Presentation of the lecture and the lecturer will be published later on web pages and on Facebook.

2. WHAT IS MINDFULNESS AND HOW IT DEVELOPS?

Riin Seema, PhD
Saturday, the 18th May, 10.00-11.00

The presentation helps in becoming a critical consumer of literature on mindfulness, as it shows dilemmas involved in research, such as the relation between culture, researcher and research focus, and the limits and possibilities of research in practice. The application of mindfulness spreads to psychology and educational settings, while the construct is diversely defined and a considerable amount of research related issues still unresolved. Mindfulness is originally a first person perspective experience; however, it has been studied mostly from researchers’ third-person perspective. In mindfulness research, there is an on-going debate about the nature of mindfulness and researchers have developed different scales based on their theory of the phenomenon. Despite differences between theories, several mindfulness definitions stress two components: attention to present events and experiences and specific attitudes. While almost all definitions of mindfulness focus on quality of attention, different researchers have named different additional qualities to describe mindfulness: including curiosity, openness and acceptance (Bishop, et al. 2004), non-reactive, non-judgmental, open-hearted (Kabat-Zinn, 2005), fully open (Zimbardo Boyd, 2008). Interestingly, Zimbardo and Boyd (2008) have stated that mindfulness is time perspective and is actually orientated towards time holistically; it also contains the past and future in the present. Mindfulness together with time perspective gives a holistic or big picture of subjective health and the therapeutic process.

The presentation is based on different materials: 1) Seema (2014) dissertation; 2) latest yet unpublished studies, 3) supervised Master theses and Bachelor theses on the Estonian teacher’s experiences with using meditation exercises in their teaching.
Riin Seema shares also some personal understanding and experiences with mindfulness and psychodrama. The presentation will discuss the next questions. What is mindfulness and how does it develop? Are meditation and mindfulness one and the same? What kind of mindfulness exercises exist and how can they possibly be used in psychodrama? How are mindfulness practices similar or different from psychodrama?

Riin Seema works as Associate Professor of Pedagogical Counselling in Tallinn University, School of Educational Sciences. Riin has worked as a teacher at almost all educational levels. In 2014 she defended a dissertation on mindfulness and time perspective scales and their relations with subjective well-being in Estonia. Supervisors: A. Sircova, K. W. Brown & M. Pork.

Riin completed the next courses:

- Mindfulness-Based Cognitive Therapy (MBCT), Teacher Development Program – Part 1, 40 hours. 17/06/2011 – 24/06/2011. STRESSMINUS. Trainers Dr. P.C. Collard & H. Stephenson, UK.

3. **LEARNING IN AND BY PSYCHODRAMA**

_Sirkku Aitolehti, Kirsti Silvola, and Päivi Rahmel_

**Sunday, the 19th May, 10.00-11.30**

Moreno’s theory and method investigates inner experience and human encounters. It aims to understand these and their relationship to the larger social and material world and cosmos in an integrative way.
This multidimensional approach is Moreno’s legacy to learning and deeply needed in this world situation. In our lecture we try to highlight these aspects.

We are Finnish psychodrama trainers (TEP) from the fields of theology (Sirkku Aitolehti), pedagogics (Päivi Rahmel) and psychiatry (Kirsti Silvola), continuously creating new understanding of psychodrama and it’s training.

Sirkku is co-founder of Helsinki Psychodrama Institute and Tallinn Psychodrama Institute and although retired works continuously with groups. Päivi is senior lecturer of applied theatre and group dynamics in Metropolia University of Applied Sciences. She is the founder of Finnish Playback Theatre and Playback Theatre Group FoxTrott and trains Playback Theatre and psychodrama continuously. Kirsti has been a trainer at Helsinki Psychodrama Institute and Moreno Institute in Oslo, Norway. She is also a psychotherapist and has integrated trauma therapy and sensorimotor psychotherapy in the therapeutic use of psychodrama.
MORENO MEETS LINDEMAN (ANDRAGOGY, ADULT LEARNING) AND DAMASIO (NEUROSCIENTIST)

This workshop offers a new research-based perspective to adult learning. The theory of the community power learning process will be introduced. This theory has been developed in a doctoral thesis (Leppänen 2018, https://jyx.jyu.fi/handle/123456789/56980) by workshop leader Tuovi Leppänen. The theory has been developed based on data, which was collected from the multicultural adult teacher student group. Core concepts of the theory are participation, communality, creativity and tutoring. The first three concepts expressed the relationships between group members. The fourth concept, tutoring, diverges from the other three categories in that it is a description of the relationship between a tutor and the group members. Tutoring is needed in order to ensure the development of the relationships between group members. The core concept covers all main concepts, and it was identified as the Community Power Learning Process (CPLP), which is a base for the substantive theory of the community power learning process. In the end of the thesis new theory has been set to dialogue with the study of Eduard C. Lindeman, a pioneer of andragogy (1885–1953), Jacob Levy Moreno, the developer of psycho- and sociodrama (1889–1974), and the brain researcher Antonio Damasio (b. 1944). In this workshop, participants will become familiar with the theory of community power learning process and will get a practical perceptive in order to develop community power in adult learners groups (e.g. sociodrama groups, learning groups, social support groups, groups with special needs, or special support, multicultural groups etc.) This workshop will widen and deepen the perspective of psychodrama in learning processes with different adult groups. In addition, the workshop will provide the opportunity to become aware of connections between the Morenian approach, adult learning and neuroscience. Methods of the workshop are:

1) a short input of the theory and
2) Morenian action methods, which offer a channel to each participant to adopt CPLP approach to their own action
3) dialogue between participants, adult education perspective, neuroscience and Moreno

Tuovi Leppänen

Ms. Tuovi Leppänen, MSosSc, PhD (education) has solid experience in international higher education cooperation, and teacher education development. Tuovi Leppänen’s expertise is focused on student-centered learning, group-based pedagogy, and project management. In every mission, she has applied the Morenian approach in practice. In her doctoral thesis, she has deepened practical experiences into the theoretical level. She received the Certificate of Practitioner in Psychodrama, CP from Helsinki Psychodrama Institute in 2010 and Certificated Supervisor in 2012.
EXPLORING MINDFULNESS PRACTICES FOR UNDERSTANDING THEIR SUITABILITY IN PSYCHODRAMA

During this workshop several classic mindfulness exercises (breathing meditation, sitting meditation, walking meditation, mindful movement, lying down) will be practiced, to get a first person experience. After that participants will discuss their experiences and brainstorm on how and when the exercises could be useful in psychodrama contexts.

Riin Seema

In 2014 Riin Seema defended a dissertation on mindfulness and time perspective scales and their relations with subjective well-being in Estonia. Riin works as Associate Professor of Pedagogical Counselling in Tallinn University, School of Educational Sciences. Riin has worked as a teacher at almost all educational levels. She is a group leader of action methods in psychodrama (Tallinn Psychodrama Institute).

PLANETARY BOUNDARIES AND MINDFUL ACTION

Fast ecological changes are present today. The concept of Planetary Boundaries was developed ten years ago to illustrate the Earth system stability. It is used world-wide in ecological discussions in order to understand what is happening.

Are we and the future generations victims or active survivors in this new epoch of Anthropocene? How can we develop our own capacity to mindful actions? We need a totally new way of thinking and behaving. We need to train our brains!

In this workshop we will explore and concretise how knowledge, creative action methods and mindfulness will support neuro-plasticity and experiential learning of individuals and groups. In this way we can increase responsible mindful actions in order to save ourselves and the Living Planet

Marjut Partanen-Hertell

Marjut Partanen-Hertell MS (Tech), psychodrama trainer (TEP), Supervisor, is an environmental engineer and sociodramatist who worked at the Finnish Environment Institute with international projects supported by the EU and the World Bank. Former chairman of the inter-governmental working group on public awareness and environmental education of HELCOM in the Baltic Sea area, facilitating co-operation between 14 countries and various NGOs. Former president of the Association of Finnish Psychodrama Trainers (MOPSI). Visiting trainer and examiner at the Helsinki Psychodrama Institute. The author and co-author of several books. Workshop-leader in international conferences.

DIRECTOR’S TALK: A NEW APPROACH FOR PSYCHODRAMA WITH INDIVIDUALS

Psychodrama with clients in an individual setting is different from psychodrama in groups. The central technique in “Monodrama” is the director’s talk – a mindful dialogue between the psychodrama direc-
The psychodrama director makes the client play only very short sequences of role-play. He constantly interrupts the roleplaying and invites the patient to join him on the border of the stage for a conversation about what is happening here and now. In this way, the psychodrama director turns the role-play into a workshop of consciousness: the client receives time, space and interaction possibilities, to realize that his thinking, feeling and acting in this situation are not only determined by real external conditions but also by conscious and unconscious mental and physical processes. The art of role-playing in the individual setting is to empower patients to mentally relate to their inner states during role-play. The director’s talk offers an important opportunity for this mentalization process.

The workshop will also focus on an important tool for promoting this technique: the variations of role-taking. The therapist can initiate three different forms of role-taking: Imitation, Cognitive Simulation and Embodied Simulation.

In this workshop, the participants will be trained in the techniques of directors talk and the variations of role-taking. Based on case studies from their own practice they will develop their psychodramatic competences for therapy and counselling in individual settings.

Roger Schaller

Roger Schaller is a psychologist and psychotherapist. He received his psychodrama training at the Moreno Institut Überlingen in Germany. He lives with his family in Magglingen near Berne/Switzerland. For the last 25 years he has practiced psychodrama in different institutional settings: psychiatric hospital, rehabilitation clinic for drug abusers, specialized school for children and adolescents with behavioural problems and in a foundation for unemployed persons with social and psychological difficulties. He also specializes in traffic psychology and therapies for traffic offenders who have their drivers licence taken away. He is on the board of the Swiss Psychodrama Association (www.pdh.ch) and a member of the Association of Traffic Psychology (www.vfv-spc). He works in private practice with adolescents and adults (mostly in individual setting) and as a trainer and supervisor in psychodrama. He is the director of the Swiss Institut für Psychodrama and Action Methods (www.ipda.ch). He is the author of 4 books about roleplay and psychodrama (edited in Germany) and published articles in Zeitschrift für Psychodrama und Soziometrie (www.zps-digital.de). His book about Psychodrama in Individual Setting is translated in English and will be published in the Spring 2019.

AWAKENING THE CREATIVE GENIUS

Our ability to learn and adapt has a lot to do with how we warm ourselves up, prepare for performance and how well we’re in contact with our Creative Genius (CG).
There is a structure to learning to use our CG, which often starts with unlearning and letting go of the patterns that have led us where we are. Every competent behaviour is planned, carried out with skill and has also the wished outcome, otherwise it is not competent behaviour. So even the CG can be described in terms of skill, attitude and knowledge.

In the experiential workshop the participants are provided with a structure for awakening (working with) the CG and different exercises will be done in action - therefore presenting a challenge to an attitude that might hinder us from using our CG.

There will be time for reflections and discussion at the end.

Endel Hango
Endel Hango - Tartu PDI, T.E.P., playback theatre trainer, consultant, supervisor, parent, husband, man.

WHAT HAS SEX GOT TO DO WITH MINDFULNESS? AN INTEGRATED APPROACH TO PSYCHODRAMA AND DANCE THERAPY

The Chinese character for Mindfulness combines the ideograms for presence and heart. Pretty much the two strongest therapeutic factors there are. Sex is a clue on how present we are to ourselves and how we deal with closeness, how we deal with control or surrender and how we manage pleasure. It reflects how vulnerable we allow ourselves to be in relationships and how we receive, ask, give or take. Sexuality work is a narrative-based medicine which can provide meaningful insight into unconscious beliefs and desires. Much like dreams, our sexual preferences and fantasies can be likened to an inner theatre. This experiential and didactic workshop is designed to give an opportunity for personal exploration and professional development in a safe and supportive environment.

We will engage with relevant theories as well as understand and experience the Psychodrama and Dance Therapy methods as we explore the psychological dynamics of desire, sexual preferences, erotic dreams and fantasies. We will investigate the neurobiological basis of lust, romantic love and attachment. We will examine how sexual temperaments differ and we will experience different methods of enacting sexual scenes on stage in a safe and respectful manner as we explore our unique erotic blueprint.

Leandra Perrotta
Leandra Perrotta is an Italo-Australian clinical psychologist, psychotherapist, Psychodrama trainer, Dance Movement Therapy trainer and Transgenerational Therapy trainer. She is Professor at IPAP – Post Graduate Institute of Analytical Psychology and Jungian Psychodrama, Contract Professor at the University of Valle d’Aosta and Trainer and Supervisor at the Anne Ancelin Schützenberger International School of Transgenerational Therapy. She is former President of FEPTO and President of ITTA - International Transgenerational Therapy Association. Her professional interests include dream work, psychogenealogy and sexuality.
HEALING PROCESSES OF “GROUP-NEUROBIOLOGY” TO OUR BRAIN AND MIND

In this workshop, together we will explore the interpersonal actions we can use in groups which lead to deeper integration and repairing processes in the brain and mind. The workshop is hopefully interesting and useful to all who are leading groups, not only for therapists. We combine practical group work with newer understandings of brain plasticity, mirror neurons, the autonomic nervous system, affect regulation and the relation between attachment and brain development. The work is based on the book The Interpersonal Neurobiology of Group Psychotherapy and Group Process (S.P.Gantt) and on our experiences and studies in trauma therapy.

Pille Isat and Tuuli Vellama
Both are psychodrama trainers TEP, psychologists and trauma therapists working at Moreno Centre in Tallinn, Estonia.

EVIDENCE BASED TRAUMA STABILIZATION FOR REFUGEE FAMILIES – INNOVATION PROJECT 2017-2019

Evidence Based Trauma Stabilization (EBTS) consists of two innovative products for stabilization of traumatized children among refugee, asylum seeking and immigrant families. The EBTS-Programme is a psychodrama based short trauma stabilization process for refugee, asylum seeking and immigrant mothers and children. In the EBTS-Training psychologists, social workers, educators and other professionals learn to conduct the EBTS-Programme in groups of refugee families. The project was funded with support from the European Commission. This project is born in the present need of more effective working with refugee, asylum seeking and immigrant families. The European situation is challenging, and as professionals, we should find new ways of supporting the integration of refugees in our society. One way to do it is to support constructive relations between children and parents and to develop resilience in the families. Most of refugee, asylum and immigrant families have some kind of trauma experience in their original country or on their way to destination country.

• EBTS re-connects traumatized children to their parents and thus to their most important binding resource. EBTS uses the language of the children: Playing.
• EBTS combines psycho-education on trauma conducted for parents with child-friendly and children-psychodrama playful stabilization techniques for both parents and children.
• BTS provides helpers with the latest knowledge in the field of trauma using experience-oriented and action-oriented methods based on psychodrama and sociometry.
• EBTS stabilizes children, parents and helpers with the latest knowledge in the field of trauma using experience-oriented and action-oriented methods based on psychodrama and sociometry.

In this workshop, you will:
**14th FEPTO Conference**

Mindful Action for Development
Learning of Individuals and Groups

Workshop abstracts

**Workshop session 2**

3.30 pm – 5.30 pm on Saturday 18 May, 2019

- gain information about the project and the basic principles of psychodrama with children and trauma stabilization
- be presented the principal theories of psychodrama, sociometry and trauma theory, in which the EBTS-Training and -Programme are based.
- experience some of the main contents and techniques used in the EBTS-Training and –Programme.
- be presented with the preliminary research results concerning the effectiveness of EBTS-Programme.

**Assoc. Prof. Milena Mutafchieva**, PhD: psychologist, Psychodrama therapist, Associate Professor in Cognitive Science and Psychology Department in New Bulgarian University, Sofia. She got her PhD in Developmental Psychology in 2007. She has been a psychodrama trainer for adults for many years and now she is in training for psychodrama with children. Mutafchieva is a founder and the head of Centre for Child Development and Psychological Consulting “Cognitiva”, Sofia, Bulgaria.

**Stefan Flegelskamp**: graduate social worker, child and adolescent psychotherapist, Supervisor, has been working with children and adolescents for many years. He has also been conducting Psychodrama and Psychodrama for children trainings for many years at the Institute of Psychodrama SZENEN (Cologne, Germany), at which he has been the director since 2011.

**Reijo Kauppila**: M.Ed. in Adult Education, psychodrama trainer TEP, certified supervisor and business coach. He used to work in a big Finnish organization for 20 years in charge of personnel development. Since 2006 he has a private company, which trains and coaches in organisations in public and private sectors. He is the director and main trainer in Helsinki Psychodrama Institute in Finland.

**CROSSING BORDERS: STEPPING INTO UNKNOWN LAND**

Two psychodrama institutes (Centre of Athenian Psychodramatic Encounters - C.A.P.E. & Theatre for the Soul) from Greece and Germany will present their project with civilians together with psychotherapists. We will show you how we have tried for the past three years to focus on the common traumas of these two European countries and aimed to construct a common language through psychodrama. Breaking the cycle of destructive patterns from the past to gain a life of more empathy, compassion and cooperation.

During our workshop, participants from different backgrounds will gather to share their experiences and to go beyond restrictions. By bridging the gap between our past and our future, a space can be opened, allowing us to find new possibilities and avenues of relating and being; not only for ourselves but for our communities as well.

**Stylianos N. Lagarakis**: Medical Doctor, Psychodrama Therapist-Trainer-Supervisor, Director of the Centre of Athenian Psychodramatic Encounters (C.A.P.E.) in Athens, Greece [www.psychodramath.gr](http://www.psychodramath.gr)
MINDFULNESS IN THE FAMILY – A SAFE SPACE FOR GROWING

Mindfulness in the Family – a safe space for growing!
The family into which we are born is the foundation, the basis for the growth of the person we are today. What makes a family are the feelings and relationships between people – intimacy, caring, loyalty, support and love. The family is the only place in the world where people are loved not for what they do or give, but for being who they are.

During the workshop we will examine whether through presence and conscious mindfulness it is possible to increase the security of all family members to be able to grow and develop the love. We will learn whether this will also allow changing the existing family patterns.

The workshop employs the methods of psychodrama, family constellations, family systems therapy and Imago and EFT relationship therapy.

"I LIKE MYSELF A LOT, A LITTLE, NOT AT ALL." ENHANCING SELF ACCEPTANCE WITH MINDFUL PSYCHODRAMATIC ACTION

Being aware of myself, taking care of myself mindfully is based on accepting myself as I am. Psychodrama can help to develop the ability to become more and more aware of myself, my attitudes, patterns, values and motives. Psychodrama can help to realize my way of judging myself and others, to make visible what I suppress and deny.

Mindfulness is „in“; but having it as an ideal does not yet make me capable of being mindful. In meditation one tries to become more aware of oneself in the here and now just sitting in silence and looking inside. In psychodrama we apparently do the opposite, we act and put things on stage to see and understand more of ourselves that we are not aware of.

In this workshop we will do some exercises to explore and enhance self awareness and estimation. We will also reflect on the concept of mindfulness in comparison to awareness, consciousness, mentalization and briefly compare psychodrama with meditation. All depends on a minimum of self acceptance as does the acceptance of others.

Agnes Dudler
Agnes Dudler is a psychologist and psychotherapist working in private practice in Bonn since 1982. She is the founder of the "Institute für Psychodrama Szenen" and was director for 20 years. She was a psychodrama trainer for 35 years. She works as counsellor and psychotherapist with individuals, couples and groups.
groups, as supervisor and coach. She does sociodrama with large groups, training in awareness and self care and develops meditation with psychodrama. Besides psychodrama she has been trained in client centred therapy, breath therapy, bioenergetics, yoga, systemic, gestalt and psychoanalytic therapy, meditation. She published several articles about psychodrama with individuals, about the “Role atom”, supervision, psychodramatic constellation work and sociodrama with large groups.

MINDFULNESS OF LOVE

LOVE IS what moves all religions of the world, love moves all human beings in the world, love is the reason that people can be happy, enjoy life and have a reason to give up life and give up on themselves. LOVE is awareness of the present moment of me and you in the Cosmos. Love is not just a word. I LOVE YOU means, I understand you, I accept you as you are, I am here for you, I support you. Love is composed of perception, emotion, cognitive processes, internal bodily processes, sensual, biochemical processes, spiritual, behavioural, bodily sensations, mental processes. Love is a process that happens in human’s body and in human’s soul and affects their social field in full. Love in its pureness heals and in its curvature is a door to hell. Love is an emotion with which we are born, but in the course of raising children and socialization the sense of LOVE, experience of love and meaning of love can be totally distorted. The ability to seek and receive love can be reduced, it may disappear or can be distorted. The ability to give love can be distorted too, or can be reduced or can disappear. Psychodrama can teach people to love themselves and each other again, to release the spontaneity and to help the energy to flows smoothly. This is an experiential workshop, psychodrama techniques will be used to lead the participants to explore their thoughts, ideas, imagination and NEED TO BE LOVED AND TO LOVE. By using Psychodrama techniques in a creative way, participants in the workshop will learn how to experience MINDFULNESS OF LOVE. They will learn to return to the roots where love is a purely uninhibited experience of themselves in fusion with what is around us.

Mirjana J. Stojanovska

Mirjana J. Stojanovska has PhD in developmental and pedagogical psychology, Main Trainer and Supervisor in the School of Psychodrama AMIGDALA. Assistant professor at the MIT University, faculty of Psychology - Skopje, Macedonia. President of the Chamber of psychology of Republic of Macedonia. She is Gestalt therapist member of EAGT and supervisor certificated form Gestalt centre London.
27th FEPTO Annual Meeting

19th – 23rd of May 2019

From Creativity to Functionality
Prosperous Members in a Flourishing Organization

Tallinn, Estonia
Sunday, 19th of May

15.00 Registration

17.00-17.30: Welcoming by the LOC, President & Vice President of FEPTO Greetings

17.30-19.30: Warm up to the meeting by the Local Organizing Committee

20.00-22.00: Welcome Dinner and Social Encounter

Monday 20th of May

9.30-11.00: Introduction to the AM - Creativity in organizations. A lecture by senior researcher, PhD Kaija Collin, University of Jyväskylä, Finland

11.00-11.30: Coffee Break


13.30-15.30: Lunch

15.30-17.00: Small Groups II

17.00-17.30: Coffee Break

17.30-19.30: Large Group

20.00-23.00: Dinner & Social Activity
27th FEPTO Annual Meeting

PROGRAM

Tuesday, 21st of May
09.30-11.00: Small Groups III
11.00-11.30: “Agora” meeting of the new institutes & coffee break
11.30 – 13.30: General Assembly, part I
13.30-15.30: Lunch
15.30-18.30: General Assembly, part II/voting
18.30 – 20.00: Student award ceremony and poster session
20.00-…: Dinner & Social activity

Wednesday, 22nd of May
09.30-11.00: Small groups IV
11.45: Meeting in harbour
12.00 – 23.00: Excursion to Helsinki by ferry

Thursday, 23rd of May
9.00 - 9.30: Preparation of presentations of small group
09.30-11.00: Presentation of small group work in plenary
11.00-11.30: Coffee Break
11.30-12.30: Research Committee Presentation
12.30-13.30: Presentation of the New Council, transition ceremony, closure and hand over to the new LOC
13.30-15.00: Lunch & farewell
GENERAL ASSEMBLY
PROVISIONAL AGENDA
TUESDAY, 21st OF MAY 2019,
Tallinn

Facilitator: Dana Dragoteanu

1. Opening the General Assembly: Nikos Takis and Krzysztof Ciepliński (President and Vice-President)
2. Appointment of 2 members to check the minutes
3. Establishment of the quorum (Chantal Nève-Hanquet)
4. Appointment of vote counters (Two persons to be appointed)
5. Approval of the Agenda of the General Assembly
6. Approval of Pravetz General Assembly minutes
7. Report of the Executive Council
   a. President/ Vice-President report (Nikos Takis and Krzysztof Ciepliński)
   b. Secretary & Internal Affairs (Ana Cruz)
   c. Treasurer report 2018 (Chantal Nève-Hanquet)
8. Auditor’s report / approval of the revised accountancy
9. Discharge of Executive Council
10. Reports of the Chairs of the Committees
    - Training Committee report (Reijo Kauppila)
    - Membership and Annual Meeting Committee report (Kerstin Jurdell)
    - Ethics & International Affairs Committee report (Judith Teszáry)
27th FEPTO Annual Meeting
General Assembly

- Development & Network Committee report (Fred Dorn)
- Research Committee report (Johannes Krall)
- Communication Committee/ Newsletter and Website report (Katherina Ilieva)

11. Approval of the Budget 2019 (Chantal Nève-Hanquet)

12. Council related proposals:
   - Council members shall be elected for a three (3) years’ term.
   - Decrease the number of the Council members from ten (10) to eight (8) persons.
   - Remuneration of part of the AM registration fees for the council members.

    Discussion and voting

13. Update on the constitution changing by Fred Dorn

14. Update on the FEPTO Journal Project by Hannes Krall

15. Update on Sociodrama Erasmus+ Project by Judith Teszary

16. Approval of new memberships on the recommendation of the Council

17. Welcoming new members

18. Presentation of candidates to the new council

19. Voting, procedure and results

20. FEPTO AM and Conference 2020 and 2021

   2020 Republic of North Macedonia
   Organising Institute: Amigdala

   2021 Poland
   Organising Institute: Polish Psychodrama Institute Association


22. Any other business

23. Closure of meeting
How to support and enhance creativity at work?

There are only a few studies of creativity as an individual activity or as a collective practice in a work context. The few studies that do exist consider workplace creativity in terms of problem-solving, of creating something new, or the development of new work methods. The aim of these creative activities are to achieve high-quality results or to cope with the work itself. The processes involved in creative activity are triggered by different learning situations that are embedded within various workplace learning practices. I will highlight what is meant by ‘creative activity’ at work. I will also shed light on how leaders and HRD-practitioners can maintain and flourish creativity in organizations through various structures and practices. I will present various cases of creative activity and learning at the workplace, both individual and collective and reflect on their implications for organizations, employees and leaders alike.

Bio:
Adjunct Professor Kaija Collin works at the University of Jyväskylä, Department of Education. She began her university teaching in 1993 at Open University. Later she worked as a university lecturer and researcher at the Department of Education. Her research interests focus on workplace learning, professional identity and agency, inter-professional work practices, creativity and leadership, and professional development in general in various organizational contexts. Collin has widely published internationally and she has a long experience of supervising master and doctoral students.
"From Creativity to Functionality"

About the Small Groups at the Annual Meeting in Tallinn

As it has been announced in our previous Newsletter, during the 27th Annual Meeting the goal will be two-fold: to continue working on the Core Functions of FEPTO, further advancing in the direction which started last year in our Annual Meeting in Pravets, and to find new ways and directions leading to the further growth and “flourishment” of our Federation. In this spirit, an invitation for creation of small groups related to this idea, was published in the December’s NL.

It has been decided that the following small groups will take place during our Annual Meeting in Tallinn:

- Group on Training
- Group on Research
- Group on Ethics
- Group on Constitution Changing
- Group on Psychodrama Theory and connections with other approaches
- Group on Sociodrama
- Group on Psychodrama with Children
- Group on Sexuality related issues

In the following pages of the current Newsletter you can find the exact title, as well as more information on the topics and the functions of each group.

The group’s choice will take place during the Annual Meeting, based on the spontaneity principle of our method. We will not register in the small groups in advance, as it happened last year.

We hope to see you ALL in Tallinn!

Small group: Training

Some ideas for Tallinn, Estonia AM 2019  small group on training:

The small group on training will have 4 sessions to discuss, explore and co-create topics and contents connected to psychodrama training. We already have three topics:

1. Competencies of psychodrama psychotherapist and psychodramatist
   
   The description of specific competencies of the psychodrama psychotherapist and psychodramatist started about 3 years ago, and now we will have the first whole version in Tallinn. There will be a presentation and a discussion of these descriptions of good practice.

2. Training standards of psychodrama with children
Psychodrama with children-small group will join us for one session. The topic will be training standards of psychodramatists working with children.

3. Training in research

Knowledge and skills of research are on varying levels included in training of psychodramatists. It would be useful to reflect together on the importance of introducing research practice in the training of psychodramatists, and how it can be implemented.

There is still space for other topics, too, which we shall define / choose together in the beginning of the small group. Please, send us ideas and topics which you would like to discuss and explore in this small group!
Facilitators: Peter Wertz-Schönhagen (Germany), Ana Cruz (Portugal), Reijo Kauppila (Finland).

Small group: Research

Research in Psychodrama– cooperation and networking towards practice-oriented research

The small group on psychodrama research at the FEPTO AM in Tallinn will promote research in psychodrama in all areas of psychodrama practice. There will be information about ongoing research projects, research meetings and publishing. Furthermore, we will be working on the next steps to integrate research in training as part of the minimal training standards. Participants can also bring their interests, questions and ideas regarding psychodrama research to the small group. The following topics for the small group can be worked on:
- Getting acquainted with research processes and instruments
- Ongoing and new projects in the Research Committee: HSCED for psychodrama practice, training and supervision research
- Publications for the forthcoming International Psychodrama Journal
- Integration of research into training: Basic research training in the curriculum
- Research on the level of the training institutions: research participation in the RC? Research as part of MTS? Research training for trainers?

We will reflect upon the role of research for the quality and wider recognition of psychodrama. According to our FEPTO constitution, promoting research is one of our main tasks: “The focus of FEPTO is psychodrama training and research” (Constitution of FEPTO 2015, §1). Furthermore, in Article 2 of the Constitution, the task is further underlined: “... to promote research and quality-evaluations of the method“(§ 1).

It is one of our main challenges to improve research capacity in our training institutes and to enhance research networking. And finally, we will need more effort in publishing our research findings in national or international journals
Facilitator: Johannes Krall (Austria)

Small group: Ethics

Ethics is present in all areas where we work with people

We would like to discuss different topics;
1. How the institute trains students in ethics
2. How to formulate paragraphs defining the kind of codes for training institutes
3. Individual cases connected with difficult situations in the therapeutic and training groups
Judith Teszary who will be not present as the leader this time sent us some materials connected with this topic, so we can use it for discussion.

Ethic is very important in education, psychotherapy and psychodrama; it’s proof of the quality of our work.

You are very welcome to continue this important work!

Facilitator: Anna Bielanska (Poland)

**Small group: Constitution changing**

In this Small Group we want to discuss the process of changing the FEPTO Constitution, to make it transparent, attractive, purposeful and effective.

We want to do this psychodramatically – that means we will put the subject of this change on stage, explore it, make it visible, palpable and thus – with the energy of our creativity – changeable, adjusted to the actual needs of our organization.

Members of the Small Group shall take the roles, come into psychodramatic interaction, thus exploring the needs, hopes and possible development connected with the Changing of the Constitution.

Thus warmed up, the group will be invited to work practically on the new and alternative wordings of the constitution prepared by the Constitution Changing Working Group and updated by the comments members will have posted on the FEPTO platform.

The results of our common work shall be presented to the GA.

Facilitators: Fred Dorn (Germany) & Frank Sielecki (Germany)

**Group of Psychodrama Identity, Theory, Applications and Interconnections with other Approaches**

Having in mind the fruitful group work which was done at the AM in Pravetz on the issue of Psychodrama theory and its relations to other current approaches and scientific findings, we intend to continue this activity at the ongoing AM in Tallinn, May 2019. Our group work will focus on the further development of Paola De Leonardis and Marco Greco research project: “Morenian Identity, Theory and Methodology”, which is still going on since 2014 in the frame of the Research Committee.

The results of their work, presented at the Pravetz Meeting, are two psychodrama conceptual maps.

*Map 1 - Psychodrama Theoretical and Methodological Specificity;*

*Map 2 - Psychodrama Integration with other Psychological and Educational Approaches.*
Actually the revised, updated and completed maps were shown at Padova FEPTO Research Committee Meeting (February 28th– March 3rd).

In our small group in Pravetz Roger Shaller made a proposal to work on a website related to these two maps. After the AM he started to deal with this idea. The initial results of his involvement is a creation of the website: [www.psychodrama.world](http://www.psychodrama.world).

In Tallinn we are planning to announce to the participants the creation of a task force for the development of this project. We propose to work during the AM in a small group focused on the following tasks:

- to establish the working group, involved in the further practical development the ideas of PD maps and Web.
- to discuss the relation between the two maps and the website and how to continue the work on the maps and the website in a proper way.
- to start work on the “editorial group” who will decide on the lay out, basic structure and content of the *PSYCHODRAMA.WORLD*

In choosing this AM working group, you will be invited to participate in the creative process of reflecting on the actual status and future of our approach. We expect to do the next steps together in better understanding the key concepts of Psychodrama, its fields of application and practical possibilities of making it more recognizable for the Psychodramatic community as well as discovering and describing its connections with other clinical and educational approaches.

Facilitators: [Krzysztof Ciepliński](#) (Poland), [Marco Greco](#) (Italy), [Paola de Leonardis](#) (Italy), [Roger Schaller](#) (Switzerland)

In result of our Invitation for you to suggest new small groups for the Annual Meeting in Tallinn, we have the pleasure to announce that we will have three new groups:

**Sociodrama: Small Group**

We propose sociodrama as a topic for small group work. The reason behind this is that there is a growing interest regarding how Moreno’s philosophy and methods may be used outside the therapy room in social work, education, organizations, peace work, conflict management, migration and in public in Europe. FEPTO is a partner organization in an ERASMUS+ project coordinated by the Hungarian Association for Psychodrama for developing sociodrama in different countries in Europe.

There are different ideas behind Sociodrama training by psychodrama trainers, for example how much self-awareness/self-experience should be included? If psychodrama training should be general, how much Morenian philosophy should be taught? How does sociodrama training differ from educational drama/drama teaching, roleplaying and could protagonist centered work take place (socio-psychodrama)?

We hope group work on this theme will be helpful and inspiring for future ideas behind training in sociodrama; a European standardization of the method as well as an inspiration for the training committee.
27th FEPTO Annual Meeting

Small Groups description

The leaders of the small group will be Kerstin Jurdell, TEP, MA and Judith Teszáry, Director of Psychodrama (Beacon NY), international trainer in psychodrama and sociodrama both council members in FEPTO. We both have many years of experience in sociodrama training and using sociodrama. Kerstin has been teaching Social work for 40 years, Ethics and leadership at the University for 10 years, always using sociodrama as a method in the educational process. She has also trained psychodrama and sociodrama for the past 30 years in private institutes in Sweden.

Judith is the coordinator of the FEPTO staff in the Erasmus+ project in Sociodrama, uses sociodrama since the 70s in different contexts: hospital staff, Union leaders in the Swedish Industry, Serbian and Bosnian refugees, Post revolution trauma work in Kiev, Romani women in Hungary, with volunteer staff on Kos Island and more.

The Task Force for Peace Building and Conflict Transformation group will participate in this work to explore the relationship between conflict transformation and sociodrama in the face of trauma.

Welcome to join the group!
Facilitators: Kerstin Jurdell (Sweden) & Judith Teszáry (Sweden)

Psychodrama with Children and Youth : Small Group

Main goal: Developing of FEPTO Minimal Training Standards for Psychodrama with Children and Youth Psychotherapists.

Topics:
1. Presentation of the existing standards in Germany and Hungary
2. Summary of Cardiff meeting of Psychodrama with Children and Youth meeting
3. Creating the first draft for minimal training standards for psychodrama with children and youth psychotherapists and psychodramatists.

Function of the group: to promote psychodrama with children and youth and to create minimal training standards.
Facilitators: Stefan Flegelskamp (Germany) & Milena Mutafchieva (Bulgaria)

Sex and Sexuality : small group

Main Goal: "Sex and Sexuality" is a topic which is very often ignored or not given enough importance in the Psychodrama curriculum of Training Institutes.

This experiential and didactic Intervision group is designed to give an opportunity for personal exploration and professional development.

Topics: The group will engage with relevant theory to examine how to teach Sex and Sexuality, to explore different ways of enacting sexual scenes, and how to create a safe space to deal with the issues around intimacy, vulnerability, pleasure, desire, identity, sexual orientation, gender, sexual preferences, fantasies, erotic dreams and trauma that inevitably emerge when working on sex and sexuality.

Facilitators: Leandra Perrotta (Italy) & Oded Nave (Israel)
Dear Colleagues,

As you already know in the last couple years there has been an on-going discussion for the need for changing and actualizing some parts of our Constitution. A small group has been formed in the previous months (see related article in the present newsletter), that has started on this very important task, and will come up with some specific proposals. In the meanwhile, we have already thought of some issues that pertain to the function of the FEPTO Council, that should be discussed and voted on in the forthcoming General Assembly at Tallinn. Specifically, there are three proposals that we would like to bring to your attention with this newsletter:

The first issue related to the number of council members. In the article 5.1 of the present constitution it is stated:

5.1 The Council will consist of a maximum of fifteen and a minimum of seven members. There must be no more than three members from the same country. At least one of its members must be Belgian.

There are now 10 members in the Council. We suggest that there can be less members in the council, in order to save some money and energy, especially since shortly we will no longer have the possibility to have our council meetings at reduced cost, as we have done during the last years in Dave. For the moment, we propose to reduce the number to 8 members. It seems to us that the council’s responsibilities can effectively be shared among 8 members.

The second issue pertains to the duration of the council’s term. In the article 5.3. of the current constitution it is written:

5.3. Council members shall be elected for a two-year term.

As it has already been noted by previous council members and other experienced colleagues, two years is a short period for the members of a council to warm up to their roles and each other, attain the required homogeneity, in order to be effective and fruitful in their work. Having to go through the laborious process of change every two years might require an increased amount of energy and investment. A term of three years would be preferable for the moment and this will be our proposal. Our distinguished colleague, Agnes Dudler, has also proposed to make this change. For the voting of this proposal the 2/3 of our members will need to be present. This will be discussed more in the General Assembly.

Our third proposal is related to the issue of the financial support of the council members. I would like to remind you that during last year’s General Assembly, a proposal was made to provide council members financial support for their participation at the Annual Meeting. Our proposal will be presented in detail in the General Assembly, as we need to discuss and clarify it during our next FEPTO council meeting in Tallinn. The agenda’s item will be titled: “Financial contribution of FEPTO to the council members for their registration in the Annual Meeting.

Nikos Takis
On behalf of the FEPTO Council
The Council dealt with the changing of the constitution as it was reminded at the last AM in Prawets (s. minutes § 14). A working group has been established consisting of Fred Dorn, Frank Sielecki, Judith Teszáry, Chantal Nève-Hanquet and Nikos Takis who worked out a draft with comments, remarks and various proposals concerning the possible wording of the new constitution. You can find it on our platform on top (https://fepto-networking.eu, user name, password Documents in Progress). You can read the actual version of our work there. We ask you to read it carefully and to discuss it with your colleagues. If you want to give your own comments and make proposals – you are warmly invited to –, please do it the following way:

You enter the category “Encounter Area – Open Space”. There you will find the topic Constitution Changing and there attached the draft of Constitution Changing with the last two columns “Alternative New Wording” and “Remarks” empty – which allows you to fill in your proposals, suggestions and remarks. Please send them to us latest by the end of April so that we have time to prepare the discussion in our Working Group at the AM. The following reflections underline the necessity of the Constitution Changing and explain the progress of our work.

Necessity of Constitution Changing and Actualization
The foundation of FEPTO leads back to the year 1992 – then named first ISCOPE later on ESCOPE (European Study and Co-ordination of Psychodrama-Education) and, finally in 1996, FEPTO, in Belgium, is an international non-profit organization according to Belgian law. The then agreed and adopted Constitution concedes that “a number of terms contained in it may, in the future, require more precise definition” (Preamble). Now, more than 25 years later, considering the history and changings in European society since then and the growth of FEPTO as well (about 60 member-institutions out of 27 countries) it is really necessary not only to find “more precise definition” of terms, but also to redefine and to define the global aims, purpose and concrete goals. Further more, the usability and practicability of the constitution have to be reconsidered and adapted to the actual needs, thus to enable our organization to be an active and respected partner on European stage contributing to the welfare of European society by the development of Psychodrama in training, research and practice.

Global aims
The preamble of a constitution has to render account of the global aims to which the organization with all its members and activities is committed to. It thus describes the political and social position of the organization, the way it wants to participate in political and social life and to contribute to the wellbeing and well functioning of society.

The suggested new wording of the Preamble is a try to express this need.

Purposes
Concerning the purposes the geographical and hence the political sphere and limitations of acting have to be clearly defined – what we tried. Maybe more stress should be laid on the development of psychodrama-practice.

Usability and Practicability
There is a difference between usability and practicability.

**Usability** means how to make use of the constitution as a tool, thus to define

- The location of the association
- The relationship between members and institutional bodies (GA, Council)
- Decision Making in accordance with democratic rules
- The term of office of the Council
- Number of Council members and their responsibilities
- Regulation of voting procedures
- Responsibility for the organization in total.

According to this, the following topics have to be dealt with and decided in the constitution, to make it slim and supple, easily to be handled:

Art. 3 **Membership**: The membership issue is a very sensitive question that should be changed in accordance to actual needs and the development of the organization. Hence we propose to regulate the items of Art. 3.1 – 4 in the by-laws.

Art. 5 **Council**: The term and the number of Council members are crucial for the well functioning of the Council. There are different opinions how long the term of the Council should last and of how many members the Council should consist of. The proposed regulation allows flexibility but of course it has to be discussed and decided.

Art. 9 **Voting**: This article touches the sensitive difference between individual members (especially founding members) and institutional members. A clear regulation will have to be found in the by-laws as we suggest.

Art. 11 **Subscriptions**: Additionally to the regulation foreseen by the Constitution we suggest, that the annual fee’s arrangement should be fixed in the by-laws.

On the other hand **practicability** concerns all issues that should not be regulated in the constitution, but in by-laws, thus to enable the GA as well as the Council to adapt their activities to actual needs to be decided upon easily by the GA or the Council without touching and changing the Constitution – which in such cases requires a qualified majority of 2/3 of its members (Art. 10).

To these practical issues belong

- Financial affairs: fixing and changing of membership fees, budgeting, regulation of scholarships
etc.

Rules of procedure for the Council and the GA
Defining and adapting the conditions of institutional and personal membership within FEPTO
The organization and developing of networking – enjoying the possibilities digitization offers
The conditions of application for financial support of projects in the name of or with the support of FEPTO, clearly defined and budgeted by the responsible organizers.

Obviously and consequently, we put many regulations to be met into the by-laws:

Art. 3, 5,7,9,11. Hence we shall have to work in two steps:

Work on the constitution
The changing and the adaption of the constitution to actual needs has to be a democratic process initiated by the Council at the GA, filled with life by the members and put into effect by the GA after a procedure of discussion and acceptance. The organization of this procedure will be the task of the new council to be elected at Tallinn. Possibly this – and maybe as well the work on the by-laws - may require the support and aid of lawyers.

Work on the by-laws
As well by-laws will have to be worked out. Maybe it is too much a challenge to organize this procedure parallelly, but anyway, it has to be thought of and kept in mind.

There will be a Small Group concerned with this issue during the Annual Meeting at Tallinn.

In the name of the Constitution Changing Working Group

Fred Dorn
Chair of Development Committee
## 27th FEPTO Annual Meeting

### Balance 2018

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Audit 2018,  
written by Jacomien Ilbrink-de Visser and Irina Stefanescu  
March 19, 2019

In March 2018 the accounts have been presented to us as prepared by Ms. Chantal Hanquet and administrator Ms. Nadine Hanquet.

All documents have been kept orderly and could be presented upon demand as requested. Further examining of the invoices will be effectuated in Tallinn, as this audit has been done online.

The reported gain of €4630 is because the budgeted €3000 for the Journal by the Research committee has not been consumed. Furthermore, there has been a profit of the Conference and Annual Meeting (AM) in Pravetz of €3320. However, the meeting of the Executive Meeting at the Isle of Man was much more expensive than budgeted: €1745 instead of €500. Much effort has been put in to collect outstanding membership fees, for which we thank Ms. Chantal Hanquet.

In future, if there is a profit on the Conference and AM, it might be considered to reimburse Board Members some of their costs connected to the Conference and AM, before reporting a profit.

We recommend to discharge the Board for their financial work for 2018, with the proviso that invoices will be further examined in Tallinn.

In closing the writing of this report, we would like to thank Ms. Chantal Hanquet and Nadine Hanquet for their outstanding work.

Irina Stefanescu  
Jacomien Ilbrink – de Visser
## Applying institute

**Serbian Psychodrama Association Moreno**  
**SPA Moreno**

<table>
<thead>
<tr>
<th>Address: 27. Marta 41/78</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country and zip code: 11000 Belgrade, Serbia</td>
</tr>
<tr>
<td>Phone number: +381638450235</td>
</tr>
<tr>
<td>Email: <a href="mailto:dusandpotkonjak@yahoo.com">dusandpotkonjak@yahoo.com</a>;</td>
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**President / Director:** Gojko Rakas / Dusan Potkonjak  

### Formal Structure

Approx: 50 words

SPA Moreno is registered in Serbia as non-profit organization (association). Its internal structure includes: Assembly, Managerial Board, Supervisory Board and Educational Board (composed of trainers and certified psychotherapists). Main trainer and founder of the Association is Dušan Potkonjak. Another senior trainer is Jasna Veljković.

### History:

The history of SPA Moreno is tied to its founder and main trainer, dr Dušan Potkonjak, psychiatrist and psychodrama therapist, educator and supervisor. Dušan officially started his psychodrama training in BPA in 1983 and graduated in 1991 within Holwell International Center for Psychodrama, BPA and with Marcia Karp as the main trainer. In 1986 Dušan organized the first psychodrama workshop in Yugoslavia, run by Andrew Powell. Until the war, workshops of different psychodramatists were organized, including Andrew Powell, Mike Watson, John Casson, Ken Sprague, Rudie Niyegaard, Susie Taylor.

In 1988 Dušan Potkonjak formed the first training group in Yugoslavia. Some of the former members of that group are now leading psychodrama TEPs in Serbia. In the following years two more groups started their training, with Dušan Potkonjak as the main trainer, and Jasna Veljković, Vladimir Milošević, Zoran Đurić and Zoran Ilić as assistant trainers. In 1994 Dušan Potkonjak moved to London, but has continued to run training groups in Serbia. In 1999 YUPA – Yugoslav Psychodrama Association was officially registered, that eventually fell apart and in the following years different training organizations were formed, including, SPA Moreno.

SPA Moreno was founded in 2003, officially registered in 2004 and became a member of the National psychotherapy association (SPS–Serbian association of psychotherapists) in 2005.
SPA Moreno has always strived to establish and maintain cooperation with various trainers and guest trainers from abroad: Marcia Karp, Malcolm Pines, Kate Bradshaw, Jana Segula, Sue Daniels, Olivia Lousada, Lars Tavun, Peter Haworth, John Casson etc. Also, since experience in group analysis is a part of the training, training psychoanalysts and group analysts Ljiljana Milivojević, Marija Vezmar and Tija Despotović were guest trainers, leading small and medium experiential groups and teaching some parts of theory classes. Members of examination committees are leading psychodrama trainers in Serbia: Jasna Veljković, Zoran Đurić, Zoran Ilić, Slavko Mačkić, Lidija Vasiljević etc.

If we include 400 hours for writing essays and clinical paper and written exam it is 1990 to 2030 h.

*Students are required to have a minimum of 810 experiential hours in their on-going training group. Every group session consists of one-hour long processing (total of 200 hours) and three hours experiential work (total of 610). However, part of the experience hours is also students’ training for conducting - after the first year of their training students on occasion may begin conducting warm-ups, vignettes and full psychodramas.

**Students have 120 hours of theory and techniques with trainers, 80 hours of peer theory, and the remaining number of 400 hours is divided into studying for written exam in theory of psychodrama and group psychotherapy, writing essays and a clinical paper.

***As mentioned, these hours are calculated in the number of hours of self-experience. Besides, training for conducting is also provided in the form of hours of direct supervision, which is organized both within their ongoing group training group sessions and on separate sessions for direct group supervision, aside from their ongoing experiential training group. Feedback to the student-director is provided on the processing part of the next session.

****Number of hours of required experience in group analysis (60 to 80 sessions). Apart from that, students are encouraged to attend various psychodrama workshops and workshops in other psychotherapy modalities, their own individual psychotherapy, playback theatre etc.

*****Minimum 80 to 100 sessions of leading groups. Each group lasts two and half or 3 hours. If average group lasts 2.5 hours, then 100 sessions are 250 hours. Plus processing 30 minutes after each session, it is an extra 50 hours. In total it is 300 hours.

Training in SPA is divided in three (3) stages-levels. For each stage students have to write essays about their experience in psychodrama and about psychodrama theory and group therapy. In total, there are 13 essays on the
theory of Psychodrama and Group Therapy, as well as students’ personal experience as a client in a group. And later students write about the experience in leading 80 to 100 group sessions. This is a Clinical Diploma Paper. For the Second stage, students have to pass a written exam on psychodrama theory and group psychotherapy. The psychodrama students have an obligation to pass a practical exam for each stage - leading a group for 150 minutes in front of the Board of examiners.

**List of training staff**

List of training staff

- Dušan Potkonjak and Jasna Veljković – Senior trainers
- Associate trainers (group analysis and theory): Ljiljana Milivojević, Marija Vezmar, Tija Despotović
- Invited trainers: Kate Bradshaw, Sue Daniels, Olivia Lousada, Peter Haworth, Marcia Karp, Malcolm Pines, John Casson etc.
- Members of examination committee: Dušan Potkonjak, Jasna Veljković, Lidija Vasiljević, Zoran Đurić, Zoran Ilić, Slavko Mačkić, Dragoljub Nedić

**Number of training groups**

As described in the History, the first training group was led by Dušan Potkonjak beginning in 1988. and later two more groups were led by Dušan Potkonjak as the main trainer, and Jasna Veljković, Vladimir Milošević, Zoran Đurić and Zoran Ilić as assistant trainers.

From the time SPA Moreno was founded there have been 4 generations of SPA students: First generation from 2003 to 2011 (15 students), Second from 2009 to 2014 (16 students), Third from 2011 to 2016 (9 students). Fourth, current generation started in November 2015 (11 students).

New training group of 12 students should start in November 2018.

**Number of certified psychodramatists**

8

**Code of ethics**

SPA Moreno abides by the Code of Ethic of Serbian Association of Psychotherapists (SDPS) and agrees to abide by the FEPTO Code of Ethics

**Recommendation Questionnaires by**

- Peter Haworth – Oxford School of Psychodrama and Integrative Psychotherapy
- Zoran Đurić – Belgrade Psychodrama Center
President’s report March 2019

The past few months have been full of FEPTO related activities, hopefully successful and productive. In collaboration with the other members of the Executive Council we have prepared the agenda for our meeting in Padova, Italy in parallel to the interesting activities of the Research Committee Meeting. I also participated in the RC Meeting with an oral presentation titled: “Psychodrama and Mythology in the service of addictions’ treatment: A case study”. I also prepared a draft version of the Agenda of the forthcoming General Assembly in Tallinn, for further processing by the Executive Council.

Secondly, I am taking part in the Constitution changing group generated by Fred Dorn, along with some other distinguished colleagues, Chantal Hanquet Neve, Judith Teszary and Frank Sielecki. We have started a very fruitful process aiming at the actualization of the FEPTO Constitution that we will also work on in our next Annual Meeting.

Thirdly, I have collaborated with all other council members for the handling of various issues pertinent to the proper functioning of our Organization, especially Ana Cruz, Chantal Hanquet and Krzysztof Cieplinski. Additionally, I was responsible for contacting the colleagues that we decided to propose back in the Council’s meeting in Dave to facilitate the large group activities in the next Annual Meeting in Tallinn. These colleagues are Dana Dragoteanu from Romania, Jacomien Ilbrink from the Netherlands and Oded Nave from Israel. Gladly, they all answered positively to our proposal.

Finally, through my role as a member of the Organizing Committee of the 2nd Research Congress of I.A.G.P. that will take place in June 2019 in Thessaloniki, Greece, I try to promote the work of FEPTO and of course Psychodrama, by inviting our members to participate in the Congress and present their work, run workshops, organize symposia etc.

Nikos Takis
FEPTO President

Vice-President’s report

As a board member, in the last few months I was involved in the process of preparing for the forthcoming FEPTO AM and Conference in Tallinn and other current FEPTO issues. This process required that I engage in email and telephone exchanges with the President and other council Colleagues. I was also personally present on board and council meetings in Padova, 2nd of March 2019. My special focus was on the preparation of the posters sessions at the FEPTO AM and Conference (with Judith Teszary and Kerstin Jurdell) as well as the organization of the AM small group working on the topic of Psychodrama identity, theory, applications and interconnections with other clinical and educational approaches, that was happening in cooperation with Paola de Leonardi, Marco Greco and Roger Schaller. I also took the responsibility for organizing one of two FEPTO symposiums for the 2nd IAGP International Research Congress, 14-17 June 2019 in Thessaloniki.

I would like to say thank you to all Psychodrama Colleagues for all your needed and helpful cooperation!

Krzysztof Ciepliński
FEPTO Vice-President
Ethics committee report

Ethics is present in all areas where we work with people
Preparation for the next small group work on ethics in Tallinn. We will discuss different topics:

- How the institute trains students in ethics
- How to formulate paragraphs and define the kind of codes for training institutes. We will look at the incoming proposals from member institutes, which I collected and still waiting for our members to send their ethics code for their institutional functioning.
- Individual cases connected with difficult situations in the therapeutic and training groups

This time Anna Bielańska will lead the small group work since I will be leading the Sociodrama small group with Kerstin Jurdell.

Please, send in your contributions to Anna Bielańska, abielanska@interia.pl and to me: jteszary@gmail.com

We also need more paragraphs our members have about code of conduct. The code of conduct provides guidelines about ethical behavior towards colleagues, students and towards other institutes.

Thanks for your cooperation!

Judith Teszáry
Chair of FEPTO Ethics Committee

Communication Committee report

When taking on this responsibility in 2017, I was very grateful for the trust I was given. I wanted to contribute to the organization I respected long before I became part of it.

Taking the role, I started with a study of the rules and duties of my job. In this process, I was accompanied in an incredibly benevolent way by Nikos Takis and Horatiu Nil Albini. The three of us together with Ana Cruz became partners on the editorial team. They were my eyes, my orientation and my structure in the creative process.

In accordance with my understanding that continuity must be respected, I discussed tasks or ideas to be continued with the previous Communication committee chair.

For this period, we released 6 editions, each one with its specific vision, trying to express the basic mood or characteristic idea of the period. As editor of the newsletter, my aim was to keep it interesting, attractive and functional. In this regard, I worked on a new interactive layout.

The first step was to make the page-numbers in the content (on the title page) linked. By clicking the page number, the reader could directly access the article. This is more convenient and time saving than scrolling. The next step was to embed a navigation panel in each page. This made the newsletter become truly electronic.

Regarding the website my aim was to keep it an updated community archive. This couldn’t be realized without the energy and the dedication of our dear webmaster-Horatiu. Thanks to his active engagement with the question of widening the directory, we were able to expand on Pierre Fontaine’s idea of the directory of FEPTO countries.

In closing, I would like to encourage you to give us feedback about the newsletter and website on: communication@fepto.com

Ina Ilieva
Chair of FEPTO Communication committee
Resilience can be seen as an interactive and dynamic quality rather than a personal trait. Resilience is the result of individuals being able to interact with their environments and the processes that either promote wellbeing or protect them against the overwhelming influence of risk factors (Zautra, Hall & Murray 2010).

Psychodrama can contribute to resilience and wellbeing in many ways. First and foremost, it empowers people to self-direct their lives. Psychodrama starts from the resources and strengths, faces the burdens and challenges of people and helps to create new scenes of individuals and groups according to their abilities and needs.

Moreno discovered the possibility to create these new scenes in the surplus reality of the psychodrama stage and he claimed: “Every true second time is the liberation from the first”.

Moreno had a focus on the individual as a spontaneous and creative actor, who can face, respond, adapt to or change adverse live events or circumstances. Even though he has not used the term resilience explicitly, his interest clearly was devoted to support people and groups in difficult situation and to help them to grow from their challenges to wellbeing in healthy environments.

Psychodrama is closer to a salutogenetic approach (Aaron Antonovsky) than a pathological categorization and treatment. Promoting salutogenesis is an aim of psychodrama, which helps to foster and to develop a “sense of coherence”, which is described by certain quality of life experiences:

- Comprehensibility: to understand what happens in life and what might happen in the future
- Manageability: a belief that things are manageable and within control
- Meaningfulness: a good purpose for what happens in life; it makes sense to care about life

The conference and FEPTO RC Meeting “From Resilience to Wellbeing –Promoting Health through Psycho-
drama and Action Methods” was co-organized by the University of Padova and the FEPTO Research committee. In total, more than one hundred people participated in the conference, 46 FEPTO colleagues from 17 European and Mediterranean countries. Key note speakers came from the US, Israel, Greece and Italy.

Many thanks for the invitation and the hard work to organize this conference go to Prof. Ines Testoni and Francesca Alemanno from the interdisciplinary Department of Philosophie, Sociology, Education and Applied Psychology (FISPPA) of the University of Padova.

It is very encouraging to see that every year more researchers and practitioners in psychodrama are getting involved in research activities and by that contributing to a common research culture in our professional field. We will continue to promote research encounters and to provide support for research in psychodrama. Therefore, it’s a pleasure to put forward an Invitation to our forthcoming FEPTO RC Meeting from 10-13 of October 2019 in Vienna Looking forward to welcoming you in Vienna,

Johannes Krall
Chair of FEPTO RC
WHAT REMAINS FROM WHAT HAPPENED

Network Group for Psychodramatists Working with Children and Youth

1st – 3rd of February, Cardiff 2019

We could hardly find a better place in Europe for a meeting of children and youth psychodrama therapists than Wales - the land of myths, fairy tales and heroic legends.

During the meeting preparation, and after analyzing the process of the working group up until now, we decided to change the concept and the content of these meetings and take the next step. In previous meetings, we presented workshops of the psychodramatic ways of working with children and adolescents. These meetings were gradually transformed into small conferences with more than 80 participants. We played a lot together and learned about each other. However, the time to be "grown-ups" had come and we decided to tackle the standards that psychodramatists need to fulfill in order to use our powerful method with children and adolescents.

The meeting was opened by “Polyphonic”, a beautiful singing children's band, which opened our ears, eyes and hearts. They sang in Welsh and English.

Craig Stevens invited us to Cardiff and we met in a marvelous historical place named the Temple of Peace. Craig designed the warm up, including typical myths of the region. In the roles of kings, wolves, fairies, lovers, lakes, castles and apple trees, we joined together and got to know each other better.

17 participants from 9 countries came together to start this admittedly not so exciting work.

At the beginning, Kate Kirk presented results from the 3rd cycle of her research work entitled “The International Landscape of Psychodrama Psychotherapy with Young People”. She studies intensively difficult questions such as: How do psychodramatists work with children and adolescents in Europe and FEPTO? What kind of settings and interventions do they use? Are they trained professionally and do we need standards for this training in Europe? She used the Delphi cycle to collect data and to analyze it; she is entering the 4th and final cycle. She told us about the range of specialized training for working with young people her respondents had done; it ranged from no additional training to well structured training that focused on the developmental and different needs of children and young people.

Thank you, Kate for this very important work for all of us.
WHAT REMAINS FROM WHAT HAPPENED

Reports

Saturday was marked by the presentations. Csilla Nemeth and Bea Pozsar presented the training standards at Hanna Kende’s Institute, which are accepted by the Hungarian Psychodramatic Association. Then Ivana Jurić presented the standards of the Centers of Psychodrama in Croatia. Stefan Flegelskamp presented the standards of the German umbrella organization for psychodrama (DFP), which are currently being carried out by the Szenen Institute in Cologne and the Moreno Institute Stuttgart. At the end of the day, Milena Mutafchieva presented The Minimum Training Standards of FEPTO. To the great satisfaction of all those involved, we found out that we use the same standards for PD with children training in the three countries and that they are equal or even higher than Training standards for psychodrama with adults. On Sunday, Angela Sordano, a Jungian psychodramatist, led us to an excellent evaluation, building on the roles of the Welsh fairy tale and relating it to the process of the group.

Summary of the results from the meeting:
We created a steering group that will continue to work on PD with Children and Youth training standards until the next meeting in February 2020. The group members are as follows: Csilla Nemeth, and Bea Pozsar from Hungary, Milena Mutafchieva from Bulgaria, Yiftach Ron from Israel and Stefan Flegelskamp from Germany.

The next network meeting will take place from 7.02-9.02.2020 in Munich. Our hosts are Thomas Niedermeier and Bettina Menzel

The children and adolescents psychodrama should become more visible at the next FEPTO conference in Tallinn and we intend to propose a small group topic and to apply for the poster session.

We decided to establish a new intervision group for children and adolescents psychodrama trainers and its first meeting will be on 06.02.2020 in Munich.

The main topic of the next meeting in Munich will be:
"Research in Psychodrama with Children and Youth"

Save the date!
Please, keep in mind that the next International Psychodrama with Children and Youth Conference will take place in Zagreb 25th until 27th of September 2020

Stefan Flegelskamp & Milena Mutafchieva
WHAT REMAINS FROM WHAT HAPPENED

Report on Erasmus+ project PERFORMERS 2

We have started this EU project to developing sociodrama in different fields.

Partner organizations in the project are: FEPTO; The Hungarian Psychodrama Association (MPE), the coordinator of the project; The Swedish Association of Psychodramatists (SPA); The Portuguese Society of Psychodrama (SPP); Birmingham Institute for Psychodrama (BiP); NOS Portuguese social organization; Hungarian Detention home (Youth prison) (EMMI).

Members of the FEPTO staff:
Judith Teszáry, coordinator
Nikos Takis, Chantal Hanquet, Melinda Ashley Meyer, Irina Stefanescu.

The aim of the project is to create a sociodrama curriculum for the Hungarian PD Association; contribute to the creation of a European Sociodrama training standard; teach sociodrama for youth workers; write a field specific textbook for youth workers; edit an international textbook in sociodrama; disseminate the method in psychodrama training institutes/organizations, conferences, workshops.

FEPTO as member organization has been represented in first two events by Judith Teszáry and Jana Damjanov so far and will continue to do so in each event involving different staff members. Irina Stefanescu will participate at the meeting (M2) in Birmingham.

In this project there are Meetings (M) for the coordinators of the partner organizations and Trainings © for all participants. More over there are 8 working groups dealing with different tasks involved in the project: wg1 project management (Hungarian staff), wg2 International meetings coordination; wg3 Dissemination group, creation of homepage, Facebook sight, logo; wg4 European standard (FEPTO staff is active in this working group; wg5 Institution specific issues, wg6 Detention home specifics; wg7 Method and curriculum; wg8 International textbook. Fepto staff is active in creation of this textbook.

After each training occasion there is an evaluation & reflection meeting to analyze the benefit of the 5 days trainings, what can be used in a sociodrama curriculum and in the work of a standardization of the method.
WHAT REMAINS FROM WHAT HAPPENED

Report on Erasmus+ project PERFORMERS 2

The first training event was carried out by the British team led by Di Adderley. The method they use is based in most parts on the Australian New-Zealand model. Role exploration, role taking, role playing and role training. The difference between sociodrama-psychodrama and action methods was discussed. Exploration of leadership in each role one take in a play.

The next training days (C2) will be in Portugal, where the Portuguese Psychodrama Association will teach their way of doing and teaching sociodrama.

The third training event (C3) is a cooperation between FEPTO trainers and the Swedish trainers in Stockholm presenting their way of doing sociodrama concerning marginalized youth, refugees, new comers’ integration in Sweden.

After the training events we take on the writing of the above mentioned material: international textbook, field specific use of sdr, method and curriculum, proposal for standardization, so called intellectual out put of the project.

At the AM there will be small group work on the topic Sociodrama to broaden the area of Moreno’s methods. I hope many of you who are using sociodrama will come and contribute with your experience to the discussion.

Judith Teszáry
During the Annual FEPTO 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 counseling and psychotherapy, social work, organizational learning and counseling, 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.
- 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 organizational 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.


Please submit the above information to: Hannes.Krall@aau.at, Kate.Kirk@manx.net and ana.s.dacruz@gmail.com

Thank you in advance for your contributions.

With kind regards,

Kate Kirk          Ana Sofia Cruz          Hannes Krall
Update of Erasmus+ project and Task Force for Sociodrama.

In the last decade Sociodrama has had an explosive expansion in Europe and in the countries surrounding the Mediterranean Sea, basically FEPTO area.

Sociodrama attracts social scientists, mental health workers, pedagogues, organisational consultants and other professionals dealing with social issues and social transformations, group dynamic and group processes.

Sociodrama as a group method is used when we deal with problems in a society or problems between countries or with collective trauma or with bullying in classrooms and many areas where groups exist.

Thus different Sociodrama trainings start in different countries without a common agreement about quality and standards.

The thorough work in the early years in FEPTO led to the creation of minimal training standard (MTS) as a requirement and as a guidance for the member institutes in order to harmonise the psychodrama training in Europe and in the Mediterranean countries. In order to be truly able to follow the ideas, theory and philosophy of J.L. Moreno, psychodrama and sociodrama should be able to work side by side. If sociodrama is a group method, dealing with groups on micro and macro level, than we need equal status for both methods. So, by giving sociodrama an equal status to psychodrama and by opening up for the development of sociodrama in FEPTO we open the door for a widening and for a broadening of our perspectives as professionals and opening the doors of FEPTO to other professionals who are practicing sociodramatic method and philosophy.

We already have established a working group as a partner organisation in the Erasmus+ PERFORMERS 2 project which is dealing with questions concerning Sociodrama training, practice and research through working on the standardisation of the method, we can come a step forward with the purpose of protecting the interest of sociodramatists, establishing and maintaining high ethical norms.

So the working staff opens up a possibility for creating a platform and a meeting place for Sociodramatists. Through the work and meetings we would promote research especially for action methods, participatory action research and other forms of research applicable to the Sociodrama method, (specifically qualitative methodology such as discourse analysis, thematic analysis, collecting and analysing narratives and others).

The question is what would be the best way to carry out this purpose: Should Sociodrama have its own Committee or be a part of the Training Committee or should it be a network group or a Task Force for Sociodrama?

We hope that our community can find the best way to serve the above mentioned purposes.

Judith Teszáry, Coordinator for FEPTO staff in the Erasmus+ PERFORMERS 2 project

Jana Damjanov, FEPTO staff member of the project

This proposal is supported by the Erasmus + PERFORMERS 2 project, FEPTO is involved in as a partner organisation and by the International Sociodrama network and by the International Network, that has created and supported the International Sociodrama Conference since 2015, with coming 7th Edition, with the title "Co-Creation and Social Responsibility", 24-28 June 2020, Lisbon, Portugal.
ANNOUNCEMENTS

A new FEPTO network group for Climate change

Climate change, global inequality and loss of biodiversity are threatening the future of the planet and mankind. 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: We can work with societies, organisations, groups and individuals.

We are inviting psychodramatists to gather in a new FEPTO network group for Climate change in order to deepen our personal and professional understanding, and our willingness and ability to work with these questions both in our respective countries and internationally.

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

- meetings (mainly virtual, maybe once a year face-to-face for example before or after 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

More ideas of effective working will be gathered and created in the first network meeting, which will be agreed upon in or after AM 2019 in Tallinn.

There is the first international CLIMATE CHANGE SEMINAR “Huge Ecological Change – How do we survive?” in October, 2019, in Finland:

This potentially could be one of the first activities of the FEPTO network group, too.

You are very welcome to contact and join us!

Reijo Kauppila, Sirkku Aitolehti, Kirsti Silvola
Psychodrama trainers TEP
Helsinki Psychodrama Institute, Finland
Contact email: reijo.kauppila@ihmis.fi

and Päivi Rahmel

Huge ecological change - How do we survive?
International seminar
10-13 Oct. 2019
in South Finland

Network group for Climate change
UPCOMING EVENTS

International Sociodrama Conference

THE 7TH INTERNATIONAL CONFERENCE ON SOCIODRAMA

will take place from

24 to 28 June 2020 in the Lisbon Region

The title :

"Co-creation and Social Responsibility"

It is an important international event for all those interested in education, organizational, social and community intervention.

This Conference will be four days of presentations and workshops that will be held in the conference rooms and also in the local community. Both will be led by international experts in the practices of Sociodrama, Sociometry and Society.

Several aspects of the method will be either demonstrated or applied in different contexts (clinical, educational, institutional and community).

Apart from an opportunity for professional training, it is also a moment of social healing applied to the surrounding community.

The idea is that several workshops will take place in local institutions, such as schools, hospitals, companies, public squares and even in the local municipality.

This Conference will also engage presentations from other social intervention theatre methods, like: Oppressed Theatre, Playback Theatre, Social Presenting Theatre, etc.

Participants and experts from all over the world will gather there

See the Website
UPCOMING EVENTS

Huge ecological change - How do we survive?

Psychodramatists in Europe and all over the world - join us in this seminar

Climate change, global inequality and loss of biodiversity are threatening the future of the planet and humankind.

We are inviting psychodramatists to gather in order to deepen our personal and professional understanding, and our willingness and ability to work with these questions both in our respective countries and internationally.

“Moreno often made reference to the 21st century, claiming that although his ideas might be premature for the twentieth century, the next century would belong to him. He envisioned a totally integrated world in which science and religion would contribute in their own way to bring humanity to a better and more tolerant place. The world is well immersed in the 21st century, and it is quite scary. Moreno’s contribution and legacy might be of help.”

(Rene F. Marineou, Ph.D, PEF, lecture at Daimon’s 100 year anniversary celebration in Vienna 2018)

An integrated and inclusive approach is vital. People with different worldviews and understandings need to come together in a collective endeavour to help both the planet and humankind survive. Awareness of our tendency to avoid these burning questions is needed in order to be able to face the realities in a creative way.

How do we work?

Ken Wilber’s integrative approach is offered both as a source of fresh inspiration and as a framework. Each day we will work with sociodrama in a large group, together with 3 Finnish scientists. Playback Theatre will also be used. These themes will be continued in the afternoon in two groups of 20 participants. In the evening,
more personal sharing and work will take place in small groups of 10.

Program
The detailed program will be available by 30th April.

Venue
Ystävyyden Majatalo (ystavyydenmajatalo.fi) is a modest countryside location 96 km from Helsinki. Vegetarian/vegan meals will be provided. No private rooms available.

Transport
By bus from Helsinki; private transport may be available with local participants.

Price
600 Euro; this includes the conference fee and full board.

Registration
If you are interested, please register as soon as possible since we will fill the slots (40) on a first come first served basis.

Registration in web

Leaflet

Here you can download the leaflet: Download leaflet

You are warmly welcome!

Sirkku Aitolehti,
Reijo Kauppila,
Marjut Partanen-Hertell,
Päivi Rahmel and Kirsti Silvola

Organiser: Helsinki Psychodrama Institute
UPCOMING EVENTS

FEPTO Research Committee Meeting

FEPTO RESEARCH COMMITTEE MEETING VIENNA 2019

Beyond Numbers and Words – Measuring and Understanding Psychodrama

10th - 13th of October 2019
Sigmund Freud University, Vienna, Austria

Invitation

Save the date!

Organizing Committee

Mag. Susanne Schulze, ÖAGG Austria

Barbara Geml
University of Innsbruck

Dr. Johannes Krall
Chair of FEPTO RC
Alpen-Adria University Klagenfurt
Autobiography of a Genius

Edited by Ed Schreiber, Sarah Kelly and Scott Giacomucci

This is a three-book volume: Preludes to my Autobiography; Autobiography of a Genius; King of the Hippies (Cosmic Man), that explores the Morenian concept of genius while challenging the human family to embrace its capacity for genius. This publication completes the autobiographical project that Moreno began in the 1950s. Being a genius starts with the feeling of being in contact with the whole universe, a feeling of totality, being fed by it free of charge and feeling it gratefully in return (J. L. More-

Action Explorations. Using Psychodramatic methods in Non-Therapeutic Settings

Dear Fellow Psychodramatists,

I have recently had published an anthology of articles about how psychodramatic methods can be applied beyond psychotherapy---in which case they might be called "Action Explorations," which in fact is the name of the book! These applications are similar to psychodrama, about which I wrote two major books and many articles, etc. (I also wrote the Art of Play, a book which applies psychodramatic-like methods to made-up stories!)

I generously honor Dr. Moreno, who in fact also applied his methods in schools in a book co-written by Robert Bartlett Haas in the early 1940s. But the good doctor stayed with his professional affiliation, and somewhat neglected the extra-psychotherapeutic applications, while I emphasize them as being a little different from psycho-drama.

It's available on Amazon as a paperback. Check it out.

Sincerely,

Adam Blatner
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