

15th FEPTO Conference

Ohrid, RN Macedonia, 22th-24th of May 2020

The healing power of the Psychodrama

The Conference will be organized by FEPTO with local partner: AMIGDALA School for Psychodrama (RN Macedonia)

Presentation of the topic:

Moreno discovered the healing power of drama while he directed the Theatre of Spontaneity in Vienna in the early 1920's, a project that he revived in New York in early 1930's .

He considers health as an actualization process of roles and the Self, based on the two pillars of spontaneity and creativity. Moreno considers pathology as a state that is frozen in patterns which got stuck. There no longer seems to be any access to spontaneity and creativity. The rigid internalized role(s) no longer included the resources required to trigger the process of actualization, only reflexes and automatic responses prevail. Repeating rigid ways of being and acting limits all prospects, they become quasi sterile. Once a role freezes, the individual becomes incapable of adjusting to the diversity of a novel situation.

The Morenos believed psychodrama allowed new expressions of oneself and the integration of the inner and outer realities of a person, which could lead to psychological healing. And psychological healing leads to healing of the body and relations.

Psychodrama is a laboratory for learning how to live while giving space to ontogenetic and phylogenetic language. It is opening the space/stage to face fears, conquer weaknesses, and heal traumas, anxiety, depression, hate, love, dreams, relations, society. We can open stages for individual and group work in the schools, hospitals, work-places, offices, theaters, on the streets, factories, shops, university, psychiatric ordinations, psychological cabinets,

Psychodrama could deeply affect minds and produce cognitive changes, way of thinking, attitudes, believes, finding out and changing bias prejudices.

Psychodrama also can deeply touch and make changes in humans emotions. And it can deeply affect one spiritually. Moreno says we are not human beings on a spiritual journey; we are spiritual beings on a human journey. And he made Psychodrama to heal the energy that vibrates and creates this dualism.

Human beings have the urge to act and interact: it is a part of their human condition; and it undoubtedly does influence and healing human state of being (emotionally, physically, psychologically, spiritually, mentally, socially, relationally....).

Psychodrama has also made us better people, for ourselves and for others, making us more acceptable, more tolerant, more emphatic, more conscious for society. It can enrich our life experiences and make us wiser.

On behalf of the local organization committee

LOC chair: Mirjana Jovanovska Stojanovska

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CALL FOR WORKSHOP PROPOSALS

During this FEPTO Conference we will focus on the healing possibilities that psychodrama technics provide us, by teaching us spontaneity to allow us to be creative. As Zerka says: “To touch the autonomous healing centre is our task as therapists”. The healing can be through a game, a dance, drawing, singing, acting, talking, encounters, modelling, writing, and fantasizing. Bring your experience and knowledge of psychodrama use to “heal” psychological problems, the soul, the body, interpersonal and society relations.

In this conference we are looking for experiential workshops that will concretise and explore the possibilities of “healing” offered by Psychodrama.

The 2-hour workshops should:

- *Be in English(no translation)*
- *- Explore a specific topic to the theme of the conference*
- *- Provide a theoretical frame relevant to the theme of the conference*

The proposal should be sent in by the 31st of January, 2020

1. The title

2. The workshop leader(s) + Short abstract, incl.

-Topic and the approach

-Descriptions of methods/process that will be used

-Contact information

Sent to us your proposal as soon as possible at:

fepto.ohrid@gmail.com