

The „Institut für Psychodrama – SZENEN“ was founded in 1991 by Dr. Manfred Drücke and Agnes Dudler, both longtime trainers at the Moreno Institut Stuttgart. After almost 20 years the director Agnes Dudler passed it in 2011 to Stefan Flegelskamp and Andrea Winkler. Both were trained at Szenen and were members of the Szenen-Rat (council) for 7 years. From the very beginning profile, values and qualities of training were formed in exchange and discussion with a group of experienced colleagues and trainers.



(Agnes Dudler, Dr. Rainer Bosselmann, Maria Heuvelmann, Andrea Winkler und Stefan Flegelskamp, 2003)

SZENEN started as a small institute with one new group every 2nd or 3rd year. There was more ambition on quality and an enjoyable work than on quantity. Special for *SZENEN* is a great interest (and trust) in groups, their process and their development, high standards of a qualified training and a strong personal engagement of the director.

The task of training psychodramatists who will enjoy their work and do it well in the long run – who understand the tools of their craft and can creatively tap new fields of application – is a multifaceted process which involves many different people. At the *SZENEN* Institute, it generally lasts around five years. We place great importance on the selection of the group participants and the leaders. The guarantor of fundamental self-awareness is an experienced pair of trainers who consistently maintain primary leadership of the course, both together and in alternation, throughout the two years of basic training and continuing (with less frequent contact) until the completion of course. They are joined by other specialists who act as trainers in basic theory and in particular subjects. The older the training group, the more often the specialist trainers are involved. This stable framework ensures security, continuity and the flexibility necessary for experiences with specialized subjects, own experiments and other leaders. Thus, from the very beginning of the course, the participants are exposed to different models with which they can identify, making it easier for them to formulate their own roles as psychodramatists.

In order to cultivate the attitude of respect toward future patients, clients and customers which is fundamental to psychodrama, the participants are expected to be the subjects of their advanced training. We do not infantilize them and as much as possible, we avoid

creating dependencies (for example, through individual teacher therapy within the institute). At the same time, from the very beginning – through the involvement of the body, the consideration of current political and social events as well as significant historical events (e.g., in sociodrama), a multi-gender and multi-generational perspective, and last but not least, a religious and spiritual dimension – we encourage a holistic view of oneself, of others and of any problems that arise.



Training group no. 9, Andrea Winkler in the center with red top

In the beginning long time training groups were accompanied by a range of single workshops or smaller programs for different fields of application like counseling, for teachers and therapy of drug addicts. Today the main accent is on 5 years training of psychodrama directors and - therapists, psychodramatherapy with children (as developed by Alfons Aichinger) and therapy with drug addicts.

Since 2009 there is a growing emphasis on psychodramatherapy with children and a strong engagement for national and international networking in this field leading to the first two international conferences in Innsbruck (Austria) in 2012 and Berlin (Germany) in 2014.

Manfred Drücke and Rainer Bosselmann on an excursion to Antibes from the FEPTO AM 2000 in Grasse (F).



From the beginning an orientation on political, social and historical influences was essential. A transgenerational view working with training groups on their families history, specially on the influences of the experiences during the war(s) and the Nazi time led to a special project from 1996 to 1998, a sociodramatic approach to family history with a group of "children" of former Nazis. Two conferences were organized on "Scenes of war and peace – inside and outside" in 2007 and 2009. Based on this experience *SZENEN* became engaged in the training of psychodramatists in Gaza and has started in 2014 a training course of 26 colleagues in Gaza, who work with traumatized children. This is done within a longtime project of medico international schweiz (Switzerland) in cooperation with the Gaza Community Mental Health Program. The project is financially supported also by the DFP and a group of private donors.

Last but not least findings of the transgenerational view and a wish to cope better with collective traumata and overcome national borders built up the motivation for the topic of the next FEPTO conference in May, which is at the same time the yearly conference of the DFP. *SZENEN* is a member of FEPTO since 1997.