Krzysztof M. Ciepliński @ Johannes Krall (Eds.)

Report on the FEPTO Research Committee Meeting

Creativity in Psychodrama and Action Methods Research

6-9 October 2016
Jagiellonian University, Kraków, Poland

Organizing Committee

Anna Bielańska, Igor Hanuszkiewicz & Katarzyna Motyka
Collegium Medicum Jagiellonian University
Polish Institute of Psychodrama

Dr. Krzysztof Ciepliński & Dr. Johannes Krall
Chairs of FEPTO RC
Creativity in Psychodrama and Action Methods Research

Krzysztof Ciepliński & Johannes Krall
Chairs of FEPTO RC

The general strategy of the FEPTO Research Committee is based on an assumption that research can help develop the psychodrama practice as well as to contribute a strengthening of the psychodrama status as an empirically confirmed method, and consequently, make it more recognizable and acceptable by the public institutions and other professional organizations.

The most recent activity of our group was the organization of the FEPTO Research Committee meeting entitled “Creativity in Psychodrama and Action Methods Research”. We met as a group of 25 participants from 12 European and Mediterranean countries on 6-9 October 2016 in Kraków – a popular touristic place, the previous capital of Poland. The event took place in the Day Treatment Center Community Psychiatry Unit, Collegium Medicum Jagiellonian University. We would like to say thank you to the local hosts: Anna Bielańska, Katarzyna Motyka and Igor Hanuszkiewicz. We are thankful also those from our international research network who sent proposals and ideas regarding the meeting. In Kraków we had the chance to experience our creativity in sharing research inspirations and results, discussing and developing research projects like: Researching Intuition with Psychodrama and Action Methods (Reijo Kauppila), Qualitative Research Methods in Psychodrama (Kerstin Jurdell), Application of Action Methods into Supervision (Johannes Krall) and Dialogicality in Psychodrama (Krzysztof Ciepliński). Some other interesting projects presented at the meeting were "Hearing Voices" Project (Anna Bielańska & Igor Hanuszkiewicz), Morenian Identity, Theory and Methodology (Paola de Leonardis & Marco Greco) and Rescue Networks during WWII in Albania for Jews Escaping Europe and the Balkans and its Connection to Therapeutic Aspects of Psychodrama (Efrat Kedem-Tahar). Kate Kirk & Christian Stadler presented practical indications regarding publishing articles on psychodrama and action methods. A fruitful group discussion on creating psychodrama research literature database was facilitated by Katja Kolmogoren & Krzysztof Ciepliński. A very inspiring part of the meeting was a lecture by professor Andrzej Cechnicki, the head of the Community Psychiatry Department of the Kraków Jagiellonian University Medical College focused on a long-term treatment of patients suffering from schizophrenia. Kate Kirk proposed and led creative group work on the past and future psychodrama research activity, preceded by the reading of the letter from Dr Adam Blatner. The meeting was summarised and evaluated by all participants during the session conducted by Ene Vinter-van Vierssen & Dirk van Vierssen.

An additional benefit of the event were the personal encounters in the international group of psychodramatists and researchers. Participants had also a choice of visiting the old town of Kraków, the unique salt mine in Wieliczka or the Concentration and Extermination Camp in Aushwitz-Birkenau. A full report from this event will be published soon on the FEPTO Website.

We are looking forward to the future of the psychodrama of action method research. As a network we are still flexible and open to searching for better ways of our practical cooperation between psychodrama trainers, practitioners and students. Our group is open to new members, ideas and projects, all are welcome.
We are planning to organize the next RC meeting in Skopje, Republic of Macedonia 23-26 of February with support from AMIGDALA School for Psychodrama. Please feel free to contact us via the Internet for any additional information:

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Thursday, 6 October 2016

Opening and Welcome

Anna Bielańska
Krzysztof Ciepliński & Johannes Krall

The opening ceremony took place on the lovely premises of the Day Treatment Center of the Collegium Medicum at the Jagiellonian University. It is also a part of Professor Antoni Kępiński Community Center for Mental Health created by the consortium of the university and several NPO organisations.

Professor Antoni Kępiński Community Center of Mental Health premises:

Johannes Krall and Krzysztof Ciepliński – chairs of the FEPTO RC welcomed everyone. Krzysztof presented the general structure of the meeting. The local host Anna Bielańska greeted the participants and introduced the organisational details connected with the place and accompanying social events.
Psychodrama in Poland – Past and Present

Anna Bielańska,
Chairwomen of the Polish Institute of Psychodrama, Kraków.

During this part the information about the Polish Institute of Psychodrama was presented. The current status of the numbers of participants, training groups and main activities was shown to the group.

Warm up

Creativity in Psychodrama and Action Methods Research

Krzysztof Ciepliński,
The John Paul II Catholic University of Lublin, Poland

The goal of this part was to introduce and warm up participants to be active at the meeting. Krzysztof proposed to build a map of European and Mediterranean countries using scarves on the stage. Participants were pleased to take appropriate place on the map connected with their countries. From these places they was presenting themselves to the group, especially their own interests and previous experience in psychodrama research. Krzysztof introduced also the representatives of countries who were absent this time at the meeting. The new participants were welcome as well.
Friday, 7 October 2016

Researching professional intuition using psychodrama and action methods

Reijo Kauppila, Helsinki Psychodrama Institute, Finland

Reijo Kauppila presented shortly a research plan about studying development of professional intuition. Research methodologies on individual, group, and collective levels were discussed. After that, participants shared experiences of using psychodrama and action methods as research methods and methodology in academic research.

Reijo Kauppila - Psychodrama trainer TEP, M.Ed. (Adult Education), Coach ACC, FEPTO Chair of Training Committee. He is director and trainer in Helsinki Psychodrama Institute in Finland, and he gives seminars in the use of psychodrama in organizations, coaching and organizational counseling 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

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Qualitative Research Methods in Psychodrama

Kerstin Jurdell
University of Gävle, Swedish Psychodrama School, Sweden

Qualitative methods are interviewing, focus group interviewing, participating observations or just observations of phenomena you want to research. The methods of observation and interviewing are influenced by its disciplinary and theoretical contexts where they are practised. My interest comes from a phenomenological and narrative philosophical background. Phenomenology is not a homogeneous theoretical formation. The originator is Edmund Husserl, Heidegger developed the theories (hermeneutics) and the French philosopher Merleau-Ponty emphasized the body’s importance in knowledge and relationships. The body is lived, phenomenologists argue, because it is as bodies that we get access to and project ourselves into the world. It gives the researcher experiences of the world he or she wants to investigate. The methods are incorporated which means that bodies are crucial. It is as bodies that we get access to and project ourselves into the world. It is through our perceptual organs and our ability to move that we come into contact with the objects and others around us. Our being-in-the-world is not a causal effect of these bodily functions, however, but the result of a meaningful encounter between body and world. It is this synthesis of the body and its inextricable entwinement with the world that gives rise to the system of meaning on which every act of perception relies. The meaning is therefore neither in the world nor in the body, but in their encounter (Merleau-Ponty, 2002, p.157). In phenomenology there is also an interest in intentionality, human beings tend to always interpret action, not just perceive it. As embodied beings engaged in the world, our intentionality necessarily situates us (Gunnarson, 2016, p.69). The idea to be able to be objective is challenged. Objectivity is rather seen as the ability to have different perspectives of a phenomenon you study, or in our psychodramatic theories to be able to make the role, reversal with different aspects. The researcher requires self-awareness!

References:

Kerstin Jurdell, is an university teacher at the University of Gävle in the field of social work, ethics and leadership. She is also a teacher in psychodrama (TEP) since 1989, working in Sweden and internationally. She was in the organisation committee for the 2nd International Sociodrama conference (2009). Kerstin founded her own institute Swedish Psychodrama School in 2001. The institute has during the years trained students both in a two year basic course and in an advanced training for three years, including a thesis. The institute is specialized in the surrealistic psychodrama, mythology and sociodrama. The emphasis is on morenian philosophy. She also works as a psychotherapist and supervisor. She is in a master program for studies in practical knowledge. She lives in Stockholm, has a two grown-up children and is a grandmother. Kerstin interests are long walks with her dog Albus, staying in her 150 year old country house in an island outside Stockholm, friends and family.

Rescue Networks during WWII in Albania for Jews Escaping Europe and the Balkans: The Connection to Therapeutic Aspects of Psychodrama according to J.I. Moreno

Efrat Kedem -Tahar, Graduate School of Creative Arts Therapies, University of Haifa, Israel

The case of the Albanian Savior Network is unique in the context of the protection of Jews and other peoples persecuted by the Nazis. The Jewish population in Albania actually increased tenfold during the Holocaust, from 200 in 1939 to 2,453 in 1945. This attributed to Besa – the national code of honor stemming from a strong religious and ethical belief, emphasizing the paramount importance of human life.

In my research into this phenomenon, through in-depth interviews, focus groups that utilize psychodramatic methods and questionnaires, I have found that this singular network saved the lives of the persecuted not only in the physical aspect, but also in the mental one. The unique artistic language of the spontaneous and creative psychodrama, the love, the mutual sharing and the therapeutic-dramatic intervention needed create the path of strengthening. The mere act of expression and exposing of human pain and distress with others shields the group and allows a space of inclusion and support. Another connection I will refer to later on is the rare period inside the psychodrama, where Moreno’s Super Reality, the fantasy/dream, merges with a certain reality for the protagonist.
In interviews, saviors and survivors alike describe cathartic experiences, even from a distance of 70 years. The support and empathy (or as I call it, tolerance) expressed by the Albanians allowed the survivors to dream and fantasize about a brighter future, or at least a different future. The rescuing family as a container for support, love, protection and instilling a feeling of security is a common motive that connects the interviewees. According to one interviewee, when they left the hiding place they didn't need to wait 50 years to undergo one type of therapy or another to bring up the trauma they underwent — the entire family of rescuers surrounded them as a safety-net. People processed the difficult experiences simultaneously in their shelters together with their saviors.

Positive memories have remained from a period fraught by murder and destruction. People processed the difficult experiences simultaneously in their shelters together with their saviors. Moreover, all the generations of interviewees are still grateful to the Albanian people; support groups have been formed, issues have been raised, and there has been deep, supportive and honest participation.

At this stage in my research I am coming to the understanding that the Albanian people have no prejudices. Their tolerance and respect for all human beings is one of their distinct characteristics.

Efrat Kedem-Tahar, PhD., is psychodramatist. She is a psychodrama lecturer for M.A. students at University of Haifa, conducts a clinical seminar in psychodrama at a women's incarceration facility, and has worked with the Israeli Ministry of Education for 36 years as a therapist and instructor of psychodrama incorporating art.

"Morenian identity, theory and methodology". The final results of a survey research among the FEPTO Training Institutes and its practical application

Paola De Leonardis
Centro Studi di Psicodramma, Milano, Italy
Marco Greco
Studio di Psicodramma, Torino, Italy

We presented a synthesis of the results obtained through the questionnaire sent to the FEPTO Training Institutes, which aimed to collect some data on Institutes Training Organization and on the theoretical and technical contents of their Psychodrama trainings.
Then we shared a few ideas on how to go on with step two of our survey. We are looking forwards to understand together with the meeting participants whether it is concretely possible to think a way for activating a fruitful exchange on theoretical and technical training contents within the FEPTO Training Institutes.

**Research by the Subgroup of the FEPTO RC Paola De Leonards and Marco Greco**

**First step 2014-2016:** a cognitive Survay involving the FEPTO Training Institutes that aims to know how Psychodrama is trained and with what main theoretical and methodological contents.

**Second step 2016-2018:** actions to attaining an Essential Glossary of Psychodrama Theoretical and Methodological items, discussed and shared between the FEPTO Training Institutes.

During the RC meeting in Kraków we resumed the aims and the results of our Survey’s **First Step**, completed on March 2016 and presented at the FEPTO Annual Meeting in Maratona (Grece) on May 2016. Those results consist of the information given by 30 FEPTO Training Institutes to a Questionnaire asking how their psychodrama teaching is organised and which are their main theoretical and methodological contents. Our report on the First Step Survay is still available on demand by email.

Moreover we presented our reflections about possible actions for getting the goal of the **Second Step** of our research: an Essential Theoretical and Methodological Glossary shared by the cooperating Training Institutes.

- **In Kraków we submitted our analysis of the existent PD Glossaries.**
  - **Technical items** - We noted that the collecting of the main technical items for the Glossary can be facilitated by the descriptions of many techniques done by Ana Sofia Cruz inside the HAMPCAS categorisation, studied for reading the HAT Test applied to the Psychodramatic Session.
  - **Theoretical items** – In our opinion none of the existing Glossaries that we know can fit as a basis to be submitted to people for starting a theoretical exchange on its development. The existing Glossaries that we know are of 3 types: a) very short and synthetic Glossaries: ex. Blatner, Boria, Marineau; b) extended and very elaborated Glossaries: ex. Argentina’s Glossary (Diccionario de Psicodrama y Sociodrama by Carlos Menegazo, Miguel Angel Tomasini, Mónica Zuretti); c) glossaries collecting Moreno’s quotations on the basis of key-words (quite long quotations and substantially well known): ex. Paul Wilkins, Rosa Cukier.
  - We had previously sent the main known Glossaries to the FEPTO RC group.

- **Then we considered a second hypothesis:** the possibility of formulating theoretical statements on some main theoretical issues (e.g. role theory) and, in a short questionnaire, asking trainers if they would agree or not or give another definition. At first that hypothesis sounded attractive, but reflecting on it we considered that at best we could collect a variety of observations very difficult to categorize and use for a final glossary.

- **Finally we realized that we need a halfway action before working directly on some glossaries items.** We looked for a way to collect the opinions of Training Institutes’ Chairs and eminent trainers on important PD theoretical and technical items.
  - So we worked out a list of open questions on psychodrama and in Kraków we submitted them to the participants of the FEPTO RC meeting, asking them to choose out of the list the 7 questions most interesting in their opinion. They could also add to the list a new question of their own.

- **Here below we transcribe, gathered in 4 groups, the open questions chosen by the participants as the most suitable for activating a theoretical and technical exchange between psychodramatists.**
1a) Which aspect of contemporary Psychodrama interests you most, and you will express a comment on?

1b) In your opinion, what distinguishes contemporary Psychodrama in the context of other modern psychological disciplines?

1c) In your experience, do you think that the present Psychodrama literature meets PD training needs? What kind of new PD literature would you actually need?

2a) Psychodrama theory is often integrated with other psychological disciplines: what do you think about this general trend, and what is your own integration?

2b) What other theories/techniques/approaches do you include in your teaching training?

2c) In your opinion, Freudian and Jungian Psychodrama are fully, partially or not at all congruent with Morenian Classic Psychodrama? In 1944 Moreno himself suggested that Psychodrama is “analytic”, but in your experience are there theoretical and/or methodological inconsistencies between the two psychotherapeutic models?

3a) In your opinion, what is the role and the importance of Morenian “spontaneity-creativity theory” inside contemporary Psychodrama and for what reasons?

3b) How important is the Morenian “role theory” inside contemporary Psychodrama and for what reasons?

3c) Along with the Morenian basic assumptions, can we speak of a “tele theory” and how important do you think it is in contemporary Psychodrama?

4a) How do you see the scientific research applied to Psychodrama outcome and process?

4b) Which kind of research do you think useful for the best diffusion and reliability of Psychodrama psychotherapy?

We plan to submit the above 4 group of open questions to the Chairs of the FEPTO Training institutes’ and to other eminent psychodramatists, and ask them to give an English written answer to at least 1 group of questions.

In our purpose, the collected answers are going to be sent to all PD Journals in Europe and outside, giving them the right to publish them.

Moreover that material is intended to be diffused inside FEPTO with the consent and cooperation of other Committees, including the International PD Journal that hopefully it is going to be set up down the line.

We think that those contributions may be very significant from a theoretical point of view and will outline new cultural boundaries for contemporary psychodrama.

We also hope that they can help the structuring of an exchange network, in view of working together for a shared Essential Psychodrama Glossary.
Paola de Leonardis, psychologist, psychodramatist, founder in 1996 and still in charge as scientific chair and trainer of the Psychodrama Institute of Milan and its School of Psychodrama and Sociodrama. Past-president of AIPsiM (Italian Morenian Psychodrama Association), Editor since 1999 of the Italian Psychodrama Journal, author of psychodrama books and of many scientific articles. Member of the International Sociodrama Conference Consultants Committee, member of IAGP. Long psychodramatic experience in clinical field as well as in supervision with active methods in social services. Educational and prevention activities in schools. Active methods trainer in counselling and in coaching schools.

Marco Greco, is a psychotherapist and psychodramatist in Torino, Italy. He works in a tutoring role with the psychology students of the Torino University. He works in Psychodrama groups and individual formats. He is Director and teacher of the Torino based of Dr. Giovanni Boria school “Studio di Psicodramma”. He is the President of the “Moreno Museum” Association (Baden, Austria). Experience in dependence disorders like Director of Therapeutic Community. Trainer and supervisor at Institutions, Associations and Cooperatives. IAGP member.

“Hearing Voices” Project

Anna Bielańska & Igor Hanuszkiewicz
Polish Institute of Psychodrama

The authors describe a small project (more like a case study) how to use psychodrama with psychotic outpatients who suffer from auditory hallucinations, and how to measure the effect of these interventions. Their main inclusion criteria for this study were: 1) persistent auditory hallucinations with lack or marginal presence of other psychotic symptoms; 2) remaining in a
regular pharmacological treatment and individual or group psychotherapy. The
psychodramatic intervention have included 10 individual one-hour psychodrama sessions
every two weeks. We are still discussing the methodology. Currently we want to use two
scales of psychopathology measurement: PSYRATS and PANSS as well as control
demographics and probably to use a semi-structured interview. This study is based on the
experience with three patients who had less hallucinations after this kind of intervention.

Anna Bielańska is a psychologist, certified psychotherapist and supervisor of psychotherapy as well as
a psychodrama therapist, trainer and supervisor of psychodrama; she lives in Kraków

Igor Hanuszkiewicz is a psychologist, psychotherapist, psychodrama therapist and trainer in Kraków.

Publishing articles on
psychodrama and action methods

Christian Stadler, Munich, Germany
Kate Kirk, Isle of Man

The authors discussed the guidelines for the publication of scientific articles in the field of
psychodrama. Participants were also invited to brainstorm on the characteristics of good and
bad scientific articles.
Research skills as part of the competencies of psychodramatist's and psychodrama therapist's – presentation and discussion of the FEPTO TC project

Reijo Kauppila, Helsinki Psychodrama Institute, Finnland

FEPTO Training Committee is formulating specific competencies of psychodrama psychotherapist based on EAP's core competencies. Reijo Kauppila presented shortly work of training committee. FEPTO Research Committee participants worked on psychodramatist’s competencies of research, and some very useful perspectives were found. Training Committee uses these outcomes in its work.
The idea of a psychodrama research literature database has been ripening for a couple of years. We now took it a few steps further towards realization. At this meeting, we discussed ideas of organizing the input, quality standards and ways of editing and keeping the database updated. Listed publications can have different formats (article, book chapter, thesis, oral presentation, poster etc.) and can be listed under several topics (Psychodrama therapy, Sociodrama, Supervision/Coaching, Child/Adolescent/Adult etc.). Each listed publication will need to have a standardized English abstract (e.g. Background, Main question /Method /Results/Conclusions) and information such as authors, year of publication, title, journal/publishing company, pages, language of the publication (not only English but other languages as well), key words, country and contact information of the author(s), and information on how/where to access the publication.

Soon, we are going to decide on the database software which will be open source and available online. Furthermore, we have to organize the process of entering content to the database. Members of the FEPTO Research Committee are going to be asked to submit relevant publications. We will keep you updated!
In the process of recovery of people suffering from schizophrenia it is necessary to include two perspectives: the objective one, based on proofs, but also the subjective one. We should acknowledge the importance of including these two points of view at this process. Especially, many years of assistance and many years of reflecting can help to understand individual history, the phenomena which slow this process down and allow to formulate conclusions more carefully. Today we will try to deepen our reflections on this topic. The recovery-oriented treatment program for people suffering from schizophrenia is implemented at 15 networked centers in Krakow. Person-centered approach is introduced at the level of the community, at universities, by governmental authorities and by NGOs, integrating psychotherapy and social activities based on a stable relationship between the patient, the therapist and the family. The general aim of our program is to support individual self-help activity leading to a stable employment. “U Pana Cogito” hotel is not only a Vocational Activity Center or a Social Firm – it is much more – “U Pana Cogito” is a Recovery and Education Center and helps us in our Combating the Stigma.

Schizophrenia – a multidimensional process. An evaluation of its course, prognosis and long-term treatment results. A summary of the study. Cracow research on the course, prognosis and treatment results of schizophrenia is a prospective, real-time study. Its overall objective is to observe people suffering from schizophrenia, from the onset of the illness and through the next twenty years. Between 1985 and 1988, 80 people were selected for the study. They were suffering from schizophrenia according to the DSM-III classification, i.e. the “narrow” diagnosis of the illness usually adopted in the 1980s in studies on the course of schizophrenia. At the time of the 12-year follow-up, between 1997 and 1999, they were re-diagnosed in accordance with DSM-IV and ICD-10. The study included all adult patients living in Cracow. The last follow-up took place between 2005-2008. Aims of the study: The four main objectives of this study were: to assess the course and outcome of the illness with particular consideration to the process of recovery; to assess the influence of demographic, social and clinical factors on short- and long-term treatment results; to evaluate the influence of the early psycho-social intervention implemented during the first three years of the illness on the long-term course of schizophrenia; and the fourth, practical goal was to make use of the study to create an integrated, comprehensive, psychotherapeutically oriented community program for schizophrenia treatment and rehabilitation in Cracow. Results: Throughout this study, the term “recovering” is used rather than “recovery” to denote a particularly favorable outcome observed at the time of its assessment, to emphasize the fact that it is an ongoing process, not a final state, that is observed. The strictness of the adopted criteria markedly influences the size of the group achieving recovering. In a complex evaluation (remissions, employment, good social contacts), 11% of the subjects had only a single psychotic episode and achieved this status after 20 years. However, this figure was 22% if we also include an episodic course with periods of remission, 45% of the subjects were found to have had periods of recovering over the 20 years, and 16% were found to experience late recovering with no periods of recovering in the earlier course of the illness. The course of recovering is non-linear.
Our study found a favorable effect of the Community Treatment Program on long-term recovery. The other significant predictors included having social contacts outside of family before the onset of the illness as well as a low level of Expressed Emotions in family.

Professor Andrzej Cechnicki, psychiatrist and psychotherapist, PTP psychotherapy supervisor, head of the Community Psychiatry Department at the Jagiellonian University Medical College in Kraków. He is the national co-ordinator of the Programme Against Stigmatisation and Exclusion of the Mentally Ill co-operating with WHO. Creator of the Kraków school of treatment and rehabilitation for people suffering from schizophrenia, the Good Community Kraków programme, and a chain of hotels “At Mr Cogito’s” giving employment to people recovering from different forms of mental crisis. He is the Co-ordinator of Professor Antoni Kępiński Consortium which aims at facilitating co-operation between the Jagiellonian University, the University Hospital and the NGOs of Patients, Families and Professionals in the realisation of the programme called “To live, be treated and work in a local community”. He co-created and has for many years chaired the PTP Community Psychiatry and Rehabilitation Section and is the Vice-Chairman of the Reform and Implementation Committee of the National Programme for the Protection of Mental Health. Author of over a hundred publications in the field of schizophrenia, rehabilitation and community psychiatry, among them the monograph entitled “Schizophrenia – a multidimensional process. The Kraków prospective research on progress, prognosis and treatment results”. Together with Anna Liberadzka, he co-edited the book entitled Reinforcement and Healing. To Give Hope (“Umacnianie i zdrowienie. Dać nadzieję”).
What do action methods add in supervision?
Professional learning and transfer into praxis

Johannes Krall, University of Klagenfurt, Austria

The objective of the study on professional development in supervision is to investigate the learning process regarding different aspects of psychotherapeutic work like theoretical, methodological, relational and personal dimensions. Furthermore, a specific interest is on studying the specific impact of experiential methods and interventions like enactment, psychodramatic and sociometric ways of reflections. The study is undertaken at the University of Innsbruck, where a specific four year training programme is offered for counsellors and psychotherapist.

In this study 17 student trainees at the University of Innsbruck are participating who are in their third year of training. All participants have to get 600 hours of psychodrama practice and 150 hours of supervision during the 3rd and 4th year of their training. Supervision is provided by five different experienced supervisors in small groups of 3-5 students.

After each session trainees fill in a self-report questionnaire covering the supervisory alliance, the achievement of goals in supervision and the transfer of the learning outcome to their professional practice. A specific focus in the self-report is on helpful and hindering factors of verbal and experiential procedures and interventions in supervision.

In a first phase of the study 103 responses (January - July 2016) were collected by online questionnaires. 33 responses are coming from students who participated in supervision, but didn’t work on their “own” case or question regarding their practical work. The majority of 70 responses refer to supervision of their own cases, which were reflected by applying either only verbal methods (31 cases) or by applying additional action methods (39 cases).

Furthermore, in depth interviews were conducted with the participating trainees in order to get a more profound understanding of their learning and how helpful and hindering aspects in supervision are influencing the learning process.

The results are showing that experiential learning is associated with stronger effects on achievement of objectives, enhanced transfer into practice, and a higher involvement and self-awareness of the therapist (personal reflection).

The results of the study are relevant for teachers and trainers who want to support the transition of students from theoretical learning to practical experiences in professional areas which demand a high level of personal involvement and social competence. Experiential methods of reflection and learning can effectively support and enrich the learning experience of students.

References


Krall Hannes, ao. Univ.-Prof. Dr., University of Klagenfurt, Educational Sciences and Research; pedagogue and psychologist, counsellor, psychotherapist, supervisor, trainer at the Austrian Society of Groupdynamics and Grouptherapy and lecturer at the University of Innsbruck; chair of the FEPTO Research Committee. Key activities: Current research interest in psychodrama training, supervision and psychodrama practice. Several publications about psychodrama, supervision, violence, trauma of children and youth.

Dialogicality in Psychodrama – inspirations for the research

Krzysztof Ciepliński, John Paul II Catholic University of Lublin, Poland

The author postulated building scientific bridges between psychodrama as an approach and a well established current social science theory and research. In this context he presented and discussed the concept of dialogical structure of psychodrama. The current research connecting Hubert Hermans Dialogical Self Theory and Psychodrama were pointed out and commented on. Krzysztof has recommended and intends to develop research in this field.
Krzysztof M. Ciepliński, PhD, is a certified psychodramatist and integrative psychotherapist, trainer, researcher and lecturer at the Institute of Psychology, The John Paul II Catholic University of Lublin (Poland), and also the Co-Chair of the FEPTO Research Committee. He is the board member of the Polish Association of Psychotherapy Integration and since 2016 the Supervision Board member of the Psychotherapy Scientific Section of the Polish Psychiatric Association. He provides group, individual and couple psychotherapy for adults outpatients. His research interests include psychodrama outcome and change process studies, integration of psychotherapy, positive psychology and professional development and training.

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Research Group of Psychodrama Institute in Leipzig

Katja Kolmorgen, University of Leipzig, Germany

In September 2016 the first meeting of a research group at the Surplus Psychodrama Institute in Leipzig (Germany) took place. We figured that most of the group members do not have much insight in recent or current Psychodrama research projects and methodology, yet. As this might be a common starting ground for other research interested Psychodramatists, I facilitated a group discussion at the Krakow RC meeting where we discussed how to best meet the needs of networking with research experienced fellows and the presentation of information on research projects and instruments. Here, I sum up the group debate:

First, we agreed that we would like to systematically collect information on research instruments that are used and/or have been developed by the RC members, that exist but have not been translated to other languages or that have been used in other fields and might be suitable for Psychodrama research. Most probably there is going to be an open access database as well with similar modes of content as the Literature database.

Furthermore, we discussed how to make exchange and networking between ‘experts’ and ‘beginners’ but as well for RC members among each other easier. Most of the participants do
not favor E-Mailing-Lists but wish to be contacted personally by E-Mail if someone has a question meeting their expertise. Thus, as a first step, Krzysztof and Hannes will send out short templates to every RC member in which they can fill in personal information about their research projects, the fields in which they have expertise, resources and how/if they wish to be contacted by someone having a question meeting their expertise. There will be a document with the collected info available via the Drop-Box of the Research Committee.

Third, there is a wish to write a ‘state of the art’ paper on current and past research projects of the FEPTO Research Committee members. This paper is supposed to give a brief overview for new RC members and researchers. Anyone who feels motivated to help write that paper, please contact Krzysztof or Katja

Katja Kolmorgen is a psychodrama-trainee and psychologist, currently working as a research associate at the Department of Child and Adolescent Psychiatry, Psychotherapy and Psychosomatics, University of Leipzig where she does research in the fields of family counseling and mental health.

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German Psychodrama Association research project on psychodrama therapy

Frank Sielecki, German Psychodrama Association, Regional Government of Nordrhein Westfalen, Germany

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Frank Sielecki, Dr., is a teacher, musicologist, psychodrama director, psychodrama trainer, supervisor, departmental head for teacher training and supervision in the regional government Arnsberg/ Nordrhein-Westfalen. He is lecturer at the Fliedner University of applied science. Since 2010 he is active in FEPTO. His research interest is an interdisciplinary approach of the confirmation and significance of psychodrama in the 20th and 21th century.

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Psychodrama research sharing: news, books, articles, conference presentations – an open stage

In this part the participants had chance to share with the group a information about a new interesting publication and events connected to research on psychodrama and action methods.

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Dr. Adam Blatner letter to the participants of the FEPTO Research Committee meeting in Kraków

During this part the letter from dr Adam Blatner was presented and discussed. The author pointed to the difficulties, challenges and methodological requirements for the psychodrama research.
How to develop the FEPTO research network creativity? Forms, tasks, barriers and benefits of the international cooperation

Kate Kirk, Isle of Man

In this part Krzysztof Ciepliński proposed to the group an open market of ideas. Kate Kirk entered the stage created psychodramatic crystal ball, inviting participants to individual work connected to the topic. It helped people open and enabled exchange experiences, needs and personal attitudes to psychodrama and psychodrama research projects.
Evaluation of the RC Meeting:
Results and challenges for the future

Ene Vinter – van Vierssen & Dirk Jan van Vierssen
Moreno Center, Tallinn, Estonia

We directed the evaluation of the meeting of the FEPTO RC in Kraków. The main question was to what extent the different elements of the meeting contributed to the realization of the goal of the event. The goal of the event was: ’to facilitate the multi-area and multilateral cooperation and research networks on psychodrama and action methods between participants from European and Mediterranean countries. We will have the chance to experience our creativity in sharing of research inspirations, discussing and developing research projects and the presentation of research results. An additional benefit of the event can be personal encounters in the international group of psychodramatist and memorable moments of discovering the unique spirit of Kraków old town, one of the most beautiful places in Poland.’ This evaluation was designed as follows.

The elements of this goal were written down on separate pieces of folded paper which were put scattered on the floor; it was not visible which element was written down on each paper. The overall goal of the FEPTO RC was added as sixth goal. On the papers it was written down:

- to facilitate the multi-area and multilateral cooperation and research networks on psychodrama and action methods between participants from European and Mediterranean countries;
- to experience our creativity in sharing of research inspirations;
- discussing and developing research projects;
- the presentation of research results;
- personal encounters in the international group of psychodramatist;
- enhancing research in all areas of professional practice in psychodrama.

The participants were asked to choose one of these papers to which they felt most attracted without knowing what was written down on the paper. The final groups differed in size: from 2 to 4. The assignment for each group was to find out what common thoughts they had about the results of the meeting. After five minutes each paper could be unfolded and the groups could continue their conversation, now knowing on which element of the goal they should concentrate. This conversation lasted another five minutes.

The next assignment was to share with the whole group the outcome of the conversation in each group using a psychodrama technique. Each group got the opportunity to choose a technique from a spectrum of techniques written on folded papers; in other words, the groups didn’t know in advance which technique they had to use. At the end six techniques were used:

- mirroring;
- role reversal;
- doubling;
- sociodrama;
- sociogram;
- soliloquy.

The outcome showed:

- the multi-area and multilateral cooperation and research networks on psychodrama and action methods between participants from European and Mediterranean countries takes place. The participants also experienced too little time for it;
- there was a real longing for more experience of creativity in sharing research inspirations;
- discussing and developing research projects: it goes rather slow and it takes time;
- the presentation of research results was appreciated;

...
- personal encounters in the international group of psychodramatists was great;
- enhancing research in all areas of professional practice in psychodrama. Improving the quality level of research is very important.

In general the participants experienced a warm and safe environment. The whole event was very inspiring.

**Ene Vinter – van Vierssen** is psychologist. She worked as court-psychologist, as a psychologist in a psychiatric hospital, she was a member of the medical commission of the army and she was psychologist in the police. The last ten years she was involved in the innovation of police education in Estonia, in the Republic of Macedonia and in Argentina. She is now an independent psychologist who is working with unemployed people, school staff, people with problem at the workplace, families with children who need special support and with people with a alcohol problem. In her work she uses psychodrama as main tool.

**Dirk Jan van Vierssen**, PhD, is a retired educationalist. He started his professional career as teacher in a school for special education. After his study at the university he continued his career as educational researcher. After twelve years of being a researcher, he went to the Police Academy of the Netherlands. The last fifteen years of his professional career he worked abroad (or as the British say, overseas). He ended his professional career in Kabul, Afghanistan as Chief of Police Staff College.
Closure

Krzysztof Ciepliński & Johannes Krall
Katarzyna Motyka & Anna Bielańska

We want to thank our local hosts Ania Bielańska, Katarzyna Motyka & Igor Hanuszkiewicz for their care and hospitality. It was a great chance to get in touch with the unique Kraków Old Town atmosphere. We are grateful to professor Andrzej Cechnicki for allowing us into the special space of the Day Treatment Center CMUJ, where we could experience the meaningful work for patients suffering from mental illness they are engaged in every day.

We would like to say thank you also to all participants who in fact co-created this fruitful event. Thank you very much!
The meeting in Krakow was very good, especially in a way of sharing experiences with colleagues and understanding who is where in their ideas regarding research in psychodrama. For the evening events – I cannot comment on our first pub where we ate because I was not feeling OK, but for the second and third restaurant – it was really great and amazing. Especially I enjoyed very much the Klezmer music that we were listening to the last night.

Regarding the excursions – I cannot comment on that because I wanted to go to Auschwitz but for that we did not have the time. So, I organized myself for going to Schindler’s factory, which was very good, and right beside it is the Museum of Modern Art. So, maybe that would be my suggestion for the future – to propose shorter excursions and field trips that we can manage in the timeframe that is given for us.

This was my first time coming to this kind of meeting and I felt a really warm and welcoming atmosphere. What would I like in the future is to have more proactive interaction and work in these meetings, maybe thinking about the future, planning research and projects together, etc. I like the idea of creating a project and research that can be formulated in an atmosphere of professionals who all can contribute to it to make it better and more valid.

Also, on the last night I remembered a research I conducted as a trainee in psychodrama and undergraduate in psychology about function and meaning of sharing – I even designed a questionnaire and did a survey, so will look for that folder – maybe I have it somewhere in my archived data. So, I am grateful for the reminder of something I did in the past and also for the inspiration for the future!

Looking forward to meeting you all in Macedonia!

Warm greetings

Jana Damjanov is a graduated psychologist and has MSc in clinical psychology (she obtained both diplomas in the Faculty of Philosophy in Novi Sad). Her master thesis subject was „Psychological Consequences of Breast Cancer Surgery”. She has a National certificate for psychotherapy, and also the European Certificate for Psychotherapy (www.europsyche.org), and she is also a certified BPA psychodrama practitioner, trainer and supervisor (www.psychodrama.co.uk). She is one of the co-founders of RAIP – Regional Association for Psychodrama and Integrative Psychotherapy (www.raip.edu.rs). Besides her main field of interest, knowledge and development which is in the field of psychodrama, she finished several other courses: the advanced training course in Playback theatre, Art Therapy training, especially for work with trauma survivors (children, adolescents, adults); Introductory and intermediate level of training in transactional analisys (TA 101/TA 201); CBT (cognitive-behavioral therapy) basic and intermediate level of training (as a part of master studies); EMDR training, I level. She works as individual and group therapist, and diagnostician within her private counseling and psychotherapy practice. With RAIP as training organization she runs training and supervision in psychodrama. She has 10 years of experience in running workshops, trainings, experiential groups, educational groups etc. She has a lot of experience in HR work and in organizational settings. Alongside with psychotherapy, she is very much interested in research in the field of psychotherapy. Specific fields of interests: health psychology, work with terminally ill patients, psycho-oncology, work with marginalized groups, gender equality, human rights, conflict resolution and peace building. Also, there is an interest in application of action methods and sociopsychodrama in settings that are beyond therapy – education, organizations, and integration of sociopsychodrama with other psychotherapeutic modalities, etc.
Social events after a creative work...

Sightseeing tour (Old Town / Salt Mine / Auschwitz–Birkenau)