

## C - RESEARCHING PSYCHODRAMA EFFECTIVENESS

### 5. Activating Research Activity

Anna Esposito (Italy); Ivan Fossati (Italy); Gabriella Nicotra (Italy); Kate Kirk (UK), Liliana Ribeiro, (Portugal)

Our group reviewed each person's past research experiences and skills – from any setting. We believe that the skills are transferable from other settings into psychodrama research. Each person presented the state of their current study, they described any difficulty, challenges or doubts they experienced. Action methods were used to help the exploration by externalising inner conflicts and setting out aspects of the group member's professional world. These issues ranged from:

- Identifying a research question
- Choosing the right methodology
- Data analysis
- Internal and external factors which inhibit completion
- Ways and means to disseminate results

We believe that these small steps reflect the experiences of psychodrama practitioners and trainers in the wider psychodrama community. Our group, in FEPTO research committee, represents the issues, which are common to all researchers, when undertaking research. Thus, in keeping with the aims and objectives of the FEPTO research committee, we want to promote and improve the network of researchers (in those countries where it's possible to do so), and create bridges between our micro-group, the other groups in the FEPTO research committee and the community of psychodrama researchers.

To end, we would like to make a statement of intent and ask a question.

Modelling dissemination, we intend to communicate with members from our small group and the FEPTO research committee. This means that we will ask questions and seek information as we need it; in February we will describe our progress and the results we have gained.

Question – what does this large group need from this small group?

Answer from the group – a request to undertake an audit of the research skills and experiences of the members of the FEPTO research committee.