

Research is a Vital Part for the Future of Psychodrama - Research Committee Report/ July 2011

Hannes Krall

In the past three years the Research Committee has become a creative place to develop, to support, to share and to present research initiatives in psychodrama. Gabriela Moita was the chair in this period and we all are very grateful to her for creating this research community within FEPTO. Thank you Gabriela!

In the role of the new chair of the Research Committee my aim will be on keeping momentum with our ongoing research processes, getting new ideas, creating new projects, coordinating and networking... The Research Committee is an open group, which invites everybody to join who is interested in psychodrama research. We have to be aware that psychodrama – sociometry, sociodrama, group therapy etc. – is applied in many professional fields. It also offers helpful approaches to deal with development and conflict resolution in and between groups and society as a whole. Although psychodrama can refer to its long tradition and to lots of experiences all over the world, it is obvious that psychodrama needs also research as a point of reference in its practice. However, there is a need of research in many areas like psychodrama training, counselling and psychotherapy, social work, adult education supervision, organisational counselling and community education.

The research committee wants to bridge this gap between psychodrama practice and research. Therefore the committee invites psychodramatists and researchers to create their own research projects. As a bottom up initiative so far we try to cover following aspects of research in psychodrama:

- Research concerning training in psychodrama
- Research on psychodrama effectiveness
- Research on psychodrama concepts, methods and instruments

Ongoing research projects are:

1. **Training Evaluation** - Evaluating how trainees view the training
2. **Supervision Evaluation** - Evaluating the supervision in the research topics defined
3. **“TRAIN”** - Practical research project done by our trainees
4. **“Daphne”** - An intervention action project that propose psychodrama as an effective method to prevent women becoming victims of violence
5. **“Grundtvig”** - A Research network Project that propose to use Psychodrama methods in training and evaluate the impact
6. **“Anxiety”** - explanatory case studies evaluating the effectiveness of Psychodrama in anxiety disorders
7. **Life Long Learning Program (EU)** “Ability of management women”. The efficacy of psychodrama and playback theatre in the re-qualification on women to enter the labor market again
8. **Researching Psychodrama concepts:** “*Intersubjectivity and subjective truth*”.

Recent activities and next steps of the research committee:

Society for Psychotherapy Research: participating and presenting research projects at the international SPR conference in Bern (29. June – 2. July 2011)



Members of the Research Committee with the President of SPR: Guillermo de la Parra (for the photo his HAT was with the Research Committee)

Three research projects were presented and discussed at the SPR Conference.

Psychodrama Research in the Field of Women Victims of Violence

(Ines Testoni, Maria Silvia Guglielmin, Galabina Tarashoeva, Gabriela Moita and Michael Wieser)



The aim of the project is to study if psychodrama and an integrated-ecological approach can effectively support women who are facing male violence. Questions like female subordination, (sexual) abuse, mafia's power are investigated.

Evaluation of Supervision in psychodrama training: An empirical study on outcomes and helpful factors (Hannes Krall, Jutta Fuerst)

Supervision of trainees is an important step in psychodrama training. In the presentation an empirical approach to evaluate learning experiences in psychodrama supervision is introduced and discussed.



TRAIN -Towards Research Applied in International Networks of Trainees
(Jutta Fuerst, Hannes Krall)

The goals of this international cross cultural project are to integrate research into psychodrama psychotherapy training, to stimulate international cooperation in research, to increase motivation and interest in research among trainees.

Symposium on “Counselling and Psychotherapy. Research in Training and Professional Practice” (23.-25. September 2011) at the University of Innsbruck

A poster for an international symposium. At the top, it says 'Universität Innsbruck' next to the university's logo. Below this is a decorative graphic consisting of a grid of orange and blue squares, with a photograph of a classical building facade integrated into the grid. The main text reads: 'International Symposium', 'Counselling and Psychotherapy', 'Research in Training and Professional Practice', and 'Presentations – research intervention lab - group work'. The dates '23.-25. Sept. 2011' and location 'Innsbruck, Austria' are listed below. At the bottom, there are two logos: 'institut für psychosoziale intervention und kommunikationsforschung' and 'FEPTO'.

This symposium is organized in cooperation between our Research Committee and the University of Innsbruck. During this symposium first of all we will have time to listen and to discuss projects of our Research Committee and to get to know research projects at the University of Innsbruck as well. Secondly we will have time to develop our projects further by reflecting and getting some new input. And thirdly, we will have the opportunity to think about how we will go on as a research committee. If you want to come to this symposium, you can register: ulg-psychodrama@uibk.ac.at

Research Committee in Sofia/ Bulgaria from 24-26 of February 2012: preparing our next meeting for new and ongoing research projects in our committee

This meeting will give us time and space to work on our research projects. Everybody who is interested to join us, to participate in an ongoing project or to propose a new project or just to contribute by being a “critical friend” is very welcome. The programme will be developed according to the needs of the participants in the research committee. If you want to join and/ or to get more information contact Hannes.Krall@aau.at. See you soon!

As a Research Committee of FEPTO we are aiming at integrating research in our psychodrama training and practice. Research in psychodrama is a vital part for the future of psychodrama in our professional roles and in society as well. Therefore it is our goal that every psychodrama institute should be represented in our psychodrama research community. With the experience, the knowledge and skills from all of us we will be able to learn from each other and to move forward and to become creative and spontaneous in our research community.

Looking forward to welcome you,

Hannes Krall

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