

**14th FEPTO Conference**  
**Tallinn, Estonia, 17th – 19th of May 2019**  
**Mindful Action for Development –**  
**Learning of Individuals and Groups**

The conference will be organized by FEPTO with local partners:

[Tallinn Psychodrama Institute](#) (Estonia),  
[MTÜ Tartu Psühhodraama Instituut](#) (Estonia) and  
[Helsinki Psychodrama Institute](#) (Finland)

**Presentation of the topic**

We humans are relational, action oriented beings. Our function is based on sensations, perceptions, and processing of data in neurosystems in relation to other human beings, animals, and nature. We need to learn and develop for surviving and succeeding in our lives. We learn totally new things and ways of thinking and action, or we can learn to relate in a bit new way to situations and relations we already are used to. Mindfulness and neuropsychology offer many methods and research outcomes, which are connected especially to learning and development of individuals. Psychodrama, sociodrama and sociometry are based on theories and creative action methodology, which can generate and support effective experiential learning in individuals and groups.

In this FEPTO Conference we will combine action, mindful, focused presence and development with perspectives based on mindfulness, neuropsychology, psychodrama, sociodrama and sociometry. Morenian theory and methodology is practiced in action for development and healing of individuals and groups.

There are 3 lectures, which offer views to action, presence and learning of individuals and groups based on neuropsychology, mindfulness, and learning by creative action methods of psychodrama. In practical and experiential workshops you can get familiar with concrete (co-)creative action methods and techniques, learn new perspectives on human relations, group leading and learning based on neuropsychology, psychodrama, sociodrama and sociometry, and share experiences with other professionals working in different fields of human action and development.

On behalf of the local organizing committee,

LOC chair: **Reijo Kauppila**

[reijo.kauppila@muutosvalmennus.fi](mailto:reijo.kauppila@muutosvalmennus.fi)