



## **Invitation to the Network Group for Psychodramatists Working with Children and Youth 5<sup>th</sup>-7<sup>th</sup> of February 2021 ONLINE**

**Dear Practitioners of Psychodrama with children and youth,  
Dear FEPTO Colleagues,**

We are very happy to invite you to the sixth meeting of the network group “Psychodrama with Children and Youth” which will be held Online, **from 5<sup>th</sup>-7<sup>th</sup> of February 2021.**

**The meeting is open for all professionals who are interested in this method!**

The topics of the meeting are:

- Working Online with children during Pandemic COVID-19
- Minimal training standards for training in Psychodrama with children and youth
- Family therapy meets Psychodrama with children and youth

**Program:**

**5<sup>th</sup> February Friday: 18.00 - 20.30**

18.00 – 18.30 - Welcome and getting to know each other - Stefan Flegelskamp and Milena Mutafchieva

18.30 – 20.00 - Working Online with Children during Pandemic COVID-19

18.30 – 19.15 – Online Child-Psychodrama during the lockdown: How crisis can inspire discovering new ways - Eszter Forgács (Hungary)

### **Abstract**

The lock-down during the pandemic in the spring of 2020 was an utterly new experience to all of us. Life suddenly stopped and we had to figure out how to support our clients and ourselves in this unusual, stressful, and different time. Many of us in the Hungarian child-psychodramatist community decided to try to



keep supporting our clients at a time when the support was most needed. All of us know zoom and the other platforms by now, but using these platforms seemed so much less obvious 9 months earlier. We took a leap of faith and launched ourselves into the unknown. In this presentation, I will talk about our experiences, the challenges and discoveries we had during that online period. I will summarize what modifications we needed to make in our method, the different ways we handled the online space, and the different online techniques we developed. I will describe how the role of the families changed in the process, and what we lost and gained during this period.

19.15 – 20.30 – Exchange of experience and discussion about the topic

20.30 - Closure

**6th February, Saturday: 10.00 - 18.00**

10.00 – 10.15 - Warm up

10.15 – 13.00 - Presentation and discussion of the Minimal Training Standards for Psychodrama with Children and Adolescents Therapists. Development of a proposal for the FEPTO Annual General Assembly – facilitator Yiftach Ron

13.00 – 15.00 – Lunch Break

15.00 – 18.00 – Family Therapy Meets Psychodrama with Children and Youth

15.00 – 15.45 - Hungarian ways of using Psychodrama for children in family settings - Szikora Virág (in cooperation with Judit Balogh, Viola Szebeni, Agnes Fukker, Zsuzsa Janda, Viktoria Drinóczky, Daniel Madocsi, Kinga Bodó) (Hungary)

**Abstract**

This presentation will show different ways of using the method of Psychodrama with Children and Youth in family formations. Several of my colleagues in Hungary have tried working this way with families for different reasons. I will give a synthesis of my colleagues' works in the past 20 years. I will focus on their motivations as well as the motivations of the families and the children. My aim is to demonstrate through examples the effects of the method on the development of the children, on the members of the family, and on their relationships.

15.45 – 16.30 - How to sustain psychotherapy effect through integrating psychodrama and family therapy: Islamic Relief Palestine Experience (2015 – 2020) – Israa Al-Ebwini (Gaza)

**Abstract**



Islamic Relief developed Family therapy manual depending on Strategic Family Theory and Family systems theory. To apply these theories we used Psychodrama techniques to:

- Promote the values that regulate the family life.
- Strengthen the relationships between family members, and improve behavioural patterns within the family.
- Enhance the positive view of future and enhance the collaborative planning toward better future.
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### 16.30 – 16.45 - Coffee Break

16.45 – 17.30 - Family Psychodrama: From drama to dramatic change in the family - Kinga Dupont (Hungary)

#### **Abstract**

I would like to present a pilot method called “family psychodrama” through a case study. In this method, family therapy and children’s psychodrama are strongly intertwined. One family agreed to hold five sessions during the therapeutic process in the spirit of children’s psychodrama. This brought new valuable dynamics, insights and solutions to the therapeutic process. My presentation, accompanied by subtitled videos, will be about how the method of child psychodrama could be applied, and how it enriched the work with the family.

Keywords: family psychodrama, children’s psychodrama, family therapy

### 17.30 – 18.00 – Discussion and closure

## 7th February, Sunday: 10.00 - 13.00

### 10.00 – 12.30 - Family Psychodrama Day – Part 2

10.00 – 10.45 – Psychodrama Therapy with children and parents: “I am the prince and you are the queen!” - Milena Mutafchieva (Bulgaria) & Stefan Flegelskamp (Germany)

#### **Abstract**

Therapists know quite well that problems of the children are often connected with the relationship with their parents. Moreno realized how important a fruitful encounter in roles is for the wellbeing of human beings. Therefore, to invite parents in the psychodrama therapy with children is useful and difficult in the same time.

Goals of the successful participation of parents are:



- To support the parents to recognize the basic needs of their own children
- To support the parents to fulfill the basic needs of the children
- To teach them in the language of the children
- To guide them in the symbolic world
- To support the attachment between the parent and the child
- To empower them in their role as parents

In this presentation, we are going to give an overview when the integration of parents is promising and suitable. In a short video, we will demonstrate how to play together with children, parents and therapist.

*To create something positive is much more successful than to erase something negative in therapy (Klaus Grawe).*

10.45 – 11.30 - Psychodramatic methods in Systemic family therapy - Enas.  
H. Jouda (Gaza)

#### **Abstract**

In this presentation, I will make an overview of the possibility of integrating psychodrama for either adult or children with the systemic family therapy “Milan approach”. The both therapeutic techniques deal with groups and had the basic concept of group therapy. Through my training process in the family therapy, I realize that I can apply psychodrama and it will enrich the therapy process, because it allows the family members to project their inner feelings through play. I will present how we can use symbols as animals in the same way as genogram and the whole family can create a story about the history of it, which allows the children and the adult in the family to project their inner feelings.

11.30 – 11.45 – Coffee Break

11.45 – 12.30 – Multi Family Therapy meets Psychodrama - Dr. med. Fabian Blobel Fabian (Germany)

#### **Abstract**

For the work with children, a systemic understanding of family processes is paramount. The multi family therapy (MFT) offers a way to work with families in groups. The focus is on the intra and inter familiar exchange and interaction, in order to promote communication and relationship within the families.

The psychodrama is based on an understanding of groups and its dynamics and offers a wide variety of techniques.

The MFT in combination with Psychodrama is a powerful approach to help the families to take responsibility, solve their conflicts and have a positive development.



After an introduction to MFT the workshop will focus on techniques and ideas how to work psychodramatically in this kind of setting.

12.30 – 13.00 - Future Plans and Closure

**If you would like to join us, please do it using the following link or the coordinates of the meeting in Zoom:**

Join Zoom Meeting

<https://us02web.zoom.us/j/88958701257?pwd=WGg3Wm5JUFg5N0lrWEVGZXBkditZdz09>

Meeting ID: 889 5870 1257

Passcode: 578440

***Looking forward to meeting you ONLINE!***

Stay safe and warm regards,

Milena Mutafchieva & Stefan Flegelskamp

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