

FEPTO – FEDERATION of EUROPEAN PSYCHODRAMA TRAINING ORGANISATIONS

MINUTES EDINBURGH FEPTO RESEARCH COMMITTEE MEETING



Edinburgh, Scotland, 13-15 February/09
Chairperson: Gabriela Moita

Topic: Research in Psychodrama. International Approaches and Perspectives
Elliott workshop: 'Planning Research on Psychodrama'

Participants: Ana Sofia (Portugal); Ann Helleday (Sweden) ; Anna Boeri (Italy); Anna Esposito (Italy); António Gonzalez (Portugal); Corinna Busse-Heise (Germany) Daniele Reggianini (Italy); Emre Kapkin (Turkay); Gabriela Dima (Romania); Gabriela Moita (Portugal); Gabriella Nicotra (Italy); Galabina Tarashoeva (Bulgary); Hannes Krall (Austria) ; Inci Doganer (Turkay); Ines Testoni (Italy)); Ivan Fossati (Italy); Jinnie Jefferies (United Kingdom); Jasna Veljkovic (Servia); José Luis Mesquita (Portugal); Jutta Fürst (Austria); Kate Kirk (Isle of Man) Marco Greco (Italy); Maria Silvia Guglielmin (Italy); Marie Cassel (Sweden) ; Michael Wieser (Austria) ; Mihaela Bucuta (Romania); Norbert Busse-Heise (Germany)



1. Friday 13/2/09 (18.00 – 22.00)
(Written by Ann Helleday)

Opening the meeting
Goals and expectation of meeting
The state of the art
Presentation of participants



välkomnande !
Bem vind@s!
Failte **Bun venit!**
Welcome!
Добре дошли!
Willkommen!
Benvenut!
Добро дошли!
Hoş geldiniz!

I. We made a sociogram which laid out **our actual and former experiences of research**

II. We collated a list of **what we each expected and hoped to get out of the conference:**

- ✓ To be inspired and more competent in research
- ✓ To feel that research also can be applied to the depth, understanding and evaluation psychodrama
- ✓ To come to terms with the concrete ways of combining research and practice
- ✓ To deepen knowledge about psychodrama
- ✓ To establish contacts with a network
- ✓ To be more accepted as researchers
- ✓ To gain knowledge about how to investigate psychodrama
- ✓ To be able to begin to make research on own psychodrama group
- ✓ To find a common research design
- ✓ To develop a common language
- ✓ To get support in how to think of research as a psychodrama leader / trainer
- ✓ To discover can psychodrama be a science?

The remarks pointed out the interests of learning methodology, to deepen knowledge of psychodrama, to be part of a research network.

III. Who is who among the participants? (Led by Inci)

We spent time on the sociometry and demographics of the group by creating a sociogram which represented the different countries present in the seminar and their members.



IV. The expectations of the research committee of psychodrama:

This exploration explored three phases of FEPTO Research Committee (RC).

- a) The past,
- b) The present
- c) The future

(Here the participants had some problem separating the task from their own expectations)

a) *The original committee* started in Stockholm 1992. They described their work and their intentions in developing research knowledge, methodology and research networks. They looked for a method. The last Chairperson, Michael Wieser, developed a research design, which he presented in Alaçati, for those who wanted to research Psychodrama. He also organised a systematic collection of Psychodrama research studies into the effectiveness of Psychodrama. He invites Robert Elliott to join us in FEPTO AM in Bearsden (2008).

b) *They have now*, after a meeting in Porto, where the RC agenda continued to be developed. The focus was on communication, training and research tools, this seminar was also organised. The RC especially wanted Professor Robert Elliot to present research methods that would facilitate a widening of the research network.

c) *Some of the articulated future demands* of the research committee were:

- To develop psychodrama research in accordance with scientific criteria: more or less advanced.
- To translate reports and instruments
- To disseminate research reports outside of FEPTO's domains
- To promote contact between different psychodrama research interests
- To look at therapeutic contra-pedagogic aims and the theoretical deepening aims
- To emphasize some of the dimensions which are characteristic of psychodrama
- The needs of effect directed research were stressed not to be washed away To protect psychodrama as an art and to promote the belief in its value, whilst undertaking robust clinical research.

After this the first evening seminar ended and we were warmed up for the Saturday seminar with Robert Elliott.

2. Saturday 14/02/09 (10.00 – 20.00) (Written by Gabriela Moita)

Elliott Workshop: "Planning Research on Psychodrama: An Intensive Workshop"

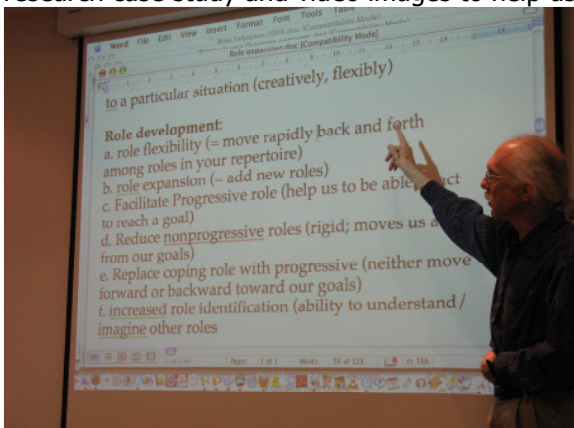


Elliott began with an "Introduction to Quantitative Research on Counselling/Psychotherapy, or How do I Set up Routine Outcome Monitoring in my Counselling Practice or Agency" (see power point "QuantOutcomeMonitoring").

We were introduced to CORE-OM, an outcome measurement. We completed the forms for us to experience how clients might feel.



Robert Elliott then took us through the process of a Systematic Case Study, using his own research case study and video images to help us understand the process.



Together, with Elliott, the group explored a research design for the psychodrama field. We worked to identify Outcome concepts (see the word doc. "1 Psychodrama Outcome concepts"). Then we looked at a Psychodrama Protocol (see the word doc. "2 Psychodrama Res Protocol (2)")

You can find all material Elliott share with us in the website

3. Sunday 15/02/09 (9.30 – 12.30)
(Written by José Luís Mesquita)
Working groups



Sunday morning, it was proposed that meeting would be closed in two ways.



Firstly, directed by Hannes Krall, members were asked to discover whether they had recommendations for fundamental themes to work on and develop and therefore to accomplish the aims of the committee

From that brainstorm emerged five themes, which created five working groups. They looked at the following themes:

1. Research Committee Agenda;
2. Research and Training Organizations;
3. Translation of Instruments;
4. Planning Research on Psychodrama Effectiveness
5. International Research Project

The conclusions from each group were:

1. Research Committee Agenda

Group Members; Gabriela Moita; Ann Helleday; Kate Kirk; Gabriella Nicotra



The main task of Research Committee is to improve Psychodrama Research

So we have to the current agenda with the following steps:

- To facilitate the work of the working groups coming from this meeting
- To give support to those working groups in whatever way seems appropriate
- To facilitate communication between those groups and between RC, all FEPTO and outside FEPTO

We propose the tasks below:

- ✓ To organize next meeting – see which is the best time in October and best place
- ✓ The main purpose of that meeting will be working in those groups
- ✓ In that meeting to propose that each group have a case presentation which relates to their individual topic and their progress.
- ✓ To set up Google groups to facilitate communication

2. Research and Training Organizations

Group Members: Jutta Fürst; Emre Kapkin; Jose Luís Mesquita; Anna Esposito; Ivan Fossati; Marco Greco; Hannes Krall



Main purpose of the group:

- To develop ways to improve research skills in the training programmes of PD training
- To define the content of this part of the training
- To identify the differences in each of the various institutes
- To develop methods of teaching research to trainees
- To train the trainers
- Methodology

Next steps:

- Give an explanation to the institutes as to why it is important to teach research.
- Using a questionnaire which involves main questions like
How do you teach research in your institute?
Which difficulties?
How can it be improved?
- Pilot project: 2-3 institutes who are already making steps to implement research training, encourage them to share the experiences and develop a training model

3. Group for translation and validation of research instruments.

Members: Galabina Tarashoeva; Jasna Veljkovic; Inci Doganer; Antonio Gonzales



Steps:

Translation
Validation
Publication

Content

BSI
CORE-OM
PC
HAT
Spontaneity test – David
Kipper
? IPI

Languages and responsibly person:

Bulgarian - GT
Serbian – J V
Turkish – I D
Italian
Rumanian
Portuguese

Advisers and supervisors

Robert Elliot

Problems:

Money and time for:
- translation
- validation
- statistic work
-
Pilot population

4. Group of Planning Research on Psychodrama Effectiveness

Members: Ana Sofia, Daniele Reggianini, Anna Boeri, António Gonzalez



Aims:

- To create database of instruments for measuring Psychodrama outcomes in both clinical and non-clinical population;
- To facilitate the organization of National committees to coordinate research in each country.

5. International Research Project

Members: Michael Wieser, Gabriela Dima, Mihaela Bucuta, Maria Silvia Guglielmin, Marie Cassel, Ines Testoni



The main goals to set up an international research project are:

1. To show the effectiveness of psychodrama
2. To higher up the psychodrama name in the scientific world and among other psychotherapies
3. Improve training in psychodrama

Our main discussions were around research on:

- clients / patients with specific disorders (e.g. depression, psychosomatic)
- on prevention (e.g. in the field of death and dying – careers)
- on students – for the reason of the easy reach of this target group for all of us

Conclusions agreed:

1. To start on clinical samples in order to show the effectiveness of psychodrama in an area were other psychotherapies evidenced their effectiveness
2. Three potential research approaches:
 - A. One, same target group (e.g. depression) researched in more countries using the same research design.
The advantage would be the possibility to draw comparisons and add to the existing RCT research another strong one to be able to reach the standards of being evaluated according to Roth & Pilling (as Elliott told us);
 - B. Different target groups (e.g. death and dying, depression, psychosomatic disorders) researched in different countries using the same research design.
The advantage would be the implementation of research on specific clients with which members are already working in their job or private practice; thus they are much motivated on results on their specific group and the target group is much easy to be reached.
 - C. Combining A & B: Same design implemented on two or three different target groups in each country part of the project

An important observation is that the role of therapist and researcher can be taken by different persons.

The next agreed step is circulate this summary of initiative and identify the FEPTO members opinions on the following questions:

1. Who wants to be part of an international research project?
2. Which is the approach favored by participants who want to take part (A, B or C)?
3. What are the target groups participants want to work on or do research (as the researcher can be another person than the psychodramatist leading the group)?
4. Who has experience in writing international research projects?

In a second half of the closing session, directed by Jutta Fürst, members were asked to build an atom, with the following the next criteria:

- the centre of the atom demonstrates that the meeting has met the expectations of each member;
- far from the centre, the expectations have been less accomplished.



This final atom, revealed that a majority off the members has accomplished their expectations. Then the Director invited each member to do sociometric choices to assemble sharing pairs, which could find a word that expressed their connection. After this procedure, the group built a network of human support that mirrored wider sociometric choices made during the whole process of the meeting.

The group ended by standing in a circle and each member said good bye / farewell in their own language. As can be seen below all the languages of goodbye and love, warmed up by the last night [it was Valentine's Day (14th February)].

GOODBYE AND LOVE
Auf Wiedersehen Servus
Dovijdane s obich
Alles Liebe Ni videmu / Amuri
Slainte eui Adjö Kärlek Graih my chree
La Revedere Te Iubesc
Hoscakalin gule gule seni seviyorum
Arrivederci Hasta luego (con amor)
Goodbye love amore Adeus com Amor
Ai si teru (Koreea) Pfiat enk

Here are the voices of participants commenting on the meeting:

"A warm up and inspired [Elliott's] workshop"
 "good days together" *"Many, many ideas"*
"What a time we had, what fun, what inspiration, what promises for the future"
"excellent workshop" "really inspiring and productive moment"
 "wonderful group of "Old" and "New" members that made possible such a magic moment...
 professional and personal joy and empowerment that I 'am felling the days since I came..."
"such a rich research seminar" "It was one very good meeting"
"My English isn't enough to say my feelings about our meeting in Edinburgh. I learnt a lot of English and also about psychodrama and research"
 "a fantastic weekend! was great!" "a productive and warm event"
"It was a very special weekend at Edinburgh"
 "good feelings we had in last group in Edinburgh.
 I think it will product constructive collaborations in a mutual aim!"
 "wonderful time spent together in Edinburgh, which we find as informative, productive and very pleasant"
"It was a very successful meeting which I enjoyed highly and I have the feeling that we are really developing and growing and that has a lot to do"
 "I hope our partnership creates something of good... with all us, WE CAN!"