



Fepto Research Committee Meeting

Chair Person: Gabriela Moita (Portugal)

Boldern, Zurich - February 2010

Participants

Ann Helleday Anna Esposito Antonino Enia Cinzia Orlando Daniele Reggianini
Emre Kapkin Fabian Blobel
Gabriela Dima Gabriela Moita Galabina Tarashoeva Hannes Krall
Ines Testoni Ivan Fossati José Luís Mesquita
Jutta Fuerst Kate Kirk M. Gabriella Nicotra Marco Greco Marie Cassel
Michael Wieser Mihaela Bucuta Sirkka Varonen

Countries

Austria Bulgary
England Italy
Portugal Romania
Sweden
Switzerland/Finland
Turkey

Friday 26/02/10 19h30-22h30

Rapporteur: Kate Kirk (UK)

■ Sirka Varonen welcome and open meeting

■ Gabriela Moita welcome

Gabriela Moita welcomed all Research Committee members to Boldern.

Decisions about reporting weekend and structures were taken.

■ Jutta Fürst warm-up

The Buble

Welcome to the space we are in - a bubble. Once we have experienced the space the bubble "POPS" and we can meet each other with touch and words.

Researching our hands

This researcher looks at a hand and describes two qualities they see while studying the hand. The researcher gives an interpretation of the subject. The subject gives feedback to the researcher being studied.

■ Presentations

Gabriela Moita

- 1) Plans for the weekend were presented
- 2) Presentation the Conference of *"Improving Research in Counselling and Psychotherapy: qualitative and quantitative methods"*

Under the auspices of: SPR Society of Psychotherapy Research; FEPTO; SPP (Portuguese Psychodrama Society)

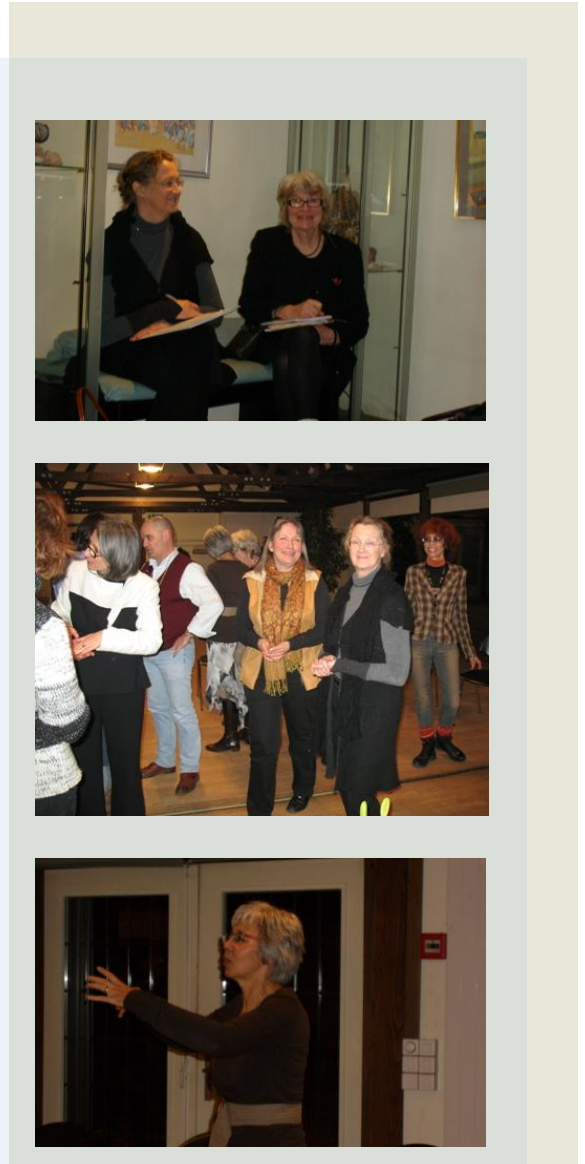
Research Days: 24 - 26th September /Fri- Sun in Lisbon, Portugal

1st day: 3 Parallel Workshops: Robert Elliott, Chris Evans, Jörg Fromm

Conference: undated presentations Call for Papers: Articles / Abstracts - deadline June/May

3) Annual of FEPTO

1 hour of research will be a showcase of FEPTO'S work in Research Committee. Each group is calling to present a show (10 minutes) about what is going on and has to decide who from each group is going to be in Belgrade to present the work.



Jutta Fürst and Hannes Krall

1) Presentation "*Effects of Supervision in Psychodrama Training*"

Jutta presented the questionnaire which developed and refined to evaluate this topic. To go back to Catania - the idea came for how can trainers do research on their own supervision of their trainees.

Questionnaire is composed by 2 parts

1st part – applied after every supervision trainees

Ex. themes: Personal dimensions; Deepening knowledge; How to improve

2st part - What were the helpful factors in supervision?

Ex.: Keywords? Metaphors? Action? Feedback from supervisor or peers

Takes 4-5 minutes- repeated each time and reflect on contained changes

The pilot studied was completed and has led to development of questionnaire. It is ready to be expanded to other institutes - for those who are interested. The questionnaire has two perspectives: Supervisor and Supervisee.

Call from Hannes for any previous literature/research on supervision and the experience of supervisors who are trainees (subjects are students in their practice hours and have regular supervision).

Michael Wieser

1) International Psychodrama Bibliography on web

Michael Wieser presented the site were international Psychodrama Bibliography is <http://pdbib.org/>

He will receive any languages references organized according APA. This will be helpful to have titles in English translation.



■ Questions & Answers Chair

People from each group to ask questions of the other group

People were invited to use the chair of questions and a chair of answers. The groups presented to each other doubts and information about the work done, and each one made a statement of their progress work.

1 - Research Activating Group

Liliana Ribeiro proposed a questionnaire to evaluate the researches' profile and needs.

http://spreadsheets.google.com/viewform?hl=pt_PT&formkey=dEphRDNvc3IJTmRDY09ZQ29UUTIFWmc6MA

2- European Research Projects Group

Projects in progress: Depression; Domestic violence/abuse; the question of funding through cost

3 - Evaluation of Supervision and study on Effects of Supervision in PD Training

Training students in research skills

How? A manual program aims etc, for students. A discussion about HAT (Helpful Aspects of Therapy) as a tool for students to use on each other then on their clients also CORE is used.

These follow issue was discussed: if it makes sense introducing the research theme in psychodrama training.

4 - Evaluation Training

Study waiting analysis this weekend - Portugal, Sweden, Finland, Turkey will present results later this weekend.

Questionnaire is still being developed it has multiple levels for students to complete.

The main question: How will trainers learn from the results?

From the responses of the student's trainer identify the stages/absences/helpful factors. The responses identify the different expectations and issues at the different levels of students. They give a view of the student's experience of psychodrama training.



Saturday 17/10/09 10h00-18h30

After a small encounter of the big group and the reception of the new element Fabian Blobel, the whole day was spent in working groups. Each group did the following reports.

**A****RESEARCH CONCERNING TRAINING &
PSYCHODRAMA CONCEPTS, PRACTICAL METHODS AND RESEARCH
INSTRUMENTS****REPORT****Group 1 - Evaluation Training**

Ann Helleday (Sweden); Emre Kapkin (Turkey); José Luís Mesquita (Portugal); Sirkka Varonen (Switzerland/Finland)

The evaluation Group applied the Questionnaire produced in Taormina meeting at psychodrama students. In this meeting we discussed the following issues.

1. Change focus from the training to the competences on psychodrama of trainees;
2. Focus from training to competence process: techniques, methodology, professional and personal growth and competences development.
3. Name of the questioner: ECP-30;
4. Analyses of the results of the pilot study, and find out the weak points of our application, comparing the numbers between the four countries involved;

Results:

- a. We realize it was hard to differentiate the values between the different levels of trainees according to the technological and methodological competence;
- b. Trainees with a higher level of training have higher expectations on their competences;
- c. Trainees tendency is to score in the medium levels independent of their hours of training;

d. By the analyses of content from the open question, we decide to reformat them to get more focus in the competences;

e. All the trainees rated very high in the personal growth.

Changes:

a. Some countries will maintain the Lickert scale and other countries will apply a 9 grade scale;

b. We discuss the scale figure: on a straight line or in boxes;

c. We add a topic in the questioner concerning the competences development;

d. The topics personal growth and professional development are now combined in personal and professional growth;

e. Some items are excluded, some reformulated and others are completely new;

f. We decided to identify the subjects in order to follow their process and date the questioner;

g. We are asking for actual age and remove the classes of ages;

h. We decided to put the instrument in a compact form.

5. We discuss the possibility of crossing data doing:

a. A questioner for the trainer evaluate the trainees

b. A questioner for the trainees evaluate the other trainees;

6. In some future research on training we have to think on the personal growth widely;

7. We discuss the moments of the application of the instrument during the training:

a. After every seminar;

b. In certain moments independent of the seminars;

8. We discuss to interview trainers in order to deep are knowledge on criteria psychodrama competences;

9. We continue to define the criteria of competences in psychodrama;

10. Conclusions of the works:

a. Continued to improve the instrument and try it out in a second phase;

b. After the results of the second phase of application we will decide if we spread it out to the FEPTO communities;



REPORT**Group 2 - Evaluation of Supervision and study on Effects of Supervision in PD Training &
Group 3 - Identity, Theory and Practice of Psychodrama, as It was Created by Moreno**

Gabriela Moita (Portugal), Daniele Reggianini (Italy), Marco Greco (Italy), Jutta Fuerst (Austria), Hannes Krall (Austria)

Three members of the **Identity, Theory and Practice of Psychodrama, as it was Created by Moreno**, born during last Catania Fepto meeting, were present in Boldern meeting. Marco Greco, Gabriela Moita and Daniele Reggianini, joined to Jutta Furst and Hannes Krall's group, **Evaluation of Supervision and study on Effects of Supervision in PD Training**, for exchange of ideas and common reflections about the topics involving their own research works.

From the encounter of the two groups emerged the shared consciousness of the need of achieving a more clearly semantic definition, a deeper conceptual reflection and, at the end, a theoretical and methodological development of some of the basic morenian assessments.

The aims pursued one one hand regard the reaching of a stronger, common and participated identity of all the ones that consider themselves morenian psychodramatist; on the other hand reflect the needs of a more developed and structured theoretical system, working as a sure background for all our training activities.

The group confirmed the goal consisting of creating a network of people (including Psycho dramatic school's trainees) interested in sharing and comparing ideas concerning the matter.

Jutta and Hannes were presenting a way how to evaluate Supervision in PD Training. A questionnaire was presented and discussed.

The Italian colleagues Danielle and Marco and the Portuguese colleague Gabriela explained their training programme and way of supervision. This was necessary to learn in which way the questionnaire could be applied in different training structures. Daniele and Marco will talk to their colleagues, if they can apply this tool in their supervision setting in the "**Studio di Psicodramma**".

Gabriela will ask a colleague for translating the questionnaire into Portuguese. The questionnaire will then pass on to supervisors of the **Sociedade Portuguesa de Psicodrama** in Portugal. We hope that until July we will have enough questionnaires to finish our first evaluation.

The procedure will be:

- Questionnaire 1 will be distributed to the supervisees after supervision. It is important to mention, that the questionnaire is filled in carefully and completely (none of the items shall be left out).
- Questionnaire 2 will be given at the beginning of the next supervision session. At the end of the session questionnaire 1 will distributed again etc.
- Questionnaire 3 is filled in after each supervision by the supervisor
- At the end of each supervision all questionnaires are collected by one supervisee and put into an envelope. This envelope will be sent to

Dr. Hannes Krall

University of Klagenfurt

Universitaetsstr. 65-67

9020 Klagenfurt

The objective is to have an evaluation until September 2010. The results will be sent to the supervisor. At our next meeting we will discuss our experiences with this tool and work on suggestions how to improve it.

TRAIN Project

For developing common steps inside the TRAIN project we realized that the differences in the training programmes demand more general outlines than detailed steps.

Gabriela made good experiences in Portugal with having a workshop on quantitative and qualitative research (like Elliotts workshop) for students in the beginning of the advanced level which gave a lot of motivation to them.

Austria will start with giving some oral and written information about the impact of research in psychotherapy and psychodrama in general and in the training programme. The students should be aware that research will be an integrated part of their training. They will get two tools in the first theoretical workshops they have: the CORE and the Moreno Social Atom Projective Test (MSAPT). They should use it by themselves before their self experience (or self awareness) training. Later on they should get used to the HAT Form and the PQ.

Gabriela will contact Chris Evans to get more information for the interpretation of the Data.

Next steps will be discussed by e-mail and skype.



B**RESEARCHING
PSYCHODRAMA EFFECTIVENESS****REPORT****Group 4 – European Research Projects Group**

Cinzia Orlando (Italy), Gabriela Dima (Romania); Galabina Tarashoeva (Bulgary); Ines Testoni (Italy); Marie Cassel (Sweden); Michael Wieser (Austria); Mihaela Bucuta (Romania)

GRUNDTVIG

Was submitted in February and is waiting for approval. This project will follow a LIFELONG LEARNING PROGRAMME for two years.

The partnership main goal is to develop new and adequate teaching and educational skills for teachers and educators who work with disadvantaged categories. After a common planning and training in an international congress, the trainers will start a course in every partner country.

The project includes 9 Psychodrama Associations and 7 countries:

- Associazione Italiana Psicodrammatisti Moreniani - ITALY
- HUMUS - ITALY
- Asociația Română de Psihodramă Clasică - ROMANIA
- Bulgarian Society for Psychodrama & Group Therapy - BULGARIA
- Sociedade Portuguesa de Psicodrama - PORTUGAL
- Kasvunpaikka Oy (Place of Growth) - FINLAND
- Suomen Tarinateatteriverkkoyhdistys ry. (Finnish Playback Theatre Network) - FINLAND
- Österreichischer Arbeitskreis für Gruppentherapie und Gruppendynamik (OEAGG) - AUSTRIA
- The Studio for Self-Awareness and Self-Realization - LITHUANIA

DAPHNE PROJECT “Empower”: Psychodrama in working with abused women

- Project in progress, Ines - Padova University project coordinator
- 6 countries included to date (Italy, Albania, Bulgaria, Romania, Portugal, Austria)
- Open to other countries to be involved at partial level (organizing conferences and training activities for operators)
 - 20th March deadline to send information to Ines about country participation organizations.

COST:

- Details about COST projects highlighted that this funding body does not match our financial needs for research to date as COST does finance only international meetings, training and dissemination NOT research itself.

- Another problem is that a COST application has to address wider social problems. The group discussions were around unemployment or inclusion of persons with mental health disorders / problems.
- It was decided to leave a COST application for a later stage when we could get some research funding at national levels or from other funding bodies.

An important discussion was around the strategies to search for funding:

Strategy 1: Define our research interest and look for potential founders interested in our topic

Strategy 2: Search what different funding organizations are interested in and frame our research ideas to fit their interests.

PSYCHODRAMA EFFECTIVENESS - ANXIETY PROJECT:

- Discussion on how to go on with this projects: Good research design, but the main obstacle is FUNDING
- Not suitable for COST funding because it is too narrow subject and less social oriented as COST is interested in.
- An alternative is to begin with a pilot project and try to attract some funding support from FEPTO until it would be possible to get some more funding to implement the complete research design
- Analysis could be done for the whole project by a researcher in Padova University (paid)

PSYCHODRAMA EFFECTIVENESS IN WORKING WITH TRAUMA AFTER LOSS AND BEREAVEMENT

- Ines Testoni takes responsibility to search for funding opportunities on this subject
- Open to all interested countries
- Argument: group at risk to develop various pathologies; prevention of development of psychiatric condition after loss and grief; focus of WHO; in Europe there are mostly self-help groups; to date no psychotherapy proved his efficiency on this target group through research.

Agreed Actions:

1. All group members search for possible national and international funding possibilities for the Anxiety Project until Belgrade FEPTO meeting
2. A description of the Anxiety project will be sent to Gabriela Moita to present at FEPTO meeting with the aim to attract economical support for piloting the project with one psychodrama group (10 people experimental group, 10 control group in 5 countries: Austria, Sweden, Italy, Bulgaria, Romania)



3. Search in different countries for potential PhD students interested to work on the Anxiety Research project
4. Initiate the procedures to translate CORE in Romanian and Bulgarian languages in order to be able to use the instrument wider and compare data internationally.

REPORT

Group 5 - Activating Research Activity Group

Kate Kirk (England), Anna Esposito (Italy), Ivan Fossati (Italy), M. Gabriella Nicotra (Italy), Fabian Blobel (Switzerland), Cinzia Orlando (Italy)

The group reviewed the resent projects of the participants since October 2009 until now. The issues discussed were: Collecting questions and setting an agenda.

Ivan presented a case Study: A narrative analysis of psychodrama; Using Luborsky's CCRT (Core conflictual relationship Theme) to verify the applicability of the CCRT Method for psychodrama. The study demonstrated that the reduction of the pervasiveness of the CCRT shows a positive outcome of therapy. The next step is to take this from a single case study to a multi case study.

Anna described her ongoing study of 50 transcribed psychodrama sessions entitled: A pilot study to evaluate change in the psychodrama process: Observing Moreno's mental representations. Anna has developed a coding form on which to collate the date for each session. The date is categorized under the following verbal representations: (A) broad and general and rigid and (B) analyses and differentiates. The team of raters analyze each session independently and then come together for quality assurance purposes to ensure agreement across team. They have completed 20 cases so far. This is a work in progress.

Kate presented an idea for a study which would involve children who have anxiety and will attend a psychodrama group. The study is in very early stages and requires background reading and Kate will send out a draft proposal to the group for feedback.

Gabriella presented her project for forming a multidisciplinary and interinstitutional group to enable antisocial adolescents into society, through an individualized treatment. This team represents a point of reverence for the adolescents, to be guided and helped in that process. The aim of the research is to evaluate the impact of psycho-sociodrama as a tool to teach and supervise the team.



The discussion was to clarify the focus of the study and the possible research instrument. It was concluded, that the evaluation should measure the improvement of the adolescents and to create subjective reports of the improvement of the relationship and work between the “helper” and the adolescent. Also should be given attention to the change in group process of the team by the tool.

Fabian was asking to create a general frame of the factors and levels which could be measured in evaluating the effects of the group therapy with children and adolescents. A general picture was developed to have a frame to structure, related to the different areas of levels, the great variety of tools.

Different research tool were presented and discussed.

Saturday 17/10/09 20h00-20h30

Day Closure

Kate directed the closure, proposing to each group, that they represent without words the feelings of the work day. After that she proposed that each country sang a lullaby.



Saturday 27/02/10 9h00-12h00

Rapporteur: José Luís Mesquita (PT)

The last morning of the meeting was divided in two moments: first, the closure of the Small Groups, and then, the closure of Large Group. Each Small Group did their final works between 9:00 and 10:45 and at 11:00 the Large Group met to discuss the outcomes of the Small Groups and to do the closure of the meeting.

In the Large Group, were reported the outcomes of the Small Groups. Using a dramatic game, "In a Open Market", each person went to others groups asking for their work.



The final step, the closure of the meeting and farewell, Sirka Varonen and Fabian Blobel directed "The Magic Forest" that promoted the last "Encounter" of the members of the FEPTO Research Committee in the Boldern Meeting.





Boldern, Zurich - February 2010

Gabriela Moita