

# FEPTO – NEWS

NEWSLETTER OF THE FEDERATION OF EUROPEAN PSYCHODRAMA TRAINING ORGANISATIONS

*WARM NEW YEAR GREETINGS FROM  
YOUR FEPTO COUNCIL ...and hope to  
meet you all in PORTUGAL!!!!*

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*Judith Teszáry*  
[judith.teszary@chello.se](mailto:judith.teszary@chello.se)

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**EUROPEAN AFFAIRS  
TRAINING COMMITTEE**  
*Pierre Fontaine, M.D.*  
[pierre.fontaine@psp.ucl.ac.be](mailto:pierre.fontaine@psp.ucl.ac.be)

**VICE-CHAIR PERSON**

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*Maurizio Gasseau, M.D.*  
[gasseau@iol.it](mailto:gasseau@iol.it)

**SECRETARY**

*Dorothy Langley, AAPSW, ADB*  
[gdlangly@eclipse.co.uk](mailto:gdlangly@eclipse.co.uk)

**TREASURER**

*Chantal-Nève Hanquet*  
[Chantal.Hanquet@swing.be](mailto:Chantal.Hanquet@swing.be)



*“Ways of Supervision”*

**COMMITTEE CHAIR PERSON**

**ANNUAL MEETING COMMITTEE**

*Eva Fahlström*  
[Connectedknowledge@yahoo.com](mailto:Connectedknowledge@yahoo.com)  
*Gábor Pintèr, Ph.D.*  
[Pinter@peto.hu](mailto:Pinter@peto.hu)

**RESEARCH COMMITTEE**

*Marcia Karp, M.A. TEP*  
[MKarpl1444@aol.com](mailto:MKarpl1444@aol.com)

**MEMBERSHIP COMMITTEE**

*Jutta Fürst*  
[Jutta.fuerst@uibk.ac.at](mailto:Jutta.fuerst@uibk.ac.at)

**NEWSLETTER COMMITTEE**

*Renée Oudijk, Reg. Ps.Th.TEP*  
[psychodrama@hetnet.nl](mailto:psychodrama@hetnet.nl)

**WEBMASTER**

*Antonio Roma Torres*  
Website: [www.fepto.go.to](http://www.fepto.go.to)

About last years meeting in Sofia, Anne Schiitzenberger wrote: "It was a lovely small congenial encounter between European psychodramatists in Sofia, together for FEPTO Annual Meeting 2002.

Nice exchanges between psychodramatists - some 50 or 60 of us, mainly have training schools in psychodrama all over Europe!"

Your FEPTO Council invites you not to wait any longer and contact Manuela Maciel now! Telephone

00351-96 286-29 62 or fax 00351-21 457 26 47 or E-mail [manuelamaciel@mail.telepac.pt](mailto:manuelamaciel@mail.telepac.pt) in order to be sure about your registration.

Theme of the FEPTO Meeting will be "Ways of Supervision". We are sure that psychodrama has to offer a quite wonderful bouquet of methods to supervise training and trainees and we really look forward to meet you and exchange our treasures and wisdom. So be sure that you be with us from 9-13<sup>th</sup> of April, in Estoril, Portugal



## Fepto Research Committee

**From:** Michael Wieser [Michael.Wieser@uni-klu.ac.at]  
**Sent:** Monday 21 October 2002 18:27 ad Tuesday 24 October 2002 15:51  
**To:** psychodrama@hetnet.nl; reneeoudijk@hetnet.nl; renoudijk@hetnet.nl  
**Subject:** psychodrama master thesis in psychology

*Daniela Ascherle finished her master thesis in psychology, you may read an English abstract, the entire work is written in German.*

### **The application of the methods of psychodrama with dying people**

This work deals with the theoretical explanation of psychodrama and thanatology. The main goal is the consideration of the question of evaluation, whether psychodrama can be applied to accompanying people who are about to die.

We can affirm this question, although it has to be said that the technique of the psychodrama should be seen as a further alternative for dying people, the primary element, however, would have to be the medical care. You can find common ground of these methods in the anthropological basic ideas, the existential questions, a part of which is the search for God, the meaning in life and death and also in our attitude towards health. Furthermore psychodrama includes the precondition, which is very helpful to the demand of dying people and their companions like, for example, acting, the expansion of your consciousness, the encounter and the relief.

As the dying person is often no longer capable of carrying out psychodrama in a group there is an alternative, it is psychodrama in individual therapy also called monodrama. It is true this single setting does not offer a healing as real and diverse as encounter in a group, but it still does have its effect, because through increasing work with symbols and through deepening and expansion of the spectrum of roles it creates a certain balance.

Besides, psychodrama and also other creative media make a reduction of fear, helplessness and guilt possible, something that can be increasingly noticed with this group of patients. Moreover, it describes psychodramatic techniques by giving examples, which can be applied to dying people without violating the most important points of Thanatology. Among other things this does not only include the dignity and values of a human being but also a person's inner freedom should be taken notice of. At the end of this work the author still show the limitations of the psychodrama in thanatology.

*Daniela Ascherle*

*Josef Trattler finished his master thesis in psychology you may read an English abstract, the entire work is written in German.*

### **Perspectives of pathogenic anxiety in special consideration of psychodrama**

The manuscript should give a survey about diseases, especially panic attacks and phobic anxieties, their origin and facilities of therapy. All above I concentrated on the diagnostic criteria. Therefore I used the international diagnostic system ICD-10 and the American diagnostic system DSM-IV.

Concerning the "Atiopathogenese" an exact classification of morbid factors is not possible, but special conditions are existing before such phobic anxieties come to break out. Sociological, personal, situative and genetic elements are affecting the processing of anxiety.

The biggest part of the manuscript is devoted to the "therapy of confrontation". Often controversial, but effective, patients learn to control their anxiety so that they can return to everyday life. In this form of therapy the origin is not be noticed. Although other forms of therapy were handled, they are not a matter of peripheral importance by the therapy of these people.

To work with psychodrama was another thing. The role-playing and spontaneity in stead of making a diagnosis, is in the centre of interest. I found very few publications to this matter, so I depended on working with psychodrama-institutes and practicing psychologists. By combining games with their analysis the "psychodrama" is an excellent method for the therapy with anxiety patients.

*Josef Trattler*

Michael Wieser, Univ.-Ass.Mag.Dr.  
Psychotherapist (Psychodrama, ECP), Psychologe  
Supervision, Mediation, Coaching  
Universitaet Klagenfurt/ Fakultät für Kulturwissenschaft  
Institut für Psychologie  
Abteilung für Psychotherapie und Psychoanalyse  
Universitätsstr. 65-67  
A 9020 Klagenfurt, Austria, Europe  
Tel: (43-463) 2700-1636 / Fax: (43-463) 2700-1696  
E-Mail: [michael.wieser@uni-klu.ac.at](mailto:michael.wieser@uni-klu.ac.at)  
Homepage: <http://www.uni-klu.ac.at/users/mwieser>

## Studies in treatment effects of psychodrama therapy ordered on basis of ICD10

- by Michael Wieser -

### **Preliminary results and conclusions**

In Austria there is no meta analysis of psychodrama therapy till now besides of research in maintenance. In Germany exists documentation (Burmeister, Leutz & Diebels) but with problems of the mainstream standards in evidence based psychotherapy. The same in Switzerland with the meta analysis of Grawe, Donati & Bernauer (1994). Other non German speaking countries made some meta analysis (Kipper. 1978: Schramski & Harvey 1983; Kellermann. 1987: Greenberg. 1994) but concluded that the research design should be improved. So there is a lack for the last fifteen years. Therefore the author investigated studies in psychodrama treatment effects in literature on the background of ICD-10.

#### F00-F09 Organic, including -symptomatic, mental disorders:

Till now there are no studies reviewed.

F10-F19 Mental and behavioral disorders due to psychoactive substance abuse: Four studies report positive results for adults and two studies also for youths. The research design is mostly naturalistic.

#### F20-F29 Schizophrenia, schizotypal and delusional disorders.

Four of five studies have good results even with chronic schizophrenics and delusion.

F30-F39 Mood (affective^ disorders: Three studies do not really fit the scientific standards. Two of them investigate adults and youths with low depression but positive results. One reports of increased sociometric choices but not in sociometric perception. More studies have to be done.

#### F40-F48 Neurotic, stress-related and Somatoform disorders:

More positive than negative results is the summary out of nine studies. One study compares effects in psychodrama therapy with blood tests, another with pharmaceutical therapy.

#### F50-F59 Behavioral syndromes associated with physiological disturbances and physical factors: Till now there are no studies reviewed.

#### F60-F69 Disorders of adult personality and behavior

Till now there are no studies reviewed.

#### F70-F79 Mental retardation:

Two studies have positive results but are not directly connected with psychodrama.

#### F80-F89 Disorders of psychological development:

Till now there are no studies reviewed.

#### F90-F98 Behavioral emotional disorders with onset usually occurring in childhood or adolescence:

Two studies have positive results but are not directly connected with psychodrama. Several groups of disorders: Eight studies are reviewed with more positive results, one also with youth and one in single setting. One study compares with integrative psychotherapy, another with group analysis and eclectic psychotherapy.

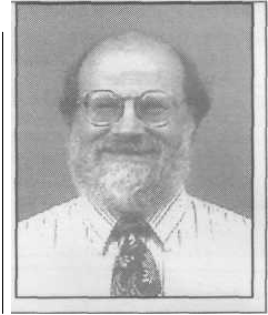
#### Without information in a specific area of disorder:

14 studies were included with more positive results. Two investigated the psychodramatic double technique, one study concerns old people, two other youths. The preliminary conclusion is, there are some good results but also a longing for more.



## DEVELOPMENTS IN PSYCHODRAMA (since the 1970s)

-by Adam Blatner & Anne Schützenberger-



Hi Anne,

I was talking with a colleague about our history, and we fell to wondering what might be the more significant recent developments in psychodrama, say, since the mid-1970s...

So some of the following occurred to me, and I wondered if you'd help me by adding to the list, as well as commenting on your thoughts about the more and less important developments, ranking them, so to speak. Would any be considered to be "landmark" developments?

Some "recent" developments in the history of psychodrama:

The growth of other institutes internationally (so there are now probably over ten times the numbers of psychodramatists in the world than there are in the USA)...

Related... The emergence of FEPTO - the Federation of European Psychodrama Training Organizations

The emergence of a more distinct identity to the psychodrama section of the International Psychodrama Network— another listserve.

International Psychodrama Conferences, aside from the IAGP

Group talk, beginning around 1997 — a psychodrama newsletter

Websites for ASGPP and other organizations

Therapeutic Spiral Method for work with PTSD

Playback Theater (not precisely part of psychodrama, but...)

The Board of Examiners in Psychodrama

*(Editor: as far as I know at the moment there is a Board of Examiners in USA, Australia, the Nordic Board in Sweden, Norway and Finland and the Dutch-Belgium Board NBES)*

Professionalization of the journal - Journal of Group Psychotherapy, Psychodrama, & Group Psychotherapy — with Heldref

Writing of 30 or more books on psychodrama since 1970

Integration of other approaches, TA, Reality Therapy, Gestalt Therapy, Family Systems, Bioenergetics, Theatre Games, etc. - growing eclecticism of psychodrama

Affirmation and exploration of compatibility of aspects of psychoanalysis with psychodrama

A resurgence in interest in sociometry since the mid-1970s

..... and what would you add?

Warmly, *Adam Blatner*

Dear Adam  
I would add

\* "transgenerational therapy" links and psychodrama (Anne Ancelin Schützenberger "The Ancestor Syndrome", London & NY, Routledge 1998 and French best-seller- and others)

\*\*Creation and expansion of IAGP: International Association for group Psychotherapy (co-created by J.L.Moreno) and its section of psychodrama (Peter-Felix Kellermann, Sue Daniel (present chair) and international encounters each 2 years, all over the world Next congress Istanbul, Aug. 2003

\*\*\* Creation of the International World Psychotherapy (IPN) and international encounters (WCP more than 4000 participants en Vienna in July 2002- with strong psychodrama meetings

\*\*\*\* Emergence of writings about Moreno in academic book (in French, in France, and Belgium) and elsewhere

\*\*\*\*\* New video films about psychodrama and Moreno (including a video "Moreno in Vienna") filmed and organized with support by Elisabeth

Adelsberger (Vienna) and Anne Schützenberger (Paris), July 2002

\*\*\*\*\* Development of "analytic psychodrame" (France, Argentina and GB) and encounters between analytic psychodrama and Morenian psychodrama sometimes

Anne Schützenberger

## Good bye, be in peace and remembered well

### To remember Adeline Salome Finkelstein (NL)

After a long and very active life Adeline died last October 2002. She was co founder of Fepto and many of us do remember her warm smile and wisdom when she was with us in Louvain, Sulzano and Dietz.

Adeline was a great organizer. She freed herself from post-war depression with Gestalt therapy- in the Netherlands she was one of the first Gestalt therapist. But especially with psychodrama - as she told me once- she regained her spontaneity, her creativity and her trust in life

She was from the start a student (and the first and only treasurer) of the International Foundation of Human Relations, founded in Amsterdam by Dean Elefthery, president, with J.L. Moreno as honorary president and Zerka as honorary vice president.

She was one of the great Dutch psychodramatists and so many psychotherapists are grateful for her lessons. She got for her work the Membership of Honor from the Dutch Association of Group Psychotherapy, where she was an active member, for instance in co-organizing the IAGP 7 974 meeting in Amsterdam, probably the last meeting J.L. was present

She often told she wanted to write a book about psychodrama with the title -Life is a Feast!! -

but up till the last week of her life she was too busy with helping clients, to sit down and write Rut for me, with her warm hospitality, thoughtfulness and spirit, she wrote the title of her book right down in my heart

Dear Adeline, even when we have to say goodbye in one way, you feel very very near to me and full alive. Thank you for that !!!

Renée (Oudijk)



### To remember Doris Twitchell Allan (USA)

Good bye, Dear, Dear Doris, I did love you very much, we loved you very much and you did contribute so much to psychodrama - you have shown us the "crib scene" at the Milan International Congress of Group Psychotherapy (1963), and also at the first International Congress of Psychodrama in Paris (1964) -and did so many other wonderful and congenial and warm things -

For many of us, for me, you introduced the first real experience of coming back to early months of life, putting us as 'very small babies', lying -happily - on the psychodrama floor, and remembering without words the cozy feelings (may be even before birth?) - a first unforgettable experience - and who knows, may be for many of us, it helped to understand some of the Californian techniques of regression - as psychodrama did so many first things in this world ;

Thanks you for all this, and for contributing so much for so many years.

Good bye and be in peace and well remembered,

Warmly,

Anne (Schützenberger)

## Fepto Council Meeting London November 1st

from »»»»»»»»Pierre Fontaine»»»»»»»»

The London Meeting - We are back home and satisfied  
- Marcia was our Alma Mater, boarding and "holding" us;

- Maurizio with a phone introduced us "live" in the Mediterranean 'culture;

- Gábor brought the charm of the East and the relaxing of a Turkish bath

- Renée and Judith reversed roles: authenticity and surplus reality of the persons;

- Jutta, with cushion and foot bench, asked us to double our open and ruled community; with

- Eva we spoke on psychotherapy and on psychodramatists gathered around -the candle;

- Dorothy, with a cushion board on her lap, took notes for the future;

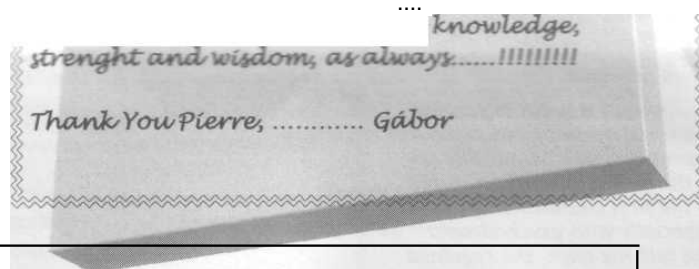
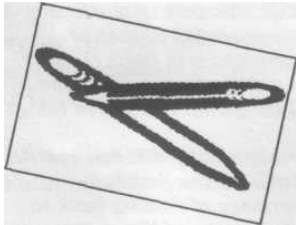
At night we told mythical stories of our heroic ancestors and PD foundry and their struggles;

And in the middle of us, we put our dreams, our fights and our friendship and Fepto was growing.



Thank to you all,  
Pierre

from Gábor Pinter, Pinter.Gabor@peto.hu  
Sent Tuesday, the 7-11-2002 21:14



## DESIGN A FEPTO LOGO

WE WOULD LIKE TO INVITE ALL OUR MEMBERS TO PARTICIPATE IN A COMPETITION TO CREATE A **FEPTO** LOGO AS A SIGNUM, WHICH IS EASY TO RECOGNIZE AND WHICH WE CAN USE ON OUR WEBSITE AND NEWSLETTER.

PLEASE TAKE YOUR CONTRIBUTION WITH YOU TO THE PORTUGAL MEETING. THOSE WHO CANNOT ATTEND CAN SEND THEIR PICTURES/IDEA/DESIGN TO ME EITHER BY E-MAIL OR BY POST.

WE WILL HAVE A PANEL IN PORTUGAL AS WE DID IN SOFIA WHO WILL CHOOSE THE WINNER OF OUR COMPETITION.

**JUDITH TESZÁRY**

## Magic and Tragic Moments in Berlin

- By Eva Røine - September 2001 -

In the dark looming shadow of the tragic events in New York, the Psychodrama Institute for Europe opened its 6th conference under the title "Magic Moments" - a somewhat ironic title. More than 200 participants from many countries arrived at Berlin - some sitting in busses for hours on end. Tired but happy they harbored an intense hunger psychodramatic experiences. For people from the East European countries a conference like this is a big treat. Great hospitality was shown by the Berliner participants, offering their houses and apartments to stay during the conference.

The opening was made by Ildikó Mävers, who invited to a two minutes silence in honor of the victims and firemen who had sacrificed their lives in such an utterly condemnable crime as the terrorists had performed. Telegrams of protests to a possible quick revenge were sent to President Bush, to NATO and to all the countries represented at the conference, asking for a deep consideration as to how to respond to the terrorist actions.

The opening lecture was given by Eva Leveton, who herself born in Berlin, recounted how frightened she had been when she as a small child heard the bombs falling over Berlin, hiding in the cellar. Eva Leveton will be known as the author of *"A clinicians guide to Psychodrama"*, a very popular book among psychodramatists. She also gave vivid descriptions how she works as a therapist.

At this conference there were many workshops, so many that their leaders formed a long line of people each receiving a magic wand to take back home. The applause was overwhelming, telling its own language that this had been a successful conference.

Before the conference there was a meeting of the supervisors, including an examination on the leader level. Dr. Adam Pytko from Poland was examined and heard by the sensors Sonja Beloch (Germany), Bernd Fichtenhofer (Germany) and Eva Røine (Norway). Dr. Pytko belongs to the senior students of the PIFE education program in Krakow with Sonja Beloch as his primary trainer. Bernd Fichtenhofer is now responsible for the advanced training. The ending of the conference offered an unique experience of elegantly structured sociodrama and sociometry by Agnes Dudler and Dr. Gellert. The nearly 200 people divided after their grandparents year of birth. In smaller groups we were asked to finish their life motto in one sentence. From all the touching and frightening

## Life is a stage

- Romania September 2003 -

Under this title PIFE will organize next September their 7<sup>th</sup> International Conference, to be held in Cluj, Romania.

The conference is being co-hosted by the Romanian J.L.Moreno Psychodrama Society and will be translated in English and German as well as Romanian.

The organizers expect a large participation from all over Europe. A few well known psychodramatists have already announced their intention to come:

Marcia Karp from UK, Yaacov Noar from Israel, Eva Røine from Norway, Wilma Scategni and Maurizio Gasseau from Italy, Grete Leutz, Ildikó Mävers and Mark Treadwell from Germany, Gábor Pintër from Hungary.

When you leave your e-mail address by: [lifeisastage\\_ro@hotmail.com](mailto:lifeisastage_ro@hotmail.com). You will receive information about transportation, costs and program.

If you have any other questions,  
I will be glad to be at your disposal.  
With best wishes and the hope that we will meet in Cluj,

Horatiu Nil Albini - President of SPJLM

Sentences gathered from grandchildren of people who had lived through two world wars, one special sentence was chosen and brought forth in the big group. It became a very impressive performance, showing social, cultural and political patterns from Germany in particular, but also from the other countries - powerful structures from many deep tragedies of the 20<sup>th</sup> century Europe. During this session we were also asked to go to pairs of two to warm up for the closure. In these pairs we played out for each other in role reversal the life of the grandparent we had chosen, a very deep experience both on the individual and collective level

The Psychodrama Institute for Europe has again shown that it can gather psychodramatists to a meaningful an important encounter over the borders. For the big Saturday party it was decided to give permission to dance. A lively party the survival spirit will go forth in an optimistic view of future in spite of all challenges.

## NEWS FROM THE FEPTO MEMBERSHIP COMMITTEE

Encounter and dialogue are main parts of our method. FEPTO offers a space where we can discuss theoretical views of our method and share personal and professional problems as trainers as well. To bring more members into FEPTO strengthen not only the organisation but helps us to develop the method and ourselves.

**WANTED!**

### **Addresses of**

Psychodrama Training Organisations  
To invite them to join FEPTO

**For the membership committee:**  
**jutta.fuerst@uibk.ac.at**

## **Report of the membership committee 2002**

- by Jutta Fürst -

Members: Jutta Fürst, Inci Doğaner, Fred Dorn, Hilde Gött, Yaacov Naor, Ildikó Mävers

Since the FEPTO meeting in Sofia where we created the first form of propositions for membership applications I hold contact to the training committee to combine the propositions of the training committee with that of the membership committee as we decided in Sofia. I shared the propositions of the membership committee with Pierre and the members of the membership committee.

We have tried to define the **tasks of the membership committee** and will report referring to the following points:

### 1. To prepare the following membership applications for the council and the general assembly.

- The **Moscow Institut of Gestalt and Psychodrama** sent the missing English

translation of the formal structure of the Organisation.

- The **Istanbul psychodrama Institute and Psychological Counseling Centre** (Turkey)

- The **Instituto de Tecnicas de Grupo y Psicodrama (ITGP)** (Spain) applied for membership

### 2. To win new institutes for FEPTO

The aim is to collect names and addresses of psychodrama institutes and organisations which are not yet members of FEPTO to invite them to join it. You find an article in this issue

### 3. To propose amendments for the constitution of FEPTO referring to membership issues

- see next page -

## Propositions for membership applications (*written in italic*)

1. *Applicants are invited to the meeting as a guest*
2. *The applications (formal requirements) should be send by the end of September. (It is necessary to have a deadline for working through the applications and give recommendations in time)*
3. *The applying institute needs **two** recommendations from Fepto members in good standing who knows about the structure and quality of the applying institute or **one** recommendation of a member of the committee who was invited by the applying institute for getting a personal impression of the new institute. ( The costs have to be carried by the applicant)*
4. *A report/recommendation about the new institute has to be sent to the board before the next General Assembly.*
5. *One month before the next General Assembly at the latest the FEPTO members has to be informed which institutes or organisations have applied.*
6. *The applicants will get help and support to meet the standards*

### The Training organisation has to present in English translation:

1. A formal documented structure of the organisation
2. A published curriculum {including number of hours and content, preliminary requirements for new trainees, the application procedure and the final examinations}
3. A published list of training staff (including copies of their actual psychodrama certificates)
4. The number of its training groups
5. A list of certified psychodramatists

### > Requirements and guidelines in substance

Specified by the training committee

### > Following questions should be discussed further

- o Should Fepto recommend or require only minimum standards for a basic psychodrama training or also for specific fields ("formats") like psychotherapy, counseling, coaching, supervision, theatre .....
- o How can we ascertain that the training organisation fulfill the requirements?



**Held by the even  
early-London-Sunday-  
morning-Traffic Jutta  
missed her plain and  
had to wait 24 hrs at  
London Stansted. So  
she could say all  
Council members  
goodbye... and good  
bye ... and good bye.**

## FEPTO will pay the rent for Stegreiftheater

At the International Psychotherapy Congress from the WCP in Vienna there was an excursion to the places where Moreno lived and worked. Among others we had a meeting at Maysedergasse No. 2, the place Moreno rented from the Association of Female Visual Artists for his weekly performances known as Stegreiftheater. Anne Schützenberger, Mr. Schindler and Marcia Karp remembered Moreno by telling personal stories about him.

There was also an Austrian, Brigitte Marschall (professor in theatre-film and media) who has got scholarship to make research of the theatre aspects of Moreno's work. She has found a picture of a stage design Moreno did which was never published after 1924, the so called "open stage"

I am waiting with interest to take part of her research and hope be permitted to publish

Judith Teszáry



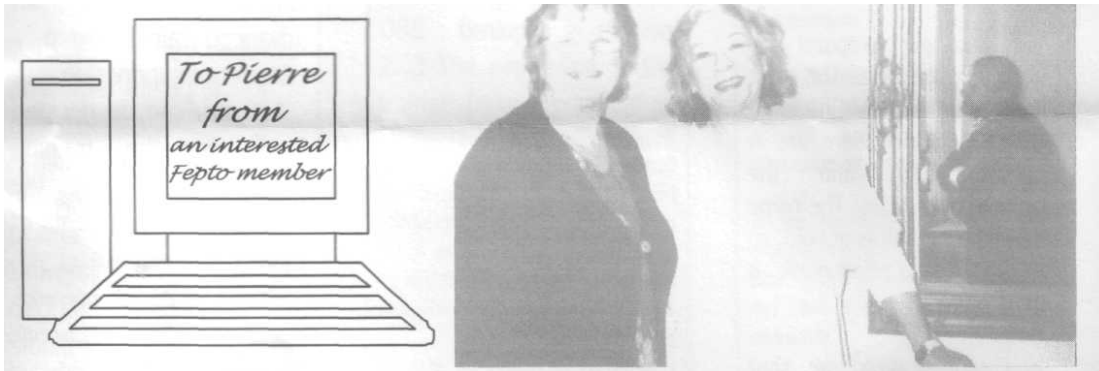
Many FEPTO members and other European psychodramatists were present and active during the workshop 'Brainstorming about the future of Psychodrama' of Rene Marineau, President Elect, at the 60th Aniversity of the ASGPP, September 2002 New York

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## Questionnaire on Supervision

Supervision is the theme of our Estoril meeting in April. To prepare the meeting, we are planning a short questionnaire to be sent to all FEPTO members by E-mail. So it will be easier to replay. Thank you for answering it. You will see the results in Estoril.

*FEPTO asked also to organize, at the IAGP Conference in Istanbul in August 2003, a Colloquium on the subject Supervision. So the results of the FEPTO survey will also be discussed there. Welcome at the Colloquium*



Pierre Fontaine

Pierre.fontaine@psp.ucl.ac.be

*Dorothy and Marcia very elegant and both awarded for lifetime achievement by BPA (and Pierre is watching in the mirror)*

International Conference International Conference International Conference International Conference

## *Different Approaches to psychodrama*

6-8 April, 2003

**Hospital Júlio de Matos - Lisbon Portugal**

Info: Manuela Maciel - manuelamaciel@mail.telepac.pt

## FeptoTraining Committee & Fepto Council

Dear Colleagues,

In Sofia we started discussing together minimal training standards. The Training Committee was very active, and discussed, and made several concepts. They were sent to the Council, and discussed in London. Now we send you all a corrected and abridged version.

You find our proposal for minimum standards. The most important text is in large letters; the definitions are in smaller type and the comments in italics. The name of the paragraph is in bold, so that you can distinguish it more easily.

In Estoril (Lisbon) we shall have a provisional vote on it, but we shall not have enough time to discuss these standards in detail. So let us discuss them now. Send your remarks, questions, wishes, difficulties, feelings and amendments by e-mail to [pierre.fontaine@psp.ucl.ac.be](mailto:pierre.fontaine@psp.ucl.ac.be) I shall collect them, try to answer and send perhaps excerpts of our discussion to everybody (unless you mark it as 'personal'). Don't be shy; I shall be pleased to receive all comments. Warmly, *Pierre*

## MINIMAL TRAINING STANDARDS Proposal January 2003

### 1. MINIMAL QUANTITATIVE REQUIREMENTS

**1.1. Certified Psychodrama Practitioner (CP)**, For accreditation the minimal amount of training is 720 hrs, and the minimal amount of practice is 160 hrs. As total minimum amount is required: 880 hrs.

**Definition the psychodramatist or Certified PD Practitioner (CP)** is a person, who is recognized as competent to take the responsibility of organising and directing a PD group and individual PD sessions on an independent way, within his area of competence.

- **Definition of hours.** We make a difference between training and "training hours", between to learn theory and techniques and "theory and techniques hours", between practicing psychodrama and "practice hours" and so on.

- **Training hours** are the hours of training in professional contact with a recognized trainer or assistant trainer. It can be hours used for PD self experience, or for theory and techniques, or for conducting inside the training institute or for supervision.

- **Practice hours** are hours of practicing as director or co-director in own practice under (some type

of) supervision. Time is the time of the session + time for processing with a co-director before and/or after the session.

- **One hour** is minimal 45 minutes pure PD work from actual start till the end (without pause).

**1.2. Content of hours.** In the 720 training hours, there will be minimal:

- 200 hrs of PD self-experience (ongoing group)
- 120 hrs. for theory and techniques
- 200 hrs of training for conducting inside an advanced training group
- 80 hrs of supervision.

- 120 hrs can be decided freely by the training organisation or by the trainee, as supplements of these 4 subsections

- **200 hrs of PD self-experience.**

Time active in a basic or therapeutic PD group or in an individual experiential PD setting; it is centered on experiencing the role of group member, of protagonist and of auxiliary (ego), while working -**120 hrs of theory and techniques.** Hours of activity with a trainer and centered on theory or techniques; it is usually given as seminar or workshop.

- **200 hrs of training in conducting inside the advanced training group.**

In this group the accent is more on practicing than on experiencing. Practicing by being director, co-director and auxiliary and

processing this practice.

80 hrs of supervision are contact hours with a supervisor in a training process focused on the psychodramatic relationship between the client (individual and/or group) and the trainee practicing as director or co-director outside his training institute.

- In the 80 supervision hours there will be a minimum of 40 hours supervision of the individual psychodrama trainee or of a trainee team, on the conduct of one group.

## 2. MINIMAL QUALITATIVE REQUIREMENTS

### 2.1. Preliminary educational level for admission of new trainees

Preliminary education for an application in psychodrama training is a University degree or degree of Higher Professional Education in a field relevant to the applicant's area of practice. All applicants will document training / education in the following areas: human growth and development, theories of personality, methods of psychotherapy, and social systems.

***These are minimum standards. Member Organizations are free to require more hours. When they wish to make a distinction between PD psychotherapist and PD leader, clinical and non clinical, they are free to do so***

### 2.2 Admission procedure.

The minimum procedure is a file or form, an introduction or admission seminar and an individual interview by a trainer.

2.3 The evaluation of the trainee before certification shall be a qualitative evaluation of practice, theory and personality.

## GUIDELINES Proposal

***The guidelines*** are advice or recommendations, offered by the FEPTO community and voted by a large majority (80%), but they **are not mandatory**.

*Training for PD is an active **self experiential** learning process, containing more than the required training hours:*

*Activities as reading on the subject, writing down his experience, looking at videotapes of own directing and discussions with peers are essential and necessary.*

The **duration** of PD training is a minimum of four years including the duration of supervised practice of minimum one year.

The **absence** level shall not be more than 10% each year

*It is important not to disperse the training but to work long enough with the **same trainer** or co-directing team. It is also important, specially at the end, **to** see other trainers working. We recommend minimum 200 hours with the same trainer.*

*It is useful to have a self experience and training in **individual** psychodrama.*

*In the Theory and techniques hours, trainers shall present written **scientific articles** to enable a discussion on a theoretical level.*

*In the **examination board** of the evaluation before certification there shall be an external member who has not been a trainer of the candidate.*



*Your comments- are most welcome by*

[pierre.fontaine@psp.ucl.ac.be](mailto:pierre.fontaine@psp.ucl.ac.be)

## A history of FEPTO's beginning.

- by Pierre Fontaine -

### Introductory note

A year ago, when Renée still was our president, she asked me to write the history of the beginning of FEPTO, the roots, for our members who joined later. I can only tell my story and I know stories of origins become always mythical stories. So I am cautious. I think in a way we construct reality, but we have to do this together (social constructivism) in talking together. So this is only a draft. Please can we make in Sofia the real story together Gretel, Göran, Gábor... you were there all and stay in my mind.

Even if it was more based on my memories and impressions than on archives, I started to write this history seriously but at the end I felt it was a love story and I put in brackets and headings making this clear and I felt it was good so.

### Prehistory

In practice the history of FEPTO starts in 1992 in Montreal, at the IAGP Congress. Surely other earlier European meetings prepared this. So I remember personally Zagreb (IAGP) 1986, Cattolica 1987, Barcelona 1988, Baden/Bad Vöslau 1989, Amsterdam (IAGP) 1989. They brought psychodramatists from Eastern and Western Europe, from North and South together.

### 1992 Montreal (*a decisive meeting*)

In Montreal we had different large meetings of psychodramatists inside the Congress building and also outside. So I remember specially a large lunch meeting in a Chinese restaurant, where projects were made.

After Montreal, Gretel Leutz wrote to remind me of these projects and, together with Göran Högberg, we started to knit together a group and to organise a meeting. Gretel and I wrote to people about our project and invited them and Göran organised the meeting in Stockholm, on the local level.

Before the meeting, a questionnaire was sent to each participant, asking the identity of their organisation, historical background, training scheme, role of the psychodramatist in their country and their view on the future. The answers were published in a booklet sent to the participants as "Preliminary documents" one month before.

### 1993 Stockholm (*first group dating on a lake side*)

On October 16-18, 1993 was this first meeting. The location was very fine. It was in a little complex of red painted wooden houses, near a lake, on the country side in Huddinge (South of Stockholm). We were 28 participants from 17 countries in Europe and near-East. The travel costs were shared between all participants. We had meetings in large groups and also in little groups every time changing composition. There was a presentation of the psycho-drama training in the different countries and we learned from our diversity but there was also pair supervision and real psychodrama. We had a nice party at Monica's house with music and singing.

Charge was given to Pintèr Gábor, Pirkko Hurme and myself at the end of the Stockholm meeting, to organise the next meeting in Oxford, just before the International Conference organised by the British Psychodrama Association. Marcia Karp and Paul Holmes were our hosts.

**A name** At the start we called ourselves ISCoPE for IAGP Study and Coordination of Psychodrama Education. We were, at the start very faithful to IAGP, our womb. We asked the members of our group to also be members of IAGP. But not everybody in Stockholm agreed with this. Later some people, outside our group, protested against the use of IAGP in our name. Even if it was in some way discussed at the Montreal Congress, it was never put on the agenda and approved by the board. So later, in 1994, it becomes ESCoPE (E for European) but simply called European Psychodrama Trainers Group.

The Oxford meeting was prepared in Budapest by Gábor and I. It was fine working together, planning the content

and the process. Pirkko could not come to Budapest but was in charge of the financial aspects. We invite Zerka Moreno at the end of our meeting, and she accepted. We wished also to make the link with the IAGP Buenos Aires Congress and invited Monica Zuretti, who sent Dr Stola.

## **1994 Oxford (*in the large world - question of identity*)**

The College in Oxford was a nice place. We were 33 participants. We had some good meetings, in little groups, on our practice. If in Stockholm, we were in a little cozy place with friends together, in Oxford we were in a big and interesting old city, just before a large congress. I felt brought in the large world, sailing in the open sea, confronted with new participants who asked questions about our identity, our goals, our staff and responsibilities. Our organisation had to be adult and we were growing up but not adults. We were at that moment in search of ourselves. So the visit of Zerka, at the end of our meeting, was that of a supporting mother for us and gave us also more credit and identity.

At the end of the Oxford meeting, the group asked me to be for one year the coordinator of the group and to organise the next meeting. I asked Renée Oudijk and Ella Mae Shearon, the most nearby trainers to help me - they accepted - and we proposed to organise the next meeting in Louvain.

## **1995 Louvain 1 (*we wish to stay together*)**

Our third meeting was June 2-4 1995 near Louvain in a Franciscan monastery in the woods: large rooms but somewhat monastic. It was a pleasure for me to invite the group to my house and garden in the evening. Meanwhile a new service, manned by Renée, with a secretary and a psychodramatist-journalist produced an ESCoPE-paper (news, reports of subgroups, messages...). It was distributed each morning at breakfast. After a good warming up, we worked successively on two subjects: theory and supervision, the five subgroups bringing, in a playful way, to the general meetings their ideas through action.

The second part of the meeting was devoted to a quest for the objectives of ESCoPE. What do we need? How do we see ESCoPE in 1996-2000? So we discussed really the

questions of our identity. There were different tendencies: club of trainers or federation of organisations. We had large meeting rooms and for decisions people expressed their choices by moving, taking distance, explaining and grouping together. There was a democratic tendency to vote for decisions and there was no unanimity but a desire to stay together and set up an association and a proposition to call our group Us=we. So we decided to continue our Louvain meeting in February without new participants, closed doors, and create a constitution.

So there was a troika of committees: a constitutional committee chaired by Giovanni Boria, an organising committee with Renée Oudijk for Louvain 2. And I was in charge of a committee for collation of training programs.

## **1996 Louvain 2 (*closed doors: working in intimacy on a contract*)**

The constitutional committee had done a very good job between the two Louvain meetings by preparing together the text of the statutes sending it to people, receiving and discussing the proposed modifications. So the voting of all articles progressed rapidly. We had the first board elections. Many people wished to participate actively and we nominated 15 board members. Giovanni was elected president, Ella Mae vice president - secretary and Renée treasurer. Many committees were composed.

The committee collated and published a new "directory of institutes" with 2 pages of information about 31 training institutes. There was a wish to come to mutual agreement on the base of minimal training standards. There was a list of the training hours of the different institutes but establishing minimal standards was not possible.

## **1997 Sulzano (*a place for a honeymoon*)**

...Here Pierre story stops and he invites a next write to take the pen and to continue our story about FEPTO. We warmly thank him for starting to help us remember...

Renée Oudijk, FEPTO Newsletter editor

FEPTO Newsletter 4.3, January 2003

## **Bon Appétit!!**

Eye in eye,  
Meeting, thinking, studying.  
Together  
Encounter dialogue,  
Sharing interchange of  
thoughts,  
creating and co-creating  
richness, wisdom and  
Love  
Practicing tele  
Urging for quality  
And fun

Meet your psychodrama  
family in Fepto Newsletter  
and in Estoril / Portugal!

I wish us Bon Appétit!!

Renée Oudijk-Editor

Dear psychodrama colleagues,  
from Adam Blatner I received  
this announcement of the  
Erickson Foundation. At the first  
World Council Conference for  
Psychotherapy in Vienna, I  
bought most of the here named  
tapes and since then I watched  
them for myself, with colleagues  
and students with great interest  
and pleasure, however the quality  
is original and not always good.  
Nevertheless, while this  
collection also contents a  
wonderful presentation of Zerka  
Moreno working with a lady who  
considers suicide I think it is good  
you all can take notice of it

The Milton Erickson Foundation  
announces the release of....

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### BPA Lifetime Achievement Awards

#### BRITISH PSYCHODRAMA ASSOCIATION AWARDS

At the BPA conference, held in Sheffield in last March, 'Marcia Karp, Dorothy Langley and Paul Holmes, all Founder Members of FEPTO, were Lifetime Achievement awards, along f: Ken Sprague **and** Anne Bannister. Marcia **was** the first person to train psychodramatists long-term in the U.K. and Ken was her partner who helped to establish Psychodrama training there. Dorothy was her first graduate, and Ken, Anne and Paul were also her trainees. They all now have international connections. They are very proud to be some of the first recipients of this award, and thank f the SPA Executive for their award which is much appreciated.

We all consider them as inspiring models and fine ambassadors for psychodrama. We congratulate them and wish them ongoing courage, creativity, good health and strength to continue their important work.

*Don't forget to register before 28/2*

*In order to get the early registration fee of 125 Euro!!!*

*The Annual Fepto Meeting will be*

*In Portugal from 9-13<sup>th</sup> April 2003*

*(Deadline for registration 15<sup>th</sup> March)*

*Next FEPTO News will be published in the 3<sup>rd</sup> week of May*