

# EDITORIAL

Dear Psychodrama colleagues,

Moreno had a dream, a vision, that one day all humankind, all peoples of this world, would be connected. He wished that the fisherman in Norway would be able to talk to a person in Japan. Moreno didn't know how this dream would come true, but he truly believed that in it lay the future of humankind. The development of technology made his dream and vision of connecting all humankind a reality. All of us, together, in this moment, are living the dream of Dr. Levi Moreno. We are connected with people from every corner the world. Together, we run online workshops, we send each other birthday wishes, we organise conferences, we share secrets, we run psychotherapy meetings, we run online psychodrama.

The Covid-19 Pandemic hit the whole world. It took many lives and changed the way the world functions on many levels: the economy, politics, arts, social life, psychology, sciences, everything. As the Coronavirus crisis grew and thousands of people were dying daily the only available and reasonable choice was to turn to online communication and work. The enforced isolation in one of our realities, the reality of our everyday physical lives opened us up to unlimited opportunities in the online reality.

We eagerly welcomed the arrival of the Covid-19 immunisation and at the same time we are witnessing mass protests against it and the restrictions on physical movement.

It is a strange feeling to be President and vice president of a federation where the only contact with the members is in the online reality. It is strange to be the head of an organisation which is made up of heads and torsos on little screens. Our bodies and personalities are used to physical stimulus and encounters. During encounters our amygdala is woken by the smell of others and emotionally regulates us. Touching the skin of others makes the ions of our cells move more effectively. A hug means understanding, acceptance and calming. In the act of contact we are looking for new parameters of experiencing and meeting the other.

We live in times of intensive climate change, which leads to changes in the environment in which we live. This year we were witnesses of catastrophic floods and fires. Many human lives were lost, many people lost their homes. People were left with lots of sadness, hurt, despair and anger.

But at the same time we've never been so connected with each other, connected with people from different parts of the world. We are sharing the same destiny, the same suffering, the same illnesses, restrictions and the same hope for a better and healthier tomorrow.

It is a big responsibility to be the head of an organisation because many of the old rules are no longer of use and the new rules are just being created. We are asking ourselves questions such as: what are the needs of our organisation in this long term crisis? What are the needs of our members, of our students, colleagues and clients? What's the best thing to do in these moments? What to organise? Will the two of us succeed in really changing anything in response to our duties and responsibilities?

And we are again returning to Moreno and Psychodrama. We decided to open up our souls to everything that the day will bring and to let ourselves be creatively spontaneous or spontaneous in the creativity.

These times can be very inspirational. Psychodrama can help the world. It can give people comfort and it can help them find each other. And that is precisely the opportunity that online is giving us - to connect everyone with everyone and to spread the love for Psychodrama. The force of all of us will move us along the road to a better tomorrow for everyone.

*Mimi and Yorgos*