Johannes Krall (Ed.)

FEPTO Research Committee Meeting

“All in the Mind?”
Global perspectives on understanding, researching, and treating mental health

8th -11th of February 2018
Douglas, Isle of Man

Organizing Committee

Dr. Kate Kirk & Juan Corlett
Dr. Johannes Krall
Alpen-Adria University of Klagenfurt
FEPTO RC Meeting:

“All in the Mind?” Global perspectives on understanding, researching, and treating mental health

Welcome to the Isle of Man

Kate Kirk, Juan Corlett  
& Johannes Krall

The FEPTO Research Committee has co-organized with Isle of Man Mental Health Services a conference on the theme “All in the Mind?” Global perspectives on understanding, researching, and treating mental health. This international conference with 120 participants took place from 8-11 of February at the Keyll Darree, Learning & Education Centre on the Ilse of Man.

In this conference the aim was to explore the concept of mental health as a construct, and our understanding of research and treatment in its many contexts. Researchers and practitioners shared their knowledge, practice and research results pertaining a broad field of professional practice.

Two keynote speakers gave lectures on "Research findings in Psychotherapy and Counselling" (Prof. Mick Cooper) and on "Children and Young People as Researchers: A rights perspective on children's research into their experiences and views" (Prof. Phil Jones). Several panels were organized around topics like Training and Supervision, Diagnosis and Standards, Researching Psychotherapy, Children's Mental Health, Addiction, Voices of Service Users, Resilience and Coping.

It was a wonderful experience, that psychodrama could play such an important role in this conference. Many colleagues from the Research committee shared their research work on psychodrama. Research on psychotherapy with adults and young people, the experience of women in a psychodrama rehabilitation group, research about psychodrama in therapeutic communities for drug addiction, and research on training and supervision in psychodrama were presented and discussed by our RC colleagues. All the abstracts for these contributions is attached to the programme of the conference. Here I want to share only the topics of the presentations:

Kate Kirk (Isle of Man): Nobody Nowhere to Somebody Somewhere: researching the effectiveness of psychodrama with young people who have Asperger’s Syndrome

António-José Gonzalez and Paulo Martins (Portugal): Using the Hermeneutic Single Case Efficacy Design in a psychodrama group

Mari Rautiainen (Finland): Experience of Psychodrama Rehabilitation Group: based on interviews of five women and (IPA)

Paulo Martins and António-José Gonzalez (Portugal): The Portuguese Version of the Spontaneity Assessment Inventory (Revised)
Carl Dutton (United Kingdom): All in the Mind? What about the rest of me: Using horticulture to stimulate our minds, bodies, social interactions, and soul in school settings.

Veronica Harris (Ireland): Using Psychodrama as a Research Tool with Young People to Explore the Spiritual Dimension of their Twelve Step Recovery Journey

Ines Testoni & Maria Silvia Guglielmin (Italy), Kate Kirk (Isle of Man): Psychodrama in therapeutic communities for drug addiction: A study of four cases investigated using idiographic change process analysis

Johannes Krall (Austria): Learning in supervision and transfer into psychotherapeutic practice – the impact of verbal reflection and dramatization

Mirjana Jovanovska Stojanovska (Macedonia): Educational and personal processes in psychodrama psychotherapy-pilot Project

Krzysztof Ciepliński (Poland): The process and outcome in psychodrama-based training groups for psychology students

On the final day participants in the Research Committee Meeting could also listen to and discuss specific topics on organizational counselling and how to use digital tools, Live Action Role Play (LARP), Effectiveness research of trauma stabilisation and learning, and transgenerational transmission of the “cultural trauma”. The abstracts for these presentations can be found in this report. I also add an update of the proposal of an International Psychodrama Journal to the report. This project was started in the Research Committee and discussed also in our resent meetings.

It was very interesting to see the variety of different research methods applied in psychodrama research. Quantitative and qualitative methods were used and sometimes combined in a mixed method design. Moreover, case studies were discussed and psychodrama itself as a research tool was presented.

On behalf of the FEPTO Research Committee I want to thank our local hosts Kate Kirk, Juan Corlett & their professional team for their warm welcome and their excellent organization of the meeting!

Johannes Krall
Co-creation and renewing discussions utilizing digital tools

Antti Soikkanen

Helsinki Psychodrama Institute, Finland

I have written an article for a book, which will be published in Finland 2018, about the process approach in the organization development. The article is based on two organization development projects, one public organization and one energy company. In both projects, I was the main consultant and project manager. In both cases, we utilized traditional organization development methods in a new way, using process approach and created transformational discussions geared for the future. Co-creation and flexible digital tools had an important role. During the consultation process I used Morenian elements, concepts and approach.

The process approach is one top of the spectrum of organization development theories and models. According to the process approach organizations are complex adaptive systems, where organizations include many voices and where people build up their reality thru interaction between themselves. The fundamental question is, what we see as most meaningful in the development – traditional control and continuity or change and transformation. Langley and Tsoukas (2010) describe the organizations as an attempt to organize the stream of people’s actions to agreed goals. By generalizing and institutionalizing agreed meanings and rules organizations get their form. At the same time organizations transform through continuously emerging change.

Human Resources has a long tradition to use varied Organization Development (OD) surveys and questionnaires to describe the state of organizations. At same time, the reality of organization is more manifold, more vocational and richer of human drama than the surveys and questionnaires describe them. The challenge to the process approach is that the objectifying tradition is deeply rooted in our development practices and ways to think (Shotter 2010).

In the first project, we developed the leadership and management of a public organization of approximately 300 persons and 45 managers in a rapidly changing situation. The number of immigrants grew very fast and the need to handle immigration permissions changed exponentially. The change affected the organization’s activities, leadership and manager’s work in many ways. In our leadership development project, we used the traditional 360 degree evaluation in a new way, mainly as a platform to create broad transformational discussions in the organization.

At first, we had a one-day workshop with all the organizations´ managers, in which we described the landscape of the change and defined the change map for leadership including key leadership skills in the future. Based on the leadership change map we changed part of the 360 surveys questions – i.e. questions related to digitalization, virtual team leadership skills etc. We decreased the importance of individual evaluation. Instead we highlighted the meaning of verbal feedback and practical ideas to develop leadership skills. Based on the feedback managers were supported to have discussions with their teams and their managers – the angle being how they together could improve their activities and team. So we created future oriented practical discussions about the leadership.

After two years we had a new round of the 360-degree survey. We updated the questions based on the organizations renewed values, strategy and strategical projects like digitalization project. We changed the coaching discussions with consultants from individual to group discussions in small manager groups to strengthen managers´ coaching with each other also in the everyday work.

In the other project, an energy company of approximate 300 persons, their Human Resources team collected a reference group of 16 interested experts, managers, union
representatives and Human Resources people to represent the organization broadly. In the so-called ‘New ways to work’-project the purpose was to increase trust in the organization and as a more practical goal to create a concrete proposal for the management team of the rules and principles for flexible/virtual work. With the involving pre- and interim tasks and in the workshops utilizing a flexible digital co-creation platform and by involving teams broadly also outside the reference group, the main group made a proposal, which was approved and implemented. The second goal was to give input (ideas, hints and instructions) to a project group, on what to consider while transferring work time follow up from a facility based follow up to a mobile system.

In the project, with the reference group, we used traditional action research workshops with democratic dialog style and principles utilizing a digital co-creation platform. In addition to the profit and performance function organizations are also seen as a forum and a stage for negotiations. Discussions and negotiations on how to find flexible solutions in the changing workplace are becoming more important for organizations.

The challenges to negotiate and discuss can be seen as wicked challenges (vs wicked problems). E.g. questions of flexible and virtual ways of work can be seen as wicked challenges. This kind of discussions are based on trust and demand own competence and own way to carry discussions in the organization (Lindell 2017)

In our two project cases we utilized several concepts and elements based on Moreno’s thoughts. Co-creation is one of JL Moreno’s key concepts - How the groups misery can be transformed to creativity by changing the roles. The idea of co-creation has become a lot deeper and broader during last years. Flexible digital tools have enabled invitation and involvement of people broadly in the organizations and through sharing information, knowledge and meaning we can change the roles to more co-operative ones. So we are capable to change the sociometric roles of the groups. Moreno’s concepts give deeper meanings and tools to the development processes, which we are carrying in the organizations.

In a similar way we utilized Moreno’s very systemic approach and concepts of scene setting, role matrix and role theory in the interaction with systemic, process and traditional OD elements.

Antti Soikkanen, MSc in Psychology, Senior consultant in the Finnish Institute of Occupational Health (FIOH), Socio- and Psychodramatist, Organization Consultant/Finnish Society for Organizational Dynamics, Supervisor, Currently, key activities consulting organizations in the change processes and training activities, especially combining face-to-face activities and flexible digital tools and methods.
Effectiveness research of trauma stabilisation and learning in the EBTS-Project

Reijo Kauppila

Helsinki Psychodrama Institute, Finland

Research of learning and trauma stabilisation are outcomes of the EBTS-Project. Research of learning is connected to the EBTS-Training, in which 43 professionals working with refugee, asylum seeking and immigrant families are trained in Spring 2018 to conduct EBTS-Programme in Germany, Finland and Bulgaria. Research of trauma stabilisation is connected to the EBTS-Programme, which is conducted by the trained professionals and in which about 350 families participate in these three countries. The research design of effectiveness research of EBTS-Programme is shortly presented. The focus of presentation is on the training research.

The first EBTS-Training started in January in Cologne, Germany. The final version of research design and some preliminary experience of using research tools are presented.

Reijo Kauppila is the director and the main trainer in Helsinki Psychodrama Institute in Finland, and he gives seminars in the use of psychodrama in organizations, coaching and organizational counselling in other European countries, too. He is Chair of Training in FEPTO Council, and vice-president of Nordic Board of Examiners.

Special interests in psychodrama:
- Training: Extremely interested in adult learning and development. Reijo’s two main interests in psychodrama training are a) to research and develop the pedagogical and educational competences of trainers and training institutes, and b) to concretize, what makes learning in and by psychodrama so special.
- Application: To apply and develop the practice of psychodrama and action methods in organizations, coaching and leadership development.
Live Action Role Play (LARP) as a Challenge for Research

Krzysztof Ciepliński (presenter), Natalia Michalik

The John Paul II Catholic University of Lublin/ Poland

The Live Action Role-Playing (LARP) phenomenon, its connections to psychodrama as well as current research projects on this topic were presented and discussed at the meeting. LARP is a role-playing game based on assuming specific roles and co-creating a dramatized story. Children’s games are among the roots of LARPs, which are also inspired with theater, historical events, literature (including fantasy) and life observation. The action of these improvisational group games is based on principles derived from, a particular convention adopted (e.g. historical or fantasy) and ways of defining the acting out of certain scenes (e.g. fighting). This phenomenon can be interpreted in the context of psychodrama/sociodrama. Already Jacob Levy Moreno suggested to some of his clients the participation in the expanding games that lasted many hours, during which he recommended them to remain within the role they are playing. The psychodramatic elements of LARP include: conventional space of events, role playing, leader and participants-dependent scenario. The game, despite its fictional character, releases real – often deep – emotions among players, and after these engaging games are carried out, players are debriefed on leaving their role. Although LARPs have grown in popularity in recent years, this phenomenon is still poorly empirically analyzed. Psychological research on LARP’s in Poland is conducted at the Institute of Psychology, at the John Paul II Catholic University of Lublin by Natalia Michalik under the supervision of dr. hab. Agnieszka Kulik.

Krzysztof M. Ciepliński, PhD, is a psychologist, psychodramatist and integrative psychotherapist, trainer, researcher and lecturer at The John Paul II Catholic University of Lublin (Poland), as well as the Vice President of FEPTO. He provides group, couple and individual psychotherapy. His research interests include psychodrama/experiential learning outcome and change process studies, integration of psychotherapy and positive psychology. Email address: k.cieplin@gmail.com

Natalia Michalik is a fifth-year psychology student at The John Paul II Catholic University of Lublin (Poland); she was the head of the Psychotherapy Section of the Psychology Scientific Circle (2015-2017) as well as a trainer and coordinator of an HR group in AEGEE-Lublin, since 2017. She is interested in imagination, creativity, visual thinking, sketch-noting, psychodrama, health and positive psychology. Email address: natalia.michalik9504@gmail.com
Transgenerational transmission of the “cultural trauma”: Resonances of the Greek Civil War (1944-1949)

Nikos Takis

American College of Greece

The aim of the presentation was to describe the ways in which the “cultural trauma”, according to the definition of Alexander (2004), of the Greek Civil War was transmitted to the descendants of its participants. The fratricidal civil war is considered as the first incident of the Cold War and has shaped the modern history of Greece the last seven decades. After the onset of the financial crisis, many references to this period appear in the mass media and the political discourse. Many historians and social scientists to believe that there is a reenactment of the old conflicts takin place the last years. In this study it was attempted to explore if and how the experience of taking part in the war has influenced the lives and adaptation of the second generation of the participants of both sides. Four interviews were conducted with descendants of participants, two from each side. The material was processed based on the principles of the Interpretative Phenomenological Analysis (I.P.A.). The major contributions on the consequences of the exposure to a traumatic experience for individuals and social or ethnic groups were also discussed, as well as the theoretical perspectives on the transgenerational transmission of trauma (Abraham & Torok, 1978, Grubrich-Simitis, 1984, Schutzengerber, 1998, Volkan, 2002). Some preliminary findings were reported in the presentation, all in agreement with the literature on the repercussions of trauma on an individual and collective level.

Nikolaos Takis lives and works in Athens, Greece. He is a Clinical Psychologist, Psychodramatist, Group Analyst and Psychoanalyst in training of the Hellenic Psychoanalytical Society. He holds a Ph.D. title from the National University of Athens. He has worked for 13 years in the treatment of adolescent and young adults drug users, in the Addictions Treatment Department of the Psychiatric Hospital of Athens. Since 2010 he is a Professor of Psychology in the American College of Greece and Director of the Counseling Center of the College. He runs psychodrama groups since 2002. In 2010 he also founded the Psychodrama Training Institute “Endohora”, an accredited member of FEPTO since 2013. He is currently the President of FEPTO.
International Journal for Psychodrama and Action Methods

Kate Kirk, Christian Stadler, Johannes Krall

Isle of Man/ Germany/ Austria

In our last FEPTO Council in Dave (Nov. 2017) it was discussed to present a proposal for a new Psychodrama Journal to be voted on at our upcoming Annual Meeting in Pravets. Different ideas were reflected upon, and finally the Council agreed that these ideas will be further developed in a discussion among Kate Kirk, Christian Stadler, Nikos Takis, and Johannes Krall at the FEPTO RC Meeting on the Isle of Man in February 2018. Zoli Figusch, who has also an interest in this project, is informed about the discussion.

On the Isle of Man, it was underlined, that the Journal should have a good standing in the professional world, and therefore follow professional standards. Two options of possible publishers were finally proposed: Springer and Glastree. Since Springer is a well-known publisher, we preferred to have it as a first option.

The proposal to be discussed and voted on in the GA in Pravets is as follows:

The main goal of the Journal is to promote and share high quality in psychodrama practice, training and research. Intrinsic to this goal is promoting the visibility of FEPTO and its members on the world stage, as an organisation upholding professional excellence in psychodrama. Integration of psychodrama through sharing and cooperation with other modalities is another aim of the Journal.

Content of the Journal: The Journal will cover themes of application, best practice and research in Psychodrama and Actions Methods in different settings like single or dyadic work, group-work, application of psychodrama in organisational context or in local communities. It will include broad range of psychodrama, sociodrama, sociometry and action methods in education with children and young people, adult learning and training, psychological counselling and psychotherapy, social work, organisational learning and counselling, conflict management, peace education and community work. One section of the Journal is dedicated to FEPTO News, projects and events. Contributions on research shall be represented at least with 1/3 of the published articles, both quantitative and qualitative.

The editorial board is responsible for the quality of the content. It is independent and not bound by instructions of cooperating associations.

The Journal has two issues per year (printed and online): 6-8 articles + FEPTO events & projects (e.g. 4 long articles 10-12 pages; shorter articles 5-8 pages à 2.700 character)

The editorial board works independently according to standards of a professional journal. It is committed to act in close cooperation with FEPTO. Call for papers, operative planning etc. will be reported at the FEPTO Annual meetings and/or in the FEPTO Newsletter. FEPTO members will be invited to share their contributions on psychodrama philosophy, theory, practice, training and research.

The editorial board consisting of about 5 members will meet annually before or after the FEPTO Research Committee Meeting for at least 6 hours. The presence once a year at the editorial meeting is a precondition to be on the editorial board.

Publisher: The editorial board is in contact with Springer Nature. The editors contact the publisher on behalf of FEPTO in order to establish the contract.
Professional and financial support by FEPTO: FEPTO will help to promote the Journal and encourage colleagues in our community to share their contributions. FEPTO will also provide financial support to cover the expenses (1500 Euro per issue).

Peer-Reviewer: The Journal will be peer-reviewed. The editors will send an open invitation for the role of potential peer-reviewers. The editors will invite FEPTO colleagues to be in the PR-Panel. The FEPTO-Council and the FEPTO Research Committee have the right to propose people for the role of peer reviewers.

Scientific board: The Journal will have a scientific board. The FEPTO-Council and the FEPTO Research Committee have the right to propose people for the role of the scientific board. The editorial team is responsible for the decision who will be at the scientific panel.

Evaluation of the RC Meeting

Simona Prosen

University of Ljubljana, Slovenia

The final evaluation process was structured into three areas: what was liked about the meeting, what may have been disliked, what were the expectations regarding the future meetings.

Participants expressed their appreciation of the organisation of the meeting (including its contents, atmosphere, networking etc.), especially of Kate Kirk’s and Hannes Krall’s contribution. Keynote speakers of the conference were often mentioned as bringing new views, shifting paradigm of understanding the process within the therapist-client (child) relationship and summarizing the work done within the therapy research field with mentioning of psychodrama. Also, the other presentations were interesting, showing the diversity of psychodrama use and research possibilities, “taming the research monster”, with space for discussion. Psychodramatists felt welcomed and appreciated at the conference which comprised of professionals of diverse fields. The positive atmosphere of the meeting has also been emphasised, participants felt “at home”, enjoying the social programme, old and new connections to people.

Some members of the RC would encourage even more space for discussion and planning of some mutual projects. Also, more “psychodramatic” ways of presenting would be welcome. A need of discussion about terminology ambiguities was expressed. And, an important question regarding the (appropriate) level of adjustment to the present research policies was mentioned.

Regarding the future, RC members expressed the importance of continuous participation at the RC meetings and many looked forward to the next meeting in Leipzig. It would be important to combine the strengths of different members maybe more often, to seek each other’s support. A support for the book and the journal was also mentioned, as well as the importance of being brave enough to present own work. It is important to “keep the voices heard”.

Simona Prosen, PhD, a psychodrama psychotherapist, currently working at the Faculty of Education, University of Ljubljana. Previously, she led psychodrama groups at the Psychiatric Clinic in Ljubljana, longest with people with drug-addiction and with eating disorders. Now, she works therapeutically with adults and adolescents outside the clinical setting, both individually and with groups. She is among the
Invitation to the RC Meeting in Leipzig, Germany  
4<sup>th</sup> - 7<sup>th</sup> of October 2018

Katja Kolmorgen

University of Leipzig/ Germany

We are happy to invite you to the next RC meeting in Leipzig. Leipzig is a lively city not only known for the Monday demonstrations in East Germany, trade fairs, modern art and green parks but also for the first formal laboratory for psychological research founded by Wilhelm Wundt in 1879 at the University of Leipzig.

The meeting will take place from Thursday 4<sup>th</sup> of October 16 o’clock until Sunday 7<sup>th</sup> of October 13 o’clock. It will be hosted by the Surplus Psychodrama Institute Leipzig (PDI) and the FEPTO Research Committee. We are currently looking for keynote speakers and invite you to propose workshop ideas, topics etc. The title of the meeting is going to be announced soon. If you have any questions considering traveling, accommodation etc. feel free to contact Katja Kolmorgen:

Katja.Kolmorgen@medizin.uni-leipzig.de

We are looking forward to meeting you in Leipzig!

Organizing Committee
Anett Richter-Nowak,
Uwe Nowak,
Katja Kolmorgen
Psychodrama Institute Surplus (PDI), Leipzig, Germany
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