

# Baltic Moreno days 2024

## Changing colour of life

MORENO DAYS '2024

Vilnius, 2024, August 23<sup>rd</sup> ÷ 25<sup>th</sup>

### PRELIMINARY PROGRAM

#### FRIDAY, August 23

- 14.00 - 15.00 – Registration
- 15.00 – 16.00 – Opening
- 16.00 – 17.00 – Lecture (Judith Teszáry)
- 17.00 – 17.30 – Coffee break
- 17.30 – 18.30 – Large group
- 19.30 – Excursion Sunset in Vilnius

#### SATURDAY, August 24

- 9.00 – 9.30 – Warm-up
- 9.30 – 12.45 – Workshops with 20 min coffee break in the middle
- 12.45 – 14.30 – Lunch
- 14.30 – 17.45 – Workshops II with 20 min coffee break in the middle
- 19.00 – Party

#### SUNDAY, August 25

- 9.00 – 9.30 – Warm-up
- 9.30 – 12.45 – Workshops III with 20 min coffee break in the middle
- 13.00- 14.00 – Feedback after workshops and closure



## Rūta Janulevičienė

### *The Colors 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 the therapist at the International organization of Hedepy online therapy. She provides individual psychological therapy sessions via distance, where she uses psychodrama and monodrama techniques.

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 which were involved in adult prison education: Arad Penitentiary – Romania, Consorzio Tartaruga Società Cooperativa Sociale – Italy, Service pénitentiaire d’insertion et de probation du Val d’Oise – France, Panevėžio apygardos probacijos tarnyba – Lithuania, HMP Grendon Underwood – U.K.

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.

She has experience of conducting psychodrama groups for socially excluded groups over 10 years, but mainly providing individual therapy sessions at distance on Zoom, Hedepy online platform and individual therapy in person before a Reiki session over 11 years.



# 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*

### **Tine Sofie Stensland**

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.

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.



# 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.

### **Natalia Nemkevich**

Certified psychodramatotherapist (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).

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!



## 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 speciality 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.



## Marjut Partanen-Hertell

### *Ecological Atoms - the colorful 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**

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 psykodraaminstituutti. 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.



## Kate Bradshaw Tauvon

### *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 Tauvon** 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



## Judith Teszáry

### *Lecture: 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, traumatisation.

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:

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





## 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, MgPsych, and director of the Moreno Institute in Latvia. She acquired her knowledge and skills in psychodrama from Zerk 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! "



## **Dania Appel** and **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, civilisational collapses and catastrophies 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 internalise 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 utilising 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 incl. the Psychodrama Association for Europe e.V.



## Gita Paspārne and 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, sociometrics and group psychotherapy (NBE), certified psychotherapy specialist (Association of Psychotherapists of Latvia); TEP in psychodrama, sociometrics 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.



## Connie Miller

# Souldrama® Starve the Ego: Feed the Soul. Ignite Your Spiritual Intelligence!

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. Souldrama is now being used as a new model for the 12 Step program.

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®. She has had articles on this approach published in our own International Journal of Action Methods (in 2000), more recently also in the Korean Psychodrama Journal, "Souldrama: a psychotherapeutic technique to access spiritual intelligence", the Journal of Creativity in Mental Health, and a chapter in the recently published anthology from Routledge Publishers titled "Psychodrama: Advances in Theory and Practice."

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, and has been most active internationally especially in Indonesia and Romania. 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. 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.

More recently she presented in Brazil, the Transpersonal conference in Latvia, British Psychodrama Association Conference, in Greece, and planning training groups in Israel and Amsterdam and Connie has also been invited to India and Indonesia where she has led a team of volunteers from Holland, Portugal and New Zealand to teach psychodrama, group action methods and Souldrama to the pastoral counselors, graduate psychology depts and health care workers.

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.

All workshops and trainings offer training hours for the American Board of Examiners for psychodrama, group psychotherapy and sociometry.



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

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

This will be an experiential workshop, with protagonist-centred 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-centred 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.

Facilitators of the 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.)



## Itzhak Vinokur

### *Inner spring of strengths*

The main goal of the workshop to connect to inner strengths through words, music, 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, guitar). Freeze. Everyone tells about his/her feelings right now. Choosing a subject for psychodrama. Voting for it. The main work: Psychodrama on a chosen subject connected to the main idea- inner springs of strengths. You would have 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 Uni.



**Oded Navé**

## *The Colors of My life*

A 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.



## Ina Hogenboom

*Play with our true colors.*

*“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 colors 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.

Led by **Ina Hogenboom** from the Netherlands, an experienced psychologist and psychodrama (TEP), this workshop promises how to learn to reignite the zest for life.

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 colors.