

RETURN. DISCOVER.

6th Baltic Moreno days

20th - 22nd August 2010. Klaipeda, Lithuania

We are glad to invite you to international practical psychodrama conference!

## The 6<sup>th</sup> Baltic Moreno days: RETURN & DISCOVER

on: 20<sup>th</sup> – 22<sup>nd</sup> August 2010

in: Klaipėda, Lithuania

**ORGANISER:**

Lithuanian Psychodrama Association



**ORGANISING PARTNER:**

Public institution "GEBU"



**SPONSOR:**

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# RETURN. DISCOVER.

6th Baltic Moreno days

20th – 22nd August 2010. Klaipėda, Lithuania

**Time:** 20<sup>th</sup> – 22<sup>nd</sup> August 2010.

**Venue:** Klaipėda old town, The Artcourt.

## PROGRAMME\*

<b>Friday, 20/08/2010</b>	
12:00-13:30	Registration
14:00-15:00	Opening
15:00-16:30	Dance drama
17:00-19:00	Excursion
19:00-21:00	„Sunset on the Sea“
<b>Saturday, 21/08/2010</b>	
09:30-10:00	Warming-up
10:00-13:00	Workshops
13:00-15:00	Lunch
15:00-18:00	Workshops
20:00-02:00	Party with supper
<b>Sunday, 22/08/2010</b>	
09:30-10:00	Warming-up
10:00-13:00	Workshops
13:30-15:00	Ending the conference

## PARTICIPATION FEES\*\*

	Latvia, Estonia, Belarus, Ukraine	Other countries
Till 18/08/2010	170 €	240 €
Payment on arrival day (cash)	190 €	260 €
Preconference	70 €	
Party (for each accompanying person)	25 €	
One workshop (any day any time)	40 €	60 €
Two workshops (any day any time)	70 € (35 €/wrsh)	110 € (55 €/wrsh)
All three workshops	90 € (30 €/wrsh)	150 € (50 €/wrsh)

**REGISTRATION:** [www.psichodrama.lt/moreno](http://www.psichodrama.lt/moreno)

**INFO:** [morenodays2010@gmail.com](mailto:morenodays2010@gmail.com)



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## PRECONFERENCE OF THE 6TH BALTIC MORENO DAYS August 19-20, 2010

### PROGRAMME OF THE PRECONFERENCE

#### Thursday 08/19/2010

09:30-10:00 Registration (for the participants of the preconference)  
10:00-16:15 Ch.N. Hanquet "Landscape genogram, culture's experience and identity"  
16:45-18:00 W. Scategni "Social dreaming: building bridges...discovering memories"

#### Friday 08/19/2010

09:30-12:30 W. Scategni "Social dreaming: building bridges...discovering memories"  
(*continuation*)

### LECTURERS FOR THE PRECONFERENCE

#### Chantal Nève Hanquet (BELGIUM)

psychologist, Jungian psychoanalyst and teaching member of the IAAP-affiliated SBPA; a psychodrama trainer at the CFIP; treasurer of the FEPTO; trainer in systemic family therapy at the IPFS in Namur; member of the EFTA; training officer in two schools for practicing special-needs teachers, one in Namur and the other in Mirwart (Belgian Ardennes); author of several articles.

#### "LANDSCAPE GENOGRAM, CULTURE'S EXPERIENCE AND IDENTITY"

The concept landscape genogram is coming from the practice of Chantal Nève-Hanquet and Jacques Pluymaekers as therapists and trainers.

It gives a creative representation by the words, the images and their graphical and/or psychodramatical representations of certain crucial moments which have been called up during the genogram's exploration. This way people can express their culture's differences by pictures, words and movements.

With psychodrama, the landscape genogram creates space so a person can live changes for himself and with others.

In landscape genogram, everyone can find a piece of his family story and culture; it means the sense of his being.

Everyone who participate this workshop can have a part of this experience. The workshop will be in French and translate in English.

#### Wilma Scategni (ITALY)

psychodramatist, the author of a significant book on Jungian psychodrama with an emphasis on dream work.

#### "SOCIAL DREAMING: BUILDING BRIDGES...DISCOVERING MEMORIES..."

Dreams are a bridge towards our past, memories and histories. Sharing dreams and images can be the first step towards our flying beyond differences among cultures, languages, ways of thinking, religions ...

The social dreaming matrix is a bridge that our images of the unconscious (dreams, myths and legends) can build anywhere. In the presentation in the pre-conference the Theoretical bases of the method will be presented.

### PARTTICIPATION FEE FOR THE PRECONFERENCE

**70 EUR**

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## WORKSHOPS

Saturday 21/08

### 1. "Return to primordial harmony"

*Leaders:*

Igeta Gaike (LATVIA) – Mag. Paed., musician, Assistant in Psychodrama, Assistant in ancient Baltic rituals and practices. AND  
Rovena Zarakovska (LATVIA) – Cert. Psychotherapist, CP in Psychodrama, Master of ancient Baltic rituals and practices.

During this psychodrama workshop we shall explore our inner resources making us stronger and more vital.

### 2. "Coaching and consulting entrepreneurs"

*Leaders:*

Karin Hango (ESTONIA), creative director in SELF II (founded in 1989), responsible for strategic planning and leading HR consultancy projects, Leading trainer in the fields of teamwork and negotiation trainings, TEP since 2008.

AND

Vahur Murutar (ESTONIA), CEO of Training and Development Company SELF II (founded in 1989), a leading trainer in the field of leadership trainings, assertiveness and influencing skills trainings, TEP since 2008.

SELF II mainly provides leadership, teamwork and social skills trainings for companies as well as consulting in the areas of management and HR.

During our workshop we intend to present one way of training consultants. Our company SELF II has prepared Estonian consultants who want to be certified by our state for two years.

We want to give the participants a chance to be in the roles of consultants, leaders-entrepreneurs and their team-members.

We hope to give more concrete perspective about the connection of consulting and execution. One of the main issues of our workshop is the responsibility of the consultant.

The workshop consists of one long exercise and some sharing and process analysis.

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## WORKSHOPS

Saturday 21/08 10:00-13:00

### 3. "Social Dreaming: ...building bridges.....discovering memories....."

*Leader:* Wilma Scategni (ITALY), psychodramatist, the author of a significant book on Jungian psychodrama with an emphasis on dream work.

There will be explored dreams in the groups with the method of "Social Dreaming Matrix". Then the dreams will be explored through Jungian Psychodrama.

*Aims:* This overall experience gives participants a chance to share dreams and thereby uncover new meanings in intra-psychic and interpersonal life.

*Key words:* dreams, memories, images, sharing.

### 4. "SEXUALITY: What else about myself and my relations"

*Leader:* Arsaluys Kayir (TURKEY), Professor of Clinical Psychology –Faculty Member at Istanbul University Medical School Dept.,of Psychiatry. Sexual Psychotherapist, Psychodramatist ,Trainer and Supervisor at A.Ozbak Psychodrama Institute .Her publications are mostly about Sexuality , Psychotherapy of Sexual Problems and Group Therapy Processes .She is a Council Member of FEPTO- Chair of Ethics Committee.

In this workshop: pleasure and pain of sexuality and intimate relations will be worked through by using psychodramatic method.

Concepts such as love, relations, sexuality, sexual problems, awareness, discovery, relations, learning, remembering, forgetting, ignoring, memory, attachment, will be our key words in this experiential group

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## WORKSHOPS

Saturday 21/08 10:00-13:00

### 5. "How I Became the person who I am now"

*Leader* Carolina Becerril-Maillefert (FRANCE), psychologist, psychoanalyst, psychodramatist, license and master in psychology in France, trained in psychoanalysis in Mexico city, trained in psychodrama in Buenos Aires, Argentina, founder and Director of CEPSY Centre d'études en psychodrame et techniques d'action (France) from 2008, director on psychoanalytic-psychodrama in a CMP "Centre médico-psychologique" and trainer on psychodrama, member of the FF2P (Fédération française de psychothérapie et psychanalyse) since 2007, IAGP International Association of Group Psychotherapy since 1986, AGPA American Group Psychotherapy Association since 1989, CGP Certified Group Psychotherapy, directing WS in psychodrama in: Argentina, Brasil; Canada, Chile, France, Israel, Mexico, Portugal, Spain, Turkey and more recently in Vietnam.

Working with protagonist and ROLES we can often listen to this sort of expressions:

"I'm the nice, quite girl"

"I never have problems, people come to me"

"I always have a pain on my back"

"I chose resignation, as a way to get along with the problems"

"I am a strong person"

"I don't like to take risks. I know that I'm going to lose"

etc...etc...

During our childhood. And because we are constantly in interaction with the Others, family, social environment. We learn to respond in "X" way to the different personalities to which we're confronted to.

Some of them made, in the past a big impact, in our way to react afterwards.

So, in our present life we react as we did... even though we are no more with the same person; neither at the same position.

With this WS we pretend -that participants- could make an insight in order to realize why they react in a wrong way in front of the wrong person.

Becoming aware of this unconscious confusion "out of time", helps us to have a genuine -actual- response to new situations.

We will work to the Moreno's concept of Spontaneity.

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## WORKSHOPS

**Saturday 21/08 10:00-13:00**

### **6. "Couples therapy"**

*Leader:* Chantal Nève-Hanquet (BELGIUM), member of Belgian Psychodrama Association, FEPTO council member.

In couples therapy several psychodrama techniques are used: doubling (whether by the therapist or by one member of the couple doubling his/her partner), the enactment of an incident, or the production of a sculpture. The choice of one of these techniques is based on the therapist's hypotheses concerning level of communication, intensity of the conflict, the couple's own rules and the generational inheritance. The purpose of the workshop is to experiment with a process likely to invite surprise and a shift in positions on both sides.

**Saturday 21/08 15:00-18:00**

### **1. "Return: loss and discoveries"**

*Leaders:*

Rasa Pietarienė (LITHUANIA), psychologist and psychodrama therapist since 2004.

AND

Viktorija Vaišvilaitė (LITHUANIA), psychologist and psychodrama therapist since 2004.

You wouldn't find new life, new relationships without loss. Our workshop based on the ground of Lithuanian fairytale "Egle - the Queen of Serpents" and some themes you'll find in it: relationships between parents and grown-up children, relations with our roots, and our attitudes to stranger. How many strengths we need to combine two different worlds?



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Saturday 21/08 15:00-18:00

### 2. "Pregnancy Crisis Counseling and Psychodrama"

*Leader:* Küllike Lillestik (ESTONIA), in the end of this year will be graduate from Tallinn Psychodrama Institute and becomes Certified Practitioner (CP). In 2006 took part in training of Pregnancy Crisis Counselors organized by Väärtustades Elu (Valuating Life) Foundation and work as Pregnancy Crisis Counselor, executive of Pregnancy Crisis Center of Tallinn and project manager since 2007.

IN ASSIST WITH

Katrin Roosileht (ESTONIA), also about to graduate from Tallinn Psychodrama Institute as CP and works also as pregnancy councilor at Pregnancy Crisis Center of Tallinn.

The workshop would be about Pregnancy Crisis – it's concept, it's target group and the possibilities to use psychodrama methods in pregnancy crisis work with individual clients, families and in group setting.

Pregnancy Crisis Counseling is created to support families at the time of baby-planning, pregnancy and up to one year after the birth of a child or miscarriage or death of the baby. Pregnancy Crises encompasses developmental crises (changes in roles, in relationship with partner) and also traumatic crises.

### 3. "Dreams of changing - the drive to change reality"

*Leader:* Michael Borremose (DENMARK), psychologist and Psychodrama Leader.

We all have know that truth and reality exist in our own life – and most of our time we want to change this reality and make a difference of the truth of our life. As it has been and as it will be – in the future. We all want something to be different.....

We all want to create reality....

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## WORKSHOPS

Saturday 21/08 15:00-18:00

### 4. "The existential dimension of psychodramatic work"

*Leader:* Dr. Christoph Hutter (GERMANY), theologian, pedagogue. Borne 1969, lives in Münster, married, four children. Psychodramatist, child guidance and family counselor, Director of a therapeutic counseling centre. Writings about psychodrama and counseling theory.

Whenever we work psychodramatically we get in contact with five dimensions: the body (in psychodrama), the biography in psychodrama, relations in sociometry, society in sociodrama and values, traditions and existential themes in axiodrama. There are not many maps existing to understand what is going on in the axiodramatic dimension. A very interesting map was developed by Irvin D. Yalom in his book "Existential Therapy". He says that every therapy deals with death, freedom, the meaning of life and the isolation of human.

During the workshop we will hear some theoretical things about scenic diagnosis first. In the main part we will meet in these four existential corners of life and we will look what we can find there for diagnostic and interventional purpose.

### 5. "To discover you have to return"

*Leader:* Inara Erdmanis (SWEDEN), TEP, clinical psychologist, President of the Latvian Moreno Institute

In this workshop we will investigate from what worlds we come from. We will see what we want to take with us from these worlds and our different ages. And, what we can learn from our experiences. Who am I today? Who do others' think I am? Who do I want to be?



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## WORKSHOPS

Saturday 21/08 15:00-18:00

### 6. "Happiness"

*Leader:* Gillian Woodward, (UK), MSc, a Psychodrama Psychotherapist accredited with the British Psychodrama Association and the UK Council for Psychotherapy, and a founder member of the London Psychodrama Network, an Integrative Psychotherapist; Travel Mentor/Writer in private practice, and Staff Support Facilitator in a mental health unit in the National Health Service; ran a psychodrama group in a day therapeutic community for serious alcohol dependence for several years, and contributed the chapter on psychodrama in the book 'Group Psychotherapy and Addiction' Whurr 2004; during recent four year world travel ran introductory workshops in Cuba and China.

We shall explore what happiness means to each of us. There will be a short input on current multi-disciplinary thinking about happiness followed by warm ups and vignettes to consider questions like:

Who taught us the most about happiness? When do we experience it? Is it possible in the midst of a very unhappy situation? How might we limit it? What are its essential ingredients?



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## WORKSHOPS

Sunday 22/08 10:00-13:00

### 1. "Coincidences in our lives"

*Leaders:*

Daiva Rudokaite (LITHUANIA), actor, psychodrama leader, the president of Lithuanian Psychodrama Association.

AND

Aurelija Rakšytė (LITHUANIA), psychologist and psychodramatist since 1998. Member of board Lithuanian Psychodrama association

Were fatal events in our lives planned in advance or are they signs coded in our unconsciousness?

In this group we will look for and we will experience the key moments of our lives and it will help us to discover the present condition, behavior, roles, specific features and social contacts we have.

Is it good luck or bad luck? Is it coincidence or special chance? The methods of psychodrama will help to deny or confirm the meaning of accidental events, to experience the feeling of anxiety or fullness in respect of our current existence. Do we accept it or we can change something in ourselves, in others or in circumstances?

We will play the game with our lives: „what would be, if would be...”

We will dare to visualize the fatal event, which made us who we are. We will make sure the words of Oscar Wild, that only in the role of others we explore our real self. We will put our fateful mask of coincidence...



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## WORKSHOPS

Sunday 22/08 10:00-13:00

### 2. "Playback Theatre as a King-Way to Re-Discover"

#### *Leaders:*

Rasa Urbsiene (LITHUANIA), an expert of the Playback Theatre (Playback School, USA) and an expert in creating new programmes and innovative methods for group training of people from different social groups; has Master degree in Cultural Management and is a leader and teacher of the PT Group "The Other Side". AND

Egle Pauziene (LITHUANIA), an expert and teacher in group analysis (Oslo GA Institute, Norway), had experience in individual and group counseling, in education and methodology; has Master degree in Psychology and is an active member of PT Group "The Other Side" and acts as a conductor in the PT performances as well.

Playback theatre activity aims to help people to return to their history, to reflect on it in the esthetic, respectful and healing way. Personal stories put on the stage by PT actors provide deep and meaningful material not only for the teller but also for the audience on the wider social and spiritual levels. Theater and humanity - drama and person - art and story create the king-way to touch the past and safely come back to the personal or social experience to re-discover it in the new dimension.

PT is an improvisational theatre form, in which individuals recount personal experiences that actors immediately enact or mirror on stage. PT is created through a unique collaboration between performers and audience where due to the ritual space any story - ordinary, extraordinary, hidden or difficult - might be told and watched and each person's uniqueness is honored and affirmed while at the same time building and strengthening connections to each other as a community of people.

PT pays main attention to social interaction and group experience, strives to encourage dialogue and create connections among people. PT doesn't require agreeing with every point of view present in each story - just listening, creating bridges across differences and providing healing, tolerance, comfort, compassion and trust.

This theatre form is in direct service to healing relationship, communication and understanding between people. Social change begins where is made space for the stories of community through individual voices. Listening to personal stories weaves the deeper web of mutual story as a community of people and thus taps into the collective and universal experience.

PT IS USED in many diverse cultural and social contexts, such as educational and social services institutions, adult and continuing education, theatre training and cultural contexts, organizations. It is used for coaching and supervision as well as in therapeutic settings. Conflict transformation is the arena where PT can go beyond its boundaries to make this world a better place.



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## WORKSHOPS

Sunday 22/08 10:00-13:00

### 3. "Music as a device in psychodrama"

*Leader:* Lars Tauvon (SWEDEN), MD, psychodrama director TEP, co-founder of Stockholm Institute of Psychodrama, works in private practice in Stockholm

Music has the power to simultaneously stimulate many different parts of our brains. It is one of the oldest ways of communication and expression of feelings in human history and an important part of all human culture. It creates emotional affinity in groups and is a therapeutic device in itself. In this workshop we shall play with some of the many possibilities for using music in psychodrama.

### 4. "Defining yourself!"

*Leader:* Kate Bradshaw Tauvon (SWEDEN) TEP Reg. psychotherapist (GroupAnalysis); works in private practice in Stockholm; co-editor and co-author The Handbook of Psychodrama (Routledge).

In the beginning others define us. We are who "they" say we are! The high rate of burn-out in our society suggests that we believe that we are what we acquire in terms of academic accomplishment, status, money, or possessions. When we really start to think about who we are, the way we measure ourselves usually has to do with matters of personal size, strength, ability, skill; dependence/ independence; competition; sense of self; personal attractiveness; sexuality; issues of seeing and being seen; and/or wishes and fears about closeness. In this workshop you will have the opportunity to return and explore who "they" told you that you are and discover who you are today!



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## WORKSHOPS

Sunday 22/08 10:00-13:00

### 5. "My inner Homeland"

*Leaders:* Christa Waibl-Wiesner (AUSTRIA), Personnel Officer of the Human Resources Department of the GPG (Gesellschaft für Psychische Gesundheit-pro

mente tirol), a major psychiatric care provider in Tyrol, Austria. Psychodramatist and working in free practice.

AND

Nikolas Anastasiadis (AUSTRIA), working with psychiatric patients under the age of 21 in a facility of the GPG. Still a psychodrama trainee.

Return from the outer world, find the secret pathways to your inner homeland. Where is your inner homeland? Does it have a name? Is it a land far away or nearby? Does it have inhabitants? In this workshop, each of us will try to discover her/his personal homeland. By calling the latter by its name,

it might become a bit more accessible to us in the future. And, perhaps, less accessible for others? Who knows...



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## ACCOMMODATION SUGGESTIONS

**AMBERTON KLAIPEDA Hotel** 800 m from the conference venue!

Special offer for Moreno days:

Standard rooms (old wing)

Positioned on 3rd to 8th floor of a 12 storey main building, standard room is a discovery for guests looking for more attractive price and still having possibility to use other high-class four star hotel services of AMBERTON KLAIPEDA hotel. It is a choice of super savers! The rooms feature either one wide double bed or two single twin beds for couples or colleagues sharing a room. Standard rooms offer writing desk, minibar, TV, telephone. Bathrooms of standard rooms are equipped with hairdryer, bathroom amenities. There is no Internet access in the room, however, you may use computer and Internet in business area in hotel lobby or if you have own laptop – in all public areas covered by free WiFi access.

### PRICES

Single room – 40 EUR/138 LTL/night

Double room - Price: 46 EUR/160 LTL/night

(Breakfast included)

Address: Naujojo Sodo str. 1, Klaipeda,

Phone: +370 46 404372

**Room reservation: [sales@klaipedahotel.lt](mailto:sales@klaipedahotel.lt)**

**Password for special price: MORENO**

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## ACCOMMODATION SUGGESTIONS

**VECEKRUG Hotel** 1100 m from the conference venue!

Special offer for Moreno days: Standard rooms

Standard single room – 46 EUR/ 160 LTL/night

Standard double room – 61 EUR/ 210 LTL/night

(The price includes breakfast, parking, Internet access, VAT.)

Address: Jūros str. 23, Klaipeda,

Phone: +370 46 301002

**Room reservation: [virginija@vecekrug.lt](mailto:virginija@vecekrug.lt)**

**Password for special price: MORENO**

**PARK INN KLAIPEDA Hotel** 2900 m from the conference venue!

Special offer for Moreno days: Standard rooms

Standard single room – 47 EUR/ 162 LTL/night

Standard double room – 52 EUR/ 180 LTL/night

(The price includes breakfast, VAT.)

Address: Minijos str. 119, Klaipeda,

Phone: + 370 46 38 0803

**Room reservation: [irena.veiksiene@revalinn.com](mailto:irena.veiksiene@revalinn.com)**

**Password for special price: MORENO**



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## ACCOMMODATION SUGGESTIONS

**RADISSON BLU Hotel Klaipeda** 1500 m from the conference venue!

Special offer for Moreno days:

Standard rooms

Standard rooms are designed for a relaxing and comfortable stay with excellent amenities including Free Broadband, Super Breakfast Buffet, satellite television, and individual climate control.

Single room – 60 EUR/ 207 LTL/night  
Double room – 70 EUR/ 242 LTL/night

Address: Šaulių str. 28, Klaipeda,  
Phone: +370 46 490 800

**Room reservation: [tadas.macijauskas@radissonblu.com](mailto:tadas.macijauskas@radissonblu.com)**  
**Password for special price: MORENO**

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## ACCOMMODATION SUGGESTIONS

**EUROPA ROYALE Klaipeda** Hotel 500 m from the conference venue!

Special offer for Moreno days:

Standard rooms, which are decorated in warm colours,  
overlook the city and the Dane river;  
Deluxe Rooms similarly sized, elegant.

Standard single room – 60 EUR/207 LTL/night  
Standard double room – 70 EUR/242 LTL/night  
Standard triple room – 80 EUR/ 276 LTL/ night  
Deluxe single room – 80 EUR/ 276 LTL/ night  
Deluxe double room – 90 EUR/ 311 LTL/ night  
Deluxe triple room – 100 EUR/ 345 LTL/ night

Address: Žvejų Str. 21 / Teatro Sqr. 1, Klaipeda,  
Phone: +370 46 490 800

**Room reservation: [sales.klaipeda@europaroyale.com](mailto:sales.klaipeda@europaroyale.com)**  
**Password for special price: MORENO**

**Hotel NAVALIS** 1300 m from the conference venue!

Special offer for Moreno days: Standard rooms

Single room – 64 EUR/ 220 LTL/night  
Double room – 70 EUR/ 242 LTL/night  
(Breakfast included)

Address: H. Manto 23, Klaipeda,  
Phone: +370 46 404200

**Room reservation: [silvija@navalis.lt](mailto:silvija@navalis.lt)**  
**Password for special price: MORENO**