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
“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