

Dear Colleagues and Members of the FEPTO Community

During the last few weeks we have been going through an unprecedented crisis, with a major impact on our lives. All members of the FEPTO Council are deeply concerned with the pandemic outbreak of the COVID-19 virus and are making an attempt to closely monitor all developments on a European and Global scale. Our thoughts are with the colleagues and members of the FEPTO and Psychodrama community that are suffering the consequences of this crisis and we would like to express our solidarity to them, their families and their beloved ones.

We are experiencing a condition that could not have been easily foreseen. The curfew and self isolation measures taken all over Europe are creating a new challenging reality for all of us. As Psychodramatists and Trainers, we have a responsibility to our students, our clients and the members of our communities. In the midst of this adversity, the major tools of our unique method, spontaneity and creativity, can be proven to function as resources of strength, positivism and optimism for the future. We strongly believe that we can contribute effectively in assisting people around us and European societies to minimize the impact and gradually overcome the repercussions of this crisis. However, we need to be well prepared and take good care of ourselves before providing our services to others. You can find useful information and precautions you can take on the website of the World Health Organization. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

In this spirit, as many of us have already transferred our activities to online settings, we attach some recommendations provided by the American Psychological Association on how to deliver your practice effectively and also protect yourselves and your clients and students. You can also like FEPTO's page in Facebook and find more important information there. Furthermore, interesting and helpful webinars, zoom meetings and practicing instructions are delivered by the International Association of Group Psychotherapy www.iagp.com

Furthermore, we would like to remind all of you that we launched the platform FEPTO Forum for communication and exchange between us, as members of our community. We have also launched a special section on our website, with material pertinent to the practice and training of psychodrama, psychotherapy and group work for online settings. We are planning several actions about which we will be informing you regularly.

We would also appreciate to receive any material from you that you deem as important or useful to disseminate to our community members. It is of major significance to support each other in this dire situation.

Our wish is to be close to all of our members who are going through this emergency. However, we remain confident in our collective resilience, as a Federation, and our capacity to contain the discontents of the COVID-19 outbreak.

Our best wishes to All!
Stay Safe and Healthy!

Nikos Takis & Chantal Nève-Hanquet
President and Vice President of FEPTO