



Invitation to the Network Group for Psychodramatists Working with Children and Youth 7th-9th of February 2020 in Munich

**Dear Practitioners of Psychodrama with children and youth,
dear FEPTO Colleagues,**

we are very happy to invite you to the 5th meeting of the network group
“Psychodrama with Children and Youth”. We would be delighted to welcome you in
Munich, Germany from 7th-9th of February, 2020.

Research in psychodrama with children and youth Minimal training standards

Program:

7th February, Friday: 17.00 - 19.30

- Arrival and Warm-up: Welcome and getting to know each other
with **Thomas Niedermaier**
- Presentation and discussion of the proposal of the steering group
regarding the Minimal Training Standards for Psychodrama
Children and Adolescents Therapists.
- Development of a proposal for the Fepto Annual General Assembly
on the training standard.

Supper together

8th February, Saturday: 09.00 - 18.00 (Research Day)

- Warm up

Presentation: Dagmar Mingers and Heidi Schaul(Germany)

“The impact of Psychodrama group therapy for children in their emotional competences - an empirical evaluation of the effectiveness of child psychodrama therapy.”

Abstract:

We would like to present a practice-oriented outcome-study to explore the effectiveness of psychodrama group therapy for preschool children. This evaluation deals with the question, whether this kind of therapeutic intervention has a positive effect on the development of children’s emotional competences and their social development which, as a result, supports a better school start. For this purpose, the emotional skills status of the participants of two psychodrama groups for children (in total 11 children) were surveyed by the EMK 3-6 ‚Inventory for registration of emotional-social competences of 3- to 6 aged children‘ (original title: Inventar zur Erfassung emotional-sozialer Fähigkeiten von Drei- bis Sechsjährigen) by Petermann & Gust (2016). The children were tested by this inventory before, and 6 months later, after they participated in the psychodrama group. The results were compared to the results of 19 children who didn’t get a psychodrama treatment. 6 of these children took part in a depth psychological group therapy and 13 didn’t get any special care. The pre-post comparison of the psychodrama and control groups provides information about the effectiveness of the treatment on the development of the children’s emotional skills. The results confirm our hypothesis that psychodrama group therapy for children significantly improves the emotional skills of children, which wasn’t the case in the control groups.

Coffee break

Presentation: Milena Mutafchieva (Bulgaria)

“Impact Evaluation of the Evidence-Based Trauma Stabilisation Programme for Refugee, Asylum Seeking and Immigrant Families.”

Kristina Gotseva-Balgaranova¹, Ivo D. Popivanov^{1,2}, Milena Mutafchieva¹

¹New Bulgarian University, Sofia, Bulgaria

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Abstract:

The study aimed to evaluate the effectiveness of the Evidence-Based Trauma Stabilisation (EBTS) Programme. The idea of the programme was born from the present need of more effective work with refugee, asylum seeking and immigrant families. The EBTS-Programme is based on a psychodrama-with-children approach, created by Aichinger and Holl (Aichinger & Holl, 2017) and is suitable for parent-child pairs. The study has a within-subject design with two measurements: pre-test before the attendance in the programme and post-test after the completion of the programme. The psychological instruments, administered in order to measure the effectiveness of the intervention, assessed PTSD symptoms and the level of depression in both children and parents. Fifteen children and 16 mothers from Germany and Bulgaria participated in the study. The results showed significant decrease in PTSD intrusion, PTSD arousal, depression, and dissociation in children. There is a decrease in all scales in the mothers' results but it did not reach significance. Only one decrease is significant: mothers were more likely to share problems concerning their children after the intervention.

Lunch break

Presentation: Israa Shehada Al-Ebwini (VIA SKYPE from Gaza)

“The effectiveness of psychodrama to reduce Post-Traumatic Stress Symptoms (PTSS) among Gaza children.”

Abstract:

The main Topics I would like to share are:

1. The effectiveness of psychodrama to reduce PTSS: (Avoidance, Arousal and Intrusion), and present three short scenes that explain this, and support this explanation with the results of the CRIES 13 Questionnaire.
2. Shedding the light on the importance of the caregiver role, because of that we contributed in designing an observation card for caregiver use. I will explain the tool and how this helped.

Coffee break

Presentation: Csilla Nemeth (Hungary)

Proposing SAI-R (Revised Spontaneity Assessment Inventory) as a tool to assess the effect of psychodrama with adolescents.

One of the specific psychotherapeutic effects of psychodrama is thought to be improving spontaneity. I would like to talk about the definition of spontaneity, how the tests to measure spontaneity developed, how, and

where they were validated, and how they correlate with other psychological tests. I will try to show the usefulness to measure the therapeutic effect, focusing mainly on the adolescent population.

Supper together

9th February, Sunday: 09.00 - 13.00

- Warm up

Presentation: Fabian Blobel

"Which theoretical models (about development, groups and psychodrama) should be included in the trainings for PD with children and/or adolescents?"

An invitation to a discussion on minimal training standards.

Presentation: Larisa Mogunova and Natalia Gorovets (Russia)

Activities of the section "Psychodrama with children" of Russian Association of Psychodrama

Presentation: Cecilia Sousa (Portugal)

"Theater Studio with Traditional Tales"

Coffee break

Future Plans and Closure

Venue:

The network group "Psychodrama with children and youths" will take place in:

EineWeltHaus München e. V.

Schwanthalerstr. 80 RGB
80336 München

Local host: Thomas Niedermaier;
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Next steps:

If you are going to join us, please register and book your flights:

- ✓ Register
 - Send a confirmation mail to Stefan Flegelskamp (s-flegelskamp@t-online.de) that you will participate.
- ✓ Flight
 - Book your flight as soon as possible.
- ✓ Accommodation
 - Please use:
<http://www.airbnb.com/>
<http://www.booking.com/>

Looking forward to meeting you in Munich

Bettina, Thomas & Stefan