

**The FEPTO (pre meeting) CONFERENCE
from Monday, March 30 2009, 16.00
until Wednesday April 1 2009, 13.00**

Before the meeting there is a Conference.

This conference will also be in [De Ceder](#), Deinze (near Ghent) Belgium at the same address. The subject of the pre-conference will be:

Tele in Psychodrama

You can use the same registration form for the Conference and for the meeting.

See under the [registration-link](#)

“Tele” is a concept first used by Moreno. It is a key concept in his theory and thinking. He defines it as the process which attracts individuals to one another or which repels them. (Moreno, 1937b: 213)

Moreno created the Tele concept as an integral part of his more general development of sociometry. Tele has two components. One is interpersonal preference and the other is reciprocity. It has a great impact on group cohesion and other processes in psychodrama. If you want to explore and experience “Tele” come to this pre-conference!

The pre-conference will exist out of several parts:

Programme

March 30th

- 16.00 arrival and registration / sandwiches and coffee/tea
- 18.00 dinner
- 19.00-19.15 Welcome and opening of the pre-conference.
- 19.15-21.30 Introduction and explanation of the concept “Tele”, and warming up on Tele by Ina Hogenboom and Victor Debats .

March 31st

- 8.30 breakfast
- 9.15 until 17.30: Parallel Workshops:

1. Workshop “Tele in Psychodrama“ by Inci Doganer

In this workshop our goal is to have a space to experience and uncover the existing “tele” and build “tele” between group members.

Introducing a new term into our vocabulary, Moreno says in *Who Shall Survive?*: “to express the simplest unit of feeling transmitted from one individual towards another we use the term tele, “distant.” He continues later: “Tele is two-way empathy: like a telephone it has two ends”. It is a reality based and mutual encounter.

One of the obstacles to experience tele is transference, a distorted perception coming from one’s past-time relations. As Zerka Toeman Moreno says, “to arrive at a tele a meeting must be cleansed of the transference aspect, with both or all partners willing to peel off the on-way

projectional layers they bring into the relationship.”

By the use of playful warming ups, sociometric tests and sociograms, and if it becomes possible through vignettes and/or on-two protagonist plays, the group members will be able to experience telic relations and have a concept on what tele is, both on experiential and theoretical levels.

İnci Doğaner, M. D., Ass. Prof.

She is born in 1960. She is a psychiatrist since 1991. She started her psychodramatic sociometric psychotherapy training with Prof. Dr. A. Özbek in 1987. She worked as one of his co-leaders through 1992- 1996. In 1996 she became a certified PD practitioner. With some colleagues she founded Dr. Özbek Psychodrama Institute after Dr. Özbek’s death in 2000. Now she is a supervisor, trainer of the same Institute. As well she is the chair of training committee and FEPTO representative of the Institute. She worked in the FEPTO Council through 2004- 2008. She also runs her private practice working on individual, family, couple and group levels. She is an expert on also affective disorders, family and couples therapy. She is a member of TGPD, AETD, TPD (Group Psychotherapy Section Chair), IAGP.

2. Workshop “Tele in supervision” by Judith Teszáry

Tele-relation between the protagonist and the director is essential in directing a psychodrama. Meaning that the director sees the world of the protagonist as she/he perceives it, without distortion of the director’s own interpretations.

In order to find the very essence of the scenes and make the scene setting as authentic as possible the director has to tune into the inner world of the protagonist and find the flow.

In this workshop we are going to explore the tele-relation, the connectedness between director and protagonist and train the sensitivity of the director through direct supervision.

Judith Teszáry

Director of psychodrama,
Senior trainer & Supervisor
Stockholm/Sweden

3. Workshop “Supervision Research Group” by Pierre Fontaine and Jutta Furst

Experienced trainers and psychodrama supervisors share their way of doing supervision and explore the role of “Tele” in it.

For PD trainers on Supervision as a part of PD training. Limited group ready

- to share their way of doing Supervision and reflect on it ready to
- to share difficulties and strengths in supervision
- to supervise and be supervised
- to participate on research on Supervision and accept audio registration of the sessions
- all possible use outside the group will be according deontological rules to explain at the start.

We work from 9.15 to 17.30 with lunch pause at 12.30 We can have 3 times a participant proposing to do a supervision of a problem of PD practice brought by an other member followed by reflection of the Supervisors and Supervisees and discussion demonstration in the group.

To facilitate the start I wish to ask participants to send me:

- a self presentation half a page and
- a description of the way they supervise

Format, goals, focus, special theories and methods etc, in somewhat one page.

Both to be sent to all members of the group.

4. Intervision group “Matrix” (closed group)

You can make a choice for one workshop only

Lunch will be at 12.30

Dinner will be at 18.00

19.15-19.45: Plenary session to exchange experiences of the different groups

From 19.45 leisure time.

- Time for spontaneous actions like singing, dancing, poems.

Unfortunately there is no piano, so bring your music instrument.

- Or time to go to beautiful Ghent by night.

April 1st

- 8.30 Breakfast
- 09.30-10.15: Lecture by Pierre de Laat about “TELE and neurobiological processes.”

Moreno has invented “Sociometry”, as a way of ‘measuring’ the affective aspects of relationships, supposing that affects play the most important and determining role in interactions between people. Human beings obviously seem to have an immediate mentally programmed capacity to assess and anticipate, the reciprocal affects that occur in any meeting they have with ‘the other’. People do not need to reinvent that capacity when called upon; it exists in their minds as, in modern terminology, mental tools, that function as the ‘software’ guiding us through the mazes of our social traffic.

Moreno has called the phenomenon ‘Tele’ which literally means: ‘At a distance’. (cfr ‘tele-vision, or tele-phone). “Tele is not identical to “Empathy”, which is, according to Moreno, “einsfühlend”, intrusive in the emotional inner world of the other. Moreno and Leutz, call tele “zweiführend”, a dynamic interactional process of two.”

The lecture/workshop refers to four topics that may facilitate better understanding how ‘Tele’ works in human relations and in psychodrama as well.

Actual neurobiology learns us the following:

1. A new term is in vogue, ‘Embodied Cognition’, which means: ‘The body knows’. Human beings have conscious and unconscious knowledge of themselves, and of their relationships with

the world around that is founded in and by the body. 'Embodiment' seems to become quite important for theory-founding in social science and psychotherapy.

2. "Mirror-neurons" are a special cluster of nerve cells, imbedded in the 'Emotional brain' network. They facilitate the capacity to 'read' emotions and expressions in the mimics and pantomimes of other (human) beings. It seems reasonable to consider this neural structure as the biological substratum or physical part of the (psychological) 'Tele'.

3. Memory is no archive, but a dynamic here-and-now act of reconstructing the past in relation to the present. This can be important for directors to stay aware of the vivid link between actual and past.

4. Memories and thoughts, but also fantasies, role-playing and other 'As-if' activate the same neural circuits as in reality. They produce the same or almost the same feelings and emotions as real observations and sensations will do. Feelings that pop up in psychodrama are 'real feelings'.

The lecture will dwell on three themes or statements:

The 'Tele Complex' is dynamic and developing during lifetime and 'bodily founded'.

Tele is more than 'a feeling'. It is a very complex mental capacity, originally hereditary, in a large amount acquired, also including transference.

Sociometry and Tele are sides of one coin. It makes sense to leave the habit of talking in terms as 'Sociometry-and-Tele', and to speak of 'Sociometric programs', that can cover the whole of mind and body activities, that happen when people meet other people.

Pierre de Laat (1940) has studied medicines and psychiatry at the Nijmegen University in the Netherlands. He started his training in Psychodrama in 1974 at the school of Adeline Salomé-Finkelstein†, followed by seven weeks training as an 'Elefthery-student' from 1977 to 1983. After Dean Elefthery died in 1982, he participated in the so-called 'advanced weeks', organized by Doreen who has continued the Psychodrama education until 2005.

As a psychiatrist, he was practicing Psychodrama for more than 25 years in a mental hospital, in particular working with people with personality-disorders.

From 1998 onwards, he is occasionally attached as a free-lance teacher in the team of Leni Verhofstadt-Denève in Belgium. Nowadays he has retired from clinical work.

As a "TEP." (Dutch-Belgian Board), he has co-founded a school for Psychodrama, to train young psychotherapists. He was the chairman of the '[40 years-Elefthery conference](#)' in the Netherlands, May 2008.

- 10.15-10.45: Discussion with Pierre de Laat.
- 10.45-11.15: Break. coffee, tea, cake
- 11.15-12.00: General discussion about the meaning and application of "Tele" in psychodrama.
- 12.00-12.30: Evaluation of the pre-conference.
- 12.30-13.00: Lunch and goodbye.

For more information visit <http://fepto.psychodrama.eu>