



FEPTO post conference:
"Theory in Practice of Different Approaches in Psychodrama"
30th of April – 2nd of May 2006, Cluj-Napoca, Romania

Sunday, April the 30th

- 15.00 – 16.45 Registration of participants
- 16.45 – 17.00 Coffee break
- 17.00 – 18.00 Welcoming and meeting between participants - facilitator
Eva Fahlström Strömberg
- 18.00 – 19.00 Meeting between the trainees – facilitator Judith Teszáry,
Chantal Nève Hanquet, Maurizio Gasseau
- 19.00 – 20.00 Dinner break
- 20.15 – 22.00 Presentation of the trainers
Round table on the topic and discussion

Monday, the 1th of May

- 9.30 – 12.30 4 psychodrama groups by different trainers
(including processing and theoretical discussions)
- 12.30 – 13.30 Lunch break
- 13.30 – 16.00 Supervision in large group (trainees and trainers) with
consecutive translation
- 16.00 – 16.30 Coffee break
- 16.30 – 19.30 4 PD groups with different trainers. The trainers change group
(including processing and theoretical discussions)
- 20.00 – ? Pleasant time together (social evening)

Tuesday, the 2nd of May

- 9.30 – 12.30 4 PD groups by different trainers. The trainers change the group
(including processing and theoretical discussions)
- 12.00 – 13.00 Lunch break

- 13.00 – 15.30 Processing the experiences/Reflections (trainers and trainees in separate groups)
15.30 – 16.00 Coffee break
16.00 – 17.00 Closure & Auf Wiedersehn

Here some sentences on theory collected in my last readings. This is theory about theory. Pierre Fontaine

THEORY & PRACTICE

GENERAL

Kurt Lewin

Nothing is as **practical** as a good theory.

Einstein

What we see is contingent upon the theory to which we subscribe.

Conrad (in Simon Leys)

La theorie est la pierre tombale froide et mensongère d'une vérité enfouie.
Theory is the cold and lying **grave stone** of a truth hidden in the ground.

Fourez (1992: 217)

La vérité d'une théorie provient-elle de ce qu'elle est une représentation adéquate du réel ou bien qu'elle est **appropriée à nos projets d'action** sur le monde et avec les autres?

Popper

Une théorie est un moyen pour approcher la vérité, mais est faite pour être détruite.
Theory is a mean to approach truth, but is made to be destructed

THEORY IN PSYCHOTHERAPY

Slife (2005) 74-75

Second (the Universalism of Naturalism), it leads to an over-reliance on therapy **theory, at the expense of understanding** of the particulars of the client.

Asay T.P. (1999:23)

What is effective in therapy is attributable to **pan-theoretical or common** factors.

Hubble (1999: 425)

(There is a) shiftfrom the omnipotence of the therapist theory of change to the prominence of the **client's theory** of change.

Slife (2005: 46)

In fact, therapists have been known to practice **in spite** of their formal hold theories.

Hubble (1999: 430)

In **theory driven approaches** to psychotherapy, the orientation of the therapist takes priority over the client's views. This formal theory structures problem definition and outcome criteria.
..... (This) Is theory counter-transference.

Slife (2005: 49-50)

Eclectics have turned primarily to what has been labelled 'technical eclecticism' (e.g. Lazarus & Beutler 1993) With unsystematic eclecticism too capricious and theoretical integrationist too problematic, many eclectics now **favour divorcing techniques of therapy from their theories** and then testing them for their effectiveness (Beutler & Clarkin, 1999,....)

Carl Whitaker

Wrote an article: 'The hindrance of theory in clinical work' in Guerin P.J. (Edit) *Family therapy: Theory and Practice* Gardner (1976).

I have a theory that theories are destructive—and I *know* that intuition is destructive. Isn't it sad?

Theory is the effort to make the unknowable knowable. It's trying to work out a method for forcing the left brain to control the right brain.

My theory is that all theories are bad except for **beginner's** game playing, until he gets the courage to give up theories and just live.

Whitaker believes the therapist has to become a person in therapy rather than a theoretician or technician. Theory is anxiety binding.

"The new mother needs the tender care of her husband and of her mother as she learns to feed and love her new baby; the new therapist needs a team mate and a nurturing elder statesman. (...) The therapy team establishes a pattern of caring ness, so the family dares to be more anxious."

Max Pages 1993 p.305 (translation)

In my clinical experience, I had many times the experience of a paradoxical tension between two extremes:

- On one side the experience to be at the frontier of your self, at the meeting with the other, to be in the listening, the discovery, the openness, the unexpected, the instant.
- On the other side, the experience of ample thinking activity, where theoretical references are available. Of course it is neither structured nor formulable, but its use is fluent, very active, available knowledge.

Both these mental activities fecundate each other, the theoretical technical and objectifying activity and the existential opening in listening to the other, in listening the other, are possible an desirable in the clinical work and of course at a second level in research.

Hubble, M.A.; Duncan, B.L. & Miller, S.D.(1999)

Most theories of therapy are, in reality, **theories of psychopathology**. The practice of therapy is not about nosology. It is about change. (409)

Theory Counter transference (430)

In theory-driven approaches to psychotherapy, the orientation of the therapist takes priority over the client's view. This formal theory structures problem definition and outcome criteria. (...) In 1925, Ferenczy and Rank criticized how their colleagues placed more importance on proving the correctness of their theory than helping their analysis efficiently (Flegenheimer, 1982)

(...)

Each person is an individual. Hence, psychotherapy should be formulated to meet the uniqueness of the individual's needs, rather than tailoring the person to fit the Procrustian bed of an hypothetical theory of human behaviour. Milton Erickson cited in Zeig e.a. 1990: xix

Client's Theory of Change (427)...the common factors research suggests that successful outcome occurs largely by (a) creating a space for clients to use their resources and (b) ensuring the clients' positive experience of the alliance. In this section we proposed a third aspect of what we called "the client's frame of reference" namely the client's theory of change. (Hubble, 1999: 427)