



# REPORTS

**Friday 13.09.13**

**Lecture: «How to belong?»**

The question “how to belong?” attends the whole conference. The writings of Jacob Levy Moreno give a theoretical and philosophical fundament to psychodrama and sociometry. So it is worthwhile to ask him how people can belong to each other, to a society and to a common world. Moreno gives differentiated answers:

- Everybody has the right to find a place “fitting to the wishes of his heart” (Moreno: “testament of the father”).
- And: We need sociologic and therapeutic instruments like sociometry to make a world where people can really belong to each other.
- And: If we want to belong to each other we have to balance autonomy and dependency.

In this lecture we will take a closer look to Moreno’s words and we will see and discuss his ideas how to belong...

**Dr. Christoph Hutter, born 1969, living in Germany, leader of a family counseling center, trainer for psychodrama and for family counseling, writings about psychodrama and counseling theory.**

**Sunday 15.09.13**

**Lecture: «Dynamic Processes in Psychodramatic Group and Identity of Psychodramatist»**

Identity of psychodramatist is a feeling of belonging to psychodramatic community. It is formed in psychodramatic group where professional skill is improved and professional initiation of the psychodramatist is realized. Identity begins with identification with small group, and group dynamics helps the decision of group problems which inevitably occur in evolution of group.

Small psychodramatic group as alma mater, are a conductor in the big community and carry out relay race between generations. Dynamic processes in psychodramatic community are a necessary aspect of its evolution. All problems of community on which decision its success and personal growth of its participants depends are reflected in them.

The psychodramatic community is a part of a society, and the dynamic processes in a society influence a life of community and on identity of psychodramatist. Psychodrama, on the one hand – reflects features, contradictions, problems of each society; on the other hand – psychodrama method is the tool of influence not only on person, but also on greater groups of people, curing a society from its collective traumas.

**Pavel Gornostay, Doctor of Psychology, Head of laboratory «The psychology of small groups and intergroup relations» in Institute of Social and Political Psychology NAPS of Ukraine, psychologist, psychotherapist, psychodrama-therapist / Ukraine /**



# REPORTS

Saturday 14.09.13

## Lecture: «Belonging in the transition space between cultures and in the mirror of psychotherapeutic relationships»

The crucial question in psychotherapeutic relationships with people from different cultures for both the patients and the therapists is about cross-cultural belonging and identity. The culturally determined competence and "power of definition" of the psychotherapist or, in other words, the natural self-evidence of his culture-bound action, his "ethnocentrism" relativizes when interacting with people from other cultures and nations in a cross-cultural transition space of encounter.

As a result, many therapists feel insecure and fear inadequate coping or failure of their treatment assignment. Furthermore, the universality of Western psychotherapeutic methods seems to be put into question as a whole. That's why therapists frequently refuse the task of treating people with immigrant background by evading and referring to the assumed "better skills" of others. The culturally sensitive psychotherapy does have a different methodology, but it relies on the same impact factors, such as the Western psychotherapy methods - albeit with different accentuation.

Many native therapists see the intercultural work as a positive challenge and connect with it curiosity and fascination for the encounter with the foreign. Intercultural communication in the psychotherapeutic process is supported by a great openness and a keen interest in cultural diversity. The cultural diversity is to be seen in different forms of social interaction, in atypical symptoms and complaint descriptions as an expression of psychological distress, and in different understanding of illness and healing.

In transfers and counter-transfers the social micro-cosmos of the therapeutic relationship is consciously / unconsciously reflected in the macro-social social attitudes, prejudices, discrimination and racism. An empathy exceeding cultural boundaries and a sensitive perception of these transfers / counter-transfers allow to recognize and to accept "strange foreigners" in their original cultural identity, to understand beyond ethnic stereotypes - last but not least because the language of emotions is to be understood in all cultures.

Considering the stranger no longer as an "alien" leads to a mutual enrichment of one self. A key to successful conflict resolution lies in the consideration of the migration process as a "cultural adolescence", as a phase of individuation which requires analogous stages of development as they are performed in adolescence.

Following Moreno, a successful integration process calls for a creative redesign of the "cultural conserves", a social process, not unilaterally oriented towards the society of origin nor to the so called "dominant culture" of the host society, but as an individual "third way" of belonging and identity in and between the cultures .

**Prof. Wielant Machleidt, Center for Mental Health, Medical School Hannover, /Germany/**



# WORKSHOPS

Saturday 14.09.13

## WILL GOD INSCRIBE ME TO LIVE OR TO DIE? YOM KIPPUR IN BABI YAR

### TRACES OF THE HOLOCAUST IN THE PRESENT

*"The wild grasses rustle over Babi Yar.*

*The trees look ominous, like judges.*

*Here all things scream silently,*

*And baring my head.*

*Slowly I feel myself turning grey.*

*And I myself am one massive, soundless scream.*

*Above the thousand thousand buried here*

*I am each old man here, shot dead.*

*I am every child here, shot dead.*

*Nothing in me shall ever forget!"*

*(From "Babi Yar" a poem by Yevgeny Yevtushenko)*

This workshop is about all of us. It deals with the inter-relations between two parts within us: the aggressor and the victim.

It will be a dynamic active workshop using Psychodrama and Sociodrama in order to encounter the traces of the Holocaust in our present life. We will explore the different ways we internalise experiences in the roles of the aggressor and the victim. This experience may bring an encounter with the "other" and with the "different". It may not lead to forgiveness or reconciliation, but can heal some of the wounds. Above all, it may open a dialogue.

The directors of this workshop are living examples of the fruits of this dialogue. They have been involved in creating a psychodramatic space for encounters between Jews and Germans from the Post-Second World War generation.

Peace is not the lack of conflicts. We believe that our work as professionals should be devoted to learning how to live with the conflicts. The first step of such a process is to learn to accept the other. Instead of projecting to others the unaccepted shadows we believe that it is more important and effective to encounter the enemy within ourselves.

The workshop will have two parts: in the morning we will have a Sociodrama Session in Babi Yar in Kiev and in the afternoon a Psychodrama Session in the venue of the Conference in order to integrate our experience in Babi Yar. Participants will be asked to come to the whole event. The language will be English with different translations.



# WORKSHOPS

Saturday 14.09.13

## TRACES OF THE HOLOCAUST IN THE PRESENT

### **WHY BABI YAR?**

We believe that the real place of historical events creates authentic emotional meaning and is important for the inner work of the participants of the socio-psychodramatic process. Babi Yar is located in a ravine in Kiev and is the site of a series of massacres carried out by the Nazis during their campaign against the Soviet Union. The most notorious and the best documented of these massacres took place on September 29–30, 1941, wherein 33,771 Jews were killed in a single operation. The killing of all the Jews in Kiev was carried out by Sonderkommando 4a soldiers, along with the aid of the SD and SS Police Battalions. The massacre was the largest single mass killing for which the Nazi regime and its collaborators were responsible during its campaign against the Soviet Union and is considered to be "the largest single massacre in the history of the Holocaust".

Victims of other massacres at Babi Yar included thousands of Soviet Prisoners of War, Communists, Gypsies, Ukrainian nationalists and civilian hostages. It is estimated that between 100,000 and 150,000 more lives were taken at Babi Yar.

### **WHY in YOM KIPPUR?**

Yom Kippur also known as Day of Atonement is the holiest day of the year for the Jewish people. Its central themes are atonement and repentance. Jewish people traditionally observe this holy day with a 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue services. According to Jewish tradition, God inscribes each person's fate for the coming year into a book, the Book of life on Rosh Hashanah (The Jewish first day of the New Year) and waits until Yom Kippur, 10 days later, to "seal" the verdict. During the Days of Awe, a Jewish person tries to amend his or her behavior and seek forgiveness for wrongs done against God and against other human beings. The evening and day of Yom Kippur are set aside for public and private petitions and confessions of guilt. At the end of Yom Kippur, one hopes that they have been forgiven by God.

### **WORKSHOP DIRECTORS**

#### **HILDE GOETT**

Dipl.Soz.Päd. - born in Romania as a granddaughter of SS members whose wives were deported to Siberia. She is certified Trainer and Supervisor (DGSv) of Psychodrama for the "Psychodrama Institute for Europe"(PIfE) and serves as its Chairwoman. She is a Children and Adolescent Therapist, focusing on trauma, domestic violence and suicidal cases.

#### **YAACOV NAOR**

M.A C.A.G.S T.E.P - born in Germany in a DP camp to parents who are both Holocaust survivors. Founder and Director of ISIS ISRAEL-Psychodrama and Intermodal Expressive Arts Therapy Center in Tel-Aviv. He is Certified Therapist, Trainer and Supervisor in Psychodrama and EAT. He has been teaching in these fields in Europe, USA, Canada, Australia and Israel for the last 35 years. Serves on FEPTO Council as Chair of the Network Committee. Serves on the Board of IAGP-The International Association of Group Psychotherapy as Chair of the Psychodrama Section.



# WORKSHOPS

Saturday 14.09.13

## «Signs of innocence»

*To see the world in a grain of sand, and to see heaven in a wild flower, hold infinity in the palm of your hands, and eternity in an hour. (William Blake)*

These are the famous opening lines of William Blake's classic poem "Auguries of Innocence". Blake understood that people don't perceive reality as it is. Our perceptions are conditioned by beliefs and attitudes handed down by parents, teachers, ministers, and others. This leads to a state of mind where we don't really see things as they are; we see them as they have been interpreted. We can aim for quieting the mind and set aside all these explanations in order to experience the real world on its own terms.

Loosing our innocence as individuals, groups or nations, can disturb our feeling and understanding of belonging and putting us in a search process clouded by life itself.

In this workshop we will explore innocence and its counterparts in our search for the feeling of belonging.

**Eduardo Verdú, T.E.P., MSc., is the director of the Norwegian Moreno institute in Oslo. He is certified as a T.E.P. (Trainer, Educator, Practitioner) by the Nordic Board of Examiners. He teaches, trains and supervise on all levels in psychodrama in Norway as well as throughout Europe where he also is a requested workshop holder. Eduardo sits in the board of PlfE as well as holding the chair of the supervision committee of PlfE. He holds the chair of the membership committee in FEPTO and he is the president of the Nordic Board of Examiners.**

## «Homeland in the global world?»

Homeland – is an out-of-date word?

More intimate than Fatherland, more modern than Mother-Land.

The feeling of Homeland wakes up "in foreign country". There home-sickness and recollections come.

Can we afford to have Homeland, being a part of competitions in the world, which became our workplace?

During this workshop we will explore, in a Psychodramatic way, how essential is Homeland for us, and how we introduce it in our realities.

Or "Homeland" is a term that gets of use step by step?

**Ildiko Maevers – Certified Pedagogue, Psychodrama Trainer, Supervisor, and Organization Consultant.**

**Was born in Hungary, is a founder of the European Institute for Psychodrama /Germany/**



# WORKSHOPS

Saturday 14.09.13

## «Have difficulties to belonged?»

The feeling of not belonging is something we can all recognise and have a hard time coping with. This is especially prevalent when we are children. The need to belong to different groups in school and in play, helps build our inner worth-and often hurts it. If this need is rejected or laughed at or bullied we often suffer long after.

Who are the ones that decide whether I/you/we are in or out ?

What would I/you/we do to belong and be accepted? What price are we willing to pay, or should we pay? How much of my being „my own person“ should I be willing to change?

Finally, when it is realised that we can not be accepted and belong to all and everything we may wish too, what can I/you/we do to accept this reality and move on positively to the special groups that are waiting to have us as members?

**Inara Erdmanis - TEP/clinical psychologist/certified psychotherapist, Latvian Moreno Institute**

## «Home dragons and garden gnomes»

A dynamic pattern of belonging

Abstract. Belonging to an intimate partner is not a static state rather a dynamic reality. During this process the deeper role connections between the partners unfold and constitute the body of the relationship. Socially determined role positions may lead to frustrating end-states. In this workshop we investigate the ways-out to personal development and fulfilling belonging.

Antepast. In this workshop participants will be given space and time to investigate their intimate relationships. Unfolding life with the assistance of role theory gives a fantastic opportunity to enact, relive and transform relationship dynamics. Leaders offer warm-up exercises, protagonist work and sociodrama to build living pictures of emerging topics. Special attention will be given to social aspects of intimate belonging. The hard work of developing a relationship from socially determined co-dependent state to a satisfying autonomous relationship will be a framework of work in this workshop.

**Éva Rapcsányi, Péter Aszalós,**  
Hungary



# WORKSHOPS

Saturday 14.09.13

## «On the bridge of closeness: how to find the “golden bridge”?»

Conducted workshop offer a personal experience of reflection on questions such as: what does limit me to being in a relationship with other person? What does threaten the closeness, of what I have to give up ?.... what are the pitfalls of closeness? and what does bring the energy, joy, and growth?

Can I be alone?, can I stand for loneliness? What is the loneliness; being alone - what does it mean?, what are the values of unrelated life and what are the shadows of such life?

What is the closeness to where we once have been? How important for us are now “navels”- the scars from previous ties?

Staying in the metaphor of the bridge we will refer to the experience of broken bridges, narrow bridges, deceiving (us) bridges, strong, vulnerable, hanging and swaying, stable and reliable - sometimes useless .... and many others in various human lands.

**Anna Bielańska** - psychodrama therapist and trainer of PIfE, clinical psychologist , psychotherapist and supervisor of psychotherapy in Poland. The chairwomen of Polish Psychodrama Institute and member of the Board of Psychodrama Institute for Europe. Working in Cracow with clients at Community Psychiatry Treatment and at private practice in Cracow, running first level and upper level training groups in Lublin, Cracow and Kiev. /Poland/

**Igor Hanuszkiewicz**-psychodrama therapist of Psychodrama Institute for Europe, clinical psychologist, psychotherapist. Treasuer of Polish Psychodrama Institute. Working in Cracow at Association for Development for Community Psychiatry and Care and private practice. Running psychodrama groups for clients in Cracow and first level training group in Lublin. /Poland/

## «How to Belong to One Another»

### **A Psychodramatic View of Couples**

Nowadays we see a lot of separations and divorces – around us and maybe in our own life. With more degrees of freedom and less traditional gender roles it seems to be a bigger challenge to belong and stay together than ever.

In the workshop I want to present a model of developmental stages of couples and show ways how to work with couples in a psychodramatic way.

As it is an international conference I hope to explore together with the group what are today the common topics and what are the intercultural differences in homo- and heterosexual couples.

**Claudia Mühlbauer:** Psychologist; Psychodrama-Therapist and Trainer; Supervisor; Member of the Board of Psychodrama-Institute for Europe German Section (PIfED e.V Member of Psychodrama Institute for Europe (PifE e.V.)



# WORKSHOPS

Saturday 14.09.13

## «Gap on the shield-Risking the encounter»

If you want to be part of a community, or to join the others, you have to face a dilemma, where two serious value and desire are opposed to each-other, plus in its extremities, there is some danger. Either you choose togetherness, intimacy, and love, so you risk enmeshment, fusion and you lose yourself in the mass. Or you prefer autonomy, freedom and independency, you could stay alone, and isolated. So, we try to find a fine balance between these two important values.

In other parts of the world the deficits, the customs, the main fears and therefore the measurement is different. The key in the relationship to ourselves and to others is the gentle and sensitive balance of proximity and respecting the boundaries. That is what we are searching for. Belonging to different communities, as nation, family, sex, politics can be a basic need, but in the same time an irritating tie.

Two people smoothly approaching each-other from inch to inch, both careful and fearful to touch...With the wish of the encounter and the fear of being hurt. The armour what we had grown in order to defend ourselves is in one hand a good tool, but in the other hand it separate us from the others.

**Julia Hardy and Gyula Goda,**

**/Hungary/**

## «Internal time - external time: what age I belong to»

Theoretical work

- Cyclic time and and linear
- John Cage and the importance of defining non-linear time
- The Buddhist approach of the here and now
- The importance of paradoxical thinking in recognizing and developing our emotional questions
- The tension and challenge of identifying with our physical and / or emotional age
- Experiencing the difference between our physical and emotional age

What happens in practice?

We portray the inner hindering agents and create a new relationship to our body and soul.

The participants of the workshop will learn about the theory of Dynamic Self-Concept; map their own inner worlds; test the dynamics of their inner hindering agents; get acquainted with a dynamic technique that helps to overcome the inner hindering agents

**Adam György Kiss- trainer, leader and supervisor of psychodrama groups, who developed the Action-oriented Coaching method and founded of the „Improvisation Theater” (Rögtönzések Színháza) in Hungary, editor of the Hungarian journal on psycho-drama for 9 years. /Hungary/**





# WORKSHOPS

Saturday 14.09.13

## «Dream at the edge of stage»

*A Dreamer should accept his dream*

*/Jean Cocteau/*

Why dreams are important for our self-awareness?

Work with dreams provides a chance to establish contacts between feelings and experiences of our unconscious world. These feelings, experiences (pain, fear, joy, etc.) that emerged long time ago, were exiled to the unconscious because they were unbearable as producing anxiety.

Some current actuality may mobilize them and send us a message through a dream. In this connection, Young advises to learn to create a dialog based on mutual movement and equality between conscious Self and our unconscious world. Dream is an excellent instrument for such a dialog. From this point of view, repeated dreams are of a great interest, because they correspond to the mental situations that are not solved yet. The Unconscious repeats the event in order to restore a feeling, an experience and to transfer it into the Consciousness.

Why dreamer prefer to speak in the universal language of symbols that precede the appearance and formation of the language systems?

There is an opportunity to perform the dreams (including the repeating ones) that provides a dreamer with a feedback from feelings, experiences, symbolic world in the clear language, and to see how dreams are connected with a human's age stages and individualization process.

**Onody Sarolta - Psychiatrist, Psychotherapist. Teaching trainer and Supervisor of the Association for Psychodrama Hungary. She is a founder of Continuous Education on Mental Hygiene in Seged. Currently, she is teaching psychodrama and mental hygiene, practicing psychotherapy. /Hungary/**

## «Let's talk about sex - to whom does the wall of silence belong?»

The workshop will invite participants to explore, to whom does the body belong, with whom does the body sex life belong, but most importantly- what barriers does belong to you from the past about the sex life. The heritage is the complex feelings and information left from parents and grandparents.

The most visible result - inability to speak. So, let's talk about sex.

**Evaldas Karmaza - psychologist, psychodrama therapist, leads for a number of years similar seminars and trainings for adults, students, teenagers on sex education, body safety, recovery after sexual exploitation; lives in Vilnius /Lithuania/**

**Igeta Gaike - has worked as musician, currently works as psychodrama therapist, studied at Music Academy of Riga, Moreno institute of Latvia; lives in Liepaja, /Latvia /**



# WORKSHOPS

Saturday 14.09.13

## «Matrix of belongings»

We suppose that according to Moreno Universe Theory the complete systems of belongings are formed inside each of us. These are personal, social, existential and spiritual belongings. At workshop we propose the participants to conduct brief investigation of their systems of belongings. As a result everybody will discover her/his own unique pattern of personal belongings matrix.

**Tetiana Zaitsevskia - Dipl. Psychologist, psychodrama trainer, delegated supervisor of PIfE**

**Iryna Serhiyenko - PhD of Psychology, psychodrama therapist of PIfE**

## «Servant of Two Masters»

*This a wonder, when such people  
Can't even steer a boat,  
How they can keep afloat;  
There'll be the devil to pay!  
Well, they may thank us gondoliers,  
Who keep the proper way,  
If they come safely home  
And are not drowned to-day!  
Just look, the way they go!  
Where did they learn to row?*

Comedy of Carlo Goldony «Servant of two masters» or «Truffaldino from Bergamo»

"The Servant of Two Masters" - what could be more absurd? The man at the same time trying to please two bosses, in such a way that no one knew about it. Is it not a metaphor for modern life? And the images, which - let - live in Venice, and in fact - cramps from laughing - recognizable and familiar to all of us.

In fact, " each of us have so much more «masters» As a metaphor for a double or "multiple" belonging and related need to combine different roles.

Truffaldino from Bergamo was a great rogue and humorist. and the action and intrigue unfolding rapidly. In comedy, as expected, all ends well.

The workshop is dedicated to our way of handling roles in cases of simultaneous "controversial", but a very important belonging to various significant groups that forming our identity.

**Lilia Sosys, Ukraine, psychodrama-therapist of PIfE, Psychodrama Association, Kiev**

**Oksana Khmelnytska, Ukraine, psychodrama-therapist of PIfE,**

**Psychodrama Association, Kiev**



# WORKSHOPS

Saturday 14.09.13

## «Spotlights on Europe (Intercultural Sociodrama)»

We are living in different regions. We grew up under different cultural circumstances. We may have different habits and ways of life. But we all are living in Europe.

How do we feel to be among people from other countries? What do we have in common? What is different and are the differences cultural or individual?

Usually we perceive cultural identity only in contrast to other cultural identities. Sociodrama helps us to share an insight into cultures. We can reflect our values. And we'll have a good chance to cultural encounter.

**Eva Serafin, Germany, Organisationsberatung - Psychodrama Supervision (DGSv) - Konfliktmanagement**

# LARGE GROUP

Sunday 15.09.13

## «HOW TO BELONG?»

Human being, while thinking on social reality and his\her relations with other people, identifies with those social groups, membership in which meets one's certain needs. Significance of identification with a certain group is not constant; it's changing through time, and depends on actual situation.

The Large Group is aimed at the Conference outcomes.

The main idea of the Large Group – belonging as a tradition, belonging as a decision, belonging as a process, belonging as a value, belonging as a resource.

What landmarks are available for our social and personal belonging and identification? What do new ground and landmarks for definition of one's belonging and identification bring the participation in the Conference to the participants? How do I belong to one or another group? How do you belong to? How do we belong to the group of people that we consider as significant?

**The Final Large Group of the Conference to be held by the Ukrainian psychodramatists and the European Psychodrama Institute colleagues.**