



Hannes Krall (Ed.)

FEPTO Research Committee Meeting

Action Methods and Experiential Learning – Practice-Oriented Research in Psychodrama

26th of February -1st of March 2015

ISPA - Instituto Universitário, Lisbon/ Portugal



Organizing Committee

Dr. António J. Gonzalez, Paula Lucas & Léa K. Pereira
ISPA Instituto Universitário

Dr. Hannes Krall
Chair of FEPTO RC, University of Klagenfurt



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FEPTO RC Meeting:

Action Methods and Experiential Learning – Practice-Oriented Research in Psychodrama

Hannes Krall

Chair of FEPTO RC



Psychodrama and sociometry contribute a lot to action methods and experiential learning in different fields of professional practice. Even though experiential learning is something we share with other approaches and methods in fields of psychosocial work, we can draw on a long history of methodological development and refinement of its theory, philosophy, interventions and tools.

From the very beginning of its development psychodrama and sociometry was based on the idea of exploring and improving life of individuals in groups, organizations and society. Action research was a key to promote experienced based learning and change in individuals and their social environment.

The FEPTO Research committee is devoted to find ways to investigate processes and outcomes of psychodrama practice. In order to achieve this on a broader basis we have to create and to foster an international research network. The meeting in Lisbon was a milestone to move forward in this direction.

In Lisbon we could welcome 40 researchers and practitioners from 15 European and Mediterranean countries. It is especially noteworthy to mention that more and more young people with research interest are joining our committee.

In our meeting we had the opportunity to present and discuss research projects, to create research ideas and to share research experiences. The aim of this meeting was to focus on research designs, research tools, processes and results in practice-oriented research. The contributions were arranged around five major themes

- Research on efficacy and effectiveness in psychodrama
- Research tools, designs and analysis in clinical practice
- Psychodrama with children and adolescents
- Research in psychodrama training
- Building research capacity

The presented projects, new research proposals and developments in capacity building are promising for the future. Let's keep our momentum to move on...

Welcome to Lisbon

*Paula Lucas, Léa K. Pereira &
António Gonzalez*

Local hosts



Many thanks to our local hosts for their warm and welcoming hospitality. We are also very grateful to ISPA University for the rooms and the facilities which helped us a lot to conduct this successful conference

Psychodrama Training and Practice in Portugal

Maria João Brito and Luísa Branco Vicente

Portuguese Society of Psychodrama SPP/ Portuguese Society of Group Psychoanalytic Psychodrama SPPPG



Portuguese Society of Psychodrama (SPP):

SPP is a private and non-profit organization founded in 1986. For 25 years SPP works with national and international institutions and professionals in health and social intervention. The organization is composed by 19 voluntary members in these sections: Council, General Meeting, Supervisory Board, Training Committee, and in Secretariat, and 542 affiliates. The organization is a member of the Federation of European Psychodrama Training Organisations (FEPTO), and of the International Association for Group Psychotherapy (IAGP).

SPP professionals have a strong knowledge, know-how and years of experience in clinical and social intervention and psychotherapy research. They are connected to institutions that work in the different fields: hospitals, social institutions, schools and universities (eg. São João Hospital, Coimbra University Hospital, Lusíada University, Superior Institute of Social Work).

Portuguese Society of Group Psychoanalytic Psychodrama (SPPPG):

Portuguese Society of Group Psychoanalytic Psychodrama - SPPPG was founded in 1988, although its foundation was only formalized in 1991. SPPPG has now 102 associates. SPPPG founders based their practice in the classical Moreno theory and also on the psychoanalytical model, emphasizing the permanent analysis of transference and counter-transference. The main influences in their practice come from different Psychodrama International Schools, particularly, Argentine, French and Brazilian.

SPPPG is a private and non-profit organization. Its main goal is to encourage, investigate and divulge psychoanalytic psychodrama's theory and technique by promoting its members' formal training through theoretical/practical courses, seminars and supervision.

Admission requests and proceedings: higher education degrees in Medicine, Psychology, or other degrees in similar fields are considered suitable by the Training Commission; and individual therapy in a Psychoanalytic Psychodrama Group.

Research studies and papers are published or are in progress in the context of research in clinical work in psychodrama. Several studies are being developed at the university as a thesis on a master- or doctoral level.



Practice-Based Studies in Psychodrama

Célia M. D. Sales

University of Évora, Portugal



Practice-based studies are research conducted in the every-day routine of clinical practice, which implies methodologies that have clinical utility and are feasible. This lecture provides an overview of the main features of practice-based studies and reflects with the audience possible applications to Psychodrama.

Workshop: *Psychodrama through the eyes of the patients: Tools, designs, data analysis and usefulness of clinical practice*

This workshop aims to provide professionals with skills to conduct practice-based studies in Psychodrama, with a focus on the patient perspective.

The workshop is divided in 4 sections:

- I – Choosing the tools: Patient generated-measures (PGM) for outcome and process assessment
- II – Designing routine data collection studies
- III – Using PGM as clinical tools
- IV – Conducting practice-based studies: Illustration of research questions and methods for data analysis of PGM



Célia Sales is Professor in Psychology at the University of Évora, family therapist and researcher. She is especially interested in studying psychotherapy from the point of view of the patients, as well as collaborating with professionals to develop methods for researching real life therapy.

Efficacy and change process in psychodrama

António Gonzalez & Paula Lucas

ISPA Instituto Universitário, Portugal



In this presentation the authors present results of a research study focusing on the efficacy and change process in psychodrama. The methodology is partly based in Robert Elliott's approach and the data was collected in a university based-clinic in Lisbon with a heterogenic adult psychodrama group of 2 years of psychodrama

therapy, through qualitative and quantitative measurements and procedures, namely, the Helpful Aspects of Therapy (HAT) form, the Simplified Personal Questionnaire (PQ), the Client Change Interview, the CORE-OM form and the SAI-R form. This presentation is focused in the quantitative measurements - PQ, CORE-OM and SAI-R, and we intend to assess the changes occurred through individualized change measurement (PQ), and the individual improvements in Spontaneity (SAI-R), subjective well-being, problems/symptoms, life functioning and Risk/harm (CORE-OM).



António Gonzalez is a psychodramatist and psychologist with a PhD in Educational Psychology. He teaches at ISPA-IU, in Lisbon, coordinates a theatre group in the university, directs a postgraduate degree in Expressive Arts and works as a psychologist with hospital clowns. He does research in Psychodrama since 2008.

Paula Lucas is a psychodramatist and psychologist, with a master degree in Music therapy, currently working as a school psychologist in a public school. She is also a researcher in ISPA-IU and a teacher in the postgraduate degree "Development through Expressive Arts". Her research interests are in Psychodrama outcome and process studies.

The psychodrama in the treatment of obesity: study on the efficacy and the therapeutic process

Filipa Mucha Vieira

University of Porto,
Portuguese Society of Psychodrama



Obesity is considered a priority in the health system due to its pandemic proportions that has worldwide. In its genesis and development we often find the influence of psychological factors, essential for the treatment of this problem. Considering the limited success of even the most effective therapeutic approaches, several authors have advocated the need for an increased focus on alternative forms of psychotherapy in obesity. Given the role that emotions play in eating behavior, psychodrama was the therapeutic model chosen in this study. This model promotes the experiencing of feelings, the facilitation of insight and cognitive, affective, and behavioural integration of psychological problems.

The aim of the current project was to study the efficacy of psychodrama group intervention with obese female binge eaters, and to focus on alexithymia, emotional eating, binge eating and BMI. It is also our aim to study the therapeutic process by identifying the specific elements of the intervention that have a significant impact in individual change. In the study the participants were 54 women with obesity and diagnosed with binge eating disorder, randomly assigned to an experimental condition, submitted to experimental group with psychodrama during 12 weekly sessions, or to a control group, defined as treatment as usual.

Following a mixed methods research, we collected nomothetic and idiographic data. For the quantitative data, statistical analysis was conducted with SPSS 20 for Windows. Qualitative data were subjected to content analysis based on a descriptive and interpretive approach.

The results suggest that psychodrama was effective in reducing emotional eating behaviors, BMI and improving the alexithymic functioning, especially the externally oriented thinking. Clinically, 81% of participants in the experimental psychodrama group showed a partial remission of the diagnostic criteria for binge eating disorder. The psychodrama also revealed to be effective in increasing subjective well-being and spontaneity and decreased complaints and symptoms. Regarding the study of the therapeutic process, group factors, insight and empowerment were considered the most useful aspects for the change process. The psychodramatic games were equally highlighted in the session's assessment, which support the experiential, action-oriented component of this therapeutic model. The results were discussed in relation to implications for research and clinical practice. The presentation highlighted the psychodrama as an intervention, and as an alternative to classical approaches, in the treatment of obesity.

Filipa Mucha Vieira, PhD, is a psychodramatist, researcher, and lecturer at the Faculty of Psychology and Educational Sciences, University of Porto. Her clinical practice and research interests are in the field of group psychotherapy, eating disorders and obesity.

Experience of Psychodrama Rehabilitation Group based on interviews of five women and Interpretational Phenomenological Analysis (IPA)

Mari Rautiainen

University of Jyväskylä, Finland



Interpretational Phenomenological Analysis, IPA, was chosen as a means of exploring the lived experiences of psychodrama group members and the meanings they found in these experiences. The study examined the psychodrama rehabilitation of five severely depressed women. Five non-structured in-depth interviews were conducted. All the interviews were recorded and transcribed verbatim. During the interview the participants responded to open-ended questions: How did you experience psychodrama rehabilitation and how that appears in your life?

Psychodrama rehabilitation aims to reduce symptoms, improve the ability to work and promote psycho-social functioning. Psychodrama is a form of group therapy which has been used in mental health rehabilitation services for three decades in Finland. Psychiatric rehabilitation groups are financed and supported by The Social Insurance

Institution of Finland (Kela). Kela is a provider of social security benefits for all residents of Finland and has financed psychiatric rehabilitation, where psychodrama has been the main method for 30 years.

Methodology: The author chose IPA as a method for this study to gain detailed information about the complex phenomena of psychodrama group process and the experience of group members to identify themes and theoretical structures which describe this process. The author chose a phenomenological approach to understand the phenomenon of psychodrama from the perspective of the group members. IPA is used to analyze data from one-to-one interviews in order to develop in-depth descriptions that helps illuminate human experience. Using IPA as a method enables to describe not only the change of patient's problems but also how patient has worked with her problems.

The aim of this IPA analysis is to understand the effectiveness of psychodrama as a method in psychiatric rehabilitation. Interviews for IPA analysis were made 2010 in psychiatric rehabilitation group, where psychodrama was used as a method. IPA as an analyzing tool was chosen to deepen the understanding of the experience of group members and the influence of psychodrama rehabilitation in their lives. All interviewed group members in this IPA research have diagnosis of depression, anxiety, and all of them have severe trauma history. Three of them were on sick leave, one was unemployed and one was a student during the rehabilitation. Access to experience depends on what group members tell us, and in these interviews they shared openly their experience.

Results: Non-structured in-depth interviews were conducted with five participants. Using Interpretative Phenomenological Analysis (IPA), the researcher identified four primary themes representing the lived experience of psychodrama rehabilitation group.

The four primary themes are 1) what has been difficult about the experience of the interviewees, 2) what has been helping/healing about the experience of the interviewees and 3) how the interviewees felt that this experience appears in their lives.

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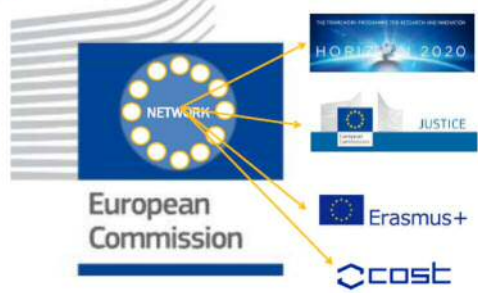



Mari Rautiainen, psychologist, family therapist, psychodrama trainer TEP, doctoral student at the university of Jyväskylä, Finland. This IPA research is part of Rautiainen's PhD study which includes also a quantitative sample. The aim of PhD research is to understand the effectiveness of psychodrama as a method in psychiatric rehabilitation.

The power of collaboration to inspire new research projects

Beatriz García Fernández

ISPA Instituto Universitário, Portugal



  <p>The power of collaboration to inspire new research projects Beatriz García Fernández, PhD (CI-ISPA) Pre-Award Grant Manager bfernandez@ispa.pt</p> <p>FEB 2015</p>	<p>European Commission... Where are the options?</p>  <p>bfernandez@ispa.pt FEB 2015</p>								
<p>Think on building common platforms to do research together</p>  <table border="1"><tr><td>Partnerships</td><td>Collaborators</td></tr><tr><td>Collaborative research</td><td>Consortiums</td></tr><tr><td>Community</td><td>Common Platform</td></tr><tr><td>Networks</td><td>Partners</td></tr></table>  <p>European Commission wants to fund projects/ideas that otherwise would not be funded</p> <p>***Extraordinary global challenges we face today, such as: poverty, infectious diseases, rare diseases, security for both the living world and the cyberspace, religious and cultural conflicts, energy, sustainable economic development, and global climate change... require a concerted effort among all countries, especially large ones - No single country has the capacity to solve these problems without the help and cooperation from others***</p> <p>bfernandez@ispa.pt FEB 2015</p>	Partnerships	Collaborators	Collaborative research	Consortiums	Community	Common Platform	Networks	Partners	
Partnerships	Collaborators								
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Drama-Based Treatments in the Educational System in Israel

Hod Orkibi

University of Haifa, Israel



The presentation will discuss the design of a study that will systematically collect outcome and process data from adolescent students (Grades 7-12) who receive drama-based therapies (psychodrama and dramatherapy) within the educational system in Israel. The study's theoretical framework and procedure of data collection and analysis will be presented and discussed. The audience will be invited to respond on the presentation.



Hod Orkibi, PhD, is a qualified psychodramatist, researcher, and lecturer at the Graduate School of Creative Arts Therapies, University of Haifa, Israel, where he also serves as the Head of International programs. Hod's practice involves psychodrama with at-risk youth, teaching, and administration. His research interests include psychodrama outcome and change process studies; positive psychology and mindfulness; self-control, hope and aggression; and professional development and training.

Individual psychodrama sessions within the educational system in Israel

Bracha Azoulay

University of Haifa, Israel



The presentation will discuss the design of a study that will collect outcome via semi structure interview and process data from experienced psychodramatists (more than 3 years in practice) who give individual psychodrama sessions within the educational system in Israel. The study's theoretical framework and procedure of data collection and analysis will be presented and discussed. The audience will be invited to respond on the presentation.



Bracha Azoulay, PhD, is a psychodramatist and certified supervisor. She holds a doctorate in Psychology from Northeastern University and a diploma in family therapy from Harvard Medical School. She is a lecturer at the Graduate School of Creative Arts Therapies, at the University of Haifa and at the Israeli College for Arts and Society. Bracha works in group and individual formats with teens at-risk and has worked with Ethiopian community, as well as with trauma patients at Rambam medical center. She holds a private clinique. Her research interests include psychodrama and drama therapy focusing on self-control and hope, the role of observer-participant at psychodrama training, the psychodrama therapist role playing in individual sessions, Narrative psychodrama and personal psychodrama.

An experimental approach to scientific research in psychodrama with children – “From the shark through the Neanderthal to the bank employee”

Elisabeth Uschold-Meier

Evangelische Kinder-, Jugend- und Familienhilfe,
Würzburg, Germany



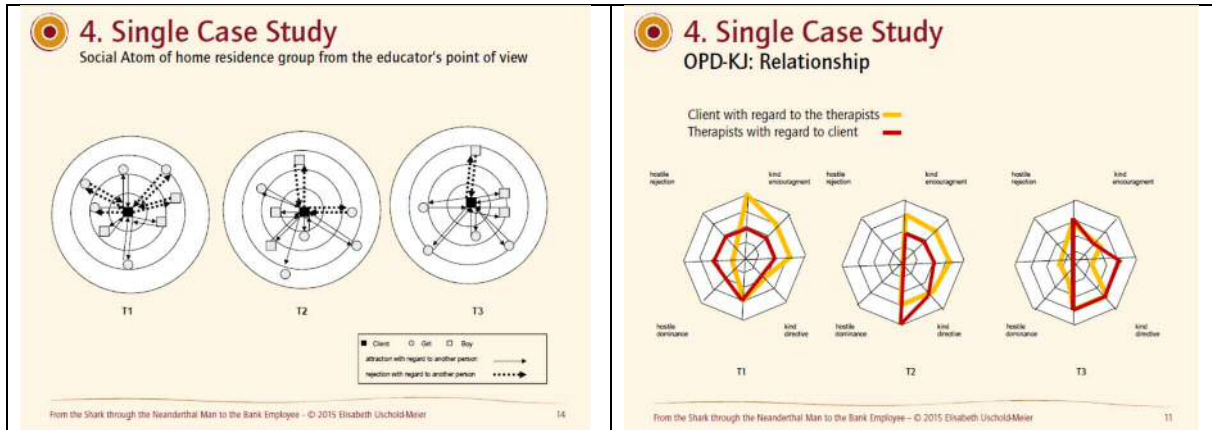
In the presentation the psychodramatic work with a group of children in a Children's Home is described. It is a first approach which procedures may be suitable to evaluate psychodramatherapy with children.

At the beginning, in the middle and the end of the school year, every child attends an individual session with the therapists in order to check their respective progress in development of the social skills the research is focused on.

Changes in the relationship between child and instructors have been evaluated on a therapeutic level by using the OPD-KJ. The childrens' development is methodically documented at three different times of measurement throughout the year regarding the number of relationships based on mutual attraction within the respective residential departments. The self- and external reflection of the children is compared by using the SDQ.

The RD-I (Role Development Inventory) has been introduced. It is used to document and evaluate the children's behaviour throughout the whole process.

- It is possible to use an analysis of variance (ANOVA). With repeated measures you can determine statistically significant changes in the individual variables of RD-I over the whole group process.
- The verification of the change between two time points of the group is possible by using a t-test for paired samples.
- The RD-I would also be an appropriate instrument to make the collected footage statistically analyzed. Independent evaluators could also evaluate video material to the three time points. So the described pre-post analysis would be possible by using the determined variables of the RD-I.



Development processes within the therapy group are proved with the social atom. For the evaluation of functional and dysfunctional relations, the Social Atom and Sociometric Methods have proved to be effective. The Social Atom can be computed quantitatively by defining questions and aims. The same applies to Sociometric Methods. The changes concerning the gambling behavior, the role development and the social status within the children’s group have been impressing.

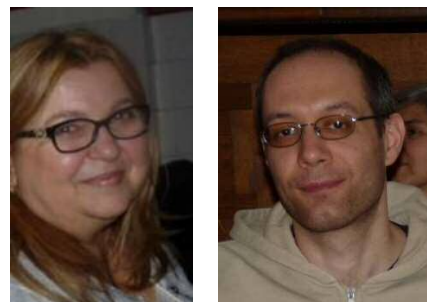


Elisabeth Uschold-Meier, is an educational scientist and qualified psychodramatist. She is working for many years in a Children’s Home, doing family therapy, therapy with children and adolescents in individualized personal instruction and group therapy. In addition she is managing a group of high skilled boys with behavioural disorders. Furthermore she is working as a free lance therapist and referee in her own practice and writing articles in learned journals.

Educational and personal processes in psychodrama psychotherapy – a pilot project

Ilija Dojcinovski, Mirjana Jovanovska Stojanovska et al.

School for psychodrama psychotherapy “Amigdala”, Skopje, Republic of Macedonia



Authors: Ilija Dojcinovski, Vesna Blazevska, Margarita Nikolovska, Mirjana Jovanovska Stojanovska

We lead training for psychodrama psychotherapy which is directed to enable the students to acquire skills, knowledge and practical techniques for work with clients. Our goal is to achieve this through increasing the amount of cognitive knowledge and

awareness for the processes occurring on a psychological and bodily level during psychotherapy.

The main motto of our School for psychodrama is: *We don't teach our students to know theory and techniques in psychodrama. We help them through their own experience to understand and incorporate theory and techniques of psychodrama.*

In order to improve and increase the efficacy of the educational process, we started a project which includes a research of the educational process. The aim of the project is maturation and change/adaptation of the educational process.

How can we study this process?

In one part of the project, the research consists of direct participation of the trainees i.e we placed them to be researchers themselves. The other part is an analysis of the data which will be dealt with by a committee consisting of trainers and trainees. At the beginning, all of us together, created a questionnaire which will represent a baseline for our future research.

We imagined this questionnaire to be a diary – an open notebook – in which all experiences, insights, awareness, emotions, processes stimulated during the group and individual work will be noted. This supports spontaneity and creativity of the group members; each of them has the right to discuss, to express his/her own opinion, to give an idea, to write down a personal experience. Every single word is worth it.

This project is also beneficial because we introduce our trainees to the idea that research of the processes they go through is part of their learning and their professional development. We show them that research is necessary for developing their critical thinking and broadening the awareness about the processes and the self both psychologically and bodily. We teach them how to accept the research as part of their therapeutic work and that these two aspects are codependent. We support them to take part in research projects, to conduct research and to utilize the outcomes of that research. We encourage them to apply their creative adaptation as part of their professional and life process.

Our project which involves much introspection and mutual collaboration is important in providing continuous supervision both for the trainees and the trainers, as well.



Ilija Dojčinovski, MA, is a practicing health psychologist in the Special hospital for surgery diseases FILIP II, in Skopje, Republic of Macedonia. There he counsels patients (and their families) undergoing various medical procedures. He has spent two years in gestalt psychotherapeutic group and in the last six years is in advanced psychodrama training in “Amygdala” school of psychodrama psychotherapy. His research interests include the possibilities of implementing various psychotherapeutic approaches in enhancement of quality of life both in healthy and sick people.

Mirjana Jovanovska Stojanovska, MA in Clinical and Counseling psychology, senior trainer and supervisor in the school for psychodrama training “Amigdala”. She is Gestalt (EAGT certified) therapist and certified supervisor by the Gestalt center in London. She is also an individual member in EAP. She is a supervisor in several schools for psychotherapy education in Macedonia. She runs a private office for psychotherapy, counseling and psychodiagnostics. Currently, she enrolled PhD program in psychology. Her research interests include studying the educational process and the outcomes of psychotherapy.

Psychodrama teaching in the manifold FEPTO world - Proposal of a survey within the FEPTO Training Institutes



Paola de Leonardis & Marco Greco

Centro Studi di Psicodramma Milano/Italy
Studio di Psicodramma Torino/ Italy

As members of the RC subgroup “Morenian identity, theory and methodology” Paola de Leonardis & Marco Greco presented a proposal of a two steps survey to be done between the FEPTO Training Institutes on the subject: “How do we teach psychodrama, with which tools, and with which theoretical and methodological contents?”

Shortly the survey aims:

- 1) to make a research between the FEPTO Training Institutes on their curricula and essential didactic modalities, having care, later on, to spread that information around all Training Institutes themselves;
- 2) to stimulate the FEPTO Training Institutes to find ways for sharing theoretical and methodological items and problems, included the PD research ones, which can help to identify and strengthen a common Morenian identity.

The survey’s intents have been exposed in a power-point presentation to the participants to the FEPTO RC Meeting in Lisbon.

The authors have pointed out their awareness about the variety of teaching models and tools now existing in the training FEPTO Institutes.


They think that this diversity is an asset for psychodrama development and enrichment. They believe that development and enrichment also come from the freedom of each Institute to explore, to experience, and to change its training model at any time that is envisaged useful and positive.

As its first step the survey intends, with the consent and the help of the FEPTO Board, to collect from the FEPTO Training Institutes their training Curricula (study plans) and their Recommended Bibliography. At the same time the Training Institutes will be asked to fill up a Questionnaire set up for getting some information on the Institutes’ training organization, possibly identifying some of their main theoretical and methodological contents.

The Questionnaire prepared by the authors was presented to the whole participants in Lisbon Meeting and afterwards discussed within a small group of them, leading to an improved version of it.

The FEPTO RC participants at Lisbon RC Meeting have been asked to fill up the Questionnaire and to send it to the authors (paoladeleonardis@fastwebnet.it and marcomariagreco@katamail.com) in order to test its efficacy throughout their answers.

The authors confide that soon the Questionnaire will be ready to be presented to the FEPTO Board in order to discuss the best way for its diffusion inside the FEPTO Training Institutes.

Psychodrama teaching in the manifold FEPTO world	
Proposal of a survey: presented by the RC subgroup "Morenian identity, theory and methodology"	
How to train psychodrama theory and techniques?	

Paola de Leonardis, psychologist, qualified psychodramatist, founder in 1996, and still in charge as scientific chair and trainer, of the Psychodrama Institute of Milan and its School of Psychodrama. Past-president of AIPsiM (Italian Morenian Psychodrama Association), Editor since 1999 to date of the Italian Psychodrama Journal, author of psychodrama books and of 20 scientific articles. Long psychodramatic experience in clinical field as well as in supervision, prevention activities in schools and in business field.

Marco Greco, is a psychotherapist and psychodramatist in Torino, Italy. He works in a tutoring role with the psychology students of the Torino University. Marco works in Psychodrama groups and individual formats. He is Director and teacher of the Torino seat of Giovanni Boria' school „Studio di Psicodramma“. He is the President of the „Moreno Museum“ Association (Austria). Experience in dependence disorders like Director of Therapeutic Community. Trainer and supervisor at Institutions, Associations and Cooperatives.

Qualitative analyses of role development in psychodrama training

Jutta Fürst

University of Innsbruck, Austria



Moreno considered the roles in which one operates as the “tangible aspect of what is known as ‘ego’” (zit. in Leutz, 1974, S. 43). Although the role concept is one of the main concepts in psychodrama there exist only few attempts to invent handy measurements for the development of roles. Clayton (1994) Daniel (2007), Bustos (1994) found helpful systems for the description of roles. The presented pilot study is an attempt to analyse systematically the roles of psychodrama students in their training, based on the five dimensions of the psychological personality inventory NEO-PI-R. The analysis is carried out after the first period of the self-awareness training (60 h), after 120 h, 180 h and after the end of training (240 h). The training sessions are documented accurately including a description of all roles the students take. In a qualitative analysis the roles are related to one of the five dimensions and counted. It is expected that the roles will expand during their training over all dimensions.

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Fürst Jutta, Dr. phil., scientific chair of a training programme for psychodrama psychotherapy at the University of Innsbruck; clinical psychologist, supervisor and psychotherapist for psychodrama and guided affective imagery, in private practice; past president of FEPTO. *Key activities*: Trainer and lecturer for psychodrama at several universities; workshop leader in various European countries; author of articles and co-editor of a book on psychodrama therapy.

Systematic feedback for trainees in self-awareness groups - Competencies, tools and procedures

Hannes Krall

University of Klagenfurt, Austria



Training processes in psychodrama are aimed at learning and development of trainees on different levels – personal, social, methodological, theoretical. There is an implicit understanding of quality in directing individual and group work. However, an explicit understanding of what competencies on which levels are needed to accomplish this rather complex task of directing is still missing. Moreover, in training processes a concept of what competencies in which phase of training should be acquired is necessary for good assessment and feedback for the trainees.

Self-awareness of trainees (or self-experience) is a basic part in psychodrama training. According to the MTS (Minimal training standards) of FEPTO it consists of about one quarter of all training hours (200 out of 720/ 880 – including practice). In this period trainees learn about themselves and about how psychodrama is applied in practice. This part of the training is essential and there is a general understanding what trainees shall experience and learn in this hours. However, it is not so clear what trainers look at in detail when they assess or evaluate the participation of trainees and their development in self-awareness groups. What are the aspects/ categories and levels of assessment and feedback?

In this presentation the focus is on competencies and feedback in self-awareness groups of trainees. In Austria assessment and feedback in self-awareness groups is based on a list of competencies which has been outlined by Grete Leutz in Germany. An adapted version of these competencies and the way how it is used for feedback in training will be presented. A feedback questionnaire which is combining self-assessment with feedback from the group and the trainer will be introduced and discussed for further development.

Krall Hannes, ao. Univ.-Prof. Dr., University of Klagenfurt, Educational Sciences and Research; pedagogue and psychologist, counsellor, psychotherapist, supervisor, trainer at the Austrian Society of Groupdynamics and Grouptherapy and lecturer at the University of Innsbruck; chair of the FEPTO Research Committee. Key activities: Current research interest in psychodrama training, supervision and psychodrama practice. Several publications about psychodrama, supervision, violence, trauma of children and youth.

Research articles in psychodrama: How to create a database?

Milena Mutafchieva

New Bulgarian University/
Institute for Psychodrama Practices “Chiron”



The idea to create a database for research articles in psychodrama arose out of our necessity to have an easier access to articles in the field. This idea has even a broader goal and it is connected to the main goal of Research committee: to motivate psychodramatists from many institutes to conduct studies and to measure the effect of their individual sessions and the change in trainees. The availability of many researches could serve as guiding materials in their concrete studies. We have discussed this topic on our meeting in Lublin and some main topics arose: How to collect the research articles; How to organize the data base and How to use the database. This presentation will try to propose a preliminary model for organizing the articles and some suggestion how to look for a topic in the database. The final goal is at the end of our meeting in Lisbon to have complete idea of how to create a database and to collect articles and to make the first steps in this initiative on the Annual FEPTO meeting in Bon.



Milena Mutafchieva, PhD, is a qualified psychodramatist and assistant professor in Cognitive Science and Psychology Department in New Bulgarian University, Bulgaria. She holds a doctorate in Cognitive Development and has participated as a principal investigator in many Bulgarian and international projects. She is a Board Member of Bulgarian Society of Psychodrama and Group Therapy and Institute for Psychodrama Practices „Chiron“. Her research interests include analogical reasoning in children, executive functions and their development, psychodrama and measuring of its effects in clients and trainees, active learning and educational practices, etc.

Research capacity on a national level – Developing research networks in Germany and Poland

Stefan Flegelskamp & Krzysztof Ciepliński

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Research network in Germany: The short demonstration contains the development and the ideas for the near future to build a common platform for psychodramatist practitioner and researcher in Germany. The magic formula is to revitalize the community by networking and cooperation in an attractive way.

The introduction of the law of psychotherapist in 1999 had far reaching consequences for the whole field of psychotherapy in Germany. Under this law only therapists who apply behavioural therapy or psychoanalytical psychotherapy are paid for their treatments by the health insurance authorities.

At present almost all chairs of psychology at universities are held by behaviour therapists. As a consequence Germany has developed to be a third- world- country in the field of psychodrama research. Efforts are being made now to revive the issue of research and psychodrama by well- directed network.

At the same time professionals of psychodrama are networked. Two intensive children-psychodrama conferences (St. Johann and Berlin) were held in German speaking countries combined with network meetings. As a result a group of colleagues interested in research have come together.

At the same time the German association of psychodrama (DFP) has tried to network lectures of psychodrama at universities. Two meetings have been held so far and same more are being planned with the aim of holding a conference (entitled: psychodrama and research) at a German university. There scientists and professionals can meet to developed concrete ideas of research.

Research network in Poland: The presentation is dedicated to the current situation in research of the polish psychodrama environment. The author will present the past and actual state of research awareness with active members of the Polish Psychodrama Institute. He will also submit the ideas and actions to build a national platform for supporting and coordinating research on psychodrama in Poland.



Stefan Flegelskamp: Social worker and therapist for children and youth, Child psychodrama-therapist, psychodrama director, head of the “Szenen” Institute for Psychodrama in Cologne. Since 2009 he is active in FEPTO, cofounder and co-organizer of the 1st and 2nd Symposion for Psychodrama with Children and Adolescents, he conducts a psychodrama-project in Gaza , Palestine.

Krzysztof Mariusz Ciepliński, PhD, is a qualified psychodramatist and psychotherapist, researcher and lecturer at the Institute of Psychology, John Paul II Catholic University of Lublin, Poland, and also the Head of Polish Psychodrama Institute Research Committee. He provides group and individual psychotherapy for adults outpatients. His research interests include psychodrama outcome and change process studies; integration of psychotherapy; positive psychology; professional development and training.

Influence and Significance of Psychodrama in the 20th and 21st Century

Frank Sielecki

Szenen Institute, Cologne, Germany



Project team: Anna Chesner, Peter Wertz-Schönhausen, Frank Sielecki

It is time to review the academic/ scientific history of the 20th and early 21st century and to place psychodrama as a distinct humanistic/ integrative approach clearly in context. We will consider the scientific perspectives/ insights, which have emerged since Moreno, which nonetheless shine a clear light on his theoretical and philosophical contribution to the field. This may provide the foundations for a future focused strategy for psychodrama in the current psychotherapy and academic climate.

We recognise that psychodrama may have suffered in terms of its public profile due to its origins in the vision and experiments of one man (and subsequently one man and his wife), while other approaches such as the systemic have their roots in pluralistic scientific research (cybernetics, biology, social constructivism), a fact of history that has resulted in their relative prominence in the academic community.

It is time to rectify this imbalance and to explain, evidence and document the efficacy of psychodrama as a whole method in an academic context. The psychodrama community itself may have something to learn from the successes of these other approaches, whose use of psychodramatic building blocks adds to their public profile and efficacy.

We bring this review together under three columns: scientific theory, psychodrama techniques now embedded in other approaches, and clinical or sociological research into the method.

1. While the initial foundations of psychodrama were expressed in intuitive, artistic, expressionistic and religious/ philosophical terms, often poetically, current scientific contributions have a significant relevance in making sense of Moreno's method and approach, and should now be brought alongside psychodrama theory (Neuroscience, Mirror neurons, New psychological research: eg. child development, pedagogic theories/ learning theories, Research into approaches to teaching etc.)

2. Many modern approaches, methods and forms engaging in the fields of psychotherapy, adult and child education, and sociological interventions use psychodrama techniques as building blocks, often without acknowledging their origin or their underpinning philosophy. We consider it valuable, not only for the psychodrama community, but also for these other approaches, to mark the origin of such building blocks, before their origins get totally subsumed (Systemic approaches: therapy etc., Constellation work, NLP, Brief therapy/ solution focused therapy, University didactic, Supervision, Scenic and visual interventions, EMDR, Gestalt, Playback etc.).

3. Clinical research: There will be a review of current clinical research in the field of psychodrama and action methods.

Our goals: To make psychodrama and sociometry more visible and to reclaim psychodrama terminology where aspects of the method are being used implicitly. To make visible the influence of specific methods of psychodrama within other approaches (educational, therapy, philosophy). To confirm and expand Moreno's theory and philosophy in the light of subsequent scientific research.

Frank Sielecki, Dr., is a teacher, musicologist, psychodrama director, psychodrama trainer, supervisor, departmental head for teacher training and supervision in the regional government Arnsberg/Nordrhein-Westfalen. He is lecturer at the Fliedner University of applied science. Since 2010 he is active in FEPTO. His research interest is an interdisciplinary approach of the confirmation and significance of psychodrama in the 20th and 21th century.

Group work: Psychodrama with children

Elisabeth Uschold-Meier

Evangelische Kinder-, Jugend- und Familienhilfe, Würzburg, Germany

Participants: Mariolina Werner, Ene Vinter-Van Vierssen, Maria Silvia Guglielmin, Isabel Brito, Stefan Flegelskamp, Elisabeth Uschold-Meier

The participants agreed that in research with children it is very important to observe and document single activities and expressions of the child in the group, because they are not able to give a differentiated feedback afterwards.

The group proposes to collect research tools for children and to develop questionnaires to capture observations and to rate them. The therapist could use HAT after each session to document his own feelings concerning each child. Other useful possibilities are either to implement a kind of free drawing or to administer a version of the Rorschach test after the sessions to get impressions of the changes during the process. Furthermore, a short sociometric work could illustrate what changes in the children after the session have occurred.

Group work: TRAIN – Towards research applied in an international network of trainees

Jutta Fürst

University of Innsbruck, Austria

Participants: Bracha Azoulay, Ayse Eryavuz, Roger Schaller, Monika Westberg, Zsuzsa Marlok, Mirjana Jovanovska Stojanovska, Jutta Fürst

The Participants shared their personal interest in the implementation of research into training and the need of more information. Roger (Switzerland) wants to join the project, Bracha (Israel), Zsuzsa (Hungary), Monika (Sweden) and Mimi (Mazedonia) think

about how to implement it into their way of training. Krzysztof Cieplinsky (Poland) (participating in another group) wants also to join the project.

Ayse (Turkey) reported about the situation in her training group. They are actually in the third year of the training group since they started with the TRAIN project. The analysis of qualitative data is not clear. The standardisation of the Turkish version of the CORE-OM is not yet finished.

Following topic were discussed:

- Aim of TRAIN
 - Procedure of TRAIN (HSCED of R. Elliott)
 - Tools (CORE-OM, PQ, HAT, Client Change Interview, SAI-R, MSAPT)
 - Implementation in training
 - How to analyse qualitative data of HAT and Client Change Interview
- Procedure, Tools and article about HSCED will be available in dropbox.

The Change Process in Psychodrama

Christina Köfeler

Participants: Léa Pereira, António J. Gonzalez, Paula Lucas, Krzysztof Cieplinski, Christina Köfeler, Hannes Krall, Jutta Fürst

The project deals with an efficacy study on Psychodrama in different countries including Portugal, Austria, Poland and maybe also Brazil. The focus should be furthermore on the question of what is particular in Psychodrama, what are helpful aspects etc.

There is the possibility to replicate the research done by António and Paula or even use their data base for further analysis. This data as well as probably new raw material collected (the instruments HAT, CORE and PQ should be applied) and the results of analysis should be shared, compared and published in the end.

The following steps were determined in a brainstorming:

- 1.) NETWORK: Ask for data collected with PQ, HAT and CORE in groups
- 2.) THEORY: Do theoretical analysis on models of change
- 3.) MODEL: Create a model of change in psychodrama
- 4.) EVALUATION: Test this model

International Journal of Psychodrama

Kate Kirk Hod Orkibi, Sabine Feuerstein

Isle of Man/ Israel/ Austria



The work continues on International Journal of Psychodrama Research. The group established the scope and aims for the journal, these are still in draft form, but are included so people can get a sense of what they are.

Scope - This electronic journal has been created, by the FEPTO research committee, to offer an international platform that will disseminate current research studies and

practice innovations influenced by research. This annual peer review journal will collect articles related to psychodrama, in its broadest terms, which are of a high standard and presented in English.

Aims - include

- To complement and add to the literature related to psychodrama research and practice.
- To disseminate empirical studies of psychodrama research; these may be at different stages of development, modelling the dynamics of the research process
- To reflect the above process by publishing articles based in practice which demonstrate the implementation of research in psychodrama and articles that identify potential research questions from practice.

We continued the work of creating an editorial and peer review panels that are truly international - to reflect the nature of the journal. This will be formally confirmed and announced at the FEPTO annual meeting. We designed the call for papers advertisement that will be sent out, via Hannes Krall the chair of FEPTO research committee on 1st April 2015. We still have to establish the email address for the journal and links with Springer and FEPTO website.



Next FEPTO RC Meetings:

Würzburg/ Germany: October 8 - 11, 2015
University of Applied Sciences

Helsinki/ Finland: February 25 - 28, 2016



As a researcher you only
see what you get
through your lenses...

*"...apart from that,
I have in me all the
dreams of the world."*

Fernando Pessoa

Looking forward to meeting you in

Würzburg/ Germany: 8th – 11th of October 2015

Best regards,

Hannes Krall

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Photo gallery:

