Lectures

Moreno’s philosophy: Encounter, living sociometry and sociopsychodrama

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More important than science is its result
One answer provokes a hundred questions J L Moreno (Vienna 1914)

Moreno's concepts and philosophy was born from the deep experiences of his life. Maybe it can be sum up in this words:

The meeting of two, eye to eye, face to face
and when you are near I will tear your eyes out
and place them instead of mine,
and you will tear mine and place them instead of yours
then I will look at you with your eyes
and you will look at me with mine
(J L Moreno, Vienna, 1914)

Encounter and role reversal is the real focus of Moreno's philosophy an encounter always includes a third to witness that encounter. “The first step towards a philosophy of the moment is to define and establish the moment as a concept in its own right” “three aspects mast be emphasized Status nascendi, the locus, and the matrix. These represent different phases of the same process” (J L Moreno, Sociometry vol 4 May, 1941)

Sociometry is a central part of the encounter philosophy as it unfolds itself in life. The living sociometry expresses itself in relationships and tele, it is the factor that aloud cohesive actions in a group or on a society. Sociopsychodrama is consequently rooted in Morenos encounter philosophy. In this lecture we will sum up Morenos philosophy by focusing on this three central concepts of his work: his encounter term, matrix, living sociometry role playing and sociopsychodrama.

The Human Stage. Hannah Arendt’s Conception of Politics

Ulrika Björk PhD, Södertörn University, Stockholm

The lecture introduces the central ideas of Hannah Arendt's conception of politics by drawing, first, on her metaphorical use of drama and theatre in her theory of action and political judgement, and, second, on examples of Arendt’s political readings of Greek Tragedy.
Workshops

Who Shall Survive? What can we learn by Role Reversing with Nature?

Jana Damjanov, MSc clinical psychologist, Psychodrama therapist, trainer and supervisor.

“Human beings have more than psychological, biological, social and cultural roles - we have cosmic entity. Reducing our responsibility to purely psychological, social and biological elements makes us alienated. We are equally responsible for the entire universe, all forms of being and all the values, or our responsibility doesn’t mean absolutely nothing!” J L Moreno

Disconnection from the natural world may be contributing to our planet's and personal destruction. We are surrounded by extreme technological progress, alienation through the development of technology and virtual reality, social networks, and people are becoming even more anthropocentric, narcissistic and orientated towards extrinsic values. The fact is also that we are living in a time of global warming and climate change, where it is emergency to raise our ecological self and try to create our living more ecologically aware, in peace with nature.

Moreno thought that human mind can imagine more than the reality is given to it and that one of the goals of psychodrama as method is to bend the reality in order to explore it and try to find out different answers and solutions to the present problems and questions. So, by role reversing with the elements of nature one could gain many information and answers that could lead to actions in preventing the alienation from our own nature and environment that surrounds us.

In this workshop we are going to explore what might happen and what information can we receive by role reversing with different elements of nature or connecting with natural entities and identities, and linking our experiences with planet Earth, oceans, forests, mythical creatures related to nature and Pacha Mama.

The counties brings their Youth in a Sociodrama workshop

Sofia Symeonidou, Psychodrama Psychotherapist Trainer and Supervisor, Director of CESAP in Greece, Trainer in Human Rights.

Manuela Maciel, Clinical and Social Psychologist, Coordinator in Psychotherapy Center "ESFINGE". Psychodrama Trainer and Supervisor at the Portuguese Psychodrama Society.

Partner organizations from 4 countries Hungary, Portugal, Greece, Sweden of the Erasmus + project: PERFORMERS will present their work with youth workers, together with professional socio-and psychodramatists. How can our methods be used in this work with youths staying at institutes, at refugee camps, with disadvantaged and marginalized youth?

The youth in temporary society has a lot of faces. We work with youth that suffers from the absence of their legal rights according the International Convention for children’s rights. Youth without voice, with-
out control over their present and future, without the belief that they can change their life are our main target.

How can we contribute to improve their lives is one of the issues that we will explore in this workshop. How can we contribute to give support – protection and trust; the feeling of belonging and create a vision of a better future. These are the main areas that we will work on in order to liberate them to life. How compassion can be a bridge in the present in order to have a future?

Every country brings to the Conference their Youth. So let’s meet them. Let’s give them voice by working with Sociometry and Sociodrama methodology.

**One day in the “House of Encounter” – Spontaneity, Creativity and Encounter**

Come to us from all nations! We will give you shelter!

**Galabina Tarashoeva**, Psychodrama Center Orpheus, Sofia, Bulgaria

The participants will be invited to go back in the time and space - in Vienna before World War I. If you would like to experience “The religion of Encounter” and to spend “one day” in the community based on its principles, come and be with us! You will have a chance to take part in the activities in and around the “House of Encounter” for immigrants and refugees, in 1909. The social upheavals in the capital of Austro Hungarian monarchy, Vienna, were linked with the formation of the “The religion of Encounter” and the idea for sociodrama. Together we could meet the philosophy of Moreno for Anonymity, for Spontaneity and Creativity.

‘**Encounter**’ .... means meeting, contact of bodies, confrontation, countering and battling, seeing and perceiving, touching and entering into each other, sharing and loving, communicating with each other in a primary, intuitive manner, by speech or gesture, by kiss and embrace, becoming one — una cum uno. It encompasses not only loving, but also hostile and threatening relationships. It is not only an emotional rapport, like the professional meeting of a physician or therapist and patient, or an intellectual rapport, like teacher and student, or a scientific rapport, like a participant observer and his subject. It is a meeting on the most intensive level of communication.” (Moreno, 1969, p. 26)

**The moral atom: exploring ethics in-action**

**Ioanna Psalti**, Sociodramatist, organisational advisor in health and research policies, researcher (medical ethics, identity and trust in suprastructures like the European Union), co-editor of the British Journal for Psychodrama and Sociodrama.

The idea is to briefly present the framework of the model (moral atom) and then let the participants explore it sociodramatically. J.L. Moreno’s social atom postulated that the smallest social structure in a community - “the nucleus of relations” - cannot be less than two persons. As a result we can only be understood within our personal/social context. The healing process between therapist and client is one such relation bound by a moral contract ‘to do no harm’. The session introduces the concept of the moral atom, the ‘nucleus of the healing relation’ between therapist and client and it explores how such relation is constantly challenged by the system around it. The moral atom of a
therapist is a set of accountability (regulatory or legal) and moral responsibility relationships (at individual, organisational, institutional and collective level) in the stakeholder group in health care, including the community and the environment. The moral atom preserves one’s agency when core professional and personal values are challenged the most. It follows therefore the moral considerations rooted in Moreno’s ideas: “A truly therapeutic procedure cannot have less of an objective than the whole of mankind”. The session is a hybrid between a seminar and an interactive workshop where participants will explore a plethora of interacting human roles (physical, psychological, social, ethical etc.) with both individual and collective aspects e.g. the therapist as a healer and as a gatekeeper of community resources.

**Moreno’s genetic matrix: what psychodrama can teach us about relation between DNA structure and our roles in life.**

**Giulia Carignani**, M.D., Resident Physician in Medical Genetics and Psychodrama Director of the “Zerka T. Moreno” Centre (Lucca, Italy)

“Man is more than a psychological, biological, social and cultural entity; is cosmic entity. Reducing the man’s responsibility to purely psychological, social and biological life gets him an alienated. Because it is equally responsible for the entire universe, all forms of being and all the values or his responsibility does not mean absolutely nothing”. J L Moreno

First part of workshop will be run with different sociometric questions related to the DNA, molecules in cell and genes. Also, participants are going to take the role of molecules in the cell, and the role of genes to see how are their relationships. If anyone expresses the need to make a short psychodramatic scene or vignette, it would be possible. In the second part of workshop, participants will be able to represent a personal scene that can be related to a symptom or disease. Protagonists will explain how they feel about it and what do they think is happening within their bodies, in the cells and in the genome. If the genetic predisposition is clear, then it is possible to work on the molecular mechanism that creates a disease. It is also possible to have a scene about the germ cells and the fertilization or the earlier phases of embryo’s life. It is important to bear in mind that working with genetic matrix also represents working with generations and inherited message, emotions and diseases.

**Exploring the Power of Choice**

**Jacomien Ilbrink de Visser**: is a psychodramatist from Dutch origin and was educated in creative arts therapies as well as psychodrama and Sociometry in New York City. Jacomien has focused her specialization on sociometry and sociodrama.

In this workshop we will incorporate non-violent communication with Morenian methods to explore our constant individual choices. Our personal choices are resulting from fulfilling conscious and unconscious needs and ensuing strategies. The concept of the Canon of Creativity serves as a backdrop for understanding that if enough people start to make different choices the Canon will become activated and might tip. In this way we will investigate feasibilities of creating an interdependent world, rather than an individualized world.