



PRE-CONGRESS WORKSHOPS

-Doubling, Mirroring and Role Reversal: Universal Techniques for Social Transformation and Ongoing Change.

Sue Daniel, MA, TEP, Australia

Brief workshop description: *The aim of this workshop is to develop theoretical knowledge and practical ability in these specific techniques as they relate to the method of Psychodrama and role theory. The main teaching objects are: 1) The knowledge, refinement and correct use of universal psychodrama techniques, 2) Familiarisation with the role theory of J. L. Moreno, 3) The use of specific techniques in specific contexts such as in conflict and loss, 4) And their application in individual, couple and family therapy, education, health, pastoral care, and in small and large organisations, 5) The use of these and other related techniques in specific cultures for the development of our global society, 6) Gaining a healthy forward looking perspective on what constitutes a positive and life affirming attitude in leaders, groups and people.*

The workshop is suitable for anyone with an interest in learning about psychodrama and for those who wish to fine tune their work or brush up on their knowledge of psychodrama techniques in our ever-changing world.

During the workshop participants can expect to have 'hands on' experience and learn to use the right technique in specific situations. Getting into the shoes of the other through doubling, mirroring and role reversal is our major focus. Scene setting, concretisation and interviewing for role will also be demonstrated. This workshop provides a unique opportunity to sharpen our ability to use the techniques of doubling, mirroring and role reversal from a role theory perspective.

-Contemporary and Contrasting Approaches in Group Analytic Psychotherapy.

Robi Friedman, Ph.D., Israel

Howard D. Kibel, M.D., USA

Brief Workshop Description: *Group analysis or group analytic psychotherapy, as its founder S. H. Foulkes called it, is an approach to treatment that capitalizes upon the social nature of people. He recognized that individuals are born into a social network that conditions them in fundamental ways. The social was seen as so inherent to psychic function that he once said that the individual was an artificial abstraction. Yet, he recognized that the individual was a nodal point of any group.*

*Transposing these ideas to psychoanalytic treatment, he placed emphasis on the matrix of communication. **Resonance** to ideas, emotions, and fantasies and **Mirroring** are used to expose interpersonal and individual functioning and are put to therapeutic advantage. However, Foulkes never provided an exclusive prescription for conducting the actual treatment. Thus group analysis, from its inception, has allowed for inclusive eclecticism.*

The co-leaders of this Workshop have different, but overlapping, ways of applying the concepts of S.H. Foulkes to group treatment. They will present didactic material and then use their different perspectives to conduct experiential group sessions with the participants. Finally, the participants will be asked to analyze their methodology.

- Experiencing Intersubjectivity and Group Psychotherapy: From Isolation to Connectedness.

Martha Gilmore Ph.D, US

Haim Weinberg Ph.D, US.

Brief Workshop Description: *Intersubjective approaches stress the fact that in every meeting there are two subjective experiences that meet, each of them with a need for recognition of their subjectivities. Group psychotherapy is, in its essence, a relationship-based treatment. Applying the relational/intersubjective approach to groups brings to the front enactment instead of interpretation, and the transference-countertransference matrix is seen as co-created by both therapist and patients.*

In this workshop, participants will learn about intersubjective group therapy focusing on members' & leaders' subjectivity. We will explore the participants' experience and the difficulty in acknowledging other members' different experience, the therapists' limitations and their impact on the group, and enactments & reparation in the group process. Experiential and didactic parts will alternate to clarify the approach.

- Trans-cultural Workshop from Nightmares to Dreams.

Macario Giraldo, Ph.D. , Colombia

Maria van Noort, Psy. D, Netherland.

Brief Workshop Description : *In this workshop we will explore together how individuals can move from the misunderstandings and trauma's brought about by particular groups and the larger society (NIGHTMARES) to reframed and inspirational trans-cultural and intercultural dialogues (DREAMS) that make it more possible to transform the individual and the group. The workshop will be a combination of a Psychodynamic and a Lacanian approach and is mainly experiential.*

Participants from different parts of the world get a chance to create together intercultural dialogue in an experiential way.

-Between Worlds and Cultures, Social Transformation in a Systems-Centered Group.

Dr. Ray Haddock, MB. Ch.B.,M.Med., ScFRCPsych., Lic.

Systems-centered. UK

Brief workshop description: *This workshop will introduce Yvonne Agazarian's theory of living human systems and members will experience the Systems-Centered method of functional subgrouping to build a Systems-Centered group. We will explore how discriminating differences and building on similarities can enable members from diverse cultures to build a group in which conflicts, that we assume are inevitable and often believe are insoluble, can be contained in subgroups in a group until the group develops to the point where integration can occur. This allows for the emergence of potential new solutions to old problems.*

The emphasis will be on experiential learning with some didactic input and demonstration as the group works.

-Mentalization-based Group Therapy

Sigmund Karterud, M.D. Ph.D. Norway

***Brief workshop description:** A mixed didactic and experiential workshop, starting with an outline of the theory of mentalizing and its significance for psychopathology. The main principles of the technique of mentalization-based group therapy including the stance of the therapist and the roles of the participants will be presented. This will be followed by 1,5 hours experiential sessions where the participants are expected to bring in and discuss own episodes of low mentalizing and participate in the exploration of others' through a mentalizing stance. The group is expected to explore external events as well as events in the group as they occur in the here and now. The workshop will be terminated by one hour didactic reflection upon the process of the group, based upon the notes of an observer who rates the group according to the Mentalization-based Group Therapy Adherence and Competence Scale.*

-Empowerment and Resilience: Psychodrama perspective using scenario thinking and future projection.

Melinda Ashley Meyer Ph.D. Norway.

***Brief Workshop Description:** This workshop is based on a manual: EXIT (Expressive Arts in Transition) developed for stabilizing people who live under extreme stress and/or have survived human or nature induced trauma. EXIT focuses on enhancing movement, imagination, engagement, connection, here and now, safety and responsibility. In the workshop the method will be demonstrated from a psychodramatic perspective.*

The theory of scenario thinking in resilience work will be presented. A group experience and demonstrations will be carried out. The lecture will be about the research project where EXIT is being carried out with 200 refugee boys in a randomized control study in Norway.

This workshop will be of relevance and interest to those working with families, multicultural groups, adolescents and trauma survivors.

-The Group Psychotherapist in Three Dimensions: past, present and future.

Morris Nitsun Ph.D. UK

Brief workshop description: *S.H. Foulkes, the founder of group analysis, stated that the greatest influence on the psychotherapy group is the personality of the conductor. Yet, this challenging observation has received very little attention in the literature and is seldom discussed in any depth. This workshop aims to address the theme directly, seeking to identify and explore the experiences that mould the person who is the group therapist and how this impacts on his / her work. Participants are invited on a journey of discovery, exploring their family of origin and models of authority, nurturance and competition in the family group that have influenced their development as a therapist; the impact on their current functioning as a group therapist with its preoccupations and problems; their vision of group work in the future; and the expression of the creative-destructive dimension.*

A mixture of didactic and experiential, also using creative expression through drawing and guided imagery

-On Backstage Coaching.

Christer Sandahl Ph.D. Sweden

Brief workshop description: *Group leaders and managers often find themselves engaged in solving problems involving many contradictory factors such as interests, positions and ideals. Synthesizing these forces into action and at the same time retaining authority is an intricate and demanding task. It is not uncommon that managers and group leaders feel insecure and silently question their own competence. Helping group leaders and managers improve their ability to act with conviction and sensibility requires a special sort of pedagogy. Backstage coaching is therefore based on enquiry based and action-reflection learning. The aim of this workshop is to teach the skills of how to run a Backstage group for group leaders and managers. A short introduction on role theory and action-reflection-learning will be given. However, the emphasis will be experiential in terms of being a member of and convening a Backstage group.*

-A Self Psychology Informed Process Group.

Walter Stone M.D., US

Brief workshop description: *Participants in a process group led from a self psychological perspective will have an opportunity to first hand learn more about the impact of a leader's consistent empathic stance, the focus on the "leading edge," the nature of understanding and explaining interventions, and the process of group formation. Didactic integration of experience will enhance leadership skills and understanding group interactions.*

-Two Worlds and Two Cultures? Internal Spaces and External Spaces in Architecture and Group-Analysis.

Teresa Von Somaruga Howards Ms., Dipl. Arch. Group Analyst. UK/NZ

Brief Workshop Description: *When architects design physical structures they start by imagining their physical shape and how they will look in their setting. The internal image becomes an external structure that usually reflects prevailing cultural expectations.*

When group-analysts prepare for a new group, they might imagine who the group members will be and what will emerge in the group. The group takes shape in the group-analyst's mind. Careful attention to the dynamic administration, including the external structures of room arrangement, time and place, provides a safe space for group members to discover how the inner structure of their minds influences their lives.

This experiential workshop will provide a group analytic opportunity for participants to discover for themselves how these two worlds connect. How do our internal emotional spaces and the external physical spaces we occupy interrelate, interact and influence our lives?

-Social Interventions: Practices with Large and Medium Groups in Communities and Public Spaces.

Cida Davoli, Psy. Brazil

Mariângela Pinto da Fonseca Wechsler, D. Psy. Brazil

Marcia Almeida Batista, M. Psy. Brazil

Brief workshop description: *Thinking about the urban and politic Brazilian reality we point out two important Brazilian psychodrama experiences and we will discuss:*

a) *The effects by contemporaneity and the consequences into the human relations.*

b) *The methodology and the social commitment of these psychodramatic interventions.*

At the last part of workshop we will propose a socio-dramatic activity working with emergent themes and will discuss what was pointed out during the workshop.

- Doll – Social Change Possible Worlds and Between Cultures- Relationship with The Experience and Theory Of Tatadrama Clusters Of Paper.

Adelsa Cunha, Psy. Brazil

Elisete Leite Garcia, Psy. Brazil

Brief Workshop Description: *The Tatadrama is a strategy that incorporates different dynamics, such as dynamic sensory and bodily self-aware embedding techniques of Psychodrama and Sociodrama, and spontaneity and creativity released by the act of playing with the rag doll Crato - CE. For this reason it has the name - **Tatadrama, a method that is centered on intuition and sensitivity**. The big difference Tatadrama offers, beyond the intuitive maneuvers in the act of play and words, is the depth perception achieved by playing with the rag doll in its transformation, context, and perspective. Changes do not only occur at the physical level because this strategy allows the deep inner layers which are mobilized to new stimuli, increasing the perception of oneself as well as a loving relationship, with professional, family, and/or staff.*

-The Transformative Wisdom of Dreams: Healing Worlds and Cultures through the Integration of Jungian Psychology and Dancetherapy.

Maurizio Gasseau, PhD. Italy

Leandra Perrotta, Psy., Italy

Brief Workshop Description: *This didactic and experiential group will show an integrative model of Jungian Psychodrama and Dancetherapy. Theory, methodology and techniques will be demonstrated and explained. Dreams convey the transformative wisdom of the unconscious, allowing emotionally charged material to become easily accessible to the consciousness, activating intrapsychic and intersubjective change. The group will take place within a ritualistic framework, creating a safe space to advance personal and social healing.*

-Sociodrama and Organizational Dynamics.

Gregorio Armañanzas, MD, Spain

Rubén Estandía, Psy, Sw., Spain

Brief Workshop Description: *The organization and its dynamics is an element always present in our professional context. Nevertheless, it is not always taken in account and deeply understood.*

We are going to explore organizational dynamics experientially and theoretically. Experientially, we are going to use sociodrama, sociograma, and other active techniques to approach to our organizations. We will use socio-dramatic techniques in order to explore experientially our organizations and its dynamics.

Some theoretical concepts related with the topic will be explored

-Gender Groups: From Life to Love and Love to Life.

Luiz Cuschnir, M.D., Brazil.

Brief Workshop Description: *This workshop will be developed around the following thoughts:*

-How do I see myself as a man or as woman: In which life situations am I one or the other?

-How is love positioned in my life?

-In which situation do I find childhood love? ¿Teenage love ¿Adult life love?

- Love's Pizza for my mother, father and for myself. Which models did I receive? ¿How do they relate to me today?. My love fountain.
- Division of men and women groups to share the pizza. Self- presentation.
- ¿In which place do I feel he's in? ¿In which personal place in me?
- I transform myself into love; I am my own love..... What shape do I have?
- Mirror, I see myself- Dialogue.
- Group Division to discuss how love is for men or for women.
- Retrospective of previous steps until now.
- How are you up until now in relation to love, in subgroups?
- How could you show the other group how masculine or feminine love is?
- The assisting group gives its interpretation without establishing dialogues. The other group does the same.
- Both groups redo the sculpture that tries to integrate. Both men and women will meet.

-Migrating Networks: Knitting, Un-knitting, Re-knitting.

Liliana Fasano, Psyc., Argentina.

Brief Workshop Description: *Today we live in a world of migrations in search of a shelter, of better opportunities, of knowledge, or simply of working obligations. It has become a world of multicultural families with "long-distance" links and relationships that create the need for adequate interventions to achieve this complex and growing reality.*

This activity will be life-theoretical throughout socio-psycho-dramatic work with the following objectives:

- a) *To visualize relationship's role in life, the technical resources to focus on them and strengthen thought development in networks.*
- b) *To go through the experience of frame /unframed of people in process of migration.*
- c) *To learn and work with some dramatic techniques developed to work with migrating people/families.*
- d) *To generate a scope of reflection around this problematic from a binding ethics.*

-Dramatherapy: Its Bases and Practices.

Pedro Torres, M.D., Chile

Brief Workshop Description: *An experiential course with the objective of generating a learning space based on the paradigm of the dramatherapy proposed by Sue Jennings; Incorporation-projection-enrollment, to be developed during the three moments of work, preparation, development and ritual closure. We support theoretical knowledge that nurture the practices of the drama- therapy from different areas of the human knowledge like the theatre, play, humor, scenes, interpretation of characters, psychodrama, enactment, the experiential from the therapeutic, rituals, aesthetic and creativity.*

-Adolescent Group Psychotherapy.

Fern Cramer Azima, Ph.D., Canada.

Brief Workshop Description:

Adolescent Group therapy will be discussed as to initial intake , the first 3 sessions of contracting with the adolescent and parents, a discussion of the process and discharge of one year or two year therapy. The registrants are encouraged to bring problem issues to be discussed in the final supervision section. Differences in confrontation and empathy with adolescents will be highlighted with actual case examples.

-Maps of the Body: Phantomathic Body Map

Mario Buchbinder, M.D., Argentina.

Brief Workshop Description: *Maps of the body are a way to represent the body in relation to the psyche and the world: they interrelate with the subjectivity and linking relationship.*

There is not individual psyche without body and a body and a group as a World do not exist without either of them.

The construction of a body map by each of the members of the group leads to the fact that one can investigate individual subjectivity and the relationship with bonding.

Objective: *To establish the relationship between the inner world of the body and linking relationship.*

Methodology: *Experiential with the utilization of plastic arts, psycho-dramatic, corporal, masking, scenic and play techniques.*