



# BOARD NEWS

American Board  
of Examiners  
in Psychodrama,  
Sociometry and  
Group Psychotherapy

Volume 34

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Number 1



## MESSAGE FROM THE CHAIR Karen Drucker, Psy.D., T.E.P.

Dear Certified Psychodramatists,  
It was wonderful to see many of you at the ASGPP conference in Philadelphia; particularly some people I haven't seen in a long time. I so appreciate the connections of our community, and the ties we have that run so deep.

The Board met for our January, 2010, meeting in West Palm Beach, Florida. We were hosted at Lin

Considine's home, which was lovely, and she had plenty of blow up mattresses to make us all comfortable. Her sister, Kathy Brown, came up from Big Pine Key to cook for us, which was delightful! We felt very well loved with food and transportation, and were able to accomplish quite a bit because we were so supported. Thank you again to Lin and Kathy!!! We made time to stroll on the beach one day, as you can see in the photo; and discovered that talking about controversial topics in the hot tub is an environment supportive of resolution!

Board business included: reviewing (only starting this process) by-laws to make them current with policy, nearing completion of the CP and TEP on-site forms (these will be on the website as soon as possible), and experimenting with a new way to grade exams to make it easier on the evaluators. We said goodbye to Martica Bacallao, who will be leaving the board to take her TEP exam. Martica edited the newsletters, and came up with grammar guidelines for writing exam questions, among many other contributions. We will miss her insight and perspective as an educator.

I'd like to welcome our newest Board member, Paula Catalan, who was elected to the CP position this spring. Both myself and Jeffrey Yates were re-elected to the TEP positions, and will serve another three years. Please accept my thanks for your confidence in my leadership.

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## ELECTED BOARD DIRECTORS

Chairperson: Karen Drucker, Psy.D., T.E.P.  
Vice-Chairperson: Mari Pat McGuire, L.C.S.W.-C., T.E.P.  
Secretary: Lin Considine, M.S., L.M.H.C., C.P., P.A.T.  
Treasurer: Jeffrey Yates, L.C.S.W., T.E.P.  
Directors: Elaine Camerota, Ed.D., T.E.P.  
Paula Catalan, M.S., L.C.P.C., C.P.  
Kim Friedman, M.A., L.M.H.C., C.P., P.A.T.  
Louise Lipman, L. C.S.W., C.G.P., T.E.P.  
Fiona G. Roche, C.Q.S.W., R.S.W.,  
C.G.P.A.(Dip.), T.E.P.

## CP & TEP APPLICATIONS AVAILABLE ON WEBSITE

CP and TEP applications are available free of charge on our website ([www.psychodramacertification.org](http://www.psychodramacertification.org)). If applicants would prefer that we mail them the materials, there is a \$50.00 processing fee for each application. Application packages will not be mailed after June 15, 2010. Completed CP and TEP applications are due by July 15th.

## OPEN ENROLLMENT FOR PAT

Any certified practitioner who wishes to enroll in the practitioner applicant for trainer process can obtain the forms and all supporting materials free of charge at our website. If you prefer, we will send you the PAT forms and supporting materials provided that you send us payment of \$50.00. Persons can enroll in the PAT process anytime between January 1st and July 15th of each year. Enrollment in the PAT process begins the day that we receive these completed materials in our office. The first annual update is not due until July 15th of the following year.

## NEW BOARD DIRECTORS

Karen Drucker, Psy.D., T.E.P. and Jeffrey Yates, L.C.S.W., T.E.P. are re-elected to the three year T.E.P. Directors term of office. Paula Catalan, M.S., L.C.P.C., C.P. is elected to a three year C.P. Director term.

## WHAT'S INSIDE...

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**JANUARY BOARD OF DIRECTOR'S MEETING  
WEST PALM BEACH, FLORIDA**



Front Row: Louise Lipman & Elaine Camerota. Back Row: Kathy Brown, Martica Bacallao, Kim Friedman, Dale Richard Buchanan (Executive Director), Karen Drucker, Fiona Roche and Jeffrey Yates. Board Director Lin Considine was taking the photo. Kathy Brown served as the Chef Extraordinaire for the weekend.

**MESSAGE FROM THE CHAIR**

*Continued from page one*

The next Board meeting is in Curtis Bay, Maryland (near Baltimore) at Mari Pat McGuire's house on September 10-12, 2010. Please send in any items you'd like included on the agenda by July 30th to [abepsychodrama@yahoo.com](mailto:abepsychodrama@yahoo.com).

Reminder to trainers and PATs that your PAT update forms are due by July 15th. Elaine Camerota, board member extraordinaire, has volunteered to come to Washington, DC, to review these update forms. Please make it easy on you and Elaine by completing these forms and getting them in on time. If your PAT Update has not been received, then Elaine will not be able to review it. Lastly, send in your dues, which keeps your certification current and your name in the directory and on our website. I hope everyone has a wonderful summer and takes time to replenish and renew.

Thank you for all you do, but mostly for who you are!

Fondly,

**2009 CP AND TEP WRITTEN EXAMINATION RESULTS**

We want to congratulate our psychodrama colleagues who passed the 2009 CP and TEP exams. These accomplished individuals join us in creating the future of action methods through practice, training, research and publications.

Of the two CP candidates who took the written examination, one passed with distinction, and one failed. The hallmark of a strong CP exam is providing clear details concerning how the candidate would conduct group sessions. The one CP written examination that passed with distinction was uniformly strong in all sections of the written examination. This CP written examination included definitions of terms and explicit instructions to group members. The one CP written examination that failed was weak in the areas of History, Philosophy and Sociometry and neglected to define terms and provide explicit instructions to group members.

Of the eight TEP candidates who took the written examination, all passed and one passed with distinction. Evaluators were impressed that TEP candidates strongly took on the role of the trainer and wrote their responses from that role. The hallmark of a strong TEP exam is providing clear details concerning how the candidate would conduct the training session. It is important that exam answers include definitions of terms and explicit instructions to group participants.

All of these candidates have invested a great deal of time, resources and energy in this rigorous training process. We congratulate them as they begin a new stage in the development of their careers. Most of them have now passed their on-site examinations. Some of our new CPs and TEPs have submitted their bios with photos for publication in this newsletter. We welcome all of them, and extend our congratulations on their successful completion of their examination and training.

**APPRECIATIONS**

The Board could not possibly operate without the support, commitment and dedication of all those individuals who voluntarily read examinations, conduct on-site observations, and serve on special committees. Thank You. If you would like to spread the sociometric wealth and add your name to the list, send us an email.

Mary Jo Amatruda  
Martica Bacallao  
Jeanne Burger  
Jean Campbell  
Elaine Camerota  
Karen Carbabucci  
Paula Catalan  
Bill Coleman  
Ron Collier  
Judith Glass Collins  
JoAnne Garcia Colson

Lin Considine  
Kate Cook  
Mario Cossa  
JoAnna Durham  
Karen Drucker  
Estelle Fineberg  
Vickey Finger  
Kim Friedman  
Katrena Hart  
Steve Kopp  
Louise Lipman

Donna Little  
Mari Pat McGuire  
John Olesen  
Georgia Rigg  
Fiona G. Roche  
Deb Shaddy  
John Skandalis  
Judy Swallow  
Linda Thema  
Shari Ward  
Jeffrey Yates

**CONTINUING EDUCATION QUIZ  
2009 CERTIFICATION EXAMINATIONS**

**CERTIFIED PRACTITIONER EXAMINATION**

**TRAINER, EDUCATOR AND PRACTITIONER EXAMINATION**

**PART ONE 10AM TO 12 NOON**

- I. HISTORY (Suggested time: 30 minutes).
1. Identify and describe one event in Moreno's development of psychodrama.
- II. PHILOSOPHY (Suggested time: 30 minutes).
1. Describe in detail one philosophical concept of psychodrama.
- III. METHODOLOGY (Suggested time: 60 minutes).  
Answer Question 1 and Question 2.
1. Define the following techniques – Aside, Soliloquy, and Mirror. Explain your rationale for using them in directing a psychodrama.
  2. Answer either A or B.
    - A. Explain how you direct the sharing phase of a psychodrama. What elements are important to consider?
    - B. Moreno coined the term "here and now." All psychodramas take place in the here and now. What directorial interventions do you make when a protagonist is stuck in the past?

OR

**PART TWO 1PM - 4PM**

- IV. SOCIOMETRY (Suggested time: 60 minutes).  
Answer Question 1 and Question 2.
1. How would you use sociometry to promote group building and safety in the forming stage of a new group?
  2. Answer either A or B.
    - A. The selection of a protagonist involves sociometry. Describe three (03) ways to use sociometry for choosing a protagonist in a group.
    - B. There are positive and negative aspects to all sociometric positions in a group. How would you explore the positive and negative aspects of a sociometric star position in your group?
- V. ETHICS (Suggested time: 45 minutes).
1. You are a practitioner and have an on-going group. You are writing a book and are in need of an editor. A group member who is skilled as an editor offers to help you. Identify and explain the ethical considerations. Describe how you would handle the situation.
- VI. RESEARCH/EVALUATION (Suggested time: 30 minutes).
1. Describe how you would use the social atom as a pre-test and post-test evaluation tool.
- VII. RELATED FIELDS (Suggested time: 30 minutes).
1. Moreno called the leader of a psychodrama session the "director." Compare and contrast the role and responsibilities of the "director" with the role and responsibilities of the "group leader" in a related field.

**PART ONE 10AM TO NOON**

- I. HISTORY (Suggested time: 30 minutes).
1. Identify and explain the significance of one historical event in the development of sociometry. Describe an action training session that illustrates the importance of this event to your students.
- II. PHILOSOPHY (Suggested time: 30 minutes).
1. Describe an action training session to teach Moreno's Canon of Creativity.
- III. METHODOLOGY (Suggested time: 60 minutes).  
Answer Question 1 and Question 2.
1. Design a session to teach role reversal that includes theory, methodology and practical application.
  2. Answer either A or B.
    - A. Your trainees are stating they don't feel ready to direct a psychodrama and would rather learn from watching you direct. Design an action oriented training session, including theory and methodology, to help your students step into the role of director.
    - B. Explain how you teach your trainees to differentiate between catharsis of abreaction and catharsis of integration.

OR

**PART TWO 1PM - 4PM**

- IV. SOCIOMETRY (Suggested time: 60 minutes).  
Answer Question 1 and Question 2.
1. How would you teach your students to use sociometry to promote group building and safety in the forming stage of a new group?
  2. Answer either A or B.
    - A. The selection of a protagonist involves sociometry. How would you teach your students to use sociometry in choosing a protagonist?
    - B. There are positive and negative aspects to all sociometric positions in a group. How would you teach your students about the positive and negative aspects of a sociometric star position?
- V. ETHICS (Suggested time: 45 minutes).
1. Select two standards from the APA Code of Ethics that you want to teach your students. How would you teach these standards in action to your group?
- VI. RESEARCH/EVALUATION (Suggested time: 30 minutes).
1. Describe how you would teach your students to use the social atom as a pre-test and post-test evaluation tool.
- VII. RELATED FIELDS (Suggested time: 30 minutes).
1. Consider your development over time as a psychodrama trainer. Discuss how your knowledge of one related field has influenced your work as a trainer.

**Recently Certified Practitioners and Trainer, Educator, Practitioners are invited to submit an autobiographical statement. Bios are printed as space permits.**

**For contact information on all psychodramatists go to [www.psychodramacertification.org](http://www.psychodramacertification.org)**

**Krayna Castlebaum, M.H.S., C.P.  
Bend, Oregon**

Hello friends and colleagues! I am so thrilled to now be a certified psychodramatist! This significant rite of passage has been a life-changing journey. I love this healing art form for many reasons, a primary one being my love of ritual and passion for group work. I have been cross-fertilizing psychodrama, sociodrama and bibliodrama with writing, poetry, art-making, dreamwork, movement and spiritual direction for many years.

I've used psychodramatic methods since 1997 as an agency and private practice counselor, chaplain, and workshop/retreat facilitator. Contexts I've worked in include homeless and battered women's shelters, integrative medicine centers, hospitals, mental health agencies and private practice. Currently, I live in Bend, Oregon - the high desert, where I have a private practice. I see individuals, couples and families and offer group programs and retreats for personal, spiritual and professional development.

When I moved to Bend from New Jersey in 2003, there was no psychodrama community. In fact, there were hardly any psychodrama services or trainings to be found in the state of Oregon. In 2005, I launched (with help!) the first psychodrama training in Central Oregon, facilitated by Nina Garcia, my primary trainer. Just this April, we celebrated our sixth annual training and not only did we have great turn out, but the largest number of people new to psychodrama. This is so gratifying, as one of my profound joys is to share this form with others.

I always begin my work as a director with the blessing that the work we do together serve only the highest and best interest of everyone in the room and infuse our world with healing energy. May it be so!

With a deep bow of gratitude, Krayna Castelbaum

**Craig Caines, L.C.S.W., P.I.P., C.P.  
Birmingham, AL**

Craig Caines, L.C.S.W, P.I.P., C.P. is a psychotherapist in private practice in Birmingham, AL. He also works on a contractual basis with A Center for Eating Disorders (A.C.E.D.), directing a weekly psychodrama group. Over the past 19 years, Craig has worked in diverse environments serving people with recovery needs in



addiction, trauma and grief. His path with group work progressed from process-led, encounter, tap-in, theme, marathon (co-facilitating 24- hour intensive theme groups at a prison-based, male Therapeutic Community) to client-led

groups. The transition from confrontational and insight-oriented methodologies began at a training workshop on Motivational Interviewing with Dr. William Miller. Following this, Craig completed an entry-level program in N.L.P. But psychodrama, being the protagonist-directed, visceral, holistic modality that it is, captured Craig's passion. The expressive and systemic relational experiences held within the encounter, offered Craig a dynamic way of working with clients. He has introduced the utilization of psychodrama in hospital, residential, outpatient and long-term addiction recovery programs in the Metro Birmingham, Alabama area. Craig is the founder of Birmingham Action Centered Therapy (BACT) serving individuals, couples, families and groups.



**Nien-Hwa Lai, Ph.D., T.E.P.  
Taipei, Taiwan  
Republic of China**

Nien-Hwa Lai, Ph.D., T.E.P. is a Licensed and Certified Counseling Psychologist in Taiwan, and is currently an associate professor in the Department of Psychology and Counseling at National Taipei University of Education. It is worth noting that she

embraces psychodrama and art therapy with a Bachelors degree in Visual Art. She is also known for her creativity, spontaneity and passion for psychodrama and art therapy. She is dedicated to living a holistic life.

Nien-Hwa is also a certified team leader and trainer in the Therapeutic Spiral Model™ of psychodrama. She runs a weekly workshop offering psychodrama and art therapy for trauma survivors and domestically abused women. Additionally, she has a heart for marginalized families in our society, especially those with disabled members or suicide issues. She devotes herself to promoting community and social engagement by applying Morenian methods in educational events for both family members and the general public.

Nien-Hwa is one of the founding members of "Taiwan Association of Psychodrama," which was officially established on March 27, 2010. In recent years, she has worked closely with psychodramatists from China and across the Taiwan Strait.

Due to the absence of any resident TEP in Taiwan, it has not been easy to receive regular psychodrama training within the country. She is immensely grateful to her dedicated trainers, Pam Remer, Rory Remer, Kate Hudgins, Dorothy Satten, Mort Satten, Shu Gong, NingShine Kung, and to her best friend, Payyi Lin, and all of her trainees for the great support they have provided. Each one of these individuals has contributed their teachings to Nien-Hwa's professional and personal growth.



**Recently Certified Practitioners and Trainer, Educator, Practitioners are invited to submit an autobiographical statement. Bios are printed as space permits.**

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**Katherine (Kathy) Norgard, Ph.D., M.S.W.,  
(AZ Psychologist), T.E.P.  
Tucson, Arizona**



Katherine (Kathy) Norgard Ph.D. is a licensed psychologist in Tucson, Arizona.

Kathy first learned about psychodrama at a public psychodrama experience at a downtown church in Minneapolis shortly after the civil rights movement, was convinced about the efficacy of this method and has studied at Beacon and other sites around the US.

Norgard has taught classes in group psychotherapy, direct practice and psychodrama for many years at Arizona State University, Tucson Component. She has also taught psychodrama in the UK, Spain, Russia and Puerto Rico as well as at the University of Maine and Western State College in Colorado. Kathy facilitated "healing circles" using action methods for people who had experienced severe emotional and physical trauma who are seeking political asylum in the US. She has facilitated psychodrama groups for a myriad of psychiatric and substance abuse treatment centers throughout Arizona. Additionally, she uses action methods/sociodrama to help people learn about Fetal Alcohol Syndrome Disorder, prison issues, the death penalty and other social issues from the inside out.

Kathy has special gratitude for Trudy Duffy, TEP and Georgia Rigg, TEP who encouraged her to complete the TEP and pursue her goal in offering affordable psychodrama training for teachers and mental health care providers. She offers ongoing training groups and workshops. If you want to be on her mailing list, email her at [knorgard@gmail.com](mailto:knorgard@gmail.com) or perhaps some day she will have a web site!

**Esme Sandra Pitel, B.Sc., M.A., T.E.P.  
Utopia, Ontario  
CANADA**

As of February, 2010, I am a T.E.P! I celebrate this achievement as I have been enthralled with psychodrama since my first experience of it in 1992, in a week-long therapeutic context in the wilds of South Dakota. I went home determined to learn what was required in order to accomplish the facilitation of the healing processes I had witnessed and participated in. I was told to do three things. First, do my own therapeutic



work. Second, get a Masters level degree in an appropriate field. I chose counseling psychology, but first had to do an honors' undergraduate degree in Psychology as I became a cell biologist in my first university stint. Third, find a training group to study psychodrama. I was fortunate to live in close proximity to a large and excellent training community, the Toronto Centre for Psychodrama, Sociometry and Group Psychotherapy.

Throughout the long period of pursuing these three goals, I also trained as a child and family therapist and worked for many years with my M.D. husband, providing psychodrama therapy groups for addicts and their families. I love the opportunity to use sociometry to resolve all kinds of interpersonal issues. I love the chance to be creative and spontaneous and have that considered desirable in the workplace.

Now, I hope to be able to share my learning with many others and expand the public awareness of the efficacy of Morenian techniques. I will continue to support and work for agencies that further these goals.

My husband of forty-four years, David, and our two children, Stephen and Tanya have been my supporters throughout my journey.

**Marianne Shapiro, M.A., L.M.H.C., M.F.A., T.E.P.  
Mt. Vernon, Washington**



Marianne Shapiro, Master of Fine Arts –Painting and Drawing, Master of Arts in Psychology and Counseling, LMHC - Licensed Mental Health Counselor, and now TEP.

My husband, Bob, CP, M.Ed, laughs at all of the initials after my name. However, I believe he appreciates me and all that I have learned on my journey towards becoming a TEP. I do not need any more initials. I now feel at home in myself and my world. I am grateful for all of the help I have received and continue to be blessed with. My main learning is that I am not alone. I especially want to thank my Primary Trainer, John Raven Mosher, who has been a true teacher. I could not have come this far without his patient support, creative intelligence, and keen sense of human frailty and beauty. I also wish to thank my husband, Bob, who has been steadfast, challenging, fun and loving. The vision I have had of us working and living together creatively, fluidly and caringly is now a reality. The journey has been a good one. The Psychodrama Community and my training buddies have been stimulating and supportive, including Dale and the American Board of Examiners, the ASGPP Conferences, Group Talk and the journal. It obviously takes an army to produce a TEP.

When Bob and I first tried to co facilitate groups together, before I had any training in group work, it was a mini-disaster. We then studied Psychodrama together for six years, and

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## **CLARIFICATION OF MINIMUM TRAINING HOURS REQUIRED TO BEGIN AN APPROVED SUPERVISED PRACTICUM (Practitioner Certification Standard 3B)**

The practitioner certification requirement to begin the supervised experience (Certification Standard 3B) states, "The Fifty-two weeks of supervised experience can only begin after a minimum of 80 hours of training has been completed and the primary trainer approves the supervised field experience."

Standard 2A (Training) states that training must be from individuals certified by the Board. However, that section of the Standards was modified in 2004 by a majority vote of the membership. Training Standard (2B) states, "A maximum of 100 hours of the required 780 hours of training may be waived if the applicant is a master's level licensed mental health professional or certified or registered from the following professional associations (American Art Therapy, American Dance Therapy Association, American Music Therapy Association and the National Association for Drama Therapy)."

Training Standard 2C was also added in 2004 and it states, "A maximum of 100 hours of the required 780 training hours may be obtained from individuals other than TEPs and PATs provided the training occurred at local, regional and national meetings of the American Society of Group Psychotherapy and Psychodrama, The American Group Psychotherapy Association and the National Association for Drama Therapy."

Therefore the Board of Directors has clarified that the requirement of a minimum of 80 hours of training prior to beginning a supervised experience may be composed of training hours from the following sources: training from TEPs and PATs; being a licensed mental health professional or being certified by other professional organizations certification as indicated in Standard 2B; and attending professional meetings as defined in Standard 2C. Hours obtained from any of these three sources may be credited to the requirement that 80 hours of training be completed prior to beginning a supervised experience.

Please be advised that the 80 hours of training is a minimal standard and the primary trainer still has the responsibility of assessing when a psychodrama trainee may begin the supervised experience.

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## **RECENT CPS AND TEPS**

### **Marianne Shapiro Bio**

*continued from page five*

became Certified Practitioners at the same time. But I still felt I had so much more to learn, and was grateful for the additional learning during my PAT ship.

For years, I have been co-facilitating a weekly women's group with Georgia Rigg, TEP, who was also my secondary trainer and has been a stalwart support and comrade for the 5 years she has been in Washington State. Georgia deserves a bow as well. Today, Bob and I facilitate weekend workshops about every 6 weeks in our large group room in Bow.

I work full time as a psychotherapist in private practice in Mount Vernon, Washington. I study T'ai Chi with my husband/teacher, Bob, and together we operate Deli Llama Wilderness Adventures. For more information on this, go to our website: [rehearsalsforliving.com](http://rehearsalsforliving.com).

## **MARKETING YOUR SERVICES TO NEW CONSUMERS**

**Louise Lipman, L.C.S.W., C.G.P., T.E.P.**

I would like to share with you some of the benefits of having an up to date profile on the ABE Web Site. First of all as a CP, PAT or TEP this service is free for you. It is a benefit of your certification dues. The Web Site gives you visibility out in the world. When someone is looking for a Psychodramatist in their part of the country, they can find you on the ABE Web Site. If you have updated your profile and list the services you offer, people can contact you about joining a specific psychodrama group; or participating in a Training Workshop you are offering.

This Web Site is there for your convenience.

All you have to do is go to our Web site: [www.psychodramacertification.org](http://www.psychodramacertification.org) scroll down to contact us on the left hand side column and send an email to our Web Master to obtain your user ID and pass code. Once you have these, you can enter the information about your practice and a digital photo and you're ready to go.

Since the Web site premiered in 2007, I have been contacted by at least 10 people. All kinds of people got in touch with me through the ABE Web Site. These have been: people that were traveling through NYC and looking for a Psychodrama Workshop while they were here; people who were interested in training; students who wanted to know about the differences between psychodrama and drama therapy; and people who were looking for therapy. All of them expressed interest in being on my mailing list and a couple of them have come to training workshops.

If you are the sole Psychodramatist in your area, you have an edge over those areas of the country where there are many people practicing. Sometimes people are looking for psychodrama therapists for their friends and relatives who are moving to your part of the country. When they do a search by zip code, yours will be the first name that pops up on the list, and you will get that referral. Be sure to keep your profile up to date, and refresh your picture every year to keep people interested. This is a great way for people to know that you are there.

We would like to hear from any of you who have been contacted through the Web Site. We'd like to know your experiences and whether or not people followed through. You can send your replies to the ABE Board. Contact us at [abepsychodrama@yahoo.com](mailto:abepsychodrama@yahoo.com)

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Members are encouraged to submit Newsletter  
materials.