

# GENERAL ASSEMBLY

## Committee reports

### New Horizons Through Changing Perspectives

#### – Research and Innovation in Psychodrama

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Psychodrama and Sociodrama brought lots of innovations into the field of counselling, psychotherapy, education and learning, organisational and community development. One basic feature is to change perspectives and to actively explore a new understanding of a given situation and its potential developments or solutions to a problem. Psychodrama deals with multiple perspectives and includes different dimensions like the mind, feelings, social relations, body sensations, social interaction, communication and group dynamics. Zerka Moreno saw role reversal as the „sine qua non of psychodrama“ (reported by Sue Daniel), which is in itself a social, psychological, and physical act. Let’s remember what J.L. Moreno wrote in his poem on encounter very early in his work:

*“A meeting of two: eye to eye, face to face. And when you are near I will tear your eyes out and place them instead of mine, and you will tear my eyes out and will place them instead of yours, then I will look at me with mine.”*

(J.L. Moreno)



Several research studies point to the importance of role reversal and doubling as the main contributors to the effectiveness of psychodrama. In his meta-analysis David Kipper (2004) was showing evidence of effectiveness which we experience in our psychodrama practice every day.

The FEPTO RC Meeting “New Horizons Through Changing Perspectives” was held at Bilgi University in Istanbul. In total, more than 45 colleagues from 14 European and Mediterranean countries

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participated in the conference. The meeting was organized in partnership with Deniz Altınay from the Istanbul Psychodrama Institute.

İnci Doğaner from the Dr. Abdulkadir Ozbek Psychodrama Institute delivered a key note speech on “A spontaneous-self-development theory in and for sociometric psychodramatic group psychotherapy”. As a second key note speaker Prof. Leni Verhofstadt-Denève from Ghent University/ Belgium introduced theory, practice and research on the “Simultaneous Action-Observer Strategy” (SA-OS). In a research workshop she proposed a sophisticated research design for studying the effectiveness of this strategy and she provided first data and results of her own research.

As an innovation for our meeting we also included a workshop on Playback theatre, which was conducted by António Gonzales and Nuno Amarante from ISPA Instituto Universitário from Lisbon/ Portugal. They also presented qualitative and quantitative data from a Randomized Controlled Trial on the efficacy of playback theatre.



It is very encouraging to see that every year more researchers and practitioners in psychodrama are getting involved in research activities and in this way are contributing to a common research culture in our professional field. Many thanks to our LOC İnanç [Sümbüloğlu, Ayşe Altan and their team](#), who created such a supportive atmosphere and warm welcome.

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 15<sup>th</sup>-18<sup>th</sup> of October 2020 in Torino

Looking forward to welcoming you in Torino,



LOC İnanç Sümbüloğlu, Ayşe Altan and their team