



BOARD NEWS

American Board
of Examiners
in Psychodrama,
Sociometry and
Group Psychotherapy

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Number 2

MESSAGE FROM THE PRESIDENT Elaine Camerota, Ed.D., T.E.P.

As the days grow shorter and there's a nip in the air, your nine board directors know it's time for the fall meeting. Karen Drucker, board Vice-President, graciously hosted at her home in Boulder. We had a full agenda of 35 items. With hard work and good will, we dealt with all but two. They will be carried over to the January meeting.



Number Nine on the agenda was to create the written CP and TEP exams, the principal task of the fall meeting. It's a challenging process. Each director brought to the meeting at least one question to be considered for inclusion. We separated into small groups and divided up the seven areas to be covered.

My father always said that in creating an exam, the goal is to find out what the test-takers know, not what they don't know. Using that philosophy we worked to create questions that were relevant, fair and clear. Each small group brought the results back to the larger group where we again debated the merits of each question. We focused not only on the meaning of each question but also on its syntax and clarity. For the second year, we relied on "Best English Usage" guidelines developed by former board director, Martica Bacallao.

This process took the better part of the first day. Satisfied we'd done a good job, we set the exams aside to give our brains a rest and turned to other agenda topics. Perhaps the new directors: Mario Cossa, Cece Yocum, and Judy Swallow (returning to the board after 10 years), thought the exam process was complete. But no! First thing the next morning we reviewed our work and decided some questions needed to be rethought and reworked. Hours later, as we argued the merits of whether to use "in" or "on" for one of the questions, we realized we were nearing the end. Finally, the exams were ready.

WHAT'S INSIDE...

- A Swallow Returns...*
- Standards for Certification*
- New TEP Bios*
- Challenges to Ethical Practices*
- CP Supervision Spreadsheet*

ELECTED BOARD DIRECTORS

July 1, 2011 to June 30, 2012

- President: Elaine Camerota, Ed.D., T.E.P.
- Vice-President: Karen Drucker, Psy.D., T.E.P.
- Secretary: Paula Catalán, M.S., L.C.P.C., C.P.
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- Kim Friedman, M.A., L.M.H.C., C.P., P.A.T.
- Fiona G. Roche, C.Q.S.W., R.S.W., C.G.P.A.(Dip.), T.E.P.
- Judith A. Swallow, M.A., C.R.S., T.E.P.
- Cecilia Anne Yocum, Ph.D., C.P., P.A.T.

BOARD CONVERSATION HOUR

If you are attending the Annual Meeting of the American Society of Group Psychotherapy and Psychodrama at the *Hyatt-On-The-Hudson* in Jersey City, New Jersey, we invite you to come to our annual Conversation Hour. The Board's Conversation Hour will be held on Sunday, April 22, 2012 from 12:00 PM - 2:00 PM. Board Directors will be present to answer your questions and address your concerns. The location for the Board's Conversation Hour will be announced in the conference package.

As I write this column in September, we expect ten CP and ten TEP candidates to sit for the exam. We wish all the candidates well and hope they find studying for the exams as stimulating as we did creating them.

Please email new agenda items to: abepsychodrama@yahoo.com for inclusion at the January meeting, which will be held at Jeffrey Yates's house in Los Angeles.

Psychodramatically
yours,
Elaine

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A SWALLOW RETURNS...
Judy Swallow, L.C.A.T., T.E.P.



I'm back on the Board again, after about 10 years, and I have to say that there were certain times I felt that strange "time warp" feeling, when I felt such familiarity I didn't know what year it was! I also discovered how much had changed since the last time I was with the ABE (the internet ease, especially).

We met at Karen Drucker's home in Boulder, CO, where her warm hospitality set the stage for a cozy and productive meeting. I like being on the ABE; it is task-oriented. We know that at the end of two days in the fall we must create the CP and TEP exams, and in the winter we must deal with the results. Besides the exam, there are always many issues and requests about certification that are on the agenda.

A lot was the same. Elaine Camerota was even President—we called it "Chair" in the olden days when I first joined. A very weird yet comforting feeling! (Don't worry; she wasn't there the whole time, either.)

ABE members brought possible exam questions for a specific exam section. Then something new: we divided into groups of three to hash out which questions on those topics we would actually present to the Board, while the sunshine in the backyard added to a fruitful experience. I was glad to have the first approximation in small groups.

Back to the familiar: we wrote the questions on huge pieces of paper and hung them around the living room. We saw them at a distance and debated them while moving and standing. Lots of energy, thought-provoking questions, and the deep love and knowledge of Moreno's contribution to the world swirled around for hours.

After sleeping on it, we came back with refreshed eyes and looked at the exams again, seeing how the exams held together as a whole. We had a new tool that we didn't have in the old days—a guideline compiled by Martica Bacallao to help us use clear, concise language. We tweaked the wording and reversed roles with test-takers to make sure the exams read clearly and smoothly. Whew! We were a good team and I ended with a feeling of accomplishment. Glad to be back.

NEW BOOK

Karen Carnabucci, L.C.S.W., T.E.P. and Ronald Anderson, M.Div., S.T.M., T.E.P. have released a new book *Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing*. The book is published by Jessica Kingsley, of London and Philadelphia and is available on Amazon.com

CP & TEP APPLICATIONS AVAILABLE ON WEBSITE

CP and TEP applications are available free of charge on our website (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, 2012. Completed CP and TEP applications are due by July 15th.

**STANDARDS FOR CERTIFICATION FOR CERTIFIED PRACTITIONER (CP) AND TRAINER, EDUCATOR AND PRACTITIONER (TEP)
TRUE OR FALSE?**

1. For CP Standards, the supervised experience may take place over a time period of not less than one year and not more than four years. **(True)**
2. For TEP Certification Standards, the Practitioner Applicant for Trainer (PAT) must conduct a minimum of 144 hours of progressively responsible training of others in closely supervised training workshops in psychodrama, sociometry and group psychotherapy during a time period of not less than three years. **(True)**
3. For CP Standards, applicants with a Master's degree in an area OTHER than mental health (i.e. Counseling or Clinical Psychology, Social Work, Mental Health Counseling or Pastoral Counseling, Expressive Arts Therapies, Art Therapy, Dance/ Movement Therapy, Drama Therapy, Music Therapy and Psychodrama), must have **FOUR** documented postgraduate training/education courses. **(False)**
The applicant must demonstrate that they have completed postgraduate training/education courses in the following **FIVE** areas: human growth and development, theories of personality, abnormal behavior (psychopathology), methods of psychotherapy, and social systems.
4. For TEP Certification Standards, the PAT must document a minimum of 100 hours of post-graduate professional development in psychodrama, sociometry and group psychotherapy and/or related fields. **(True)**
5. For CP Standards and TEP Certification Standards, the applicant must have two endorsements, one from a primary trainer and a second from a secondary trainer. **(False)**
For both CP and TEP applicants "Endorsements of Competency" require **three** professional endorsers.
For CP applicants: Two of the three endorsements must be made from a primary trainer (TEP) and a secondary trainer (TEP) who attest to the applicant's professional competence and readiness to take and successfully complete the examination process. The third endorsement may be from any professional in the applicant's area of practice who attests to the applicant's professional competence.
For TEP applicants: A primary trainer (TEP), a Secondary Trainer (TEP) and a third professional reference from the candidate's area of practice are required to complete the endorsement forms. Endorsers must have witnessed a candidate conduct a training workshop in the areas of psychodrama, sociometry and group psychotherapy on at least more than one occasion **WITHIN THE PAST THREE YEARS** and must be willing to endorse the PAT for admission to the examination process.
6. Renewal of certification for both CP and TEP requires paying the annual renewal fee by April 1st, and that the member be in good ethical standing. **(True)**

Recently Certified 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



**Martha H. Adams,
LISW, CETIII, TEP
Charleston, SC**

Martie Adams, LISW, TEP, is thrilled to have finally hit the psychodramatic milestone of earning her certification as Trainer,

Educator, Practitioner. Martie is in private practice in Charleston, South Carolina, where she works with adults, individually and in couples. In addition to her psychodrama certification, she is certified at the Advanced Level in Terry Real's model of Relational Life Therapy, which is based in part on the work of Pia Mellody and is grounded in 12-step methodology.

Martie is grateful to her trainers and mentors, Tian Dayton, Louise Lipman, Nina Garcia, Dale Richard Buchanan, Jean Campbell, Jacquie Siroka, Judy Swallow, Rebecca Walters, and Susan Aaron. It takes a village!



**Suzie Jary, LCSW, TEP
Fort Worth, TX**

'The body remembers what the mind forgets,' is a meaningful quote of Moreno's for me. With a background as a professional dancer performing on Broadway, using action, movement, sound and a theatrical production aesthetic was a familiar role for me. Since 2000 I have delighted in using sociometry and action methods in a broad range of settings

from addiction and co-dependency to mental health, career counseling and personal safety awareness.

I lived in New York City for many years and returned to Fort Worth, TX in 2008. I continue to travel to major cities in the U.S. for Career Transition For Dancers, a not-for-profit organization, conducting workshops using sociometry that quickly brings dancers of all styles together and facilitates community. The psychodrama community has been a resource to me personally and professionally and for six years I served on the ASGPP Executive Council with my term ending April, 2011. My private practice in Fort Worth is building and I am starting psychodrama trainings.

Thanks go to Louise Lipman, Tian Dayton and Donna Dupuis for their support and masterful training and education. In addition, I express appreciation to Michael Traynor, 'The Howling Bell Ringers' group with Susan Aaron and my husband Eric Pratt. They have been vital in my journey of credentialing as a CP and TEP.

**Kaya T. Kade, LPC,
CDMS, TEP
Anchorage, AK**



Through psychodrama I have grown a life that is starkly different than what I had thought possible for myself so long ago. As a new TEP, I am still refining my psychodrama accent, my psychodrama style. I am excited and astounded that my depth of understanding is coalescing into a compassionate training system that facilitates my trainees delving into themselves and offering their truth to facilitate change in others. Many people in the psychodrama community have inspired me. My trainings have moments from these inspirations woven together with gratitude and touched with my own presence. I am grateful to all who have taught me, encouraged me, angered me, debated with me, had patience with me, hugged me, played roles in my dramas and allowed me to play roles in their dramas, trusted me to direct them and ultimately found me a worthy teacher. I am very grateful to my family, who stood by me through these years and taught me the love that it takes to heal and be healed. I love psychodrama and am thrilled to have reached this decade long goal and honor of being able to be called a TEP!

ELECTIONS NOTICE

The Board has openings for two T.E.P. positions and one C.P. position. Members are expected to pay for one-half of their transportation and all other expenses to attend twice-yearly meetings. One meeting is held on the 3rd weekend in January and the other meeting is scheduled for the weekend after Labor Day Weekend. The exact location of the meetings vary and are set by the Board Directors at the previous meeting. If you are interested in standing for election, please contact our office and we will send you instructions for writing a brief biographical statement. Nominations must be received by January 10, 2012.

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www.psychodramacertification.org
Newsletter Editor: Kim Friedman, M.A., L.M.H.C., C.P., P.A.T.
Members are encouraged to submit Newsletter materials.

CHALLENGES TO ETHICAL PRACTICES, AGING AND PHYSICAL ILLNESSES

by Cecilia Anne Yocum, Ph.D., C.P., P.A.T.

Psychodramatists are encouraged to review the ethical principles of the American Psychological Association code on a regular basis. Unfortunately, most problems with ethics are not related to a lack of knowledge, but rather to errors in judgment that were frequently caused with problems such as stress, health factors, substance abuse, etc. As psychodramatists we are certainly vulnerable to many of these life stressors including physical illnesses, mental health problems and substance abuse issues.

Physical illness is a stress many of us might face. I am aware as a person in my early 60's that the chances of a life threatening or serious illness are more likely to have an impact on my life or my colleagues, and this appeared to be a good subject for an article on ethics.

Two researchers (Johnson and Barnett, 2011) noted that when psychologists face serious physical problems which can include arduous treatment, it may be difficult to tend to one's level of professional competence. Often the distress of having an illness and distraction that this causes can impair one's ability to self-assess competency. Mental health professionals are subject to emotional distress, denial, fear and other reactions when ill.

Another finding of their review of the research indicated that often the poorest performers were those with the least effective self-assessment. People in general tend to incorrectly predict how they would perform in emotional situations when they are not involved in those types of situations at present. Johnson and Barnett (2011) make the conclusion that psychotherapists or psychologists probably also have difficulty in self-monitoring their level of competence especially when they are under medical strain.

The authors recommend that to prevent problems with competence, therapists pursue good health, nutrition healthy habits and have a balance between their own professional obligations and personal time. They also recommend setting clear boundaries between work and play and taking time for significant others and rewarding recreational activities. In addition, they recommended adhering to medical guidelines regarding

alcohol consumption, prescription medications and reduced work load or lifestyle changes when ill.

When you are under the stress of medical or life threatening illnesses, it is important to seek support from significant others and from trusted colleagues. It is also important to remain aware of how one's own emotional and physical health could impact clients. The article also recommended enlisting trusted colleagues to help you monitor your competence during any periods of stress or disability. Your colleagues can help by checking in with you frequently for support and encouragement. When asked, colleagues can consult with the person who is ill and help them take appropriate steps to handle professional activities and understand their limitations.

As we all get older, we are more likely to face such physical limitations in ourselves and as mental health professionals we are probably more likely to work beyond a typical retirement age than many who have performed manual labor for most of their life.

In a future article we will focus on the role of self-compassion as therapists and how that can actually help improve our counseling, as well as help us make ethical decisions. Other possible topics in the future could include such issues as ethical issues and elder abuse reporting, substance abuse and many other topics. Please feel free to contact me for ideas and comments at ceceyocum@aol.com.

American Psychological Association. (2010). Medical Principles of Psychologists and Code of Conduct www.apa.org/ethics

Johnson, WB and Barnett, Jeffery E. 2011. Preventing Problems of Professional Competence in the Face of Life Threatening Illness. Professional Psychology: Research and Practice, 42 (4), 285- 293.

Patscipoulos, A.T. and Buchanan, M. J. (2011). The Practice of Self-Compassion in Counseling: Narrative Inquiry. Professional Psychology: Research and Practice, 42 (4), 301- 307.

IN MEMORIAM

*We are all less because of these losses. Losing spiritual offspring is as hard as losing biological ones.
Zerka T. Moreno*

ILDRI LOVO BIE GINN 1926-2011

Ildri Lovo Bie Ginn of Cambridge, MA, and Norway, died May 3, 2011, following a long decline in health. She was 85 years old. Daughter of the late Cecilia and Peder Lovo of Norway, she was a respected and loved psychologist for forty years. Wife of the late Robert Ginn, sister of Guro Tiller and the late Jakob Lovo, mother of Bjorn Bie and his wife Ellen Kaplan, grandmother to Michael and Jessica Kaplan-Bie. Ildri grew up in Norway, but immigrated to the United States when she was 35 years old. In Cambridge, with her second husband Bob, she created the Psychodrama Institute of Boston from which she practiced bioenergetics and psychodrama therapy for many years. Funeral services were held in Norway.

IN MEMORIAM

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**RONALD ANDERSON, M.Div., S.T.M., T.E.P.
BY Karen Carnabucci, L.C.S.W., T.E.P.**

Ronald Anderson, the counselor who introduced hundreds, maybe thousands, of Midwesterners to psychodrama, died on May 14 in Lake Geneva, Wisconsin.

Ron started as a child actor and became an ordained minister in the United Methodist denomination, then worked variously as a street minister, church pastor, mental health administrator and substance abuse counselor in Wisconsin, Illinois, North Dakota and Colorado. He found psychodrama, which combined his interests in theatre, psychology and spirituality, in 1964, studying first at the Moreno Institute, Beacon, N.Y., and at St. Elizabeths Hospital, Washington, D.C., with James Enneis and later with Carl and Sharon Hollander in Denver, CO, where fellow trainees included William Wysong and Rory Remer. He finished his TEP in 1992, with Kate Hudgins and Linnea Carlson-Sabelli as trainers.

Ron had been active sustaining and growing psychodrama in the Midwestern states and especially had been involved in networking and attracting creative arts therapists to collaborate with regional psychodramatists. He introduced and presented various forms and derivatives of psychodrama and action methods to his students, clients and colleagues, including classical psychodrama, Bibliodrama and the Therapeutic Spiral Model as well as Playback Theatre and Family Constellation Work. Most recently he saw clients at New Prospects Counseling Services, Milwaukee, and offered training groups in southeastern Wisconsin and northern Illinois.

He and his wife Adelia started the successful Midwest Conference on the Expressive Arts Therapies in Lake Geneva, introducing Midwesterners to psychodrama and the alternative and creative arts therapies for several years. For his 70th birthday celebration two years ago, he arranged a party where special memories were dramatized: his long-standing friendship with a boyhood pal; his "church ladies" in Wisconsin becoming mesmerized by young playboy Hugh Hefner who attended his church's dinners, meeting his future wife Adelia when she arrived for psychodrama training and later marrying her during a

delightful outdoor ceremony – when he read a poem to her and she danced for him – and others.

He was a genuinely modest person — not one of the "stars" of our group — but consistently supporting psychodrama through the decades as well as being strongly supportive of the work of other psychodramatists in the region, seeing them not as competitors but as professionals advancing the spirit of healing by the creative arts.

His earlier contribution to psychodrama involved having the protagonist of a drama choose to become a physical object throughout an enactment: as in having an eating-disordered client become a food, having an addict become their drug of choice, or a divorcee become a broken heart.

In 2000, he became exposed to the "other" global experiential therapy, Bert Hellinger's Constellation Work, becoming a facilitator in that systemic approach. He wrote, "I was attracted to it, because I sensed that without knowing it, Hellinger had really expanded on Moreno's work, particularly his action social atom, merely adding one more criterion for positioning the auxiliaries, coming up with a way to tap unconsciousness in the immediate moment."

Ron was named a Fellow by American Society of Group Psychotherapy and Psychodrama and won the Innovator's Award in 2010 for his pioneering work in combining psychodrama and systemic constellation work. He identified himself as the first person in the United States to be trained by both J.L. Moreno, the developer of psychodrama, and Bert Hellinger, the developer of Systemic Constellation Work and regularly presented workshops at the annual ASGPP conferences showing how the two experiential methods were compatible. He is the co-author with Karen Carnabucci of "Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing," to be published by Jessica Kingsley Publishers.

Among his other accomplishments are: serving as president of Midwest Chapter of ASGPP from 1998-2002, hiking the Milford Track during four days over the Southern Alps of New Zealand in 1996, and winning the Ralph Nader Award in 1987.



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.

IN MEMORIAM

We are all less because of these losses. Losing spiritual offspring is as hard as losing biological ones.
Zerka T. Moreno

MARTHA M. STAYTON, M.A., C.P.

SPREADSHEET AVAILABLE FOR LOGGING CP PROFESSIONAL EXPERIENCE SESSIONS

Mario Cossa, M.A., R.D.T./M.T., T.E.P.

Thanks to the obsessive tendencies of Mario Cossa and the Excel spreadsheet skills of Dr. Marlo Archer, there is now a spreadsheet available to assist CP candidates in keeping track of their Supervised Professional Experience Sessions. Copies of the spreadsheet and an instruction sheet are available upon request from Mario Cossa by e-mailing cossa@att.net

This spreadsheet was designed for CP candidates to keep a log of their Supervised Experience. It is designed as a guide and record for completing the American Board of Examiners' CP Application Form, page 3, Part V.

Note: This spreadsheet is NOT to be submitted with CP applications. It provides assistance compiling the data needed to complete this section of the application and tabulates:

- The required number of sessions
- The required percentage of these sessions that must be conducted in groups
- The required percentage of sessions that must be psychodrama

ADDRESS CHANGES & CORRECTIONS

Since the publication of our directory several of our members have updated their addresses and contact information. For the most current information on our members, please go to our website at www.psychodramacertification.org.



American Society of Group Psychotherapy and Psychodrama 70TH ANNUAL CONFERENCE

April 19 - 23, 2012
Hyatt on the Hudson, Jersey City, NJ

SATURDAY KEYNOTE SPEAKER:

Reaching for a Theatre for Change

ROBERT J. LANDY, PhD, RDT/BCT, LCAT

DR LANDY is Professor of Educational Theatre and Applied Psychology and Director of the Drama Therapy Program at New York University. A pioneer in the profession of Drama Therapy, he lectures and trains professionals internationally. Landy has published and produced numerous books, articles and plays in the fields of Educational Theatre, Drama Therapy, Musical Theatre and related topics. He has been featured in the CBS-TV series "Drama in Education," the award-winning documentary film, "Standing Tall," and his own production, "Three Approaches to Drama Therapy." His latest book, "Theatre for Change: Education, Social Action, Therapy," integrates psychodrama and drama therapy with educational and applied theatre.

FRIDAY OPENING PLENARY SPEAKER:

*"Sociometry without Psychodrama is sterile;
Psychodrama without Sociometry is blind."* JONATHAN MORENO

LOUISE LIPMAN, LCSW-R, CGP, TEP

PRE & POST CONFERENCE TRAINING INSTITUTES / WORKSHOPS

In Group Psychotherapy, Psychodrama, Sociometry, Sociodrama and Creative Arts Therapies; the use of action methods in a wide variety of applications.

Credit Hours / CEUs

CEUs for Psychologists (APA); Social Workers (ASWB); Counselors (NBCC); Addiction Professionals (NAADAC); Florida, California and Texas Board Approvals; NYS (OASAS); National Registry of Group Psychotherapists.

**FOR MORE INFORMATION, or to register
on-line, go to www.ASGPP.org**



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