
FEPTO Research Committee

Hannes Krall (Chair)

The FEPTO Research Committee aims at enhancing research in all areas of professional practice in psychodrama. No matter if 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.



From the very beginning of FEPTO research was seen as important for psychodrama. Research activities within the psychodrama community were conducted and coordinated by the chair of the committee.

In recent years the focus of the research committee has shifted towards bottom up research projects by psychodrama practitioners. In the last FEPTO RC Meetings different research initiatives have been started. Results were presented and discussed in international conferences and research networks with universities were established.

1. Goals of the FEPTO RC

Researchers, trainers and trainees in psychodrama, psychodrama practitioners are invited and supported to initiate, to participate, to support and to conduct research and to create social networks of practitioner researchers within the psychodrama community. Research attitudes, values, knowledge, skills have to be fostered as a basis for research activities. In detail the objectives of the FEPTO Research Committee are to...

- be a platform for exchange in psychodrama research,
- initiate and conduct research,
- to share research tools and procedures,
- train the psychodrama trainers in research skills,
- integrate research in psychodrama training,
- involve psychodrama training institutions in building a basis for research,
- link psychodrama research with research in related fields, e.g. counselling, psychotherapy, psychology, education.

2. International FEPTO RC Meetings

FEPTO RC Meetings are held twice a year in different European countries. All interested people from research, practice and training in psychodrama are invited to participate. Everybody who has an interest to join a RC meeting or wants to address a

specific question regarding research in psychodrama can contact the chair of the FEPTO RC.

If you want to be our guest and to get to know our research activities or if you want to participate actively in psychodrama research you are very welcome to join us. Just send a mail with your interest to hannes.krall@aau.at.

Upcoming event 2014:

FEPTO Research Committee Meeting in Budapest/ Hungary

Integrating Research in Training - Improving Research Competencies of Trainers in Psychodrama

27th of February - 2nd of March 2014, Semmelweis University of Budapest

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It would be a pleasure to welcome you in our next FEPTO Research Committee Meeting in Budapest in February 2014. We will focus on the 'Integration of Research in Training - Improving Research Competencies of Trainers in Psychodrama'. Furthermore we will continue to work on current research projects (psychodrama with children and adolescents, development of competencies of psychodrama trainers, supervision in training, psychodrama with teachers and educators etc.) and to develop further the application process for EU funded projects which we started in our last meeting.

 <p>FEPTO Research Committee Meeting</p> <p>Integrating Research in Training - Improving Research Competencies of Trainers in Psychodrama</p> <p>27th of February - 2nd of March 2014 Semmelweis University of Budapest/ Hungary</p>  <p>Organizing Committee</p> <p>Dr. Zsuzsa Mariók, Magyar Pszichodráma Egyesület (Hungarian Psychodrama Assoc.)</p> <p>Dr. Hannes Krall Chair of FEPTO RC, University of Klagenfurt</p>  	
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3. Recent FEPTO RC Meetings:

October 2013: Lucian Blaga University Sibiu/ Romania

Interdisciplinary psychodrama research: Prospects in psychotherapy, social work and education

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The FEPTO Research Committee Meeting in Sibiu was part of an International Congress of Psychology on the topic 'Modern research in psychology – trends and prospects'. More than three hundred people participated in this congress. The international network of FEPTO was introduced and an overview of research activities in FEPTO RC was provided. Members of the FEPTO RC were invited to present their research in the plenary and in workshops. Practitioner research in psychodrama, supervision in psychodrama training and results of the Empower – project were presented. In a workshop on psychodrama with children two projects were discussed.



2013

Annual Meeting of FEPTO in Santander/ Spain

In the FEPTO RC Meeting in Santander all interested delegates from different psychodrama training institutions could share their ideas and experiences in research. The chair of the research committee reported about ongoing projects in professional areas like research in training, effectiveness research, children and youth in psychodrama, identity, theory, and methodology of psychodrama. Participants were invited to share their research interest or projects they are involved in.

The chair of RC proposes to have 2 or 3 people in each training institute who act as a coordinator for research or to be at least a contact person for information on research issues. It would be very helpful if these coordinators are also able to participate in the RC meetings.

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2013

University of Padua/ Italy

Ending gender violence - Empirical research in psychodrama group therapy and group processes

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The FEPTO Research Committee Meeting in Padua was part of a conference on 'Ending gender violence. Empirical research in psychodrama group therapy and group processes'. The conference was held with about 200 participants in the historical venue of the Auditorium 'Galileo Galilei' Palazzo Bo at the University of Padua. The results of the European EMPoWER project were presented and discussed. EMPoWER is a Daphne project which was initiated and developed in the FEPTO RC in Edinburgh 2009. The conference was not only connected with the FEPTO RC Meeting, but also with the meeting of the 'Italian network of empirical research in psychodynamic group therapy'.



2012

Fernando Pessoa University of Porto/ Portugal

Bridges between Practice and Research in Psychodrama

The FEPTO Research Committee Meeting in Porto took place right after the 3rd Joint Meeting of the Society for Psychotherapy Research (SPR) Conference. The idea was to combine these two events to enable psychodrama researchers to take part in both events. This attempt to connect research in psychodrama with research in other fields and modalities in counselling and psychotherapy can be seen as very successful. Psychodrama research like effectiveness studies and training research in psychodrama were presented and discussed in several panels of the SPR Meeting. After this European SPR conference the FEPTO Research Committee Meeting "Bridges between Practice and Research in Psychodrama" was dedicated to work on ongoing research projects and to propose new projects.

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2012

Sofia/ Bulgaria

Practitioner Research in Psychodrama – Research in Training and Professional Practice

In this FEPTO RC Meeting Célia Sales (Universidade Autónoma de Lisboa) conducted a workshop on 'Individualized patient-progress research' and how to use it in psychodrama. The FEPTO RC network is seen as good starting point for this approach: "On the one hand, research questions are proposed or filtered by experienced therapists, thus granting its clinical relevance; on the other hand, academia contributions help to approach these questions with the methodological accuracy that is required in the scientific field."

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2011

Society for Psychotherapy Research (SPR) Conference in Bern

Research is a Vital Part for the Future of Psychodrama

In the recent years the Research Committee has become a creative place to develop, to support, to share and to present research initiatives in psychodrama. We have to be aware that psychodrama – sociometry, sociodrama, group therapy etc. – is applied in many professional fields. It also offers helpful approaches to deal with development and conflict resolution in and between groups and society as a whole. Although psychodrama can refer to its long tradition and to lots of experiences all over the world, it is obvious that psychodrama needs also research as a point of reference in its practice.



However, there is a need of research in many areas like psychodrama training, counselling and psychotherapy, social work, adult education supervision, organisational counselling and community education.

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2011

University of Innsbruck/ Austria

International Symposium on Counselling and Psychotherapy

The International Symposium on "Counselling and Psychotherapy - Research in Training and Professional Practice" started with a warm welcome for all participants. 50 participants from 14 different nations from Europe and beyond were present. In a sociodramtic warmup expectations from different roles (researcher, psychodrama trainer, psychotherapist, trainee, client...) towards research were explored and discussed. This warm up led directly to ongoing or finished projects which were presented in the plenary.

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2011

Isle of Man

In the warm-up we explored the time line from the very beginning of the Research Committee, in Roriz, Edinburgh, Catania, Boldern and Lisbon. At each phase of the journey the group re-engaged with the purpose, output and the tasks of the small groups. These served to integrate the new-comers to the committee. Continuing the idea of the time line, we went to unspecified times in the future to identify the wishes and aims of the committee and of the members.



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2010

Lisbon/ Portugal: *download report...*

Boldern/ Switzerland: *download report...*



2009

Catania/ Italy: *download report...*

Edinburgh/ Scotland: *download report...*



2008

In 2008 **Gabriela Moita** (2008-2011) got the chair of the research committee. Her contribution was to build a network of research committee members who regularly meet two times a year in order to initiate and discuss research projects.

In this time a first EU funded project (Ines Testoni & Maria Silvia Guglielmin) got started alongside with other projects on supervision in psychodrama, evaluation in psychodrama training etc. The building of this new research committee network started in Roriz/ Portugal 2008.

Roriz/ Portugal: *download report...*



4. FEPTO Research Committee: developments and activities

1996-2008

The Federation of European Psychodrama Training Organizations (FEPTO) was founded in 1996 (FEPTO-News Vol. 4.8, 2004, p. 4) after several ISCOPE/ ESCOPE meetings (International/ European Study and Co-ordination of Psychodrama Education) took place since 1993. In this new FEPTO network research was one of the tasks which were dealt with in a respective committee.

The first chair of the research committee was held by **Jorge Burmeister** (1996-1998) whose aims were firstly to find "a consensus about 'basic' theories and/ or terminology in psychodrama, secondly to define recommendations/ standards for process-oriented research in psychodrama and thirdly to define goals and methods for outcome research in psychodrama" (FEPTO-News Vol. 1.1, 1997, p. 2). In the first research committee meeting in Zurich the participants realized that common ground in psychodrama is difficult to achieve (FEPTO-News Vol. 1.1, 1997, p. 2).

Barbara-Rose Legeler and **António Roma-Torres** (1998-2000) continued as joined chairpersons. Their focus was on sharing and disseminating knowledge about psychodrama research and inspiring members of FEPTO to do research (FEPTO-News Vol. 3.1, 2000, p. 2.). **Marcia Karp** (2000-2004) collected and presented reports on research from different countries (FEPTO-News Vol. 4.1, 2002, p. 7). **Michael Wieser** (2004-2008) was continuing to collect information about research projects and literature (FEPTO-News Vol. 4.8, 2004, p. 15). An important task was to provide EAP (European Association of Psychotherapy) a documentation of psychodrama research to get recognition (FEPTO-News Vol. 5.2, 2005, p. 6). He also invited Robert Elliott who gave a lecture on research at the FEPTO Annual Meeting in Bearsden/ Glasgow 2008. When **Gabriela Moita** got the chair of the research committee in 2008 it was decided to invite Elliott to give a workshop at the Research Committee Meeting in Edinburgh 2009.
