

# Changing Colours of Life

August 23-25, 2024

Vilnius



The 12th  
Baltic  
Moreno  
Days 2024

Changing  
colours

National Art School  
of M.K.Čiurlionis, T.  
Kosciuškos street 11, Vilnius

## **Conference Organizing Committee:**

**Aurelija Rakšytė General Chair**

**Lina Linkė**

**Vida Lipskytė**

**Daiva Račelytė**

**Violeta Rimkevičienė**

**Asta Strigockaitė-Litvinko**

## **TIMETABLE FOR THE CONFERENCE**

### **FRIDAY, August 23**

**14.00 - 15.00 – Registration**

**15.00 – 16.00 – Opening Room BER09**

**16.00 – 17.00 – Lecture: Judith Teszáry (Sweden). Using the Salutogenic Perspective in Helping the Helpers in War Situation. Room BER09**

**17.00 – 17.30 – Coffee Break**

**17.30 – 18.30 – Large Group Room BER09**

**19.30 – Evening with Music: Lithuanian Multipart Songs and Drums**

### **SATURDAY, August 24**

**9.00 – 9.30 – Warm-up Room BER09**

**9.30 – 12.45 – Workshops with 20 min coffee break in the middle**

**12.45 – 14.30 – Lunch**

**14.30 – 17.45 – Workshops with 20 min coffee break in the middle**

**19.00 – Party**

### **SUNDAY, August 25**

**9.00 – 9.30 – Warm-up Room BER09**

**9.30 – 12.45 – Workshops with 20 min coffee break in the middle**

**13.00- 14.00 – Feedback after workshops and closure Room BER09**

## **SATURDAY, August 24**

### **9.30 – 12.45 Workshops Session A**

- **Kate Bradshaw Tavvon (Sweden) – Changing Colours.** Room 209
- **Reijo Kauppila, Marjut Partanen-Hertellin (Finland) – Ecological Atoms – the Colourful Sociometry of Life.** Room 210
- **Connie Miller (USA) – Souldrama® Starve the Ego: Feed the Soul. Ignite Your Spiritual Intelligence! (I)** BER 09
- **Oded Navé (Israel) – The Colours of My Life.** Room 211
- **Gita Paspārne (Latvia) and Olena Stupak (Ukraine) – Encounter with the Other. Existential psychodrama.** Room 212
- **Craig Whisker (UK, New Zealand) – A Kaleidoscope of Psychodramatic Roles.** Room 206

### **14.30 – 17.45 Workshops Session B**

- **Dania Appel (Switzerland) and Manfred Jannicke (Germany) – The Many Colours of The World.** Room 209
- **Jolanta Baltina (Latvia) – Magical Colours of Life.** Room 210
- **Rūta Janulevičienė (Lithuania) – The Colours of Happiness of My Inner Child.** Room 211
- **Connie Miller (USA) – Souldrama® Starve the Ego: Feed the Soul. Ignite Your Spiritual Intelligence! (II).** BER 09
- **Natalia Nemkevich (Poland, Belarus) – Live by Playing.** Room 212
- **Judith Teszáry (Sweden) – The Body Takes It All: Psychodrama Works with Psychosomatics.** Room 206

## **SUNDAY, August 25**

### **9.30 – 12.45 Workshops Session C**

- **Clark Baim (UK), Anika Vasadze and Maria Grechanyk (Ukraine) – Between Two Worlds: Psychodrama for War Refugees.** Room 209
- **Ina Hogenboom, Jacomien ilbrink (Netherlands) – Play with Our True Colours.** Room 210
- **Reijo Kauppila (Finland) – Colourful Life – How to Live it?** Room 211
- **Küllike Lillestik and Heldo Korbe (Estonia) – Co-creation with Family... Where All Colours in Us Start.** Room 212
- **Tine Sofie Stensland (Norway) – True Colour.** BER 09
- **Itzhak Vinokur (Israel) – Inner Spring of Strengths.** Room 206

**FRIDAY, August 23**

**16.00 – 17.00**



**Judith Teszáry**

## **Lecture**

# **Using the Salutogenic Perspective in Helping the Helpers in War Situation**

Salutogenesis - means the origin of health, and pathogenesis is the origin of disease.

How can we help the helpers living under the same circumstances as their clients?

How can they keep their strength and confidence in the role of a therapist during the war, when bombing and missiles are falling around their homes or when they are overwhelmed and stressed by not feeling able to help their clients?

How can the professional helpers care for themselves and not get secondary traumatisation through being too empathetic with their client's traumatic experiences? What kind of survival strategies do they use? How did the ancestors survive the war they have been through?

How can we come out of the state of hypo and hyper arousal? When the nervous system is overloaded and cannot tolerate the pressure anymore, the system shuts down, and we get paralysed, helpless and numbed. These reactions are the body's defense mechanisms and are lifesaving for the moment, but in the long run, if we stay in these states, these can endanger our lives.

This workshop is a psycho-sociodramatic exploration of how to regain balance, integrate rational and emotional functioning, and tolerate stressful situations (broaden the window of tolerance) by focusing on the resources, thus developing resilience.

Bring your cases or yourself as a case of traumatisation, and let's learn from each other.

Learning objectives:

- Learn to identify how the body reacts to hypo and hyperarousal
- Learn what the window of tolerance is
- Learn the importance of a support system

**Judith Teszáry** is a psychologist, psychodrama and sociodrama trainer supervisor, and international lecturer. She has been trained by Zerka Moreno at the Moreno Institute, Beacon, New York. She is a founding member of FEPTO (Federation of European Psychodrama Training Organisations) and was president for six years (2002-2008). She received a life achievement award. She is a member of the Task Force for Peace and Conflict Transformation group using the method of Sociodrama in conflict areas, helping the helpers to elaborate traumatic experiences, for example, after the Maidan revolution in Kyiv. She is running two Ukrainian support/therapy groups. She has worked with psychosomatic patients, using psychosociodrama in a research and treatment project at the Karolinska Institute, Stress Research Department in Stockholm. She worked as a psychologist in foster care at Stockholm City Social Department/Child Care for seventeen years. She trained social workers using sociodramatic methods. She is the chair of the Swedish Association of Psychodramatists.

She is involved in a project as a psychosociodrama director concerning Romani women's experiences in Hungarian health care. She has used sociodrama to train Union leaders in the Swedish Industry Union and healthcare personnel in conflict management courses for ten years. She has been the professional supervisor and international coordinator of P.E.R.F.O.R.M.E.R.S, an Erasmus + project in Sociodrama. She had been a trainer and supervisor in the first sociodrama pilot training in Hungary within the Hungarian Psychodrama Association (MPE)

She led the first sociodrama pilot training in Kairo, Egypt. She started a complete training program in Sociodrama in September 2023 at the Rakhawy Institute for Training and Research in Kairo.

**SATURDAY, August 24**

**9.30 – 12.45**



**Kate Bradshaw Tavon**

## **Changing Colours**

In the seasonal flow of life, we can at times laugh and play, flourish and grow, and at others be cast into despair and despondency, rage and frustration. Metamorphosis into multifaceted adulthood and leadership, entails weaving through change and transformation, displacement, reorientation, and resettlement and requires transformational guidance. We renew and revitalise after hard times, tentatively ready for joyful connection again. We cannot change history but when we open up memories, and work through them, they can be reconsolidated functionally with more constructive illumination. As our populations become increasingly diverse, we'll pay attention to processes of integration rather than assimilation. What is most personal, is most universal!

An observer witnessing a little baby being placed in a windowless room, alone, for hours, might at first be gripped by the cruelty of that act of abandonment, but can later grasp that in dire circumstances, that act embodied careful consideration and the safest available protection – a true act of love in fact. The protagonist can experience a catharsis of integration - feeling loved and cared for, for the very first time. In this workshop we'll explore the colours of transformation and how as leaders in the world we can facilitate restorative change processes through psychodrama and sociodrama.

**Kate Bradshaw Tavon** is an Occupational Therapist, Group Analytic Psychotherapist, Supervisor and Teacher of Group Psychotherapy and Psychiatric Treatment; TEP (by the Nordic Baltic Board of Examiners NBBE). She is the Founder of Genuine Encounters Centre for Psychodrama, Sociometry and Group Psychotherapy (GECP), currently training

psychodramatists in South Africa. Originally from UK but living in Sweden for many years, working internationally, she has experienced the privilege of teaching, supervising and examining psychodramatists in Scandinavia and the Baltic countries for many years. She is a Former President of the International Association for Group Psychotherapy and Group Processes (IAGP) and a Fellow of IAGP. She served for many years as an IAGP Board Director. She is co-editor and co-author of the Handbook of Psychodrama 1998 (Routledge - published in several languages) and Co-author of Empowering Therapeutic Practice 2014 (JKP) among other publications.



**SATURDAY, August 24**

**9.30 – 12.45**



**Marjut Partanen-Hertell**



**Reijo Kauppila**

## **Ecological Atoms – the Colourful Sociometry of Life**

The workshop will modify Moreno's concepts of social atom and cultural atom connected to the ecological history and the present situation with scientific background. The exercises bring a personal level to the workshop.

**Marjut Partanen-Hertell** is M.S. (Env Tech), Information Scientist, Psychodrama and sociodrama trainer TEP (Nordic Board of Examiners), Supervisor STOrY (Finnish Association of Supervisors), Tele 'Drama Practitioner (CTP – L3), Member of ASGPP and IAGP, former chair of the Finnish Psychodrama Trainers MOPSI, FEPTO Network Group for Climate Change, former Member on the Board of the Finnish Association of Civil Engineers RIL, trainer, and examiner at the Helsinki Psychodrama Institute, Member of the Suomen psykodraamainstituutti. As environmental engineer and sociodramatist Marjut Partanen-Hertell worked in the Finnish Environment Institute for 40 years with regional development and international projects supported by the European Union and the World Bank. Former chairman of the inter-governmental working group on Public Awareness and Environmental Education of HELCOM in the Baltic Sea area, facilitating co-operation between 14 countries and various NGOs. Finland's former Representative on the Management Committee of the environmental financial instrument EU/LIFE. Frequent presenter in international conferences. Supervisor for private and public clients. Author and co-author of several books, latest Sociodrama in a Changing World (2011). At present her focus is on the ecological change on Earth.

**Reijo Kauppila** is a Psychodrama trainer TEP, Master of adult education, supervisor, certified business coach. Reijo Kauppila is the director and main trainer at Helsinki Psychodrama Institute, Finland. He educates psychodramatists and psychodrama trainers in psychodrama, sociodrama and sociometry and their applications e.g. in context of organisation and adult education. His field of specialty is learning and development of adults in sociometry and psychodrama. Reijo has been coordinator and co-creator in projects funded by EU, in which applications and processes of psycho- and sociodrama, and sociometry have been applied and implemented in wider contexts in Europe and neighbouring countries. Reijo is former chair of training in the FEPTO Council (2013-2019), and the president of NBBE [www.nbbe.eu](http://www.nbbe.eu) (2019-2023). At present he is interested in values and beliefs and their connection to learning for action.

**SATURDAY, August 24**

**9.30 – 12.45**



**Connie Miller**

## **Souldrama® Starve the Ego: Feed the Soul. Ignite Your Spiritual Intelligence! (Part I)**

Souldrama, an outgrowth of psychodrama, is a seven-stage spiritual action model of growth and discovery designed to awaken your higher purpose! As opposed to traditional psychodrama the process is circular and not linear. It involves going through 7 doorways of transformation so that we can align our egos and souls to be on our higher purpose.

How do we live a soulful life? We are all on a life-long journey; it is a search for who we are and why we are here. Souldrama spurs the soul into action bringing forth its spontaneity and creativity. This Group Action Process moves us from our Rational Intelligence (what I think) to our Emotional Intelligence (what I feel) and Spiritual Intelligence (what I am) so that we can integrate all three in our lives.

Souldrama offers seven stages, or doorways, of spiritual growth and transformation. As a Group Action Process, Souldrama helps one to: overcome roadblocks in careers and relationships, create new roles in one's life, release the light and peacefulness within the core of one's being, illuminate one's spiritual gifts, and recognize as well as define one's higher purpose in life.

Souldrama® was developed by **Connie Miller**, NCC, LPC, TEP, ACS. in 1997 and trademarked in 1999 as a therapeutic tool created for use as an adjunct to psychodrama and designed to move clients from co-dependency to co-creativity. Connie is the founder of the International Institute of Souldrama and the owner of the Spring Lake Heights Counseling Center in New Jersey. She was employed for years as a career counselor and worked with

families with children with cancer. Connie runs a group for professionals in training in action methods and trains the staff in many organizations. She is a Trainer, Educator, Practitioner of Psychodrama, Sociometry and Group Psychotherapy, and is recognized as a Fellow for that organization. She received the 2011 Innovators Award and the Thelma Duffy award from the American counseling Association for creativity and cutting-edge practice for Souldrama.

Connie has developed a new model to access our spiritual intelligence that incorporates psychodrama, group psychotherapy, the creative arts, energy work and sociometry that she has called Souldrama®. Connie has written a book on this approach (it has also been translated into Portuguese and published in Brazil and most recently Indonesian), made CD-ROMs teaching materials.

She is the author of many articles which have been translated in various languages integrating psychology and spirituality moving psychodrama to another level, that of the transpersonal. Her most recent article names *Souldrama as the new holistic model for 12 Step recovery*.

She has built bridges in associated fields by presenting at the conferences of the American Counseling Association, the National Board of Certified Counselors as well as to the field of addictions. More recently she presented in Brazil, the Transpersonal conference in Latvia, British Psychodrama Association Conference, in Greece. In addition, Connie has run trainings in Souldrama for the past twenty years in Mexico, India, the Netherlands, Portugal, Greece, England, Brazil, Moldova, Romania, and Austria and presently runs her own training group in Souldrama and other action methods. All workshops and trainings offer training hours for the American Board of Examiners for psychodrama, group psychotherapy and sociometry.

**SATURDAY, August 24**

**9.30 – 12.45**



**Oded Nave**

## **The Colours of My Life**

Workshop — psychodrama and art Therapy combined. Combining psychodrama with art therapy creates a dynamic and holistic approach as an integrated method, inviting participants to journey into the depths of their inner landscapes and external experiences. In the psychodramatic space, participants can confront and explore their emotions and uncover hidden feelings or unresolved conflicts, gaining insights into the underlying dynamics of their relationships and experiences offering valuable opportunities for emotional expression. Art therapy complements psychodrama by providing a non-verbal means of expression, allowing participants to access deeper layers of their emotions. Through painting, drawing, or other artistic mediums, individuals can externalize their internal experiences, giving form to their feelings and thoughts. Colors serve as symbolic representations of emotions, each hue conveying a unique emotional resonance. Through the combined use of psychodrama and art therapy, participants engage in a synergistic process of self-discovery and emotional exploration. As they enact roles and create artwork, they deepen their understanding of themselves and their experiences, fostering greater self-awareness and insight. Emotions become the palette with which they paint their inner worlds, each stroke and gesture revealing layers of meaning and significance.

**Oded Navé**, MA TEP, Expressive Therapist, teach psychodrama internationally in the past 25 years, in private clinic, practicing therapy and supervision.

**SATURDAY, August 24**

**9.30 – 12.45**



**Gita Paspārne**



**Olena Stupak**

## **Encounter with the Other. Existential psychodrama**

Encounter always presupposes the presence of the Other. Encounter always presupposes a focus on the Other, contact with the Other. Existence Encounter has many human dimensions: understanding, acceptance, co-participation, co-feeling, communication, co-creation, co-action, co-thinking, reflection.... Our workshop is the space where we will explore Existence Encounter in psychodramatic dimensions: sociometry, sociodrama, metaphor, game.

The workshop is led by:

**Gita Paspārne**, Latvia, Liepaja. TEP psychodrama, sociodrama, sociometry and group psychotherapy (NBE), certified psychotherapy specialist (Association of Psychotherapists of Latvia); TEP in psychodrama, sociometry and group psychotherapy (NBE); system supervisor, trainer and consultant in the development of organizations. The practice of working with different groups, individuals, adults and youth for more than thirty years. Chairman of the Board of Associations of Psychodrama, Sociometry and Group Psychotherapy in Latvia.

**Olena Stupak**, Ukraine, Kyiv. Registered psychotherapist of psychodrama of the Ukrainian Umbrella Association of Psychotherapy (UUAP), teaching trainer, supervisor of the UUAP Head of the UUAP psychodrama section, member of the Board UUAP.

**SATURDAY, August 24**

**9.30 – 12.45**



**Craig Whisker**

## **A Kaleidoscope of Psychodramatic Roles**

In this experiential workshop we will utilize Morenian role theory to introduce the concept of role, identify roles and role relationships, make role analyses, and produce dramatic enactments to enhance the development of psychodramatic roles that meet the challenges of our changing lives. No previous psychodrama experience is required.

**Craig Whisker** is a New Zealander currently living in the United Kingdom. He is a certificated psychodramatist (2008) and educator (2017) with the Australian and Aotearoa New Zealand Psychodrama Association and a practitioner member, supervisor and apprentice trainer (2023-24) with the British Psychodrama Association. He works on the MSc Counselling and Psychotherapy programme at the University of Warwick in Coventry, UK, and welcomes opportunities to collaborate with international colleagues.

**SATURDAY, August 24**

**14.30 – 17.45**



**Dania Appel**



**Manfred Jannicke**

## **The Many Colours of the World**

In situations of danger, threat or disempowerment, we are at risk of increasingly limiting our perception of the world to two poles: good-evil, own-other, friend-enemy, black-white.

In ME-Passerelles, the follow-up project to "Traces of Holocaust" by Yaacov Naor and Hilde Gött, we assume that we all carry these roles within us: the aggressor and the victim. They are present in and after all traumas, civilizational collapses and catastrophes of every kind, no matter if they are internal or interpersonal, collective, between smaller or larger groups of people, historical or current. They are embodied, silenced, culturalized, and transgenerationally transmitted in education and influence families all over Europe and throughout the world.

We will start from the colours of our own personal histories, explore the different ways we internalize experiences in the roles of the aggressor and the victim. We will have encounters and look together for ways for our prospective generations. Our aim is to facilitate deep, professional psychodrama processes, including working with trauma and utilizing various other methods (e.g. Expressive Arts Therapy). It is open to anyone who wants to explore this topic in their own life, in the family, at work... In Vilnius, we will use Psychodrama and Art therapy.

We believe: Peace is not the absence of conflicts. We as professionals have to encourage people to learn how to live with conflicts, even if solutions are barely imaginable. The first step of such a process is to learn to acknowledge the "other". Even if this may not lead to forgiveness or reconciliation it can enable us to endure the encounter by re-enriching the colors of our emotions.



**Dania Appel** (Switzerland) graduated in educational sciences and C.A.G.S. in intermodal arts therapy and is a certified trainer in transgenerational therapy (Anne Ancelin Schützenberger). She works with patients, as a teacher and therapist in intermodal arts therapy training, in her private practice, and as a group facilitator in social and hospital contexts.

**Manfred Jannicke** (Germany) is a nurse, social pedagogue, trainer of Psychodrama and supervisor. He serves as head of a diaconal organisation for the protection and welfare of children, adolescents and their families as well as in the board of several social organisations including Psychodrama Association for Europe e.V.

**SATURDAY, August 24**

**14.30 – 17.45**



**Jolanta Baltina**

## **Magical Colors of Life**

Living in a difficult time of change, where aggression, depression and chaos reign, a person sometimes forgets that he has a huge strength within him that can help him cope with the unstable situation. Harmony, peace and joy of life must first be felt in oneself, only then it is possible to create it around oneself. This dormant flower bud is spontaneity and creativity. I invite to my master class those who want to give an impetus to their spontaneity.

**Jolanta Baltina**, TEP, Mg Psych, and director of the Moreno Institute in Latvia. She acquired her knowledge and skills in psychodrama from Zerka Moreno's schoolgirl Inara Erdmane, who founded and led the Moreno Institute in Latvia. Jolanta's primary education is psychology and pedagogy, which helps to create and manage different types and levels of training in psychodrama. Jolanta believes life is like a game, but what it is determined by man. "Let everyone have a creative and happy life game! "

**SATURDAY, August 24**

**14.30 – 17.45**



**Rūta Janulevičienė**

## **The Colours of Happiness of My Inner Child**

In this workshop we will explore and work with the psychodrama method. Psychodrama is an action method that shifts the focus from "talking" to "doing." The inner child is the part of us that stores the energy of childhood.

In this workshop you will reconnect with your inner child using special writing techniques, art, labyrinth therapy and psychodrama techniques.

The seminar will help you:

- Deal with your feelings in a safe and confident space.
- Unleash hidden artistic abilities.
- Discover the spontaneity, creativity and playful spirit so important to the creative process.
- Release old emotions stored in body parts.
- Discover the colors of happiness of your inner child.
- Change the negative attitude towards yourself.

**Rūta Janulevičienė** (Lithuania) is on the final stage of her Psychodrama Leader studies. She provides individual sessions via distance, where she uses psychodrama and monodrama techniques. She has experience of conducting psychodrama groups for socially excluded groups over 10 years. She became interested in the psychodrama method while implementing the international project "Psychodrama and Creative Education in Prisons" as a Project Coordinator & Volunteer, which took place between 2013 – 2015, and has brought together correctional institutions and non-governmental organizations from Romania, Italy, France, Lithuania, and United Kingdom.

She is internationally recognized Reiki Mercar Master Teacher at the non-governmental organization "Ruta Reiki Mercar Education and Research Institute". She is the Founder and Director of this organization. Since 2012 she is a member of the of the Labyrinth Society (TLS). Since 2017 she is the Regional Representative in Europe for Lithuania of the TLS. In 2019 she volunteered to take on the role of International Regional Rep Coordinator for TLS. Since 2019 she is one of the executive officers of the Board Directors.

**SATURDAY, August 24**

**14.30 – 17.45**



**Connie Miller**

## **Souldrama® Starve the Ego: Feed the Soul. Ignite Your Spiritual Intelligence! (Part II)**

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**SATURDAY, August 24**

**14.30 – 17.45**



**Natalia Nemkevich**

## **Live by Playing**

The theater of spontaneity, elements of the playback theater, improvisation and the pleasure of joint creativity are waiting for you.

Psychodrama (J. L. Moreno) gave the world the theater of spontaneity, helping to live, play, look at the world creatively, with humor, be in motion and in harmony with their life roles, easily change and adapt. The Playback Theatre (J. Fox, J. Salas) in the psychodramatic traditions connects and heals people with real meetings, stories, feelings, creativity. We invite you for inspiration!

### **Natalia Nemkevich**

Certified psychodramatherapist (PAFE), certified practitioner of the Playback Ukrainian school in accordance with the standards of the Playback Theatre Center (New York), member of the Polish Institute of Psychodrama, organizer and head of playback theaters in Belarus and Poland (Minsk, Gdansk, Sopot).

**SATURDAY, August 24**

**14.30 – 17.45**



**Judith Teszáry**

## **The Body Takes It All: Psychodrama Works with Psychosomatics**

Moreno was the first to say that “the body remembers what the mind forgets.” A holistic view and a holistic method that includes both body and mind to cure human suffering are especially adequate in trauma treatment.

What happens at the mental level influences our body, and vice versa; bodily injuries influence our mental states. Our body acts as a lightning rod, resonating with traumatic experiences. It is not the event itself but the subjective experience that defines whether an event is traumatic. Traumatic stress reactions can be different depending on the bio-psycho-social-cultural equipment of the person. Those with good resilience ability and the capacity to recover quickly react differently. But we can also react by shutting down the whole system, and we feel numb and paralysed, helpless, incapacitated, and inactive.

Psychosomatic states are characterised by a lack of ability to symbolise, a lack of spontaneity, low emotional expressiveness, low stress tolerance, chaos, and rigidity. Psychodrama is effective in creating clear emotional states, providing symbols for experiences of emotional significance, and providing tools to integrate repressed memories of early, often preverbal, traumatisations.

Neuroscience and trauma research are currently popular, placing psychodrama at the forefront of mind/body methods. This underscores the importance of including the whole person in the therapeutic setting. Moreno understood that excluding the body from therapy also excludes significant parts of the mind. This workshop is designed to embrace this holistic approach, valuing every aspect of your being.

This workshop offers a transformative experiential learning opportunity. It invites you to explore the fascinating world of psychodrama and psychosomatics, showing you how to turn bodily symptoms into mental structures and process them through psychodramatic enactment.

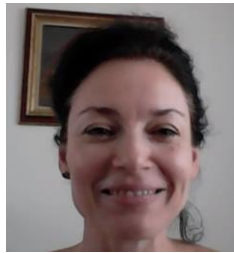
Learning objective:

1. Building the bridge between body and soul creates a dialogue between you and your symptoms.
2. How does your symptom/s influence your life?
3. Mentalisation can transform the physical symptoms into mental levels.
4. Differentiating and expressing feelings.
5. Developing functioning roles instead of the dominating and overdeveloped psychosomatic role/s.
6. Elaborate the traumatic events.
7. Salutogenic approach – replay and relive the health history- the situations when everything was joyful and perfect.
8. Systemic approach – Repair the support system.
9. Role training and role development of the underdeveloped roles or/and building up the missing roles.
10. Surplus reality/Redoing – how things could have happened.



**SUNDAY, August 25**

**9.30 – 12.45**



**Clark Baim, Anika Vasadze, and Maria Grechanyk**

## **Between Two Worlds: Psychodrama for War Refugees**

This will be an experiential workshop, with protagonist-centered psychodramas focused on themes that emerge from the group. In this workshop, we will use as the starting place our experience of an online psychodrama group that has existed for 2.5 years, since the start of the Russian invasion of Ukraine. This group began before the war as a series of professional educational seminars, led by Clark Baim, focused on trauma. When the war started, based on urgent need, the training group evolved into a psychodrama support group for war refugees. To the participants, the group has become a kind of a kind of hearth where people gather, where you can be the protagonist, discuss professional topics with colleagues, warm up and be together. A unique aspect of the group is that it unites participants from different countries and with different professional trainings and levels of qualification.

In the workshop, we will use the processes we use in the group, including art-based warm-ups, physical and sociometric activities, protagonist-centered psychodrama, and sharing.

We will introduce workshop participants to some of the important themes that have emerged in the group, including coping with change; crisis of identity; grief and loss; survival and adaptation; building resources and finding support; family and relationship strains; internal, interpersonal, and international conflict; war trauma and transgenerational trauma; shame and guilt. We will also introduce participants to some of the key challenges of facilitating the group, from the perspective of the psychodrama director, the convenor of the group, and the translator of the group, who will all be present as co-facilitators of this workshop.

**Clark Baim**, PhD, Birmingham, UK. Senior Trainer, Clinical and Training Supervisor, and Psychodrama Psychotherapist. Honorary President of the British Psychodrama Association 2017-2022. (Director / facilitator of the group.)

**Anika Vasadze**, Dance Movement Therapist, Fine artist (Interpreter for the group, Co-facilitator.)

**Maria Grechanyk**, Kyiv, Ukraine, psychodrama practitioner, psychologist, member of PAFÉ. (Convenor / organizer of the group.)

**SUNDAY, August 25**

**9.30 – 12.45**



**Ina Hogenboom**



**Jacomien Ilbrink**

## **Play with our True Colours**

“CREATIVITY is intelligence having fun”

Albert Einstein

Join Us for a Joyful Journey! If you're longing for more playfulness and spontaneity in your life/work, then this workshop is your ticket to rediscovering the true colours of your playful inner child. Together, we'll embark on an adventure filled with safety, connection, and creativity, using 'playful' techniques from Psychodrama, Sociometry, Embodiment, and the Therapeutic Spiral Model. This workshop promises how to learn to reignite the zest for life.

**Ina Hogenboom** is an experienced psychologist and psychodrama (TEP). With her specialization in the Therapeutic Spiral Model and expertise in Positive Psychology and Trauma Support, Ina is dedicated to guiding people towards healing, growth and reconnection to their own true colours.

**Jacomien Ilbrink** started her studies in psychology in 1995 while living in Geneva, Switzerland and switched to creative arts therapies, mixed media, in 1999 while living in New York. She studied creative arts therapies at the New School in New York City. In 2001 she discovered psychodrama and additionally started studying psychodrama & sociodrama, also in NYC. In 2005 she came back to the Netherlands and started teaching deep sociometry in 2012. Jacomien believes that structured work with sociometry helps to create psychological

safety in groups and dismantle projections. In the process, sociometry helps to become who you truly are, as you make choices that reveal who you are, which increasingly will be matching how you are seen by others.

Nowadays, Jackomien works as a trainer/coach. Qualifications: Psychodrama CP, Psychodrama Trainer, Creative arts Therapist, Trainer, Non Violent Communication practitioner. She is the Chair Psychodrama Association for Europe.

**SUNDAY, August 25**

**9.30 – 12.45**



**Reijo Kauppila**

## **Colourful Life – How to Live it?**

What colours do you have? What colours to change? What new colours? How to change? Values and beliefs define, what colours you see in your life – how strong the colours are, and what are their tones. Join us in this axiodramatic workshop to explore values and beliefs, which give diversity of colours into your life. You will learn:

- how to acknowledge and relate, potentially accept existing and emerging colours.
- how to (co-)create new colours and tones into your life.
- how to sustain your colourful life in the near future.

We will focus on the axiodramatic perspective of life, and we will use co-creative action methods based on psycho- and sociodrama and sociometry. There will be short lectures of values, beliefs, and spontaneity-creativity. And you will gain an experience of an experiential axiodramatic process.

**Reijo Kauppila** – psychodrama trainer TEP, Master of Adult Education, supervisor, certified business coach. Reijo Kauppila is the director and main trainer at Helsinki Psychodrama Institute, Finland. He educates psychodramatists and psychodrama trainers in psychodrama, sociodrama and sociometry and their applications e.g. in context of organisation and adult education. His field of specialty is learning and development of adults in sociometry and psychodrama. Reijo has been coordinator and co-creator in projects funded by EU, in which applications and processes of psycho- and sociodrama, and sociometry have been applied and implemented in wider contexts in Europe and neighbouring countries. Such projects are for example *Enhancing Social Relations in Adult Learning (From I to We project 2021-2023)*,

and *Evidence Based Trauma Stabilisation of Families* (EBTS-project 2017-2019). Reijo is former chair of training in the FEPTO Council (2013-2019), and the president of NBBE [www.nbbe.eu](http://www.nbbe.eu) (2019-2023). At present he is interested in values and beliefs and their connection to learning for action.

**SUNDAY, August 25**

**9.30 – 12.45**



**Küllike Lillestik and Heldo Korbe**

### **Co-creation with Family... Where All Colours in Us Start**

All the colours that we have begin with the family. How we see ourselves and the world, how many colours we have, it all comes through our family, where we were born. Of course, people are also influenced by their future growth environment, society and social groups, but loyalty to the family can often be one of the reasons why we ourselves cannot shape our colours and self-image within this world. In this workshop, we will explore family influence, belonging, loyalty and its obstacles, as well as the potential resources and joy. Is it possible to change the colours and perspectives that we have of the world and society, once the previous generations have left their mark? The workshop employs the methods of psychodrama, family constellations, family systems therapy and Imago and EFT relationship therapy.

**Küllike Lillestik**, psychodrama Certified Practitioner (CP). She is a graduate of the Tallinn Psychodrama Institute. Since 2006 she has a private practice as systemic family therapist, EFT and IMAGO couple therapist, psychodrama group therapist.

**SUNDAY, August 25**

**9.30 – 12.45**



**Tine Sofie Stensland**

## **True Colour**

Cindy Lauper had a big hit in 1986 with the lyrics of Billy Steinberg.

True Colour:

*But I see your true colors*

*Shining through*

*I see your true colors*

*And that's why I love you*

*So don't be afraid to let them show*

*Your true colors*

*True colors are beautiful*

*Like a rainbow*

Color is a creative encounter between us and the world.

Colors are our interpretation of light, our eye's perception of wavelength and light intensity.

As we give the color a name, it appears, it becomes existing in our world.

In this workshop we will let the nuances and colors in us appear and explore them together.

**Tine Sofie Stensland** is a Norwegian psychodramatist, CP. She has a background in theatre and started her psychodrama education in 1994 under Eva Roine and the Norwegian Psychodrama Institute.

She has an office in Bergen where she has groups and single clients. In addition, she has an education in action methodology that she uses in working with employees in companies both in the public and private sectors.



**SUNDAY, August 25**

**9.30 – 12.45**



**Itzhak Vinokur**

## **Inner Spring of Strengths**

The main goal of the workshop is to connect to inner strengths through words, music, and movement. The workshop starts with warm up: cards of pictures of different springs. Every participant chooses a card. A discussion begins among each pair of participants. Everyone tells about his/her choice. Then everyone writes several words and creates a text. It could be a poem or prose. People start moving in the room saying the text and moving according to it or singing/making sounds/playing on different music instruments (piano, drums, and guitar). Freeze. Everyone tells about his/her feelings right now. The next step is choosing a subject for psychodrama, and voting for it. The main work: Psychodrama on a chosen subject connected to the main idea - inner springs of strengths. You would be having the opportunity to connect to inner self through different arts explores flexibility of mind and spirit. No need to know how to play. The spontaneity to try anything unveils the connection between inner feeling and its expression.

**Itzhak Vinokur**

B. A. in piano performance, Jerusalem Academy, M. A. in psychodrama, Haifa University.

## Notes

## Notes

<https://www.psichodrama.lt/>

