



*Hannes Krall (Ed.)*

## **FEPTO Research Committee Meeting**

# **Building Research Capacity in Psychodrama**

**How to train research? Which methods and tools to use?  
What outcomes to expect?**

**16<sup>th</sup> – 19<sup>th</sup> of October 2014**

**John Paul II Catholic University of Lublin**



## **Organizing Committee**

Dr. Krzysztof Ciepliński,  
John Paul II Catholic University of Lublin

Dr. Hannes Krall  
Chair of FEPTO RC, University of Klagenfurt



## FEPTO RC Report

### **Building Research Capacity in Psychodrama – How to train research? Which methods and tools to use? What outcomes to expect?**

*Hannes Krall / FEPTO RC Chair*



The FEPTO Research Committee aims at enhancing research in all areas of professional practice in psychodrama. No matter whether psychodrama is applied in education, adult training, social work, organisational counselling or psychotherapy research is vital for the quality of work and the further development of psychodrama in theory and practice. In this meeting the main goal was to build and improve research capacity in psychodrama training institutes and to enhance networking in psychodrama research.

Research in psychodrama is crucial for our professional practice. If we want to have more and good quality of research in our field we have to create the basis for it on different levels. First of all we have to consider the institutional level of each training institute where practitioner research has to be part of our training and practice. Psychodrama trainers need to have additional training in how to apply methods of systematic and research-based reflection of their practice. Trainees need to develop competencies to be able to read and understand research on practice in counselling, social work, education and psychotherapy and to be able to conduct basic research in these fields. Training institutes have to focus on how to develop a research informed training.

Secondly all psychodrama training institutes should try to connect with other partners and research institutions in their regions and countries. Usually there are universities, hospitals, research centres etc. in each country where people are interested and willing to conduct research in different fields of health, social and educational areas where psychodrama can contribute in practical and also theoretical terms. Local and regional cooperation and networking is very important for each training institute.

On a third level FEPTO can support research initiatives in different institutes and countries. It is very important to have cooperation which provides information, motivation, knowledge, competencies, and the possibility to share research ideas and experiences among us. The work in our FEPTO research committee is dedicated to create this culture of international cooperation and sharing. However, this work is based on the contributions and resources which are coming from participants and their individual and institutional background.

On a fourth level we have to try to connect our research approaches, results and experiences with other schools and modalities on an international level. It is also very important that we are able to participate in international meetings of research oriented organizations like SPR (Society for Psychotherapy Research), EAP, IAGP and others. And finally we will need more effort in publishing our research findings either in national or international journals. Still a long way to go from now and in the future.

Like any other journey it can be achieved step by step. FEPTO Research Committee is providing time and space to do this steps together in a joint endeavour.

## Welcome to Lublin

*Hannes Krall, Jörg Bergmann, Ania Bielańska, & Krzysztof Ciepliński*



### Polish Psychodrama Institute – past and present

*Ania Bielańska*

President of the Polish Psychodrama Association



Polish Psychodrama Institute was established in 1999 as an association. Affiliation – Psychodrama Institute for Europe (PIfE) since 1999, FEPTO since 2010.

Sonia Beloch from Munnig „brought” psychodrama to Poland in 1980ies, as she started to train first psychodramatists here. At the same time PIfE was created, which was focused on Middle and Eastern Europe. It consisted of such people like Sonia Beloch and Ildiko Maevers, that is, German citizens with various origins. Our first trainers were then Sonia and Eva Roine. They trained first two 1<sup>st</sup> level groups, out of these two groups a 2<sup>nd</sup> level group emerged and those people created the association. It was officially registered and there we had our organization - 7 people altogether.

In 2002 the first colloquium in Poland took place and then first therapists and later first Polish trainers showed up. From its beginnings, psychodrama in Poland was connected with a circle of psychotherapists. Today, it is mainly used as a method of psychotherapy. Since 2004 psychodrama has been acknowledged by the Polish Psychiatric Association as a method of self-therapy in post-graduate education. In two 4-year courses of psychotherapy preparing to the examination for a psychotherapist's certificate, psychodrama is included as “self-experience” and, at the same time, training group of the 1<sup>st</sup> degree.

At present we have 26 psychodrama therapists, 18 psychodrama trainers, 2 psychodrama supervisors.

Today (2014) we lead 14 training groups, including two upper level groups what gives 168 psychodrama students.

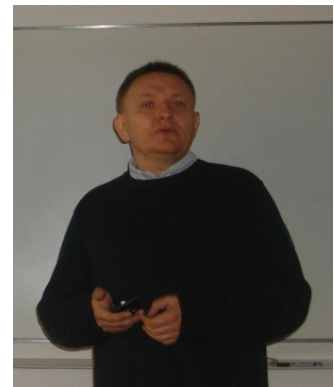
Psychodrama is a method included in therapy of various clients and patients in many places in Poland: Kraków, Gliwice, Warszawa, Lublin, Ustroń, Częstochowa.



## Key contemporary research approaches in psychotherapy – its possible applications in planning psychodrama research

*Krzysztof Mariusz Ciepliński*

John Paul II Catholic University of Lublin



The lecture was devoted to a presentation of selected contemporary research findings and demands, formulated in the study of psychotherapy. The author pointed out the need for both quantitative and qualitative research on psychodrama (on the outcomes and the processes of change). Particular focus of the lecture was on controlled randomized trials (efficacy paradigm), meta-analysis, enabling the research programs of the variable controls of the clients position on the Prochaska & DiClemente spiral of change, and the application of neuroscience research findings and opportunities to the psychodrama research area.

## Systematic review of psychodrama outcome studies

*Jörg Bergmann*

University of Kassel

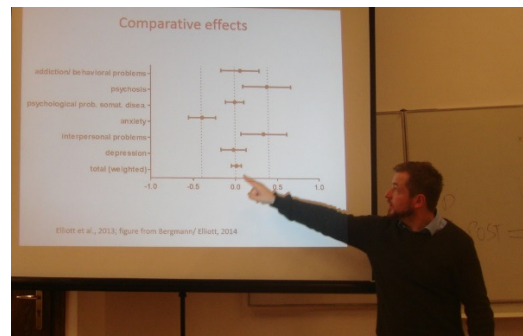


In this presentation Jörg will discuss two examples of quantitative outcome research on psychodrama. The first example is one ongoing *systematic review (meta-analysis) of psychodrama outcome studies on clinical populations*. The analysis will be conducted in three steps: literature review, research and integrate the findings. The aim of this analysis is to draw a clear picture of the existing evidence of the effectiveness and efficacy of psychodrama therapy. Furthermore the literature research can help to plan



new (effective) research strategies and to connect with international research-groups that are interested in psychodrama research (For example, we found quantitative psychodrama studies with clinical populations (Depression and Schizophrenia) from China and now we are trying to acquire founding's to translate this studies in to English language and to include them in the meta-analysis). The second example is a single case time series research paradigm that is developing in gestalt therapy right now and that can give the possibility to conduct efficacy studies with single cases and investigate the therapy process in the same study: *Single case time series design (practitioner research) a model for psychodrama?* Through this examples Jörg would like to discuss concrete ideas about how to conduct new quantitative researches in psychodrama.

*Jörg Bergmann has been involved in Psychotherapy, coaching, training, and teaching for more than 10 years. Since 2012, he has been a Scientific Research Fellow at the Institute for Psychology at the University Kassel (Germany). Currently he is working on Systematic Reviews (meta-analysis) of the Efficacy and Effectiveness of humanistic therapies. He is a member of the Society for Psychotherapy research (SPR), Associate Member of the German Association of Psychology (Deutsche Gesellschaft für Psychologie - DGPs) and Member of the German Association of Professional Psychologists (Bundesverband deutscher Psychologinnen und Psychologen - BDP). Jörg is passionate about discovering places, experiencing new foods, meeting people, and sharing ideas.*



## **Psychodrama and mathematics anxiety. Effectiveness of psychodrama on secondary students**

*Dorothea Gstrein*

University of Innsbruck



This study investigates the effectiveness of psychodrama therapy on adolescents suffering from mathematics anxiety. Fear of a being tested in mathematics can lead to different problems, to somatic disorders, to sleeping disorders, to impaired working memory, to a generally increased stress level. These problems often result in low motivation, to study mathematics and in poor achievements as well as in low self-esteem and negative expectations.

A study at the Fachoberschule “Marie Curie” in Merano, South Tyrol/ Italy involving 5 students aged 17-19 tries to find out if psychodrama group therapy can help students suffering from mathematics anxiety improve their physical and mental well-being.

Measuring instruments used: Personal Questionnaire, Self-Efficacy Scale Mathematics and Client Change Interview.

Some results of the data collected with the Personal Questionnaire indicate that psychodrama treatment can generate changes in some of the students' problem areas.



## Children with selective mutism. Social interaction and role development in psychodrama

*Christina Koefeler & Hannes Krall*

University of Klagenfurt



Psychodrama with children is practiced in various different ways in Europe. However, research is not well integrated in this field. One recent initiative is the study on “Psychodrama intensive groups” as it was developed by Gabriele Biegler-Vitek and Monika Wicher (Austria).

The “Psychodrama intensive group” provides a four day psychodrama process (4 hours each day) with about 12 to 13 children of different age (from 6 to 12 years), gender and different psychosocial problems. In this heterogeneous group each child has an auxiliary ego, which supports the child in these four days.

The objective of the study was to examine in which way children improved their social interactional skills and role development in psychodramatic group therapy. A special emphasis was put on auxiliary ego functioning which was considered to be one out of a few crucial influential factors that should be described in depth.

The collected data of this process-oriented approach included video based observations, especially developed questionnaires completed by children as well as auxiliary egos and transcripts of auxiliary ego interviews.

In this presentation a specific focus is on the role development of mutistic children. In a case study empirical data of three children who suffered from Selective Mutism (SM) has finally been analysed and compared.

Findings of these investigations brought about hypotheses which suggested that the sighted variations of verbal and nonverbal interactions as well as role extensions

could be associated with the particular structure of psychodramatic sessions and settings, intrinsic auxiliary ego functioning and disorder related characteristics.



## **Outcome-oriented quality assurance (EQUALS-programme).**

### **Take aways for psychodrama research with children and youth?**

*Roger Schaller*

Swiss Psychodrama Association Helvetia(PDH)/  
Institut für Psychodrama und Aktionsmethoden



Working with severely traumatized children and adolescents I often doubt myself about the efficacy of my therapeutical work. I feel the necessity to have a relevant outside perspective on what I am doing. In the institution where I work as psychotherapist we use a computer based instrument called EQUALS to measure the goal attainment and to make a psychometric screening. Equals is a joint project between the participating institutions, the department of childhood and adolescent psychiatry of the University Psychiatric Clinics (UPK) Basel and Integras (Swiss association for social and special education).

In my presentation I will make a demonstration of these outcome-oriented measurement tool which consist of:

- a battery of standardized and scientifically established psychometric questionnaires which document a behavioral description by internal and external apperception
- a computer based tool for goal-attainment, which represents the educational development from a pedagogical point of view

EQUALS could be a useful instrument for psychodrama research - especially in therapies with children and adolescents who experience continuous adverse life experiences. EQUALS gives an outcome-documentation which is based on an empiric quantitative longitudinal analysis consisting of several measuring points. It emphasizes on the quality of the results to conform to the dictums of evidence-based practice. The special design allows the documentation and analysis of behavioral changes as well as the identification of general attitudes of action. This allows to make result-oriented statements on different levels. This computer based instrument is easy to use and accessible in different languages.

We will discuss the possibilities to use this scientific computer based tool in psychodrama research and psychodrama training.





## Spontaneity, perception of future time and age

*Gabriela-Maria Man*

Alexandru Ioan Cuza University/ Romania



An aspect that has a great impact in our lives is TIME and how we stand in relation with this dimension, how we perceive it. Another factor with a great impact is age. Age and time perception are strongly related and they both are associated with emotional changes. Because spontaneity is a state that is influenced by the emotional variation I proposed a study in which I intend to take into account the perception of the future (as an open future, indefinite or as an future coming to an end), age and theirs relation with spontaneity.

## Inspirational Pedagogy – Development of Pedagogy in Psychodrama Training Programs in Finland, Norway and Estonia

*Reijo Kauppila*

Helsinki Psychodrama Institute/ Finland



The aim of this network is to strengthen the network and professional cooperation between participating Morenian institutes by exploring the psychodrama pedagogy–inspirational pedagogy – in theory and practise, and describing and developing the competences in inspirational pedagogy of psychodrama trainers and training institutes. Participants are trainers in three psychodrama institutes: Helsinki Psychodrama Institute, Finland (coordinating institute, contact Reijo Kauppila), Tallinn Psychodrama Institute, Estonia (contact Pille Isat), and Moreno Institute, Norway (contact Gerd Nerdal Moen).

Three network meetings have been organized with themes as:

- "Playing, playfulness and theatre in psychodrama: How do we train it?" (August 2013, Oslo, Norway),



- "How to teach relations, sociometry and making conscious, healthy choices?" (March 2014, Tallinn, Estonia), and
- "Inspiration and Spirituality – how to teach their theory in training programs" (October 2014, Helsinki, Finland).

In between these network meetings, there has been local trainer meetings in each participating institute.

The outcomes of this network are:

- active cooperation and trainer exchange between institutes and trainers,
- contents concerning topics for training programs,
- concrete tools and methods to train explored themes,
- an action plan to make next developmental project.

This network was funded by Nordplus Adult (by Nordic Council of Ministers).

Inspirational Pedagogy-network has web pages: [www.inspirationalpedagogy.eu](http://www.inspirationalpedagogy.eu)

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## **TRAIN – Experiences and feedback from trainees in psychodrama research**

*Jutta Fuerst & Hannes Krall*

University of Innsbruck / University of Klagenfurt



The presented study is part of the TRAIN project (Towards Research Applied in an International Network of Trainees). Its main goal is the integration of research into a psychotherapy training programme in psychodrama. At present four countries (Austria, Portugal, Turkey, and Germany) are participating in this project. Several reasons led to the initiative that trainees should develop a positive attitude towards research, acquire basics in research methodology, understand research results in order to be updated in their professional knowledge and become capable to evaluate their own practical work. The project aims at improving the professional quality and in enhancing research projects.

The question whether this kind of training changes the attitude towards research and stimulates the interest of later practitioners into research was investigated by using a structured interview and a questionnaire. The interviews examine on how students perceive their training regarding following main questions: Which parts of the training influenced their attitude, interest and motivation towards research? How did they get knowledge and competence in research methodology? What did they experience as helpful or hindering during their training?

The sample consists of nine students of a psychodrama psychotherapy training programme at the University of Innsbruck. The trainees passed a systematic training over a 4 years period. They filled in a questionnaire before training and at the end when they were also interviewed. Beside the regular training in theory, methodology, techniques, self-awareness training, and own supervised practice they got lessons about research sources, research methods and were instructed for practical exercises to become familiar with some simple measure instruments.

Learning more about hindering and helpful aspects in training regarding the development of research competencies and attitudes of trainees towards research could enable us to adapt the training programme in the future.

## Research articles in psychodrama – How to create a database?

*Milena Mutačhieva*

Group work: Milena, Roger, Christian, Elizabeth, Jörg, Krzysztof, Ana, Nancy, Nuno



Our motivation to create this group was the need to have information and access for what was done in the field of research in psychodrama and to be familiar with the work of our colleagues from different countries and institutes. We discussed two lines of development of the database, the first one was how to collect the articles and the second line was how to organize the database in order to be user friendly. We also wondered who will be the eventual user of the database.

How to collect studies:

1. Possible sources for collecting articles
  - a. Key words for searching
  - b. Different databases with scientific articles (Psynet etc.)
  - c. To contact with the institutes that are members of FEPTO and to ask to provide articles that were already written and published or not published from their members

How to organize the collected articles:

2. Folders
  - a. Topics (psychodrama with children, different disorders, effect on trainees, education etc.)
  - b. Methodology (qualitative or quantitative research)
  - c. Settings (group psychodrama, monodrama etc.)

How to use the database:

3. The problem of access – who will upload articles and will administer the process
4. Which information where to put
  - a. To create a table of content with the name of author, title of the article and short abstract with the outcome of the study

## How to enhance capacity building in psychodrama research? - Summary of small group work

*Kate Kirk & Jutta Fürst*

Group: Christina, Dorothea, Gabriela-Maria, Hannes, Jutta, Kate, Marco, Marie, Mikaela, Paula, Reijo

This is a summary of themes explored and steps proposed by this group whilst exploring future developments and working towards RCT - Gold Standard.

Key to the process is encouraging / enabling practitioners to take part in 'big studies' and that research design should aim for a high standard and ultimately gain inclusion into meta-analysis studies and research database (PsychInfo / Cochrane etc.)

To seek a coherent definition for randomisation and then describe methods that can be used in real world practice to randomise. Look at custom and clinical practice in different settings: in-patient, out-patient, use of waiting list as control, group / individuals. Importantly the questions as to how to get beyond small groups / numbers and resolve issue of heterogeneity of conditions / presentation and context. Also encourage collaboration with non-research psychodrama practitioners.

So can regional and national group pool to promote larger sample size? So to check with member countries about psychodrama research interest and in what contexts; for example drug addiction, psychosis, anorexia nervosa. But... country by country differences in recognition and acceptance of clinical psychodrama practice.

European Funding - increases the amount of research in each country, funding provides motivation to both the institutes and practitioners. But... application for funding needs focus and clarity as to research question.

The big question - is FEPTO ready for BIG studies? We are no longer embryonic but... too early for RCT's. What's left are naturalistic studies, case studies and good well-structured and written smaller studies; aim for publication.

### ***Towards inclusion of psychodrama training institutes and trainers***

Group: Elisabeth; Kate, Krzysztof, Marco, Paula

Each 'bricks' were explored and then as statements of intention to create involvement with the wider FEPTO / national / regional communities of psychodrama.

Marco and Paula (Italy): *"In order to research psychodrama we have to describe the landscape of psychodrama theory, practice and background influences."* We will distribute a questionnaire, through FEPTO, to all training member institutes, that aims to promote engagement with the research process and to gather the data with which to create the diverse landscape of psychodrama.

Elisabeth (Germany): *"It is joyful to make research - the results benefit both the clients and the practitioners"*. I believe that there should be FEPTO research meetings in each region. Starting in Germany I will invite a representative from each institute to attend such a meeting; the aims are to make research more interesting and establish it as a common value in training.

Krzysztof (Poland): *"To generate motivation for change; moving FEPTO from pre-contemplative stage to contemplative"*. Thinking about the fact that psychodrama is part of the whole, humanistic psychotherapies, we have to have cooperation. In FEPTO, I will aim to promote awareness of current research trends in psychotherapy research as a whole and in psychodrama specifically.

Kate (Isle of Man / UK): *"To find a catalyst to move people towards research in practice, which is facilitative and doesn't involve knocking heads together"*. I will seek to resurrect the research interest group within the BPA by inviting known researchers, and those completing PhD and Master's research studies, to be part of it. The aim would be to create an integrated research and development strategy for training and practice.

Group: Milena Mutafchieva, Gabriela-Maria Man, Roger Schaller, Jutta Fürst

1) Requirements: FEPTO as an organisation should ask the member institutes to send in at least one empirical study on psychodrama including an English abstract.



Recommendation: FEPTO should recommend their member institutes to integrate research into their training programme.

2) Requirement: Each institute should announce one person who can be addressed as being responsible for research issues. Each institute is obliged to participate in a research activity (study, conference, publication etc.)

3) Award: FEPTO should offer an award for the best research study of the year. It will be reviewed by two researchers and presented at the AM. Possible award: a translation of the study into another language in order to distribute research literature into other countries.

## Next FEPTO RC Meetings:

### **February 2015:**

Lisbon/ Portugal: ISPA - Instituto Universitário  
26<sup>th</sup> of February – 1<sup>st</sup> of March 2015

### **October 2015:**

Manchester/ England:  
6<sup>th</sup> – 11<sup>th</sup> of October 2015



...don't miss research.

**Looking forward to  
meeting you in Lisbon**

**26<sup>th</sup> February – 1<sup>st</sup> March 2015**

**Hannes Krall**

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## A collage of 15 photographs capturing various moments from a social event. The images show people dining at tables, a woman singing into a microphone, a man playing a clarinet, a group of people standing together for a photo, and a large group of people posing outdoors in front of a building with a statue.