

LIVRO DE RESUMOS ABSTRACT BOOK

**VII International
Sociodrama
Conference**

Co-Creating Social Responsibility

ONLINE

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DE PSICODRAMA**

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Dear Participants,

We welcome you to a space of Encounter where we shall meet eye-to-eye, somewhere in Cyberspace, somewhere in our Galaxy.

J-L. Moreno, Creator of Psychodrama and Sociodrama, 100 Years ago in April 1st 1921, asked the public in an open theatre in Viena to take the empty seat of the King. We ask you now to take your seat in this spaceship travel to the Cosmos, as we know that we are more than biological, economical, sociological or psychological creatures and that we are first of all, cosmic beings.

Sociatry and Sociodrama is about Social immunization and humanization which seems more important than ever in the current setback of Humanity. The moment calls for our solidarity and reflection about society and how our lifestyle has developed and might be transformed.

The topic of this Conference, "Co-Creating Social Responsibility", was chosen much before the pandemic started. More than ever, we do need to take responsibility of what we do in and with our Planet Earth and of "How Shall we Survive?", the topic of the last Sociodrama Conference in Brazil.

This Conference, since its beginning in 2007, more than a mere Congress, is meant to be a sociatric intervention in itself, in the community where it occurs, and that is why is open to the general public (for a Large Group – Plenary session, the third day) and also meant to be a space for cross-fertilization of the State of the Art of Sociodrama methods in the fields of Health, Education, Organizations and Community Intervention for all of you interested in this field.

It has been a major challenge to adapt the program that was supposed to be in physical presence to the first pre-conference in 2020 and now, even more to the second online Conference with more than 50 workshops and 3 plenary sessions, for 5 days.

The result of this Conference comes from the hard and committed Teamwork, resulting of Local Committee, Scientific Committee, and International Committee, more than 40 people involved.

But Mostly the result will emerge from the Co-Creation with you, who will travel with us.

We wish Us All a Wonderful Encounter in the CyberSpace!

The Local Organizing Committee

Caros Participantes,

Damos-vos as boas-vindas a um espaço de Encontro, onde nos encontraremos olhos nos olhos, num qualquer lugar do Ciberespaço, num qualquer lugar de nossa Galáxia.

J-L. Moreno, Criador do Psicodrama e do Sociodrama, há 100 anos, em 1º de abril de 1921, pediu ao público num teatro aberto em Viena para ocupar a cadeira vazia do Rei. Pedimos-vos agora que ocupem os vossos lugares nesta nave espacial para esta viagem no Cosmos, pois sabemos que somos mais do que criaturas biológicas, econômicas, sociológicas ou psicológicas e que somos, antes de tudo, seres cósmicos.

Sociatria e Sociodrama são relativas à imunização e humanização social que parece mais importante do que nunca na atual crise da Humanidade. O momento exige a nossa solidariedade e reflexão sobre a sociedade, sobre como o nosso estilo de vida se desenvolveu e como pode ser transformado.

O tema desta Conferência, "Co-Criando Responsabilidade Social", foi escolhido muito antes do início da pandemia. Mais do que nunca, precisamos de nos responsabilizar pelo que fazemos no e com o nosso Planeta Terra e "How Shall we Survive?" ["Como sobreviveremos?"], tema da última Conferência de Sociodrama no Brasil.

Esta Conferência, desde o seu início em 2007, mais do que um mero Congresso, pretende ser uma intervenção sociátrica em si mesma, na comunidade onde se realiza, e por isso está aberta ao público em geral (no Grande Grupo – Plenário, do terceiro dia). Pretende também ser um espaço de fertilização cruzada dos métodos do Estado da Arte do Sociodrama nas áreas da Saúde, Educação, Organizações e Intervenção Comunitária para todos os interessados na área.

Tem sido um grande desafio adaptar o programa que deveria ser presencial, tanto para a primeira pré-conferência em 2020, como agora para esta Conferência online. Contamos com mais de 50 workshops e 5 sessões plenárias, durante 5 dias.

O resultado desta Conferência vem do árduo e comprometido trabalho em equipe, resultante do Comitê Local, Comitê Científico e Comitê Internacional. Estão mais de 40 pessoas envolvidas.

Mas o resultado surgirá principalmente da Co-Criação convosco, de todos os que conosco viajarem.

Desejamos a todos um maravilhoso encontro no Ciber Espaço!

Manuela Maciel

Fundadora da Conferência Internacional Sociodrama e Presidente da 7ª Conferência, em Portugal

Comissão Organizadora Local

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LARGE GOUP - PLENARY / GRANDE GRUPO - PLENÁRIO

WHERE ARE WE? WHAT IS IMPORTANT IN SOCIODRAMA?

Debate participantes: Joshua Lee, Judith Teszáry, Manuela Maciel, Monica Zuretti, Pablo Alvarez, Penha Nery, Ron Wiener,.

Moderator: Luzia Mara Lima-Rodrigues.

With Sociodrama Action Research Method all the participants will reflect upon their recent sociodrama experiences and what has been found important.

Judith Teszáry (Hungary/Sweden), Manuela Maciel (Portugal), Monica Zuretti (Argentina), Pablo Alvarez (Spain), Ron Wiener (UK), Penha Nery (Brazil), facilitated by Luzia Mara Lima-Rodrigues (Brazil), will share about their recent experiences with sociodrama and the large group will be transformed in small groups led by the experts in order to research about what is going on in the sociodrama experience from the participants.

The conclusions from each group will be presented to the large group and conclusions and questions can be drawn by all about this active research on the state of the art of Sociodrama in the world and its best practice.

50 SHADES OF SAFETY

iSCAN: Ron Wiener, Di Adderley, Valentin Heyde, Valerie Monti Holland, Jorg Jelden, Sheila Katzman, Tom Schwarz, Irina Stefanescu

We, as sociodrama, psychodrama and other action methods practitioners, need to create a safe-enough environment for people to tap into their spontaneity and use their creativity to explore new ways, new possibilities of responding to collective and personal issues. Not safe, but safe-enough. The total safety invites to cosy cuddling and to sleep, there is no action. This we learned from Rollo Browne, one of our mentors, an Australian sociodrama trainer.

Which are the nuances, the shades of that safe-enough for you, me, us, them - when, in our countries, we deal with so much? What if we find together the common resources - purposes, roles, thoughts, beliefs, attitudes, emotions, skills, behaviours, people, spaces, timeframes etc. - to enable ourselves and the people we live and work with to feel and stay safe-enough? How do we do this from inside out, collectively?

How do we create for ourselves, for our families, workplaces, communities those needed safe-enough environments, where we are alert, present, aware, empowered, we access our resources and we are (co-)creators? How do we keep doing that, adapting to this faster and faster-changing world?

In the two-hour workshop, a small group of people from iSCAN - the international Sociodrama & Creative Action Network - lead you in a sociodrama-based workshop on zoom. We start a conversation in action that needs to be carried on and continued by us all, with other communities. We all, as a small, very committed group of people, can change the world, indeed, person by person, group by group - never doubt, as Margaret Mead said. Join us!

HOW TO CHALLENGE THE CULTURAL CONSERVE OF SOCIODRAMA?

PERFORMERS Project: Ágnes Blaskó (HU), Andrea Kocsi (HU), Eszter Pados (HU), Kata Horváth (HU), Kirsztina Galgóczi (HU), Móni Durst (HU), Orsi Foti (HU), Petra Juhacsek (HU), Diane Adderley (UK), Valerie Holland (UK), Jennie Le Mare (UK), Jos Razel (UK), Martha Lindsell (UK), Judith Teszáry (FEPTO, SW), Jana Damjanov (FEPTO, RS), Melinda Ashley Meyer (FEPTO, NW), Irina Stefanescu (FEPTO, RO), Nikolaos Takis (FEPTO, GR), Margarida Belchior (PT), Manuela Maciel (PT), Léa Kellermann Pereira (PT), Luzia Mara Lima-Rodrigues (PT), Sara Sousa (PT), Ana Bela Alves (PT), Silvia Beirão (PT), Mónica Westberg (SW), Mariolina Werner (SW)

In the past five years thirty sociodramatists and youth field professionals, from eight European countries, worked together in order to further developments of Sociodrama approaches and implement it in social institutions working with disadvantaged youths. The plenary session will be an occasion to present some results and see how this long-term cross-cultural mutual learning process inspires our global sociodrama community. Join us! The session will be facilitated by the whole team!

ESCENAS DE LOS PUEBLOS, CUIDADO EN PANDEMIA: COMO SANAR LAS HERIDAS Y CREAR UNA MATRIZ SOCIAL SOLIDARIA, RESPONSABLE Y AMOROSA / PEOPLE'S SCENE, CARE IN PANDEMIC TIMES: HOW TO HEAL WOUNDS AND CREATE A CARING, RESPONSIBLE AND LOVING SOCIAL MATRIX

ESCENAS DE LOS PUEBLOS: Monica Zuretti, Debora Penna, Claudio Ojeda, Fernan Cetran, Lucia Aranda Kilan, Andrea Whilches, Marcia Marinelli

Escenas de los Pueblos Peoples Scenes was born as a way to face critical moments, in 2001 when Argentina was in a very difficult time.

The psychodramatists decided to do open sociodramas on squares and work with different questions: what can I do for me, my family, my community, my country, the world? We worked in more than 156 open spaces.

This year when the pandemic started we decided to do the same process and created something for Caring during the Pandemic time.

On line encounters in Zoom squares, open, free and community oriented. Sociodramas about the different situations regarding the Pandemic were born .

We were more than 100 coordinators from 40 countries.

Peoples 's Scenes first Encounter was in September and has done two more December and March and in June will take the new one of which this meeting is part.

People's Scenes have become a movement that has been responding to different situations, like an earthquake, social crisis.

This session, open to the community will be a Sociopsicodrama done with the themes brought by the group.

What topics arised during the Conference in relationship to the present and the future? Where and how are we now? How will we continue?

The work will be done by a team.

Warming up , encounter by movement and music.

Division and work in small groups which synthesis will be brought to the big group.

This synthesis will be shared afterwards with the work done by other zoom meetings around the world .

ONGOING WORKSHOPS / WORKSHOPS EM CONTINUIDADE

SOCIAL DREAMING MATRIX

Maurizio Gasseau

Maurizio Gasseau

FEPTO Task Force for Peace Building and Conflict Transformation

Maurizio Gasseau, University professor in Aosta. Co-chair of IAGP Education Committee, and FEPTO Task Force for Peace Building and Conflict Transformation. Main interests are dreams and working on transgenerational topics. He developed the Jungian Psychodrama theory in 1980 and Psychodramatic SDM in 2004. He is leded training groups in 46 countries. FEPTO Excellence Award in 2017.

Abstract

Social Dreaming Matrix (SDM) is a powerful method, founded by Gordon Lawrence in 1982 to work on the unconscious of the organizations and the social context through the Dream Matrix. Participants in the matrix of SDM are invited to sit in a spiral way or in a configuration called "snowflake", and the task is to share dreams and associations to dreams.

Psychodramatic Social Dreaming Matrix (PSDM) was created by Gasseau in 2004 in Eranos - Ascona and was presented in FEPTO Annual Meetings and in Sociodrama Conference (2009) to work through the dynamic process of the organization by sharing dreams and free associations to dreams in the matrix. Gasseau in 2007 realized that the classic SDM was not enough for psychodramatists who have action hunger and need to enact dreams as Moreno taught us. In PSDM a session of psychodrama on dreams is integrated at the end of classic SDM, where the first and some following dreams are played because a SDM is like a soufflé made from the first and last dream. In the morning, experiential sessions of SDM and PSDM will be presented, where participants will share their dreams about life, society, and Sociodrama Conference and associations to grow the social matrix and after the SDM some dreams will be played to understand the collective unconscious. In Psychodramatic Social Dreaming Matrix at the end of a 60 minute of classic SDM, a 30 minute session of psychodrama on dreams is integrated, where the first and last dreams are played because a SDM is like a soufflé made from the first and last dream. If a dream shared during the matrix has a social meaning for the entire group, it may also be played. There is a very short sharing after the play because the sharing has been expressed with the associations of memories to dreams in the SDM.

CLASH OF CIVILIZATIONS OR THE NEW HUMANITY?

Fabian Blobel & Galabina Tarashoeva

Fabian Blobel

Psychodrama Center "Orpheus", Bulgaria

Psychiatrist and psychotherapist for children and adolescents. For many years responsible to create and lead the department for group therapies in the cantonal service for child psychiatry and psychotherapy in the canton of Solothurn, Switzerland. Trainer for psychodrama with children and adolescents at the psychodrama Institute Orpheus, Bulgaria and IPSR, Switzerland.

Galabina Tarashoeva

Psychodrama Center "Orpheus", Bulgaria

MD, psychiatrist, Ph. D., Certified Psychodrama Psychotherapist, Founding member of FEPTO, member of the board of Directors of IAGP. She is the founder and director of Psychodrama Center "Orpheus" - the first institute for psychodrama and psychotherapy in Bulgaria, trainer, educator and supervisor in it.

Abstract

The world is in danger! The sun is going to explode and destroy the whole galaxy!

All civilisations from all planets have to be transferred to one new Planet in another galaxy. But before they have to unify values and rules to form a new humanity. The rescue star ship is just leaving if all agree. Despair and desire...

A 4 step sociodramatic approach (Identity, Encounter, Negotiation,..., Treaty?) to the question: can humanity survive?

Each of the 4 steps need around 90 minutes working time. The 4 sessions can be done in one day or in 4 consecutive days.

The 1. Step: Identity. The the formation of the different sociodrama subgroups and the creation of their own values and imperatives, due to their "culture". "Who am I?"

The 2. step : Encounter. The the different subgroups can meet the other "cultures" and their different values and rules. "Who else is there?"

The 3. step: Negotiation. Being aware of the need of unification, the negotiation starts. "What must survive?"

The 4. step: Treaty. The last chance to create and agree to a treaty of the new humanity. The rescue space ship is just leaving if all agree...."Will humanity survive?"

The concept was first developed by Dr. Fabian Blobel and then successfully implemented together with Dr. Galabina Tarashoeva at the IAGP Conference in Rovinj 2015, IAGP Conference in Malmö 2018 and the IAGP Conference in ISEO 2019.

The Idea of the proposal is to first separate and identify the values and moral imperatives of the different sociocultural tendencies (Me, We, Wealth, Nature, Spirituality) and then in the process of encounter and negotiation to find sociodramatic answers to how humanity could include these ambivalences.

The reflective process at the end of each step is a role feedback and also a personal reflection on: How does the theme of the day resonate with my inner structure. What did it do with me?

PLANET CALLS US FOR ACTION - HOW DO WE RESPOND? SO THAT OUR CHILDREN AND GRANDCHILDREN SURVIVE

Reijo Kauppila, Marjut Partanen-Hertell, Pia Rotko

Marjut Partanen-Hertell

M.S. (Tech), psychodrama trainer (T.E.P.), supervisor, ARUA, Founding Partner

Helsinki Psychodrama Institute, Finland, Contact: arua@welho.com , mphertell@gmail.com

Educated as a civil engineer Marjut Partanen-Hertell worked nearly 40 years in the Finnish Environment Institute. Her international work with environmental questions was supported by the EU and the World Bank. She is past chairman of the inter-governmental working group on public awareness and environmental education of HELCOM in the Baltic Sea area, facilitating co-operation between 14 countries and various NGOs. She served as Finland's official representative on the Management Committee of the environmental financial instrument LIFE of the EU.

Member of the IAGP and the ASGPP and past president of the Association of Finnish Psychodrama Trainers (MOPSI). She acts as psychodrama trainer at the Helsinki Psychodrama Institute and as a supervisor and management coach for both private and public clients. She is the author and co-author of several books, latest *Sociodrama in a Changing World* (2011). She was the co-organizer of the 2nd International Sociodrama conference. She has also presented Morenian workshops focused on environmental processes as well as the roots of addictions at national and international conferences.

Mr. Reijo Kauppila

M.Ed. (Adult Education), Psychodrama trainer T.E.P., supervisor and supervisor trainer, certified business coach ACC; Creative Change and Coaching Change, Founder

Helsinki Psychodrama Institute, Finland; Contact: reijo.kauppila@ihmis.fi

Reijo has been inspired his whole work history in different organisations and still is still by transformations in adults, when they are learning by experience. And how this learning connects adults for action and change. He is now working both in Helsinki Psychodrama Institute as the CEO and the main trainer, and in his own company Creative Change.

He has been the coordinator of two European projects funded by Nordic Board of Ministers and EU. In these projects, the specifics of psychodrama and sociometry were co-explored with psychodrama professionals, and the EBTS-programme was developed, in which sociodramatic playful process supports therapeutically refugee families. Reijo is a specialist of experiential learning and development of adults individually, in groups and in communities. His interests include collaborative development e.g. in adult social services. And his main interest is development and research of learning based on psychodrama, sociodrama and sociometry.

He is the president of NBBE (Nordic-Baltic Board of Examiners) and the Association of Finnish Psychodrama Trainers (MOPSI). He was a former chair of Training in FEPTO Council 2013-2019.

Abstract

The unborn generations will face the huge ecological change of the world. What is our responsibility here and now as individuals and professionals to obey/ comply with the Planetary Boundaries? Is there still hope? What actions will I take? And with whom?

For co-creation

"I need all the hands that there are - none shall be missing" J.L.Moreno: Words of the Father.

We are in the middle of fast ecological changes, that human beings have created while spreading out over the Planet. Today we all are targets of violent information and misinformation. What we need now is people who have not lost their hope and capacity to act and who have a realistic vision of what to do and why.

In this ongoing workshop of 3 sessions:

- You can build up a science-based mind-model of what is the Anthropocene. In sociodrama you can live in its early stages only 10-30 years from now. This experience gives you a change to develop your capacity to act and to attain resilience – to evolve from being a victim to an active survivor. You need motivation, knowledge and skills to act as well as ideas how to co-create a sustainable future with others.
- We use the science-based concept of the nine Planetary Boundaries within which humanity can continue to develop and thrive for generations to come. It is used world-wide in ecological discussions in order to understand what is happening now. It is useful in everyday life situations and also a non-scientist can comprehend it.
- We will explore core beliefs, values and existence of life. Before socio- and psychodrama, J.L. Moreno was first interested in axioms, which are religious, ethical and cultural values in life. He named the process of exploring axioms as axiodrama. Core values are manifested in cosmic roles, which represent the spiritual dimension of Morenian philosophy. Cosmic roles refer to the existential goals and the core tasks of life in relation to other humans and the whole nature.
- We ponder how knowledge, creative action methods and mindfulness will support us and our clients in organizations, in private life as well as in political life to make responsible actions in order to save ourselves and the Living Planet.

The goal of this workshop is to empower participants and to give them an idea of how they can heal the social-ecological plight and build up and accept a good but different planetary future. We need a new way of thinking and behaving in order to follow J.L. Moreno's ideas of co-responsibility and co-creation of the world.

We will use creative action methods based on sociodrama, psychodrama and sociometry in a shared online surplus reality. The three sessions form one continuous process, which is co-created by Marjut Partanen-Hertell, Reijo Kauppila, Kirsti Silvola (psychiatrist, psychodrama trainer T.E.P., psychotherapist), and Pia Rotko (M.Sc. (Tech), Psychodramatist CP) from Helsinki Psychodrama Institute. They are all members of FEPTO Network Group for Climate Change.

Here are main contents of each session:

Friday

Planet calls us for action - how do we respond? (Part 1)

How did we come to this – the triumph of Homo Sapiens and the Planetary Boundaries. In the workshop, you will get a general idea about the theory and model of planetary boundaries which includes the theme of climate change.

Directed by: Marjut Partanen-Hertell & Reijo Kauppila (Finland)

Saturday

Planet calls us for action - how do we respond? (Part 2)

To believe or not – exploring core beliefs and values in relation to climate change

We will identify the signs and explore the effects of climate change in our own context and relationships, which will activate our core beliefs and values.

Directed by: Reijo Kauppila & Marjut Partanen-Hertell (Finland)

Sunday

Planet calls us for action - how do we respond? (Part 3)

Hope in action - the holistic environmental awareness

Hope is based on well-argued beliefs of the future. We will identify our present activities, and find new acts and shared actions how to give our own contribution as professionals and psychodramatist.

Directed by: Marjut Partanen-Hertell & Reijo Kauppila (Finland)

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POSTERS / COMUNICAÇÕES

INTERAÇÃO GRUPAL DE ALUNOS DE PSICOLOGIA EM ESTÁGIO DE NÚCLEO BÁSICO I

Gislaine Lima Da Silva

Gislaine Lima Da Silva

Professora Universitária do curso de Psicologia, Biomedicina, Estética e Nutrição do Unisaesiano. Lins. Psicodramatista Nível II Didáta pelo Instituto Bauruense de Psicodrama. Mestre em Psicologia do Desenvolvimento e Aprendizagem pela Universidade Estadual Paulista. UNESP.Bauru

Resumo

O Estágio de Núcleo Básico I proporciona aos alunos de Psicologia o primeiro contato com as realidades institucionais de cunho social e escolar por meio da observação/interação. Tem o intuito de sensibilizar para o compromisso social dos estagiários e relacionar teoria e prática.

Metodologia

Em sala de aula de supervisão de estágio, por meio de jogos psicodramáticos, os alunos são estimulados a desenvolver suas capacidades na direção de grupos, pois irão desenvolver projetos de intervenção no EBN II. Os alunos pesquisaram e realizaram os jogos em sala de aula durante três sessões de aproximadamente duas horas. Os jogos foram desenvolvidos seguindo a fase da matriz segundo a proposta de Yozo (1996). Após o encerramento das visitas nas instituições desenvolveu-se a interação grupal com objetivo de fazer o fechamento das experiências de estágio e como aquecimento para a proposta de intervenção para o semestre seguinte. No ano de 2019 participaram da integração grupal 22 alunos. Os alunos fizeram um aquecimento de internalização com música de relaxamento para pensarem na linha do tempo ocorrida durante o estágio: as escolhas das instituições no início do estágio, expectativas ocorridas (passado), as vivências durante o estágio (presente) e as perspectivas de escolha e desenvolvimento de um projeto no semestre seguinte (futuro). Em seguida construíram símbolos para cada etapa utilizando fios de lã de diversas cores. Após foram divididos em quatro grupos que caracterizam as fases do desenvolvimento que tiveram contato durante as visitas: crianças, adolescentes, adultos e idosos. Realizaram imagens de cada fase finalizando o fechamento e a interação grupal temática.

Resultados

Desenvolveram com o tema "crianças" a forma de uma teia, um jogo onde se deve tentar desmontar o emaranhado formado com o grupo de mãos dadas.

Os "adolescentes" foram representados de diversas formas de comportamentos observados durante o estágio: timidez, incertezas, bravo, dúvida, apaixonada, tristeza. Com o tema "adulto" fizeram a imagem de um morador de rua e o acolhimento observado durante o estágio pela assistência social. No tema "idosos" representaram as fases do desenvolvimento e a última imagem enfatizando o apoio ao idoso e utilizaram essa mesma imagem para representar a interação grupal. Apresentaram o significado dos símbolos e compartilharam as experiências vividas durante os estágios e da identificação ou não do estagiário com o campo de estágio escolhido.

NOVO OLHAR PARA CARREIRA

Teresa Ribeiro

Teresa Ribeiro

Instituto Riopretense de Psicodrama

Pedagoga, há 25 anos na especialização e no desenvolvimento de pessoas, organizações e carreira. Coach. Psicodramatista em formação / Instituto Riopretense de Psicodrama. Formação: Practitioner em Programação Neuro Linguística; Coaching com Psicodrama. MBA em Gestão do Capital Humano. Pós Graduada em Administração Estratégica com ênfase em Mkt e Recursos Humanos. Conselheira da ABRH-SP.

Resumo

Introdução: Esse estudo versa sobre técnicas do psicodrama e a carreira, com a proposta da aplicação em prol do indivíduo. As técnicas do psicodrama significam apoio eficaz para ajuda ao indivíduo que necessita se reinventar na carreira. Esta abordagem se refere a um sistema inovador para o profissional, atua em parceria com o Coach, para apoio nas situações em que, sozinho, a pessoa não tem recursos para desenvolvimento do autoconhecimento. O psicodrama apresenta técnicas como: Teoria de papéis, Criatividade e Espontaneidade, que propicia mobilização e reorganização interna do sujeito com foco na carreira, ou seja, trazendo o benefício do olhar inusitado para a busca da solução da meta.

Metodologia e desenvolvimento:

1o movimento: considerando sua carreira, qual número se identifica na figura ao lado? 2o movimento: em qual número quer se ver? 3o movimento: se considera acessível para mudanças e pesquisas?

Perguntas que disparam e permitem o interesse pelo movimento.

Psicodrama e técnica da Teoria de papéis: Role taking: papel profissional inteiramente estabelecido, segue apenas imitar modelo. Role playing: profissional tem chance de experimentar novas possibilidades. Role creating: permite o profissional improvisos na criação de papéis, conseqüentemente, mais carga emocional e possibilidade de reações naturais e verdadeiras diante da ação. Unimos a teoria da Espontaneidade e Criatividade: é a capacidade de responder de forma nova às situações novas ou antigas. Segundo Jaime G. Rojas-Bermúdez²: Espontaneidade [...], é a capacidade de um organismo adaptar-se adequadamente a novas situações.

Vivenciar as teorias citadas, vale substituir respostas fixas, do ambiente organizacional, por espontâneo adequado, revende conceitos e cultura do coachee.

Reflexões: é possível transitar na carreira em idades variadas, o psicodrama é uma metodologia de pesquisa e é considerada híbrida, uma vez que aliou a teoria, J.L.Moreno, à pesquisa-ação vivenciada em experiências com

indivíduos interessados na carreira profissional. Com a aplicação do psicodrama, houve relatos de coachee que conseguiram rever sua carreira, o que evidenciam relatos alcançados e metas iniciais cumpridas.

1. <https://vivisawaking.blogspot.com/2017/05/auto-conhecimento-teste-da-arvore.html>

2. www.google acadêmico. Google Scholar. (autor: Jaime G. Rojas-Bermúdez, livro: Introdução ao psicodrama, 2016. Título: Espontaneidade. Criatividade. 2019)

IS DRAMATHERAPY A KIND OF COMMUNITY, THEATRICAL AND SOCIODRAMATIC INTERVENTION? A BOOK INTEGRATIVE

Pedro Torres-Godoy

Pedro Torres-Godoy

Doctor of medicine, psychiatrist, systemic therapist, psychodramatist and drama therapist, University of Chile; author of articles and books published in Chile and abroad; speaker at national and international gatherings; director of Edras Chile; partner at AEP Spain and IAGP; president of TeatroSalud Foundation to intervention community in psychotraumatized neighbourhoods, in seniors and in ethnic minorities.

Abstract

This is a book about theatre, trauma, grief, sociodrama, axiodrama, axiotherapies, sociatry and a community blooming under the name of Dramatherapy for more than thirty years of work in the University of Chile's Theatre Department with Edras Chile and the Health-Theatre Foundation, performing research and training, forming community practices. All of the trauma, the personal grief of the hundreds of participants and students in this experience crystalize in each of the eight chapters showing its development in time.

The first chapter, brings us to see that dramatherapy, sociodrama and psychodrama are three faces of a pyramid. Each one is contained within the others: dramatherapy in psychodrama and sociodrama in both. And the base of his pyramid holds the art, humanization and spirituality. They belong to therapeutic group actions, centered in the scene, the symbol, metaphor and theatre. I don't seek to establish differences rather integration and conjunction.

The following chapter, Minimalist Psychodrama proposes to inform us of the need to adapt psychodrama and sociodrama in post-modern times, where space, time and groups are reined in. Minimalist Psychodrama wishes to rescue the essence of classical psychodrama and bring it together in a clinical scene with essential techniques that are final, austere and precise.

The next chapters seek to defend that which, so much for sociodrama as for dramatherapy that offers up as axiotherapies, that is, sociatric treatments that are centered in universal values, ethics, artistry, spiritual both personal and cultural with the end to educate for a better world.~

Soon we internalize theatre, given that it transits from one's intrapsychic soliloquy in a psychosociodramatic dramatization, up to the theatric reveal of one's own drama, in a monologue with spectators who are not only disposed to be impartial and compassionate, they take part and theatrically confront the monologist's own intimate truth with passion, justice and determination.

Character therapy, in my viewpoint, is the heart of a cure in Dramatherapy.

Constelladrama seeks to be my contribution in my way of seeing the world described in words, in places of movement between one discipline and another. Intersections. Theatre and sociotherapy. I have moved myself in this world along the path of my professional career of more than forty years of work, almost shipwrecked in the middle of a sea, among islets, islands and continents, always seeking the bridges which connect us to love and respect, seen from a therapeutic universe, arts and science.

DRAWING WHAT'S UNDER THE SURFACE - GENERATIVE SCRIBING IN SOCIODRAMATIC SESSIONS

Marie-Pascale Gafinen

Marie-Pascale Gafinen

Illustrator and Graphic Recorder communicating ecological and social sustainability through pictures. She studied communication design at HBKsaar / Germany and Environment and Bio-Resources Management at BOKU Vienna / Austria.

Since 2018 she has been engaging with Theory U and Generative Scribing and took part in a Masterclass with Kely Bird in December 2018.

WORKSHOPS

WILL YOU COME TO MY BIRTHDAY PARTY?

Joerg Jelden

Joerg Jelden

Accompanies organisations in transformational processes and advises them in question of strategy, innovation and organisational development. In order to create momentum for new thinking and action he is specialised on facilitating workshops and participatory group work. Prior to being an organisational consultant Joerg has worked as a futures researcher and conference curator.

Joerg received his Sociodrama training at Sociodrama Academy Berlin by Dr. Ron Wiener and Di Adderley. He frequently runs sociodrama events in Hamburg around transformational topics. Dr. Ron Wiener supports Joerg's sociodrama activities as a mentor. Joerg regularly publishes about sociodrama. Joerg is based in Hamburg, Germany.

Abstract

Action-oriented ways of working with people, groups and communities are more en-vogue than ever before. The fields of organisational development, innovation and education seem especially active in using action-methods. MIT's Presencing Institute has developed Social Presencing Theater - an art form for Theory U. Design thinking and agile development regularly make use of improv theater. In Nordic Countries live-action roleplay (LARP) games are heavily used in educational settings. Emergency response teams prepare people for difficult situations by simulations. Futures think-tanks set up games to help groups emerge into future scenarios. Political movements like Extinction Rebellion make use of performance-based protests (e.g. die-ins).

Many of these experience- and action-oriented approaches see little or no connection to sociodrama. Sociodrama can learn a lot from these other practices, but it also has a lot to give.

The goal of this session to bring all these related practices together in surplus reality and learn from each other. For this learning session we will use a vignette called "The Birthday Party": Sociodrama will host a birthday party. Friends and acquaintances from near and abroad, from back in the days as well as future friends and co-workers might come around. Who will be invited? Who will show up? What presents are being brought along? And how much fun will the party be anyway? The way this birthday party unfolds, will tell us a lot about the current state of sociodrama as well as future paths for our beloved methodology.

MAIS SAÚDE MENTAL NOS MAIORES

Sara de Sousa e Celso Teixeira

Sara de Sousa

Serviço de Psiquiatria do Centro Hospitalar Universitário São João, Escola Superior de Saúde do Politécnico do Porto

Sara de Sousa is a Sociodramatist, Occupational Therapist and professor. She has a PhD in Psychology. She is part of the current Board of Directors of Portuguese Society of Psychodrama (SPP), and is also a member of the redatorial board of SPP's Magazine. She has experience in social intervention with children at risk, caregivers of Alzheimer patients, educational and clinical contexts.

Celso Teixeira, Unidade de Desabilitação Norte - Administração Regional de Saúde

Celso Teixeira, Sócio Didata e Conselho Redatorial da Revista da Sociedade Portuguesa Psicodrama. Licenciatura-Terapia Ocupacional. Mestrado-Sexologia. Pós-Graduação:Reabilitação e Inserção Social. Atividade Clínica com Problemas Ligados ao Álcool e outras Dependências:Unidade de Desabilitação Norte. Grupos de Sociodrama: PLAs, ensino superior, cuidadores de doentes de alzheimer, crianças, desempregados...

Resumo

O objetivo deste workshop é promover a saúde mental nos seus participantes: alunos das Universidades Sénior de Peniche. A metodologia de intervenção será o Sociodrama e os temas centrais a abordar serão a saúde mental, o envelhecimento activo, os hábitos, as rotinas e a vivência do tempo dos participantes. As técnicas que irão ser utilizadas ultrapassam o verbal e proporcionam recursos que dão visibilidade ao quotidiano das pessoas e às suas matrizes relacionais, proporcionando um treino efectivo do desempenho dos seus papéis sociais em grupo, com uma consequente diminuição do isolamento e promoção da saúde mental.

PERFORMERS PROJECT: SOCIODRAMA IN NÓS ASSOCIATION, WORKING WITH BOTH HELPERS AND SCHOOLS

Sílvia Beirão, Léa Kellermann Pereira, Ana Bela Alves & Margarida Belchior

Sílvia Beirão

Fisioterapeuta com formação em psicomotricidade e desenvolve a sua atividade profissional, desde 2002, na Associação NÓS. Trabalha na equipa de CRI (Centro de Recursos para a Inclusão) em várias Escolas do Ensino Regular e na Escola de Educação Especial. Tem participado em vários projetos Europeus, na área da Educação, e atualmente no Projeto Europeu Erasmus+ "PERFORMERS".

Léa Kellermann Pereira

Psicoterapeuta, psicodramatista e sociodramatista. Mestre em Psicologia Sistémica Familiar. Participa em projetos de Sociodrama: "Sociodrama público com Arte", Projeto Europeu Erasmus + "PERFORMERS", "Training2Work" (inclusão social e profissional os jovens), "Projeto Sociodrama na Escola" com crianças e jovens em contexto escolar e na intervenção em pequenos e grandes grupos.

Ana Bela Alves

Trabalho é desenvolvido nas escolas, com o objetivo de sensibilizar e capacitar a comunidade educativa para a Inclusão. O Sociodrama é uma ferramenta importante para trabalhar a inclusão de forma lúdica e intensa.

Margarida Belchior

Sociodramatist, trained by SPP. She is the Portuguese coordinator for PERFORMERS. She trains teachers in Sociodrama and developed public Sociodrama with Art. Her PhD in Education has the title «Learning in the Knowledge Society - between the global and the local - contributions for Peace Education». Teacher educator and experienced as Project manager in the Portuguese Ministry of Education

Resumo

A Associação Nós - Associação de Pais e Técnicos para a Integração do Deficiente é uma Instituição Particular de Solidariedade Social (I.P.S.S). Atualmente, responde à missão de promover a inclusão social de pessoas com deficiência ou em situação de risco e/ou desvantagem social, desenvolvendo projetos e atividades em parceria.

Neste workshop, usando métodos ativos, pretende-se partilhar como esta IPSS se envolveu num projeto internacional ligado ao Sociodrama e de que forma se podem mutuamente influenciar e enriquecer.

Procurar-se-á partilhar a aplicabilidade do Sociodrama, em duas diferentes áreas:

(1) numa sala de aula, para promover a inclusão de crianças com necessidades educativas especiais; (2) como ferramenta que promove o "cuidar dos cuidadores", facilitando a melhoria das relações interpessoais, potenciando o bem-estar dos cuidadores. Pretende-se refletir sobre o potencial e o poder do Sociodrama enquanto ferramenta que facilita, numa organização específica, os processos de se reinventar na sua melhor versão, continuando a comprometer-se com a sua missão e os seus valores e reforçando a sua identidade.

TUDO O QUE SEMPRE QUIS SABER SOBRE SOCIODRAMA NO ZOOM MAS TEVE MEDO DE PERGUNTAR

António Gonzalez, Nuno Amarante & Rita Barros

António Gonzalez

ISPA - Instituto Universitário, gonzalez@ispa.pt

Docente, investigador, performer e encenador. Fundou, em 2005, o dISPAr Teatro que coordena até à actualidade. É sócio didata da Sociedade Portuguesa de Psicodrama. É docente no ISPA desde 1995, tendo aí fundado e dirigido a pós graduação em Desenvolvimento pelas Artes Expressivas. Investiga e publica na área das relações entre o Teatro e a Terapia.

Nuno Amarante

ISPA - Instituto Universitário, nuno.amarante@ispa.pt

Psicólogo Clínico pelo ISPA, Psicodramatista pela Sociedade Portuguesa de Psicodrama e Engenheiro Informático pelo Instituto Superior Técnico. É docente no ISPA, psicoterapeuta na Clínica do ISPA e ator e assistente de encenação do dISPAr Teatro. Fundou a ONGD GASTagus e conta com vários anos de experiência de de formação com recurso a metodologias de educação não formal e métodos ativos.

Rita Barros

Instituto Universitário, ana.barros@ispa.pt

Psicóloga Clínica pelo ISPA e Psicodramatista pela Sociedade Portuguesa de Psicodrama. É docente no ISPA, psicoterapeuta na Clínica ISPA, atriz do grupo de Teatro Playback do dISPAr Teatro (grupo de Teatro do ISPA) e facilitadora de Filosofia para Crianças. Desenvolve projetos de investigação e intervenção para a promoção do bem-estar através do Teatro Playback.

Este workshop será dirigido pela equipa formada pelo António Gonzalez, Nuno Amarante e Rita Barros, que têm dirigido grupos de psicodrama online e em modelo misto, bem como outras intervenções sociodramáticas / teatrais exclusivamente online. Todos são psicólogos, psicodramatistas e o Nuno Amarante é também Engenheiro Informático.

Resumo

O workshop terá como objetivo mostrar possibilidades de como colocar a tecnologia ao serviço do psicodrama e sociodrama. Após cada demonstração, os participantes poderão colocar em prática as funcionalidades/técnicas demonstradas. O workshop será estruturado de acordo com as 3 fases do sociodrama, explorando em cada fase diferentes formas de dirigir no Zoom minimizando o facto de ser à distância e até salientando outras potencialidades específicas do online. Em suma, nestes tempos desafiantes e imprevisíveis, esta equipa pretende partilhar as descobertas que tem feito, sobre como afinal é possível utilizar o Zoom como aliado e até potenciador de intervenções psico e sociodramáticas.

CO-CREATING SURVIVAL: PEACE BUILDING IS OUR COMMON RESPONSIBILITY - HOW WE COPE WITH CLIMATE CHANGE: WHAT CAN WE DO WITH SOCIODRAMATIC ACTION?

FEPTO TASK FORCE for Peace Building and Conflict Transformation: Maurizio Gasseau, Mónica Westberg & Agnes Dudler

Maurizio Gasseau

He is University professor in Aosta - Italy. Co-chair of IAGP Education Committee, and FEPTO Task Force for Peace Building and Conflict Transformation. Main interests are dreams and working on transgenerational topics. He developed the Jungian Psychodrama theory in 1980 and Psychodramatic SDM in 2004. He is leded training groups in 46 countries. FEPTO Excellence Award in 2017.

Monica Westberg

She is educator at Foundation of Psychodrama Academy. She has more than 10 years of experience working with refugee children in different social programs. During autumn 2016, she was part of a project in Stockholm where they documented a successful program for youngster that have been involved in crime. Another project helped the refugee young people to use film for understanding their new situation.

Agnes Dudler

She is psychologist and psychotherapist in a private practice in Bonn since 1982. She is founder and was 20 years director of the "Institut für Psychodrama Szenen" and trainer of psychodramatists for 35 years. She works as counsellor and psychotherapist. She does sociodrama with large groups, training in awareness and selfcare and develops meditation. She published several articles about her work.

FEPTO, the Fepto Task Force for Peace and Conflict

In 2005 a working group was formed in FEPTO, the Fepto Task Force for Peace and Conflict Transformation. We are 18 socio-and psychodramatists from Europe and Mediterranean countries. We meet annually to support each other in different projects. We also invite persons with some special knowledge to teach us in different subjects. Belonging to this group has had a positive impact on our praxis. Working together in this conference, we will meet people from different areas to optimize our time in effecting change in the world we want to live.

We have had workshops at all sociodrama conferences, seminars at universities. In Istanbul we had research lectures about the Kurdish and Armenian people's situation in Turkey. In Granada University, with invited guests, we had research lectures about the effects of the Civil War and held workshops for the students. Some of us were working with the post-revolution situation with professional helpers in Kiev. On Kos island we were working with volunteers, teachers and with the municipality in the refugee crises. We gave a three days course on Peace Building and Conflict Transformation in the IAGP Mediterranean Congress, in Rome, in the 2nd International Psychodrama Conference, and also presented a Seminar in 4th Sociodrama Conference in Iseo.

Sociodrama was also used as a public action during the Falklands / Malvinas war between Argentina and Britain.

PROPOSAL:

We propose three workshops of two hours. Each day will have a different topic, proposed by the Peace Task Force leaders but related with issues of FEPTO Task Force for Peace Building and Conflict Transformation.

To know more about the FEPTO Task Force for Peace Building and Conflict Transformation, please contact: Maurizio Gasseau (m.gasseau@univda.it) and Judith Teszari (jteszary@gmail.com)

Abstract

OBJECTIVES - Climate change is a key challenge of our time, which requires immediate action, collective awareness and a spirit of adaptation. The objective of this workshop is to increase collective awareness about the risks arising from climate change and the need to develop concrete actions.

SOCIODRAMA - The conductor will invite participants to imagine living in a distant future, where harmony reigns in the world. The seas, earth and air are clean and humans have found respect and care for the environment. The participants will imagine the actions and events that have brought about this change and will represent them in small groups. The conductor will invite the group to remember and enact dreams, enabling a creative perspective on these issues and on our destiny.

COMUNICAÇÃO GENEROSA

Andréa Korps

Andréa Korps

ABPS - Associação Brasileira De Psicodrama E Sociodrama

Psicodramatista, Coach, Orientadora Profissional, Psicoterapeuta, Professora e Supervisora. Especialista no resgate da criatividade e da espontaneidade. Desenha e facilita vivências, workshops, treinamentos, sociodramas e atividades que visam a renovação da mente dos envolvidos e o protagonismo dos participantes. É fundadora da Conexar.

Resumo

O workshop tem o objetivo de apresentar o conceito de Comunicação Generosa e realizar uma prática em grupo que permitirá vivenciar a teoria.

A comunicação generosa pressupõe que a empatia é posterior ao autoconhecimento, fato que permite a prática da expressão de sentimentos basais que, a priori, são negligenciados pela conserva cultural. Sem esse olhar duplo, primeiro para si mesmo e depois para o outro, toda comunicação é parcial e pautada por fatores extrínsecos ao movimento dos próprios atos linguísticos.

Duração: O workshop dura 90 minutos ininterruptos.

Programação

Introdução

Conceito

Prática (vivência)

Compartilhamento em grupo

WHEN THE UNDERTOW OF THE DISEASE REACHES US, THE PUPPETS COME TO THE RESCUE

Lucía Aranda Kilian

Lucía Aranda

Universidad de Salamanca (USAL)

Degrees in Nursing and History, she has a Master's Degrees in Systemic Family Therapy and in Advanced Studies in Art History. Currently, she is working on her doctoral thesis in Art History at the University of Salamanca, Spain.

In her practice, she works with individuals and groups in hospitals and universities. She likes to share experiences with people from other cultures.

Abstract

Objectives

To show to the hospital health professionals, how with puppet dramatization, they will be able to expand the communication channels, to improve their personal and work relationships, which will impact the quality of care for patients and their families.

Methodology

The creativity in the EsCs becomes the therapeutic language that allows to approach the traumatic nucleus, independently of the resistance, this is done, thanks to the fact that its theoretical and practical field is formed by therapeutic approaches such as Family Therapy, Sociodrama and Psychodrama. Regarding Psychodrama, these take on Moreno's classical approach, in particular the value of spontaneity, the development of a role and group work. This process is used in working with puppets, as will be illustrated during the workshop.

I will expose to the health professionals (nurses, psychologists, psychodramatists, doctors, physical therapists, language therapists and social workers, among others), a technique that I have developed as a systemic family therapist that I call " Creative Strategies", which allow to deepen the emotions and thoughts of people, leading to a connection with their inner world. With that purpose , during the workshop, after a brief description of the Creative Strategies, teams will be formed which, with the support of puppets that I will provide, but which they will choose, the different groups will carry out a dramatization of the conflicts that usually arise in their workplaces. The technique will help to find the deepest causes of conflicts and their possible solutions.

Outcome

At the end of the workshop the participants:

- They will have a tool that facilitates the assertive expression of their emotions.
- They will know an effective way of communication with their teams.
- They will be recognized as a team and will be able to identify the importance of supporting the families of patients and the health team.

PERFORMERS PROJECT: SOCIODRAMA EXPERIENCE WITH NEWCOMERS IN A SWEDISH UPPER SECONDARY SCHOOL

Mariolina Werner-Guarino & Wessenelesh Beshah-Kidane

Mariolina Werner-Guarino

SPA Svensk Psykodramatikers Förening

Psychodramatist, sociodramatist and psychology teacher working in an Upper Secondary school in Stockholm. She worked with psychodrama- and sociodrama groups continuously since more than twenty years, offering students regular sociodrama courses for personal development, integration and creative reflection on social issues.

Wessenelesh Beshah-Kidane

Huddingegymnasiet, Huddinge

Teacher and mentor, both for new arrivals and in ordinary high school classes. She is the co-organiser and responsible teacher for the development of the subject of Swedish as a second language. Together with Mariolina, she participate since several years to the Sociodrama and Integration Project of the school.

Abstract

The aim of our workshop is to present our sociodramatic work with newcomers and Swedish students in an Upper Secondary School in Stockholm, Sweden. The students of the school are Swedish boys and girls, well-integrated second-generation immigrants and groups of newcomers from all over the world. They are all aged 16 to 20.

We will shortly illustrate some concrete -and we hope useful- examples of the way we work. The goal of all our sociodramatic interventions is to create a secure and protecting space that enables all our teenagers to face daily problems and current issues. As the work is done in school and integrated with normal school programs during normal school days, we really want to emphasize the importance of well planned and carefully performed Warm-ups, helping the students to leave the common dichotomy "write-wrong" and helping them to reach a more creative and spontaneous state of mind where they (and not the teacher) have to find their own personal and adequate solutions. As the newcomers do not speak Swedish yet, we have to work even in a non-verbal ways and practise body language skills in parallel with the study of the language.

In our experience, Sociodrama helps them not only to understand cognitively a different culture and its habits, but also, on a deeper level, it strengthens their resiliency and promotes a stronger and secure self-image. We need to encourage mutual acceptance in order to remove cultural conflicts and possible misunderstandings, integrating newcomers both with the other students and with the Swedish society. The Swedish students as well need to improve acceptance and understanding, as we all are living in a changing and multicultural world.

A PAINTING - BETWEEN THE BELLY BUTTON AND A STARTLING WORLD

Inês Ataíde Gomes & Vera Reynaud da Silva

Inês Ataíde Gomes

SPPPG

Formada em Psicologia pela FPCEUL em 1996, com formação posterior em Psicodrama pela SPPPG - Sociedade Portuguesa de Psicodrama Psicanalítico de Grupo e em Psicanálise pela SPP - Sociedade Portuguesa de Psicanálise

Vera Reynaud da Silva

SPPPG, Hospital Vila Franca de Xira

Formada em Psicologia na Área de Clínica pelo ISPA - Instituto Superior de Psicologia Aplicada em Lisboa. Psicodramatista pela Sociedade Portuguesa Psicodrama Psicanalítico de Grupo.

Resumo

Um quadro - entre o umbigo e um mundo em sobressalto

A arte é uma forma de comunicação por excelência. Traduz sem palavras mensagens universais, passíveis de serem recebidas e aceites por pessoas de muitos lugares, culturas e credos. E isso é possível porque se torna uma experiência estética, pessoal, única para cada um. É através da identificação subjectiva com a obra que nos aproximamos do sentir de outros. De repente, o indizível fica acessível para ser partilhado.

Vamos neste workshop trabalhar a arte como instrumento de intervenção social e educativa, que faz a ponte entre a história pessoal de cada um com o mundo que nos rodeia, trabalhando assim a consciência social, e o sentimento de pertença a um mundo maior.

Afinal... o mundo somos nós.

Da arte para mim, de mim para o mundo, e o mundo em mim.

Já dizia Fernando Pessoa "Eu que me aguento comigo e com os comigos de mim".

Art is a form of communication par excellence. Wordlessly translates universal messages that can be received and accepted by people from many places, cultures and creeds. And this is possible because it becomes an aesthetic, personal experience unique to each one. It is through subjective identification with the work that we approach the feeling of others. Suddenly the unspeakable becomes accessible to be shared.

In this workshop we will work on art as an instrument of social and educational intervention, which bridges the gap between our personal history and the world around us, thus working with social awareness and the sense of belonging to a larger world.

After all ... the world is us

From art to me, from me to the world, and the world in me.

ECOPSICODRAMA: ACORDAR A SEMENTE ECOLÓGICA INERENTE À NATUREZA DO SER TRANSFORMADOR

Ceres M. Campolim Almeida

Ceres M. Campolim Almeida

Psicóloga clínica e organizacional. Psicodramatista e didata pela Federação Brasileira de Psicodrama (FEBRAP). Supervisora pela Sociedade de Psicodrama de São Paulo (SOPSP). Gestora de Organizações sem fins lucrativos. Conselheira Consultiva do Instituto Cílios da Terra (ICT). Ativista em causas ambientais. Autora de artigos e protocolos contextualizando ecologias e a prática sociopsicodramática.

Resumo

Desde meados dos anos 70, sinto-me afetada com a percepção do distanciamento da Sociedade em relação aos cuidados de recuperação e preservação dos recursos naturais. Com essa inquietação, desde a formação Socionômica priorizo dirigir Atos sociodramáticos e psicodramáticos ou sociopsicodramáticos (nomenclatura de minha preferência) com a temática das ecologias, dessa forma, pretendo contribuir para mudanças positivas nas áreas de saúde física, psicológica, socioambiental e, na construção de uma cidadania planetária. Portanto, esta proposta se mescla com percepções nas vivências pessoal, profissional e resultados de intervenções grupais dirigidas em diversas comunidades. A proposta pode recepcionar diferentes características de público alvo pois, a condução com a metodologia sociopsicodramática nas etapas de aquecimento, dramatizações e compartilhamento almeja focalizar diálogos e encenações de situações que estimulem recepcionar a consciência das três ecologias.

Objetivos Específicos:

- Proporcionar aos participantes a vivência sociopsicodramática capaz de despertar a consciência sobre as ecologias pessoal, social e ambiental e suas interfaces para a transformação de ações pessoais e relacionamentos cotidianos.
- Pesquisar no grupo sobre a percepção e inclusão da ecologia planetária como integrante da natureza humana.

Considerações Gerais: Uma das pluralidades dos Atos Sociopsicodramáticos refere-se à sua prática, que, por não ser processual, é mais imprevisível e inusitado. A prática de atos socionômicos, enquanto pesquisa-ação, mostra-se potente como metodologia ativa capaz de promover insights para mudanças na relação de pessoas, comunidades e o ambiente natural em que estão inseridas. Aqui, tem-se como norte a utopia moreniana de que os atos socionômicos criem uma potência para que cidadãos comuns enfrentem a macro política desenvolvimentista adotada no Mundo criando micropolíticas inovadoras, como procedimento verdadeiramente terapêutico para atingir toda humanidade

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WHO I AM? WHO ARE YOU? STEREOTYPE AND PREJUDICE BETWEEN GENERALIZATION AND EXTREMISM

Stefania Macchieraldo

Stefania Macchieraldo

HURACT - Business School

I worked as researcher for Communication Observatory of UC and Istituto Gemelli in Milan and at the same time as marketing director for new media company. Today most of my job is about psycho-social welfare using clinical, educational and supervision actions near individuals, schools and organizations. For years I have treated gender question both as prevention and psychotherapy intervention.

Abstract

A stereotype is a fixed, over-generalized belief about a particular group or class of people.

On one hand, a stereotype enables us to respond rapidly to situations because we may have had a similar experience before. However, on the other hand, it makes us ignore differences between individuals.

Therefore, stereotypes lead us to we held false beliefs about people. The use of stereotypes simplifies our approach to the social world since it reduces the amount of cognitive processing needed while meeting a new person. By stereotyping, we infer that a person has his/her group's characteristics and abilities.

Notwithstanding all of the above, stereotypes bring the drawback of social categorization, which is one of the reasons for prejudice attitudes (i.e. "them" and "us" mentality). Such an approach, in turn, leads to the in-group and out-group classification.

Despite the existence of positive examples of stereotypes exists, negative stereotypes seem far more common, and also positive stereotype can lead to prejudice. Nowadays, in an era of rapid social changes, stereotypes and prejudice can be perilous and undermining human evolution.

What is the contribution that sociodrama can bring to such a fundamental issue of the human being?

We'll try to find the answer playing this sociodrama.

LIVING TOGETHER ON BOTH SIDES OF THE BORDER -? - UTOPIA OR SURVIVAL FORCE

Yafi Shpirer

Yafi Shpirer

Trainer and supervisor, Sociodrama trainer, Individual and group therapist in AMCHA institute , Ashkelon .Individual , family and group therapist in MASHABIM org, interventions in trauma and crisis events. Group therapist in MAHUT org, with women after Gaza pullout .Trainer and supervisor in Haifa university, Psychodrama section,Trainer and Supervisor in Seminar Kibutzim College , Trainer in Ben Gurion University , Counselling training .Privet Clinic, Privet Group Analysis Group .Group Therapist and individual Therapist in "Hof Ashkelon" resilience center- Se Far CBT therapist .

Abstract

This workshop will give the opportunity to explore our limits, borders, boundaries in the personal and social life.

Co-Creating social responsibility- What is that Is there such a thing as Co-Creating social responsibility? Why do I even have to be responsible for something that doesn't directly concern me here and now? Is it my responsibility to react in front of "political "issues?

Do we have a vision for a social ideological future?

What are the limits of our professional work in these times?

The work shop will deal with those topics and other ones that will be relevant for the group of people that will attempt to come to this event.

We will implement actions methods, psychodramatic tools and sociodramatic thinking.

RECONHECENDO AS VIOLÊNCIAS E AS PÉROLAS QUE NOS HABITAM

Mariângela Pinto da Fonseca Wechsler & Andréa Cláudia de Souza

Mariângela Pinto da Fonseca Wechsler

Departamento de Psicodrama do Instituto Sedes Sapientiae (DPSedes, São Paulo)

Psicóloga; Doutora em Psicologia pela Universidade São Paulo (USP); Psicodramatista, Didata e Supervisora pela Federação Brasileira de Psicodrama (FEBRAP); Especialista em Terapia Familiar Sistêmica pela Universidade Federal de São Paulo (UNIFESP); Equipe de coordenação do Projeto Psicodrama Público do Centro Cultural São Paulo (desde 2004); Coordenadora Geral do DPSedes (gestões 2015-17/2017-19); autora de livros e artigos em Revistas especializadas; Consultório de psicoterapia para crianças, casais, famílias, adultos e grupos (desde 1985) e professora/Supervisora de Psicodrama em diferentes escolas brasileiras.

Andréa Cláudia de Souza

Potenciar Consultores Associados

Psicóloga; Doutora em Psicologia - UAL (Lisboa); Mestre em Psicologia da Saúde; Psicodramatista/Didata/Supervisora; Autora dos livros "Sociodrama nas Organizações" e "Sociodrama na Educação". Atuação profissional: Sócio Consultora Associada da Potenciar Consultores e Professora de Psicodrama em diferentes escolas brasileiras

Resumo

O Objetivo geral desta proposta sociodramática é de facilitar o reconhecimento das violências cotidianas, da violência doméstica e dos seus efeitos à saúde mental.

Como objetivos específicos, facilitar a formação de novas redes de apoio que apontem para uma Cultura da Paz, engendrada pelas possibilidades oferecidas pelos novos vínculos relacionais experienciados no trabalho.

Sabemos que a violência doméstica não se cura em um único encontro, que sua genealogia pode ser transgeracional e que seus efeitos na saúde mental são desastrosos, pois não permite o reconhecimento fiel das necessidades do sujeito, confundindo-o e aprisionando-o ao circuito do medo, da raiva e da culpa, a comportamentos desajustados socialmente, à depressão e outros efeitos na esfera da saúde mental. No entanto, também sabemos que embora a violência atravessasse nossos corpos e almas, sobretudo neste nosso momento contemporâneo, é de suma importância que possamos nos responsabilizar, nomeando-as e, ao mesmo tempo, convocando os sujeitos a tomar consciência que qualquer transformação se inicia em nossas ações.

Dessa maneira, a metodologia sociodramática poderá nos auxiliar no mapeamento do agrupamento e facilitar a formação de um grupo, onde as "pérolas" de cada um possa ser reconhecida, bem como a "concha que as aprisionam", visto que a 3ª. idade é um momento de avaliações da Vida em busca da sabedoria.

DE QUE VIOLÊNCIAS FALAMOS QUANDO FALAMOS DE MULHERES? RECORTES INSTANTÂNEOS DA REALIDADE.

Dulce Silva & Sara Machado

Dulce Silva

UMAR (União De Mulheres Alternativa e Resposta)

Sociodramatista pela Sociedade Portuguesa de Psicodrama. Licenciada e com Mestrado na área do Teatro e Educação. Com formação em igualdade de género, violência doméstica e no namoro e violência sexual. Formação em gestão de conflitos. Com especialização em gestão das organizações de Economia social.

Sociodramatista no projeto T2W (training to work) na Associação TESE. Sociodramatista Freelancer.

Sara Machado

INDIVIDUAL

Sociodramatista pela Sociedade Portuguesa de Psicodrama. Enfermeira no Serviço de Medicina Oncológica piso 4 do IPO Porto. Com Especialidade em Saúde Comunitária e Pós graduação em Cuidados Paliativos e em Oncologia.

Resumo

O que é ser mulher?

De que forma ser mulher nos condiciona nas nossas rotinas diárias e na nossa relação com os outros e com o mundo que nos rodeia? A que tipo de violências está sujeita a mulher?

Este workshop servirá para explorarmos os diferentes tipos de violências relacionados com a mulher e de que forma o Sociodrama pode ser uma ferramenta poderosa de trabalho e reflexão sobre essas violências.

O workshop tem como base uma iniciativa do Projeto EIR- Emancipação, Igualdade e Recuperação (UMAR), no Porto, que foi direcionada a mulheres e que pretendia através de sessões de sociodrama e socioeducativas abordar temas sobre género e sexualidade que promovessem o empoderamento feminino.

No decorrer destas sessões várias temáticas foram surgindo: a independência emocional, a violência sexual, a violência doméstica, a autoestima, a mastectomia, a maternidade, a mulher em cargos de liderança, o assédio verbal e físico no local de trabalho, em transportes públicos e locais públicos.

Temas que dizem muito sobre a nossa HUMANIDADE, humanidade para connosco e humanidade para com os outros.

Moreno dizia que o seu grande objetivo era apenas salvar toda a humanidade.

Seremos muito mais modestas, pois o que pretendemos é lançar o desafio para este(s) tema(s) e de que forma os/as vários/as participantes de diferentes áreas possam perceber o que é que pode ser feito por cada um/uma de nós na construção de uma sociedade mais justa e igualitária.

Pensou-se este workshop para ser feito numa organização, hospital ou centro de saúde, aproveitando duas grandes áreas de valor das sociodramatistas: Saúde e Igualdade de Género.

O workshop terá como base a técnica do jornal vivo (jornal dramatizado), técnica criada por Moreno, através da utilização de recortes de notícias, reportagens e fotografias.

O jornal vivo será utilizado como forma de aquecimento e aproximação do grupo ao tema lançado.

PERFORMERS PROJECT: SOCIODRAMA AS APPLIED SOCIAL SCIENCE - CO-CREATE OF THE SOCIODRAMA STANDARD & CURRICULUM FOR THE BENEFIT OF THE NEXT GENERATION

Judith Teszáry, Ági Blaskó, Margarida Belchior, Irina Stefanescu, Jana Damjanov, Monica Westberg, Sara Sousa, Diane Adderley

Judith Teszáry

Judith Teszáry is a senior Psycho- and Sociodrama trainer, practitioner, supervisor and international lecturer from Sweden/Hungary. She is a founding member of FEPTO and served as President in 6 years. She is the chair of the Swedish Association of Psychodramatists. Coordinator of the FEPTO team in the Erasmus+ Performers2 project.

Member of the Fepto Task Force for Peace Building and Conflict Transformation group.

Agnes Blaskó

Hungarian dramatist, develops and implements drama methods. She is committed to disseminating sociodrama in different social fields. Works with medical doctors (Semelweis University, Budapest), university students (Budapest University of Technology and Economics) and staff of the detention center (PERFORMERS Project).

Margarida Belchior

Sociodramatist, trained by SPP. She is the Portuguese coordinator for PERFORMERS. She trains teachers in Sociodrama and developed public Sociodrama with Art. Her PhD in Education has the title «Learning in the Knowledge Society - between the global and the local - contributions for Peace Education». Teacher educator and experienced as Project manager in the Portuguese Ministry of Education

Irina Stefanescu

Passionate and experienced Learning & Development Partner for organizations and their people. Chemistry graduate, Irina is an accredited trainer, coach, sociodramatist and psychodramatist. She works in Romania and abroad, contributing also to the one-year certificate course for sociodrama and action methods for business and education in Geneva, with ODeF.

Jana Damjanov

From Novi Sad, Serbia. She is psychodrama trainer, therapist and supervisor, but also a magister in clinical and health psychology. She is co-founder and vice president of Regional Association for Psychodrama and Integrative Psychotherapy. She works as psychodrama trainer, psychotherapist and supervisor for the last 15 years regionally (Bosnia, Serbia, Slovenia) and internationally.

Monica Westberg

Educator at Foundation of PsychodramaAcademy. She has more than 10 years of experience working with refugee children in different social programs. During autumn 2016, she was part of a project in Stockholm where they documented a successful program for youngsters that have been involved in crime. Another project helped the refugee young people to use film for understanding their new situation.

Sara de Sousa

Sociodramatist, Occupational Therapist and professor. She has a PhD in Psychology. She is part of the current Board of Directors of Portuguese Society of Psychodrama (SPP), and is also a member of the editorial board of SPP's Magazine. She has experience in social intervention with children at risk, caregivers of Alzheimer patients, educational and clinical contexts.

Diane Adderley

Diane Adderley is a Senior Sociodrama Trainer and psychodramatist from the UK. Therapist, coach and supervisor in private practice; delivers action-based training in organisations. 2006-2012 - co-director Sociodrama and Action Methods Diploma course with Ron Wiener, in the UK, and internationally. Co-editor (with Ron Wiener and Kate Kirk) Sociodrama in a Changing World (2011 www.lulu.com)

Abstract

Co-create of the Sociodrama standard&curriculum for the benefit of the next generation.

- is our social responsibility.

Engagement in social issues is more and more in focus for professionals dealing with groups. We have a very efficient tool, Sociodrama, to explore and handle questions in micro, meso and macro level - from small communities to larger political area. Sociodramatic methodologies promote participation, giving voice to all, in a very caring, open and democratic way, allowing people to engage together and find creative solutions for social problems, having in mind what Moreno (his creator) said:

«A truly therapeutic procedure cannot have less an objective than the whole of mankind. But no adequate therapy can be prescribed as long as mankind is not a unity in some fashion and as long as its organization remains unknown.» (Moreno, in *Who Shall Survive?*, 1934)

FEPTO with partner organisations from 5 countries, within a Erasmus+ project, PERFORMERS 2, is dealing with this challenge through the will of harmonising Sociodrama training and practice in Europe and in the Mediterranean countries.

In this interactive workshop we wish to open the scene and gather the thoughts and experience of sociodramatists who are interested in to contribute to develop training and practice in sociodrama. It would be also very interesting to hear from those that are searching for sociodrama training, what they expect.

We need your knowledge, expertise and experiences to co-create a systematic structure of sociodrama training and sociodrama curriculum we can offer for the next generation sociodramatists.

Leaders of the group: Judith Teszary, Ági Blaskó, Margarida Belchior, Jana Damjanov, Monica Westberg, Sara Sousa, Diane Adderley and all the names who will co-lead this session.

AWARENESS: COMBATER O STRESS E O BURN OUT IT'S ABOUT YOU!

Helena Casanova

Helena Casanova

Certified Behavioral Trainer for the development of soft skills, Group Coach and Corporate RH Consultant for 25 years. She led the company's teams of trainers for 14 years at CEGOC. She has devoted her last 5 years to the research and practice as a corporate health & wellness specialist group coach. Her academic path includes Organizational Psycho-sociology at Universidade Nova de Lisboa, Cognitive Behavior Therapies (Master in Clinical Psychology) and Physiotherapy and Health. She is a certified Health & Wellness Specialist Coach and has the degree in Therapeutic Creative Expressions from ISPA. She is a Karunavira student (from Bangor University) for Mindfulness and Chi Kung areas, and will complete (in March 2020) the degree of Mindfulness Instructor at the University of California School of Medicine (San Diego). She is a student at Portuguese Society of Psychodrama (SPP) for Sociodrama Diretor certification.

Resumo

O auto conhecimento é a chave para o progresso do bem-estar e da saúde nas organizações
Qual o propósito do workshop?

Mudar hábitos e comportamentos, alinhando-os com o Life-Balance, implica tomar consciência do impacto que têm as escolhas que fazemos diariamente, no nosso equilíbrio físico e emocional: a interferência do trabalho na nossa vida privada, a alimentação desregrada, as poucas horas de lazer, a falta de auto-cuidado e exercício físico regular, são hábitos com impacte direto na saúde, no agravamento dos sintomas do stress, no aumento do risco de burn out. A mudança destes comportamentos é o propósito do workshop.

O desafio é promover a auto-consciência, o conhecimento, estimulando as melhores escolhas dos colaboradores para - naquilo que está ao seu alcance - criar harmonia nas diferentes dimensões da sua vida, tornando-se mais saudáveis.

Os Programas de bem-estar corporativo definem-se como atividades destinadas a promover práticas organizacionais e comportamentos individuais, para a melhoria do bem-estar dos colaboradores. As diferentes iniciativas - nutrição, exercício físico - concorrem para a melhoria da saúde. Mas o Processo de Mudança começa no indivíduo: o AWARENESS visa dotar os colaboradores de novas ferramentas e mecanismos adaptativos para saberem lidar melhor com os níveis de stress do contexto atual. Para as Empresas, é um novo paradigma no desenvolvimento dos RH: a responsabilidade do Life Balance é partilhada entre empregador e empregado.

O que leva consigo cada Participante?

Um espaço que construiu para si próprio, em torno de 3 pilares: a autoconsciência, a responsabilidade e o encontro com soluções para melhorar o seu life balance, diminuir o stress e o risco de burn out.

Metodologia 100% vivencial:

Alongamentos dinâmicos

Momentos de presencing, práticas de mindfulness

Trabalhos individuais com recurso à arte-terapia

Dinâmicas de movimento e dança

Sociodrama e Psicodrama

Dinâmicas de coaching

Suportes didáticos: projeção de filmes, materiais de expressão plástica, música para vivências baseados nos princípios intemporais da formação do caráter e da eficácia de Stephen R. Covey.

i) Através de dinâmicas de auto descoberta, ferramentas de coaching health & wellness e arte-terapia, cada participante vai ponderar sobre o que é realmente importante para si: Consigo equilibrar trabalho e vida privada? Qual o cuidado que tenho comigo próprio? Como estão os meus níveis de stress?

Pratico exercício

físico com regularidade? ii) O presencing e mindfulness proporcionarão o contacto e a consciência com o

momento presente, a par de ferramentas práticas para a futura gestão do stress e a redução dos níveis de ansiedade.

iii) Pela mão de Moreno introduziremos o movimento e a linguagem corporal, o lúdico e a criatividade. A privacidade é preservada, mas os participantes enriquecem os seus insights porque beneficiam da sabedoria coletiva do grupo

iv) As técnicas de Psicodrama e Sociodrama ampliarão a relação empática, o sentido de pertença e a generosidade, reforçando o alinhamento vertical (corpo|mente) e horizontal (a minha responsabilidade perante os outros, a sociedade, o planeta)

v) No fecho, o Workshop alia-se ao Coaching: cada Colaborador vai ponderar mudanças de hábitos e comportamentos, focar-se no que é prioritário: definir o seu propósito (porquê), o seu objetivo principal (o quê) e o melhor método (como) para o atingir.

CO-CREATING SURVIVAL: PEACEBUILDING IS OUR COMMON RESPONSIBILITY - HOW TO PROMOTE RESILIENCE: WORKING WITH IMMIGRANT'S CHILDREN STIMULATING TRUST IN RELATIONSHIP AND HOPE IN LIFE

FEPTO TASK FORCE for Peace Building and Conflict Transformation: Gabriella Nicrotra, Eva Fahlström-Borg & Melinda Ashley Meyer De Mott

Gabriella Nicrotra

Psychologist, psychotherapist. Family, childhood, adolescence therapist. Group-analysis, psychodrama and socio-drama in preventive-creative, therapeutic, training and supervision groups. Clinic Center-Laboratorio-Gruppoanalisi, ANDAF board (Neoplastic Assistance and Palliative Care). President co-AMP and director of Sicilian Session (Mediterranean Association of Psychodrama); board FAVO; AIMMF; FePTO. ANDAF Onlus RESEARCH GROUP, ANDAF Onlus CATANIA Italy

Eva Fahlström-Borg

Founding member of FEPTO and of FEPTO Task Force for Peace Building and Conflict Transformation. Chair of Trauma and Disaster Intervention Team IAGP. Senior licenced psychotherapist and authorised teacher and supervisor of psychotherapist. International trainer of Psychodrama, Sociodrama, Theatre without Manuscript, Geno(socio)gram, Social Transformation and Restorative Justice.

Melinda Ashley Meyer De Mott

PhD and Psychodrama Director, she is the Director and Co-founder of the Norwegian Institute for Expressive Arts and Communication (NIKUT). She is Professor and Core faculty at the European Graduate School (EGS), Switzerland and senior faculty member at the University of South East Norway. She made three documentary films about EXA with traumatized refugees, carried out several research projects and several written articles about EXA work with trauma survivors. Her research focus has been on spontaneity training and expanding the range of play with trauma survivors.

Abstract

"Traumatic experience is captured in our bodies therefor victims of violence and war often escape their own body what means they disconnect from their body-awareness in order not to feel the pain of the memory" (Van der Kolk 2014).

Through sociodrama we are able to help youth and children to recreate a sense of self and a sense of safety in their bodies, engage in play and connect with the leaders and the other group members, *inclusion*. The objective is to strengthen *resilience*, cope with stress symptoms and develop trust. We do not work with the traumatic events but focus on the *here and now* and the future - "the way we wish the future to be". (Traumatized children have often lost the ability to dream about a better future). Scenario-building of the future is one way.

To create a *safe space* we use safe and predictable rituals, safe and warm leadership. We create a space for inclusion. A place where each individual can be themselves and their authentic selves will be accepted and honored. Where laughter and joy become natural. The use of non-competitive plays and games is one tool as well as using symbols and narratives, songs and dances. Games and plays to get to

know the other group members. We work with opening up the senses, the sight, the hearing, the touch. We teach self-soothing exercises.

The healing power of the group, sharing survival skills, build inclusion, resilience, trust and hope.

To know more about the FEPTO Task Force for Peace Building and Conflict Transformation, please contact: Maurizio Gasseau (m.gasseau@univda.it) and Judith Tetzari (jteszary@gmail.com)

EMERGING ADULthood: SOCIODRAMA OF THE LIFE STAGE BETWEEN ADOLESCENCE AND ADULthood

Daniela Simmons

Daniela Simmons

PhD, TEP, American Society of Group Psychotherapy and Psychodrama (ASGPP), Expressive Therapies Training Institute (ETTi) Dr. Daniela Simmons, has been utilizing action methods since 1995 in Europe and since 2005 in the United States. She is a Board-Certified Trainer, Educator and Practitioner (TEP) by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.

Professional experience both in Europe and the US, is in educational, research, and consultancy work in the social sciences and mental health. She is the President of the American Society of Group Psychotherapy and Psychodrama (ASGPP); and an executive editor of the American Journal in Psychodrama, Sociometry and Group Psychotherapy.

Offers experiential, didactic and online training modules on action methods (Psychodrama, Sociodrama, Sociometry, Theatre of the Oppressed, etc.) in Dallas-Fort Worth Metroplex, TX; other states and internationally. Daniela is utilizing action methods also in her teaching practice in graduate and post-graduate university programs; and examining doctoral theses on Creative Expressive Arts and Action Methods. She delivers frequently public presentations and is the author of numerous research articles.

Abstract

Emerging adulthood' is a phase of the life span between adolescence and full-fledged adulthood. This is the distinct period between 18 and 25 years of age where adolescents become more independent and explore various life possibilities in love, education, work, and worldviews, more than in any other age period. In recent decades, the lives of people in their late teens and twenties have changed so dramatically that a new stage of life has developed - the period of emerging adulthood, lasting from the late teens through the mid-twenties, distinct from both the adolescence that precedes it and the young adulthood that comes in its wake.

Young people just out of high school and into their 20's are spending more time experimenting with potential directions for their lives. It is an age when people explore various possibilities in love and work as they move toward making enduring choices. Through trying out these different possibilities, they develop a more definite identity, including an understanding of who they are, what their capabilities and limitations are, what their beliefs and values are, and how they fit into the society around them.

At the same time, emerging adulthood can be a time of immense instability in education, work, and romantic relationships. Young people need to learn to make independent decisions about everything. It is an age of feeling in-between, not adolescent but not fully adult, either.

The workshop participants will recognize and explore the uniqueness of this period of life and the "feelings in between" among the young people in that age group. What kind of variations in emerging adulthood would you predict within your country? What can societies do to enhance the likelihood that emerging adults will make a successful transition to adulthood? The workshop participants will have the opportunity to explore these and other important questions.

Learning Objectives

- Explore through sociodrama this distinct period of age.
- Identify the five features that distinguish emerging adulthood from other life stages.
- Describe the variations in emerging adulthood in countries around the world.

PSICODRAMA COMO APOIO À REABILITAÇÃO DE DEFICIENTES VISUAIS

Luis Gutman

Luis Gutman

DELPHOS

Engenheiro e Psicodramatista, formado pelo Instituto DELPHOS, do Rio de Janeiro (Brasil), Diretor de Teatro Espontâneo com deficientes visuais, autistas e jovens com Down desde agosto de 2005. Autor de livro (A Chave) sobre o papel do Teatro e o Psicodrama na reabilitação de pessoas com necessidades especiais. Monografia sobre Psicodrama e a Reabilitação de Deficientes Visuais.

Resumo

OBJETIVO: refletir, através de cenas de Teatro Espontâneo, sobre as dificuldades inerentes à vida de pessoas com necessidades especiais e o papel da família para o apoio à Reabilitação

METODOLOGIA: Sociodrama com participação da plateia, atuando como se fossem pessoas com necessidades especiais ou seus familiares Trabalho com pessoas com deficiência visual desde agosto de 2005, buscando, através de técnicas de Psicodrama, reforçar a Resiliência, autoestima, autoconfiança e outras características pessoais.

Nesse workshop aplicarei um Sociodrama e técnicas do Teatro Espontâneo, visando alcançar os objetivos acima mencionados.

DISCUSSÃO DRAMATIZADA DE UMA INTERVENÇÃO COM SOCIODRAMA ORGANIZACIONAL NUMA ORGANIZAÇÃO EM PROCESSO DE LUTO E TRANSIÇÃO GERACIONAL

Pablo Alvarez Valcarce & António Gonzalez

Pablo Alvarez Valcarce

Director del Grupo de estudios de Psicodrama de Madrid (GEPM), Miembro Supervisor de la Asociación Española de Psicodrama (AEP) Miembro Supervisor de la
Médico Psiquiatra, Psicodramatista , Formador en Psicodrama. Consultor de Sociodrama Organizacional, Profesor de Psicodrama en las Universidades UAM y UCM de Madrid , España

António Gonzalez

Psicólogo, psicodramatista Profesor de ISPA (Llsboa), Miembro de la Sociedade Portuguesa de Psicodrama (SPP)

Resumo

O workshop abordará os seguintes aspectos:

- O diagnóstico da crise
- O desenho e objetivos da intervenção com o equipa diretiva e com o resto da organização
- As técnicas sociodramáticas da intervenção (discussão dramatizada, role playing com os participantes do workshop)
- Os resultados na elaboração do luto e no processo de delegação.

PROTAGONIST-CENTRED SOCIODRAMA (PCS)

Diane Adderley

Diane Adderley

SCAN (Sociodrama & Creative Action Network, UK) affiliated to BIP (Birmingham Institute for Psychodrama)

Senior Sociodrama Trainer and psychodramatist from the UK. Therapist, coach and supervisor in private practice; delivers action-based training in organisations. 2006-2012 - co-director Sociodrama and Action Methods Diploma course with Ron Wiener, in the UK, and internationally. Co-editor (with Ron Wiener and Kate Kirk) Sociodrama in a Changing World (2011 www.lulu.com)

Abstract

What is that? Almost sounds like a contradiction in terms - surely 'Protagonist-Centred' means counselling, therapy, psychodrama? Well, in Protagonist-Centred Sociodrama, we can look at the individual story from the perspective of how it is embedded in the system or systems which surround it. For example, an individual may be struggling in their organisational team role. The tendency of the individual, frequently, is to blame themselves - "Why can't I cope?", "Why am I failing here?" "I'm not up to the job". In a PCS frame, we can use the individual story as a starting point for the group to examine the systems in the surrounding context that may affect the individual. The purpose is to explore a situation or issue from a system-wide perspective. For the individual storyteller, our experience is that they will reach some new understandings of the stress they may be experiencing and perhaps find new ways forward.

To do this, we will need a group member to contribute a real, live story - this may be a story of your working life or your personal life. Diane will be working with your story in a PCS frame, widening ownership of it to the group and then bringing it back to the individual.

This specific way of doing PCS is particularly known in Australia and has also been developed by Ron Wiener, among others.

See Sociodrama in a Changing World (eds. Wiener, Adderley, Kirk) 2011. Section 1, 'So What is Sociodrama': see chapters by Rollo Browne (p.11-28) and Ron Wiener (p. 29-31)

IT IS UP TO US! - HOW CAN ORGANISATIONS GROW IN SYNC WITH THEIR SYSTEMS?

Irina Ștefănescu

Irina Ștefănescu

ARPsiC Romania and BPA UK

Passionate and experienced Learning & Development Partner for organizations and their people. Chemistry graduate, Irina is an accredited trainer, coach, sociodramatist and psychodramatist. She works in Romania and abroad, contributing also to the one-year certificate course for sociodrama and action methods for business and education in Geneva, with ODeF.

Abstract

On Aug. 19th, 2019, the Business Roundtable has redefined the purpose of a corporation to promote "an economy that serves all Americans". <https://www.businessroundtable.org/business-roundtable-redefines-the-purpose-of-a-corporation-to-promote-an-economy-that-serves-all-americans>

J.L. Moreno would have loved it! Why not applicable in the rest of the world, to the other businesses and their communities?

When we help organisations becoming aware of the need to be also socially responsible by:

- delivering value to their customers,
- investing in their people - fostering diversity and inclusion, dignity and respect,
- dealing fairly and ethically with their suppliers by being good partners,
- supporting the communities where they work by respecting people, protecting the environment and embracing sustainable practices,
- generating long-term value for shareholders,

WE HAVE **SOIODRAMA!**

Thus we can accompany people and their leaders in organisations:

- to map their expanded systems,
- to take the role or to role reverse with all stakeholders,
- to give a voice to everybody and expand the social roles through double and tagging,
- to mirror their position, attitudes, values, actions and impact towards each of the parties in order to better calibrate themselves and spot the possible developments of their partnerships,
- to test different behaviour that would contribute more to their system's growth,
- to get more motivation from the play energy,
- to discover through enactment a more inclusive vision or
- to decide upon their roles repertoire with the cultural atom.

Then, at the end of each intervention, we invite them to sit together and share in many layers, learning from each other and from this memorable experience: sociodrama.

To help the leaders radically influence their organisation's culture, means that they become the directors of the movie that is played in the minds of their people. And this movie can be created on the stage, by them, with us using sociodrama.

When you decide to join this workshop, make sure you have in mind an organisation that you could accompany, therefore a whole community that you could help to thrive. Action!

PERFORMERS PROJECT: SOCIODRAMA BEHIND BARS

Eszter Pados

Eszter Pados

Psychodrama leader, Criminologist, Psychopedagogue

Eszter Pados works in different fields with marginalized groups, with sociodrama. She is a professional of a youth detention center in Hungary. She works with the Hungarian team members of the PERFORMERS project with sociodrama method to improve the institutional system.

The workshop is moderated by: the Hungarian Partners and psychodrama leaders of the PERFORMERS project. By name: Eszter Pados, Ágnes Blaskó, Andrea Kocsi, Kata Horváth, Kriszta Galgóczi, Mónika Durst and Orsolya Fóti

Abstract

How do juvenile detention facilities work? What topics are incarcerated youth interested in?

What are the issues and the difficulties of the professionals working within a totally closed institution?

What does society think about them and about their work?

And why should sociodrama be needed in these circumstances?

The Hungarian Partners of PERFORMERS International Sociodrama Project has been working with sociodrama method in Youth Detention Centers since 2016. They work with the whole institution in three different levels; with leaders, colleagues, and with youth. They use democratic, action method within a total institutional framework to improve the institutional system, to increase the role-efficiency of the employees and to create a dialogue between the participants of the different hierarchical levels.

The aim of the workshop is to give the participants a taste of the work of the Hungarian Partners of the PERFORMERS International Sociodrama Project. During the workshop participants will be given the chance to try the role of the above mentioned three groups of the institution. Also, we intend to investigate what questions and difficulties they have and we would like to make the specifics of sociodrama within a closed institutional framework visible.

PUBLIC SOCIODRAMA WITH ART: EMPATHY - TRANSFORMATION, RELEASING, HEALING

Léa Kellermann Pereira & Margarida Belchior

Léa Kellermann Pereira

Léa Kellermann Pereira é psicoterapeuta, psicodramatista e sociodramatista. Mestre em Psicologia Sistémica Familiar. Participa em projetos de Sociodrama: "Sociodrama público com Arte", Projeto Europeu Erasmus + "PERFORMERS", "Training2Work" (inclusão social e profissional os jovens), "Projeto Sociodrama na Escola" com crianças e jovens em contexto escolar e à intervenção em pequenos e grandes grupos.

Margarida Belchior

Margarida Belchior é sociodramatista, formada pela SPP. Coordenadora nacional do projeto PERFORMERS (ERASMUS +). Dinamiza workshops sobre Sociodrama na Educação e o projeto "Sociodrama Público com Arte". Doutora em Educação com a tese "Aprender na Sociedade da Informação e do Conhecimento - contributo para a Educação para a Paz". Foi professora do 1.º CEB, formadora de professores e gestora de projetos no ME.

Abstract

We are going to run a Sociodrama workshop under the theme "Empathy - transformation, releasing, healing", like we do each month, for free and openly, in a public space, in a bookshop and art gallery, in Lisbon. We'll start with the

"warm-up", we'll go on with the "wheel of stories" about this issue, in small groups, and then will ask each group to put in action a common storie emerged from the former sharings. We'll end with the "love-back" sharing moment.

For us "Empathy" with the Other, with the others and with what is around us, is related with the philosophy of Sociodrama, namely with the "encounter" and Moreno's poem "An Invitation to the an Encounter". Both "role-play" and "role-

reverse" technics are, from our point of view, directly related with Moreno's philosophy. "Empathy" implies always transformation, releasing and healing, this means experiencing new points of view, to know others' cultures, to learn about the suffering of others, to wear others' shoes - and all this can be learned with sociodrama.

We started this project of "Public Sociodrama with Art" three years ago. The aim is to offer to the city, to Lisbon's people, a moment of "Encounter" through art - paintings, music, dance - using sociodrama methodologies. We also aimed to

make Sociodrama more known in the public space and to broaden our experience of directing sociodrama sessions. This is a big challenge that we made ourselves: as these are open sessions, there is no fixed group, everytime we have new people, and we never know how many participants we will have in the session.

We are in the 5th cycle, the cycle of Empathy. Each cycle has four or five sessions. The former cycles were: "Fernando Pessoa", "Women voices",

"Emotions voices", "Human rights" and now "Empathy".

SOCIOMETRIA E EDUCAÇÃO: REFINANDO INSTRUMENTOS DE RELAÇÃO INTERPESSOAL

Luzia Mara Lima-Rodrigues & Elena Nosedá Bustos

Luzia Mara Lima-Rodrigues

Instituto Politécnico de Setúbal & Universidade Lusófona de Humanidades e Tecnologias - Portugal, luzialima-rodrigues@hotmail.com

Luzia Mara Lima-Rodrigues participated in the Brazilian psychodramatic movement, from 1991 to 2002. She coordinated the 1st postgraduate course in "Pedagogical Psychodrama" in Brazil and directed numerous sociodrama sessions, also in Argentina. University professor in Portugal since 2003, Luzia uses and teaches sociodrama as Inclusive Education method in teacher training in universities around the world, where she is visiting professor. She is the editor and author of many publications in sociodrama. Among them, she organized the book "Educative Actions: Experiences with Psychodrama in Pedagogical Practice" (Ágora, 1998 - published in Portuguese language), where Elena Nosedá Bustos is co-author.

Elena Nosedá Bustos

Instituto de Psicodrama Jacob Lévy Moreno - Argentina. nosedada.elena@gmail.com

Elena Nosedá is a professor of Letters at the Universidad de La Plata, in Argentina. She teaches at the secondary, university and graduate levels. She belongs to the pioneering group of Psychodramatists in Education in Argentina. She coordinated, together with Dr. Dalmiro Bustos, the Group of Parents of Soldiers during the Malvinas War and then dedicated herself, from the University of La Plata, to the reintegration of student ex-combatant students. She coordinated the Reflection Group on health teams for 20 years.

She is co-director, along with Dr. Bustos, of the J.L. Moreno Institute of Psychodrama, in Buenos Aires. Both published the "Manual de Psicodrama en La Psicoterapia y en Educacion" (RV Ediciones, 2007).

Abstract

Sociometry is one of the most profound ways of seeing and understanding human relationships. Who do I choose? Who I do not choose? Who is indifferent to me? Who do I think would choose me? Who do I think would not choose me? To whom do I think I am indifferent to? Who do I choose, against my will? Who I do not choose, although I should or wanted to choose?

Sociometry, as a conception of human interactions, has a precious contribution to the area of education. On the one hand, for the pre-service and in-service teacher education and in the development of teacher's role. On the other hand, for the teacher's actions in the classroom.

In this workshop, the authors will share their decades-long experiences with sociometry and sociodrama in Education, in Argentina, Brazil, Portugal and around the world.

SOCIOPSIKODRAMA: AFETO E CONEXÃO

Maria da Penha Nery

Maria da Penha Nery

Doutora em Psicologia pela UnB,
Psicodramatista, Autora dos livros "Vínculo e Afetividade" e "Grupos e Intervenção em Conflitos" e Organizadora do livro "Intervenções Grupais".

Resumo

Objetivos principais: Desenvolver redes de apoio; facilitar os afetos que contribuam para as trocas de experiências, favorecer intercâmbios no mundo virtual que promovam a espontaneidade-criatividade nesse momento de sofrimento coletivo devido à pandemia.

Método: Sociopsicodrama on-line. Favoreceremos a criação conjunta, a partir das situações protagônicas do grupo. Seguiremos as etapas da sessão sociátrica: aquecimento, dramatização e compartilhar.

Referências bibliográficas principais:

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FACILITATING COLLECTIVE INTELLIGENCE: CO-CREATING SOCIAL RESPONSIBILITY @WORK

Agathe Crespel

Agathe Crespel

Psychologist, has for the past fifteen years facilitated more than 350 groups in professional settings, making extensive use of the Moreno action. With Chantal Nève-Hanquet she is co-author "Facilitating Collective Intelligence, A Handbook for Trainers, Coaches, Consultants and Leaders" (Routledge 2019). I have send 2 forms, this is the good one !

Marco Greco

Studio di Psicodramma

Theology Bachelor (University of Torino, Italy 1985). Degree of Psychology with a clinical curricula (University of Padova, Italy 1991). Director of Morenian Psychodrama (Doct. Giovanni Boria's Institute "Studio di Psicodramma" in Milano, Italy 1996). Individual and group psychotherapist (Morenian Psychodrama) since 1999 as well as Sociodramatist. From 1987 to 1999, director of Therapeutic Community in Torino ("Progetto Uomo" methodology - Daytop Village U.S.A.).

Trainer and supervisor at Institutions, Associations and Cooperatives. Director of the Psychodrama Institute of Torino, Italy (Psychotherapy School of Morenian Psychodrama methodology - Giovanni Boria's Institute "Studio di Psicodramma"- approved FEPTO - Federation of European Psychodrama Training Organizations). President of the Company Faberactive in Torino, Italy (Psychodrama in the Organizations). Member of the Research Committee of FEPTO. Life member IAGP (International Association for Group Psychotherapy and Group Processes).

Abstract

Collective Intelligence is a way to consider that synchronisation among persons can give rise to a collective experience, stimulating a potential of a quite different order than the sum of the individuals forming the group, fostering a feeling of social responsibility.

This experiential workshop revolves around our recent book "facilitating collective intelligence, a handbook for Trainers, Coaches, Consultants and Leaders" (By Nève-Hanquet Chantal and Crespel Agathe, Routledge, 2019).

As a trainer, a coach, a consultant or a leader, how could I stimulate the process of achieving more dynamism in group work, fostering creativity, encouraging agility and developing co-construction and social responsibility? How action techniques can help to see the same question/problem through different angles, getting in touch with new resources, through co-construction and humanistic approaches?

We will explore in practice different keys fostering co-construction and social responsibility inside working teams:

- Key inner attitudes to facilitate communication
- Key questions to activate collective intelligence
- Key action techniques for broadening the field of possibilities inside the work place community: Revealing Chairs technique will particularly be useful to represent roles inside a social work context.

ETHICS AND LEADERSHIP

Kerstin Jurdell

Kerstin Jurdell

TEP, director of psychodrama, MA, founder and trainer of the Swedish Psychodrama School/member and former board member of FEPTO/

She has been training psychodrama since 30 years both in Sweden and internationally. She works as supervisor, psychotherapist and university teacher, specialized in social work, ethics and leadership. She was a member of the committee organizing the 2nd International Sociodrama Conference 2009 in Stockholm/Helsinki.

Contact information: psykodramaskolan@gmail.com, Tfn. +46708582248, Erkensroken 22 SE12054 Årsta, SWEDEN

Abstract

Ethics is about doing the right thing and to make the right choice. Aristoteles already 2 300 years ago wrote a good ethical choice is for making society to flourish. This freedom to do the right choice is not easy. Human beings are often challenged by what is best for me or what is best for others. The conscience, which Freud called "superego", dominated by authorities and parents how to act right, may be seen as a false conscience. Christianity has dominated our thoughts what is right and what is wrong since thousands of years. Today we live more and more in Europe in a secularized world where many of us has to decide him or herself how do I want to live and which are my values? Laws, rules and ethical guidelines for professionals is one way to handle this new situation. But they can't solve the unique situations which happens all the time between people how to do the right thing. The inner conscience, the voice of "God", is not much seen or discussed in a professional setting. It operates with the reason to be able to use our own judgement and may be very anarchistic.

The founder of psychodrama and sociometry (measuring the relations between people) Dr. J.L. Moreno called a relationship between two people tele (mutual role-reversal) when there is a functioning judgement how I can act without breaking the relation. It includes respect and love. He also emphasized creativity and spontaneity as an answer to the right action. That means people can manage to find out in a unique situation how to act in an adequate way. Maybe this could describe an ethical act?

The philosopher Hannah Arendt is also interesting concerning ethics. She is famous for her interest in totalitarian systems, with an interest for a diverse society and to be able to use our will to choose a free action in our lives. At the end of her life she wrote about how politics could take place. Her idea is [---] "the better I can imagine how I would feel and think if I were in their place, the stronger will be my capacity for representative thinking and more valid my final conclusions, my opinion." Her theory has many similarities with role reversal in the psychodramatic theory. Both challenges our need for control and a predictable way of being in life.

The workshop will be both didactic and experiential where we will work with ethical dilemmas. The language will be English.

ILLEGAL IMMIGRANTS, HEALTH CARE AND SOCIAL RESPONSIBILITY

Stylios N. Lagarakis

Stylios N. Lagarakis

Born in Athens in 1971

- Studies in General Medicine in OVIDUS UNIVERSITY in Constanta in 1998
- Monthly medical experience in the programme "Deinstitutionalisation LEROS II" Psychiatric Asylum of Leros, 1998
- Two years medical service in the Therapeutic Community of the Naval Hospital of Salamina (1999 - 2000)
- Training in Group Analysis in H.A.G.A.P. (2000 - 2004)
- Therapist in Therapeutic Community "Kypseli". (2000 - 2013)
- Medical Doctor in the Psychiatric clinic "Kastalia" (2000 - 2001)
- Monthly psychotherapeutic group interventions in the Agricultural Prison of Nafplion. (2001 - 2003)
- Weekly psychotherapeutic group encounters with the employees of the General Hospital of Nafplion. (2001 - 2003)
- Attache of the president of the Hungarian Olympic Committee in the Olympic Games in 2014.
- President of the LOC of the Regional I.A.P.G. Conference in Athens in 2004.
- Training in Psychodrama in 2004 - 2008
- Specialisation in Psychiatry in the Psychiatric Hospital of Attiki DAFNI in 2006.
- President of the LOC in the Summer Psychodrama Academy of PifE in Crete in 2006.
- Leader of a psychotherapeutic weekly group of 30 participants - patients and clinical employees in the 9th clinic of DAFNI Hospital, for 12 months. (2006 - 2007)
- Responsible therapist in a clinical trip to Bangladesh, transferring back a patient to his family, organised by the hospital DAFNI.
- Psychiatric responsible doctor in the psychiatric guest house for elderly 'IRIS' (2006 - 2010)
- Responsible doctor for the Psychiatric Section (Aharnai - Nea Chalkidona) of the Social Psychiatry of Aghio, Anargiroi Mental Health Center (2007 - 2010)
- Completion of the Psychiatric Specialisation in 2010.
- Medical private office focusing on Psychotherapy, 2010.
- Psychotherapeutic external fellow worker in the Centre for the Study and Application of Psychodrama in Thessaloniki since 2011.
- Founder of the Centre of Athenian Psychodramatic Encounters (C.A.P.E.) in 2014.

Abstract

In this sociodrama group we will deal with the illegal immigration. A situation which affects ethnically, culturally, politically, financially most of the countries of the world. An open theme which we need to take our present responsibility and act. Sociodrama helps us to express our social point of views and to take a more global decision in our stage

THE USE OF COMICS AS AN INSTRUMENT FOR MEDIATING CONFLICTS IN SOCIODRAMA

João Paulo Ribeiro & João Domingues

João Paulo Ribeiro

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Clinical Psychologist, Psychodramatist, adherent member and member of the General Assembly of the Sociedade Portuguesa de Psicodrama de Grupo Psicanalítico (SPPPG). In development or work with psychodrama therapeutic groups as director and ego at Instituto Superior Miguel Torga, in Bairro Padre Cruz Neighborhood, at Clínica "Esfinge", at the Alcohol Treatment and Rehabilitation Unit of Hospital Psiquiátrico de Lisboa, at the Pedopsychiatry at the Autonomous Psychiatry Unit of Vila Franca de Xira Hospital and in a private practice. Candidate member of the Associação Portuguesa de Psicanálise e Psicoterapia Analítica e de Poiesis Analítica - Associação Portuguesa de Psicoterapia Psicanalítica de Casal e Família. Effective member of the Order of Psychologists of Portugal. Advanced Specialty in Psychotherapy.

João Domingues

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Clinical Psychologist, Psychodramatist, adherent member and member of the Board of Sociedade Portuguesa de Psicodrama de Grupo Psicanalítico (SPPPG).

Experience as ego to psychodrama groups at the UD / Centro de las Taipas (ARSLVT, IP) and in a private practice. Member of the Sociedade Portuguesa de Terapia Familiar. Effective member of the Order of Psychologists of Portugal. Advanced Specialty in Psychotherapy.

Abstract

The comics allow an emergence of experiences and emotions that derive from them, acting as an intermediate object. Their narratives enable the creation of a therapeutic space where the emotional emergence of the inner world is facilitated, functioning as an expressive mediator, by allowing to work certain emotions and conflicts in a contained way.

With this workshop, we try to create a space where the use of cartoons as an intermediate object emerges as a sociodramatic tool, enabling the expression and mediation of group conflicts, as well as their elaboration.

The proposed group process is based on the techniques and sociodramatic steps. Thus, as stages, we will have: warm-up, dramatization and comments and group synthesis. As techniques we use all that can be used in sociodrama.

CO-CREATING SURVIVAL: PEACEBUILDING IS OUR COMMON RESPONSIBILITY - CONFLICT TRANSFORMATION AND THE HUMAN DEVELOPMENT

FEPTO Task Force for Peace Building and Conflict Transformation: Natacha Navarro Roldan, Yafi Shpirer & Judith Teszary

Judith Teszary

She is Director of Psychodrama, trained by Zerka Moreno, Moreno Institute, Beacon New York. A senior Psycho- and Sociodrama trainer, practitioner, supervisor and international lecturer from Sweden/Hungary. She is a founding member of FEPTO and served as President for six years. She is the chair of the Swedish Association of Psychodramatists. Coordinator of the FEPTO team in the Erasmus+ Performers2 project in Sociodrama. She is the co-chair of the FEPTO Task Force for Peace and Conflict Transformation group. She received FEPTO excellence award in 2018.

Yafi Shpirer

Trainer and supervisor of Sociodrama. Individual and group therapist in AMCHA institute , Ashkelon. Individual, family and group therapist in MASHABIM org, interventions in trauma and crisis events, in MAHUT org (with women after Gaza pullout), in Haifa university, in Seminar Kibutzim College, in Ben Gurion University. Privet Clinic. Group Analysis Group. Therapist in "Hof Ashkelon" resilience center.

Natacha Roldan

Co-chair of AEP , International committee, and FEPTO Task Force for Peace Building and Conflict Transformation. Main interests are Organizational transformation, adolescents and transgenerational topics. Psychoterapist (FEAP) and Psychologist, Psychodrama trainer and Supervisor in AEP. Director of Centro Moreno of Granada since 2014. She is leading training groups in different countries for IAGP .

Abstract

To live in the margin of society, discriminated in generations, is an ongoing struggle for survival.

This third workshop will focus on the current conflicts between peoples and collectivities in the 21st century. Marginalised groups, marginalisation of ideas, use and abuse of power, exploitation of people are the topics we wish to explore. In current Pandemic times, these issues are even more magnified. As most of us are in this conference, privileged middle-class people have seldom come close to the group of people who live in poverty and humiliation.

We'll have the possibility to open our hearts and mind and, on a deeper level, identify ourselves with the humanity of the other and recognising the enormous power of survival ability.

To know more about the FEPTO Task Force for Peace Building and Conflict Transformation, please contact: Maurizio Gasseau (m.gasseau@univda.it) and Judith Teszari (jteszary@gmail.com)

CALEIDOSCÓPIO: A SOCIOMETRIA REFORMULADA A PARTIR DA PANDEMIA

Dalmiro Bustos & Luzia Lima-Rodrigues

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Luzia Mara Lima-Rodrigues participou do movimento psicodramático brasileiro, de 1991 a 2002. Coordenou o 1º curso de pós-graduação em "Psicodrama Pedagógico" do Brasil e dirigiu inúmeras sessões de sociodrama, também na Argentina. Professora universitária em Portugal desde 2003, Luzia utiliza e ensina sociodrama como método de Educação Inclusiva na formação de professores, em universidades de todo o mundo, onde é professora convidada. É organizadora e autora de inúmeras publicações na área do sociodrama, entre elas, organizou o livro "Ações Educativas: Vivências com Psicodrama na Prática Pedagógica" (Ágora, 1998), onde Elena Nosedá Bustos é co-autora.

Resumo

Nada permanece igual. A dinâmica social não é nem será a mesma. Todos os estratos sociais mudam. Não só pela pandemia em si. Estamos unidos pela mesma ameaça. Os recursos económicos desiguais, a trágica distribuição da riqueza aparece agora de maneira grosseira. Os recursos para esconder essa situação naufragam, já que todo o mundo padece da mesma ameaça. A desigualdade não vai continuar sem resistências. Uma evolução está a se manifestar.

Nothing remains the same. The social dynamic is not and will not be the same. All social strata change. Not just because of the pandemic itself. We are united by the same threat. Unequal economic resources, the tragic distribution of wealth now appear in a gross way. The resources to cover this situation shipwreck, since the whole world suffers from the same threat. Inequality will not continue without resistance. An evolution is manifesting itself.

CYNDARELLA, THE ASH AND THE CRYSTAL SLIPPERS; SOCIODRAMA AND ART-THERAPY FOR FEMALE TEACHERS' WELL-BEING

Lydia Yordanova

Lydia Yordanova

ZS Consult Training Centre, Varna, Bulgaria

I am a MA in Applied Psychology, a certified psychodrama therapist and educator. A founder and a manager of ZS CONSULT Training Centre, located in Varna. Having a 12 years experience working with teachers, children, students and parents. The main organiser of the First Balkan Conference in Psychodrama in Education "Pippi Longstocking and the Modern World" that was held in Bulgaria in 2019.

Abstract

You have a lot of tasks that need to be done at work and at home at once and all of them are urgent. Many times you put others before yourself and feel responsible for everything. You wish to be good to everybody, to be the perfect teacher, mother, wife, daughter, colleague. Therefore you push yourself all the time in order to carry out your duties.

This may be sounds familiar to most of the female teachers?

Which Cyndarella would they like to be? That in the ash or the other one in crystal slippers? Would they like to appreciate and take care of their feelings, to assess their strengths thus developing their self-esteem, emotional well-being and working capacity in order to be a value to others too?

All this we are going to explore at our workshop through a collaboration between arts and action.

Art therapy/creating paintings, masks and crowns, working with play-doh during the workshop/ allows oneself to express those feelings that one can either not find words to explain or are simply too difficult to even attempt to in a safe and supportive environment, to make sense of things and understand oneself better. Sociodrama and other action methods give the chance to get an experience in a creative and spontaneous way, "to investigate the truth through dramatic methods" as Jacob Moreno said.

Be complementary to one another these two methods provide with a powerful support and inspiration for improving personal effectiveness and awareness, for making proper decisions and learning new roles, which is especially important for every female teacher.

USING SOCIODRAMA AND MOTIVATIONAL INTERVIEWING TO HELP PEOPLE MAKE HEALTHY CHANGES

Regina Sewell & Jennifer Salimbene

Regina Sewell

State University of New York, New Paltz

Regina Sewell, PhD, LMHC, CP is certified by the American Board of Examiners as a Certified Psychodrama Practitioner and is a licensed mental health counselor in New York. She has worked in the addictions field for fifteen years. She is also a Professor of Sociology at SUNY New Paltz and a Professor of Theatre Therapy at Russell Sage College.

Jennifer Salimbene

Hudson Valley Psychodrama Institute

Jennifer Salimbene, LCSW-R, CASAC, TEP is certified by the American Board of Examiners as a Trainer, Educator and Practitioner of Psychodrama and is on faculty of the Hudson Valley Psychodrama Institute. She was over 25 years of experience as a psychotherapist with a focus in the field of addictions and co-occurring disorders.

Abstract

Many people have behaviors that they need to change such as substance or abuse or some other self-destructive and/or self-defeating behavior including eating disorders, cutting/self-harm, aggression, medical non-compliance, anti-social activity, or etc. but struggle to make that change due to either denial or ambivalence. Motivational Interviewing helps people find their internal motivation to make positive changes by helping them resolve the ambivalence and insecurities they feel about changing. This workshop will show participants how to use the change ruler in action to determine where people are at in the change process and demonstrate how to use Sociodrama as a form of motivational interviewing to help their others make healthy changes in their lives.

Goals and objectives

Participants will:

- 1 Be able to list 1 or more questions that define each stage of change
2. Be able to apply 2 sociometric techniques to access client's stage of change
3. Be able to describe how Sociodrama can be used to help others find their internal motivation to change.

THE HEROES AND US

Georgios Chaniotis & Renetta Elefteriou

Georgios Chaniotis

FEPTO; DESS Clinical Psychology and Pathology, Paris. DEA in Byzantine and Post-Byzantine History, Paris. Member in the FEPTO Council-Training Committee Chair.

Psychotherapist, Psychodramatist, Group analyst, Mask Therapist, Athens. Psychologist in the Social Service of Municipality of Agios Dimitrios. Community Therapist in Therapeutic Community "Kypseli", HAGAP.

Co-convener in "KOINONIA" (large group), N.Psychiko/Athens.

Director in the Psychodrama-Sociodrama Zones of HAGAP, N.Psychiko.

Scientific Member of Hellenic Association of Group Analysis and Psychotherapy, EOAK.

Member of the International Consultants' Committee of the International Sociodrama Conference.

Organizer and Scientific Director in the 5th International Sociodrama Conference 2015 Kos, Greece.

Organizer of the Center for the Prévention from Addictives Substances "Ilios", N.Smirni/Ag.Dimitrios.

Founding member of the Litary Workshop "Atelier A.Cohen", Paris and founding member of the "Association of the Hellenic Judaïsme Studies", Greece

Renetta Elefteriou

Degree in Philosophy and Education in 1992 and in Psychology in 2008 at the National University of Athens. Training in Psychodrama in 2016 and in Group Analysis in 2018 (HAGAP). She worked in the Organisation for the Rehabilitation of Drug Addicts in the Municipality of Athens, in Psychiatric Aiginition Hospital, in the Center of Child Mental Health in Athens and participated in groups of elderly people in the Social Service of the Municipality of Ag. Dimitriou. She has been working as licensed Psychologist since 2010 and as a Psychodrama Coordinator since 2014 in her private practice and in HAGAP

Abstract

Aeons before the advent of recorded history, ancient peoples created a world of myths, of mythological creatures and legendary figures whose stories have come down to us through the ages. The dawn of recorded history has its source in the slow awakening of political consciousness in the ancient world. However, these myths should not be dismissed as mere primitive fairy stories. They come from the depths of human sensitivity, and later provided a rich source for Greek tragedy and, to a certain extent led us to Greek philosophy and its attendant, logic.

Many centuries later this human sensitivity and its expression through ancient myths and legends caught the attention of psychoanalysis's in the modern world. The coexistence in ancient Greek culture of lucidity, logic and human sensitivity as expressed in Greek mythology which was full of atrocities and incompatible traditions is a unique and impressive phenomenon. Divine omnipotence, the human attributes of heroism, autonomy, dignity, courage, and excellence, prudence and devoutness, the search for the Good and the insult are set within a "Kosmos" which looks for both beauty and balance. It should be noted that the Greek word "Kosmos" means "Order".

We invite you to participate in an action-exploration of the human "mythic" sensitivity through a dialogue about the experience of "idioprosopia" in "koinonia" and to knowledge of the relationship between these myths and the subconscious mind.

Mots clés : Human heroism , dignity , autonomy, the Good.

DEVE O SOCIODRAMA IGNORAR OS PAPÉIS PSICOSSOMÁTICOS? - CINEDRAMA NO MANEJO PSICODRAMÁTICO DE GRUPOS

António Roma-Torres

António Roma-Torres

Sociedade Portuguesa de Psicodrama

Médico psiquiatra, terapeuta familiar e psicodramatista, co-fundador da Sociedade Portuguesa de Psicodrama e da Federation of European Psychodrama Training Organizations (FEPTO), membro do Board of Directors da International Association for Group Psychotherapy and Group Processes IAGP (2001-2009). Autor de Tudo o Que Sempre Quis Saber Sobre Woody Allen (Mas Nunca Ousou Perguntar a Woody Allen).

Resumo

Os papéis psicossomáticos foram formulados por Moreno a par com os papéis sociais e papéis psicodramáticos. Essa sistematização associada à teoria do núcleo do eu de Rojas-Bermudez tem sido útil no psicodrama clínico, mas não tem sido suficientemente debatido como devem ser trabalhados esse modelo interaccional no contexto sociodramático, particularmente quando lidamos com a violência e os conflitos intergrupais. O workshop proporá o uso do cinedrama no manejo de conflitos sociais ou grupais usando como starters filmes curtos canadianos Vizinhos/ Neighbours (1952), Era Uma Vez Uma Cadeira/A Chairy Tale (1957) e Discurso de Abertura/Opening Speech (1969) de Norman McLaren. Visa-se também experienciar como conter características mais marcadas de psicopatologia individual num contexto grupal ou social. Debater-se-á ainda se o sociodrama é uma variante do psicodrama aplicada aos grupos (Patricia Sternberg & Antonina Garcia) ou constitui um construto diferenciado no pensamento moreniano (Peter Felix Kellermann).

HOW OUR GARDEN GROWS: LEARNING FROM THE FLOWER 125 HEALTH PROGRAMME

Valerie Monti Holland & Julie Roberts

Valerie Monti Holland

British Psychodrama Association

Valerie Monti Holland is a facilitator, trainer, mentor and coach. With an M.A. in Applied Theatre (University of Manchester) and a diploma in Sociodrama and Action Methods, she has continued to be part of the training team developing the Flower 125 Health Programme since January 2000 and is still utterly passionate about it.

Julie Roberts

Julie Roberts has a long experience of working with young people and adults in schools and other settings. She is passionate about public health and behaviour change in particular and has been using Sociodrama techniques in the facilitation of the Flower 125 health programme training for 14 years.

Abstract

The Flower 125 Health Programme began its life on a deprived housing estate in Sheffield, UK in 1998. Thousands of young people have participated in the programme which seeks to engage those hardest to reach and help develop their emotional health and wellbeing. Over a thousand practitioners from schools as well as a variety of settings including the secure children's centre in Sheffield have been trained to deliver it. Both the training and the programme are action methods-based and it is the methodology and the model of delivery that have made it so long-lived and so much-loved.

Built on the foundations laid by the American educational psychologist Dr Carolyn Webster-Stratton in *The Incredible Years : Trouble Shooting Guide for Parents of Children Aged 3-8 Years*, the principles of positive praise and rewards and ignoring (where possible) annoying behaviour, we created as many ways as we could to 'catch someone being good' without disrupting the learning environment.

Integrating action methods, drama games and applied theatre into the programme has made it an impactful and sustainable resource that has been commissioned by the Children and Young People's Public Health team for over 15 years.

Feedback from young people has included:

"I've learned more doing this than four years of school."

"I would rather be on the Flower 125 Health Programme than go on holiday."

In the latest development of the programme, a systemic approach is being currently being launched that involves the parents/carers, wider school staff and the children and young people themselves in co-creating environments both at home and at school where everyone can flourish. Acknowledging that the clear communication of messages as well as modelling behaviour and demonstrating values are keys to giving young people a secure base from which to learn and grow into responsible adults, the programme is offering an opportunity to genuinely integrate the successful model into the homes and communities of young people.

This workshop explores the evolution of Flower 125, mapping out the sociometric connections and the roles that are emerging as we expand this system.

"GAME ON: THE SOCIAL RESPONSIBILITY" GAME

Joshua S. Lee

Joshua S. Lee

American Society of Psychodrama, Sociometry and Group Psychotherapy (ASGPP)

Joshua S. Lee, received a Master of Social Work degree from University of Maryland at Baltimore in 1997. He is owner of UMOJA Integrative Behavioral Health Systems, LLC, specializing in working with clinicians, social entrepreneurs and other professionals. That work gets done primarily through the application of a powerfully effective, experiential coaching system called The Game Plan for Better Living©, where he uses the language and metaphor of sports to help individuals, groups and organizations employ their inherent strengths and resources to overcome their "opponents". He is interested primarily in the intersection between psychodrama (and other action methods), organizational culture and ontological coaching. See Website: UmojaHealth.com

Abstract

Goal: To use the examples of famous sports figures (and teams) who used their fame and influence to draw attention to social problems, namely, racial injustice, economic disparities and political corruption. In this workshop, we will use the language and metaphor of sports to create and enact a sociodrama called **"Game On: Using the Language and Metaphor of Sports to Increase Awareness of Social Responsibility"**. The 'playing field' will come alive as the action space to explore the topic at hand, surrounded by the prescriptive roles or "voices" (ie. fans, coaches, referees and teammates) of the people who are impacted by how the game is being played. Other roles or characters may be developed during the session. This sociodramatic structure will allow participants to reflect on what's happening in the socio-political realm of our culture in action.

Within the American institution called professional sports, there have been several notable incidents of players using their sport's global stage to make a point, for example, Muhammad Ali in 1967 refused to be inducted into the Army on moral grounds as a Muslim. His boxing title was stripped and he spent 3 years in jail. In recent years, American football quarterback, Colin Kaepernick "took a knee" during the singing of the national anthem in protest of police brutality and racism toward African-Americans. He has not played in the league since 2016. They have sacrificed much of their careers but to them, they stood on principles, something they believed in very strongly. In their book, *Sociodrama: Who's In Your Shoes?*, Sternberg and Garcia state that Sociodrama is a group action method in which participants act out agreed-upon social situations spontaneously. Sociodrama helps people to express their thoughts and feelings, solve problems, and clarify their values. Rather than simply discussing social issues, sociodrama gets people out of their chairs and exploring in action topics of interest to them.

Sociodrama provides a powerful means of exploring moral and ethical issues as it works with representative types within a given culture and not private individuals (Nolte, 2014). As participants explore various issues, they put themselves in other people's shoes in order to understand themselves and others better. One of the reasons sociodrama works so well is that it taps into the truth about humanity that we are each more alike than we are different. Further, sociodrama speaks to both sides of the brain, with its action/reflection components. It is a kinesthetic, intuitive, affective and cognitive educational technique. Sociodrama has as its goals catharsis (expression of feelings), insight (new perception) and role training (behavioral practice). Sociodrama is one of the most efficient yet safe methods available for obtaining information in the area of psychic emotional experience without undergoing the actual experience (Sternberg and Garcia, 2000).

Objectives:

1. To establish a safe space for participants to have authentic conversations
2. To explore how sports/athletes play a major role in our society to be a catalyst for co-creating social responsibility.
3. To allow participants the opportunity to speak from different perspectives or roles regarding social responsibility within a sports framework, using the language and metaphor of sports.

J.L. MORENO'S AUTOBIOGRAPHICAL ARCHETYPES: INTEGRATING THE SUB-ROLES OF GENIUS

Scott Giacomucci

Scott Giacomucci

Director/Founder, Phoenix Center for Experiential Trauma Therapy; Director of Trauma Services, Mirmont Treatment Center; Adjunct Professor, Bryn Mawr College Graduate School of Social Work & Social Research

DSW, LCSW, CTTS, CET III, PAT, is the Director at Phoenix Center for Experiential Trauma Therapy and Director of Trauma Services at Mirmont Treatment Center. He serves on the Executive Council of the ASGPP and Advisory Board to the International Society of Experiential Professionals. He is a recipient of various awards and co-editor of the autobiography of Jacob Moreno (2019)

Abstract

This workshop will provide a historical overview of the life and work of Dr. Jacob Moreno, the founder of sociometry, psychodrama, & sociodrama. The newly published Autobiography of a Genius will be presented with emphasis on four archetypes that frequently resurfaced in his writing - the Mystic, the Lover, the Scientist, & the Creator. These four archetypes will be emphasized through Moreno's history, then explored sociometrically, and engaged with sociodramatically/psychodramatically. Morenian philosophy will be integrated throughout the workshop content as it relates to psychodrama's history and the aforementioned archetypes.

The similarities between Jungian psychology and Morenian Philosophy will be presented including the relationships between: role & archetype; tele & synchronicity; and psychodrama & active imagination. Moreno's vision of *Sociatry*, or psychiatry for society, will be integrated throughout the presentation with an emphasis on the organic unity of mankind and empowering each individual to be co-responsible for the wellbeing of society. Zerka described J.L. Moreno's work saying "...instead of looking at mankind as a fallen being, everyone is a potential genius and like the Supreme Being, co-responsible for all of mankind. It is the genius we should emphasize, not the failings." The archetype of genius will be central to the workshop with the outcome goal of each participant recognizing their own genius and the genius within others.

Through lecture, sociometry, psychodrama, and sociodrama participants will experience a direct encounter with multiple layers of genius. The intended outcome is a deeper appreciation of Moreno's life, his philosophy, his methods, and a stronger sense of appreciation of each human being's potential.

Learning Goals:

1. Describe one spiritual/existential idea from Moreno's philosophy
2. Explain one use of psychodrama for working with archetypes
3. Identify four archetypes from Moreno's autobiography

This workshop would be best suitable for professionals attending the workshop instead of a workshop in the community.

HUMOR IN GROUPS

Marcia Karp

Marcia Karp

M.A. TEP is Fellow of American Society of Group Psychotherapy and Psychodrama (ASGPP) Lifetime Achievement Awards ASGPP and British Psychodrama Association (BPA); Past Honorary President BPA, Member of UK Council of Psychotherapy (UKCP); Honorary and Founding member Federation of European Psychodrama Training Organizations (FEPTO); Distinguished Fellow, Past Board of International Association of Group Psychotherapy (IAGP; Co-Editor Handbook of Psychodrama; Psychodrama Since Moreno; and Psychodrama: Inspiration and Technique; International Trainer Supervisor; online private practice

Email: MKarp11444@aol.com Gandhi said, " If it wasn't for a sense of humor, I would have taken my life long ago".

Abstract

To balance trauma, tragedy, fear, anxiety and hopeless we need to use natural humor.

Participants will enact and share moments in their professional lives when humour was contributive to health. Touching the autonomous healing centre is our goal.

Márcia will demonstrate the practical application of "the laughter chair"

TATADRAMA - OBJETO INTERMEDIÁRIO - BONECO DE PANO

Elisete Leite Garcia

Elisete Leite Garcia

Psicóloga, Terapeuta de Família e casal, Psicodramatista Didata Supervisora - ABPS/FEBRAP/SP - Brasil. Autora do Método Tatadrama®, 2001. Filiada ao Instituto J. L. Moreno, International Association for Group Psychotherapy and Group Processes (IAGP). (ABRAP), ABRAPTF, APTF, Autora de livros e artigos.

Resumo

O Método Tatadrama

nasceu em 2001 no Brasil, tendo sido vivenciado por mais de 5.400 pessoas em diversos grupos operativos e terapêuticos, onde o sociodrama ressignifica os vínculos sociais para possibilitar mudanças efetivas de valores, assim como, o treinamento no desempenho dos papéis sociais. A valorização do grupo fica evidenciada na cultura do contexto relacional e não de maneira individualizada.

O Método Tatadrama adequa-se a resolução de adversidades criando condições para liberar a espontaneidade, revelando nos grupos o cotidiano no resgate de potencialidades, aptidões, desejos, aspirações e necessidades em ações dramáticas entre o personagem e o ser no boneco de pano. Sua diversidade possibilita variados grupos. Utiliza um conjunto de bonecos artesanais confeccionados no Ceará, Brasil, como objeto intermediário. Os bonecos trazem

a simplicidade da estética popular, simbolizando uma imagem e identidade relacionada à vivência de cada participante possibilitando a co-criação de sua responsabilidade social, seja no âmbito educacional, familiar ou aspectos profissionais, entre outros. A reflexão no manuseio do boneco desperta olhares diferentes no coletivo em sequências e sonhos de toda uma nação, contando histórias da civilização nos panos e símbolos que se trançam, dando pontos e

laçadas, transformando o boneco de pano em relações sociais imbuídas de folclore. Memória, tradição e arte. OBJETIVO: Resgatar o valor do bem imaterial entre as culturas através de bonecos de pano, que representam o humano em diferentes escalas os laços que se unem, além de promover a integração entre o ato de brincar e a palavra propiciando a atualização do conhecimento de si mesmo para reflexão entre o personagem e o ser na cocriação da responsabilidade social.

METODOLOGIA: Mecanismo de ação do Tatadrama em três etapas: aquecimento, dramatização com bonecos e compartilhamento sobre a transformação, contextualização e perspectivas refletidas no boneco de pano. Material: Bonecos de pano; objetos variados - pedras; diversos panos; lantejoulas; flores; símbolos diversos; agulhas; linhas; cola quente e armarinhos em geral entre outros. Número de participantes: 6 a 30.

REFERÊNCIA:

GARCIA, E. L. Método Tatadrama: multiplicidade de vozes e perspectivas projetadas no boneco de pano. Revista da Sociedade Portuguesa de Psicodrama, n.9, p. 69-75, nov. 2018.

Palavras Chave: Sociodrama - Tatadrama - Objeto Intermediário - Boneco de Pano.

MÃOS TRANSPARENTES - SOCIODRAMA NA PREVENÇÃO DO ABUSO

Margarida Pedroso Lima

Margarida Lima

FPCE UC

Psicóloga, Psicodramatista e Terapeuta Gestalt, Mestre em Psicologia da Educação e Doutorada em Psicologia do Desenvolvimento, exerce funções de Professora Associada com Agregação na Faculdade de Psicologia e de Ciências da Educação da Universidade de Coimbra, onde lecciona disciplinas de psicologia do desenvolvimento, psicologia da personalidade e psicoterapia.

As suas áreas de interesse vão para a intervenção desenvolvimental e terapêutica com grupos e para a investigação sobre os fatores mediadores e promotores de bem-estar na idade adulta avançada. Pertence a várias organizações de defesa dos direitos das pessoas mais velhas e é autora de múltiplos artigos e livros neste domínio, a saber, 'Posso participar? Actividades de desenvolvimento pessoal para idosos' (2004); 'Envelhecimentos' (2010); 'Posso ser? Personalidade e envelhecimento' (2011).

João Oliveira

FPCE UC

Psicólogo, estudante de medicina e actor

Abstract

Protecting the frail elders is a way of contributing for the construction of a more fair and integrated society. The project Transparent Hands aims to contribute to this call proposing a program based in active and participative methodologies.

With the aim of raising awareness of the population a primary prevention project was developed. The "Transparent Hands" project gives information about the types, causes, risk factors and consequences of elder abuse at the same time that, through active methods, invites people to reflect and develop assertiveness about this issue.

The "Transparent Hands" aims to contribute to awareness and community information for the problem of abuse and ill-treatment against the elderly. It is important not only clarify and raise awareness among potential "victims" as well as the current or future caregivers, family members and all professionals who interact and support the elderly. In this way, we intend with this project to cover the largest number of people taking advantage of the time people spend in the waiting rooms of the health care centres.

Through direct role-play of abuse behaviours the dynamics of people relationships are explored. The "Transparent Hands" appears in the context of creative action methods and to respond to the call to empower and give tools for participation and social intervention of the population. This project has theoretical influences in Theatre of the Oppressed of Augusto Boal and in the Psychodrama of Jacob Moreno. Psychodrama techniques are used to promote spontaneity and gain flexibility in role-taking.

The Theatre of the Oppressed is an aesthetic means to help people to analyse their past, in the context of their present, and subsequently (re)invent their future, without waiting for it. Theatre of the Oppressed is *rehearsal for reality*. The *oppressed* are those individuals or groups who are socially, culturally, politically, economically, racially, sexually, or in any other way deprived of their right to *Dialogue* or in any way impaired to exercise this right. *Dialogue* is defined as to freely exchange with others, as a person and as a group, to participate in human society as equal, to respect differences and to be

respected. Because dialogues have the tendency to become monologues, which creates the relationship *oppressors - oppressed*, the main principle of Theatre of the Oppressed is to help restore dialogue among human beings.

The procedure used in Transparent Hands consists on presenting role-plays of elder abuse scenes and then ask the public to discuss and solve the scenes. This methodology will be presented and discussed in this workshop.

TWO PERSPECTIVES OF SOCIOMETRY. A PRACTICAL TOOL FOR ONLINE TRAINING WITH ACTION METHODS AND A WAY TO ANALYZE AND REPRESENT THE SOCIAL NETWORK IN HUMAN RESOURCE MANAGEMENT (HRM)

Roberto Bonanomi

Roberto Bonanomi

HURACT Business School

Occupational Psychologist, Trainer and Coach at HURACT, Switzerland, Italy, Singapore.

Abstract

The body of the book "Who Shall Survive" is devoted to an exposition of the theory, methods, and accomplishments of Sociometry, "the inquiry into the evolution and organization of groups and the position of individuals within them." (Moreno, 1953).

Sociometry has to do with measuring social relations, and there are different perspective from which it can be observed. We will take two of them.

First, we will look at Sociometry applied to psychodrama and sociodrama, in particular online. We will explore how to use Zoom features (such as whiteboard, pools, mirroring, etc.) to perform step-in, locogram, spectrogram.

Then, we will dive into Sociometry as a method to analyze and represent a social network. We will review the basics of this approach and show some example of analysis applied in Human Resource Management (climate analysis, leadership) using the tool Gephi.

SOCIODRAMA FOR ACTIVISM

Sofia Symeonidou

Sofia Symeonidou

Lives in Greece. She has a Diploma in Social and Behavioral Sciences with a major in Psychology and since 2002 has a Diploma in Psychodrama and Group Psychotherapy. She is the Director and main Trainer of the Center for the Study and Application of Psychodrama in Thessaloniki, which is a member of FEPTO.

Since 1997 she has been working in the field for Human Rights in cooperation with the Greek NGO, ARSIS (Social Organization for Youth Support), and specifically, Human Rights training for young people, young offenders, and youth in danger of Social Exclusion. She provides supervision to scientific personnel and social scientists of ARSIS, Medicines du Monde, and other Organizations. In the last three years she has been implementing her large experience in organizing and monitoring new methodologies for supporting social scientists working in the field with refugees

Abstract

More and more frequently, we witness the average person taking individual initiative in an attempt to confront social issues. At the collective level, the little trust that exists in social ties reveals that our society is lacking in maturity in the face of major contemporary problems. Politicians and trade weaken the meaning of words as well as impoverishing and corrupting the social fabric. In the proposed workshop, the group and its participants will, through a sociodramatic approach, work to discuss the current social, environmental and economic impasse that we seem to have reached, identify the various types of poverty in their countries, as well as propose how these could be tackled through 'mature' activism as an undertaking of social responsibility. The aim is to discover the path that will lead to the maturation of our societies and social systems before it is too late.

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Miguel Vasconcelos (Presidente da SPP)

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| José Luís Mesquita | Sara Sousa |
| Luzia Mara Lima-Rodrigues | |

International Committee / Comité Internacional

| | |
|-------------------|-----------------|
| Antonio Zanardo | Monica Westberg |
| Giorgos Chaniotis | Monica Zuretti |
| Claudemir Casarin | Ron Wiener |
| Manuela Maciel | |

Support Committee / Comité de Apoio

| | |
|---------------------------|-----------------------|
| Cecília Sousa | Margarida Belchior |
| Celso Teixeira | Nuno Amarante |
| Dulce Silva | Nuno Pires |
| Irina Stefanescu | Paula Magalhães |
| Lea Kellermann Pereira | Rita Barros |
| Liliana Ribeiro | Sara Sousa |
| Luzia Mara Lima-Rodrigues | Sheila Katzmann |
| Manuela Maciel | Valerie Monti Holland |

Organization / Organização



SOCIEDADE
PORTUGUESA
DE PSICODRAMA



Partnerships / Parcerias





"IF GOD EVER COMES

BACK ON EARTH

IT WILL BE IN THE FORM OF A SMALL
GROUP OF WELL COMMITTED CITIZENS."

J. L. MORENO



"SE DEUS UM DIA ESTIVER

DE VOLTA À TERRA

SERÁ SOB A FORMA DE UM PEQUENO GRUPO
DE CIDADÃOS BEM COMPROMETIDOS."

J. L. MORENO