

FEPTO-News

NEWSLETTER OF THE FEDERATION OF EUROPEAN PSYCHODRAMA TRAINING ORGANISATIONS

GENERAL TOPIC

The General Assembly will start on Thursday (May 8), but we will meet in the evening of Wednesday (May 7) for dinner at the Hotel "Villa Rosa".

Hotel "Villa Rosa" lies untamed on the shore of lake Iseo, in a narrow valley with slopes rising sharply above 1000 meters, in Sulzano, near Brescia.

To reach Sulzano, you have to fly to Milano or to Verona airport. From Milano or from Verona, you go to Brescia (some 50 minutes of travel by train); in Brescia there is another train that brings you to Sulzano (another 50 minutes of travel).

The cost of the meeting (4 days of full board and lodging) is 350 DM.

We leave Sulzano in the early afternoon of Sunday (May 11).

CALENDAR OF EVENTS

International Congress of Group Psychotherapies:

Bergama-Izmir, Turkey:
May 28 - 31, 1997

Exploring Social Disintegration:

Stockholm Group Conference on Social Issues: August 10 - 14, 1997.

Zerka Moreno Week:

Holwell Centre for Psychodrama:
August 17- 23, 1997.

Renaissance im/durch Psychodrama:

IV Internationale Konferenz des Psychodrama-Institut für Europa e.V in Polen:
September 26 - 28, 1997.

Bridging Two Worlds:

Psychodrama in China with Zerka Moreno & Gong Shu:
October 5 - 21, 1997.

Annihilation, Survival, Re-Creation:

XIII IAGP Congress for Group Psychotherapy, London, August 22 - 28, 1998.

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WORDS OF THE FATHER

O MEN FROM ALL OVER

THE EARTH,

GATHER AROUND ME...

I HAVE CREATED A BOND

BETWEEN ALL BEINGS.

THEY WERE NOT CREATED

BY THE SWORD.

THEY CANNOT BE

SEPARATED BY THE

SWORD.

J.L. Moreno

A NEW BOOK ON PSYCHODRAMA:

Reinhard T. Kruger

Kreative Interaktion

Vandenhoeck & Ruprecht, 1997

CHAIRPERSON

At last we meet in Sulzano! There we'll start with our first General Assembly where we'll deal with important topics like:

- FEPTO's legal recognition;
- financial situation of our Federation and estimation of future revenues and expenditures;
- settlement of the amount of membership fees for the current year;
- acceptance of new members;
- FEPTO's growth through the Committee's work.

Then we'll continue our journey, together with the new members, covering two ways:

1. to deepen the theme chosen by the Council for this meeting. It will be done in small groups formed on the basis of a sociometric choice.
2. to give impulse to the Committee's work, taking advantage of the presence in Sulzano of the majority of members: each Committee will collaborate in a fruitful way that will continue later at distance.

A special secretarial service will assure a quick printing and circulation of the material just produced by each group.

We'll also spend some time visiting and enjoying a wonderful corner of Italy. We'll stay a half day along with some Italian psychodramatists; we'll exchange with them our feelings, friendship, ideas and culture.

I hope that this meeting will be a further step of growth for each one of us and for our Federation.

See you soon!

Giovanni BORIA
FEPTO President

MATERIAL TO THE NEXT ISSUE
OF THE FEPTO-NEWSLETTER
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FEPTO TRAINING COMMITTEE*Graciela Rojas-Bermudez*

Within the psychodramatic field, we have accumulated a lot of experience and findings, but the existence of multiple conceptualizations and referential models - sometimes not explicit enough - make discussion and shared criteria of evaluation difficult to achieve.

By means of the questionnaire prepared by this committee and by thinking together about so relevant matters of PD as the topics presented for our next meeting, we try to outline some shared basic ideas which it is to be hoped can be the corner-stones for our different approaches to PD.

Through the answers to the questionnaire, some points to begin discussion may be suggested:

1. THEORY of PERSONALITY

Moreno's role theory seems to be the more accepted reference, other contributions vary. According to this, we could center on the integration of evolutive, functional and structural aspects in Moreno's conception about ego and roles, and/or on the integration of Morenian concepts and other contributions.

2. PSYCHOPATHOLOGY and DIAGNOSIS

Despite the wide use of therapeutic PD, there is no shared referential model for psychopathology. Some points here require elucidation:

- to make explicit the models used to understand psychopathology;
- to state the relationship between these models and the more general ones about personality,
- and the way we evaluate them (psychodiagnosis).

FEPTO MEMBERSHIP

*Now! is the time
to apply for membership in
FEPTO*

*for your Organisation,
in order for the application
to be processed in Sulzano.*

*Fill out the Application
Form prepared by the
Membership Committee
and send it immediately,
along with the required
documentation,
at least to one of the
committee members.*

FEPTO MEMBERSHIP**3. HEALTH and HEALING**

It would be worth to refer our health and healing criteria and methods to our concepts about personality and its pathology. In the process of healing, to see together the working through of the material emerged within the different PD frameworks for therapy: individual, group, couple, family, etc. I hope these points will help generate a fruitful discussion in our next meeting.

FEPTO RESEARCH COMMITTEE*Jörg Burmeister*

Continued from last newsletter:

Our first meeting took place in march in Zurich with only four members present due to financial and/or professional constraints. These are the main results of the meeting: A "common psychodramatic ground" or a "common language" in PD seems to be difficult to achieve. Besides from the merely technical definition of Psychodrama (5 elements, 3 phases), diversity among us is high. Moreno's original concepts were partly abandoned, replaced or completed by other ideas.

This will be the basis for a restricted number of theoretical and methodological key concepts or models of psychodrama which will be spread inside our committee and later on among FEPTO community. At the same time, we will go ahead with preparing common research concepts and elaborating recommendations for research in Psychodrama. Following the latter aspect, we are going to define major points of interest and concrete fields of application for research projects inside our committee. We will present these aspects of our work in May in Milano. Apart we will send out a questionnaire which will be distributed among FEPTO community and which will try to clarify the theoretical background and basic assumptions of FEPTO-members. This project will reassure the link between committees work and the rest of FEPTO community. Our ideas were explained and introduced to the Board in September 1996 in Cologne by Gabor Pinter which represents our committee in the Board.

Besides these aspects, our communication has also produced some exchange about so far realized research projects in our own field and the personal back-ground/motivation for psychodramatic research. Committee work as a whole reflects a great fluctuation of activity of its members. To transform a committee with 10 psychodramatists by written communications into a living network is indeed not very easy. But still we have assembled a lot of valuable contributions. And I'm hopeful that our committee will be able to present tangible results to the FEPTO community during our first annual meeting in May 1997 in Italy.

ON SPONTANEITY DESCRIBED AS ADAPTABILITY*Göran Högborg, Sweden*

Spontaneity is, together with creativity, one of the two theoretical pillars of psychodrama therapy. I am convinced that this concept is

one of the most fruitful of Moreno's concepts and that in fact other schools dealing with human development are finding that very same thing, but they phrase it differently because they have no knowledge of Morenian thought and psychodrama practice. I think that if we keep in serious contact with these schools our scope and understanding will expand.

The following example comes from the world of occupational therapy. Occupational therapists are dealing with practical matters, with action in the service of healing. They look into what clients really do and how they do it. And then they encounter the problem of response-flexibility; in our words: "spontaneity". Here, I will give an example of how the Sensory Integration theorists of the occupational therapists work with this concept (from Kristie P. Koenig in "Sensory Integration Quarterly", 1996):

"The concept of adaptability is one that is used frequently in the psychological literature to describe the way an individual interacts with his environment. By definition, adaptability is the ease or difficulty with which reactions to stimuli can be modified in a desired way (Thomas & Chess, 1977).

This author proposes that adaptability is more than simply an adaptive response or adaptive behavior. In this view, adaptability should be considered as an overall construct or condition that allows for flexibility of response by the child, resulting in a variety of behavioral changes. This adaptability component of behavior is part of the child's constitutional make-up. It appears to be positively affected by sensory integration therapy, which encourages adaptive responses and adaptive behaviors... adaptability and reactivity to novel situations, events, and people is a core dimension of temperament that is agreed upon by the majority of researchers (Goldsmith et al, 1987). This adaptability/non-adaptability construct can and should be a measured aspect of the effectiveness of sensory integration treatment."

Moreno talked about spontaneity and the *S-factor* that could be measured. I believe that adaptability-measurement is catching the *S-factor*. It is time for us psychodramatists to construct scales for the *S-factor*, or adaptability, as a means to evaluate therapy and to do research.

FEPTO MEMBERSHIP

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