

28th FEPTO Annual Meeting
Ohrid, North Macedonia, 24th – 28th of May 2020
Mind the Body – Exploring the Soma through Psychodrama

In the context of the FEPTO Council Meeting in Dave last month, it was decided that the topic of the 28th Annual Meeting, to be held in Ohrid, N. Macedonia from the 24th until the 28th of May 2020 will be: **“Mind the Body, Exploring the Soma through Psychodrama”**.

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

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

Nikos Takis & Chantal Neve Hanquet
FEPTO President and Vice President