

NEWSLETTER

BULGARIAN SOCIETY FOR PSYCHODRAMA AND GROUP THERAPY



No 2 (4), February 1992, Year II

"...then I will look at you with your eyes
and you will look at me with mine."
J. L. Moreno

Dear members of the BSPGT,
Dear friends and colleagues,

In the present issue of our Newsletter we will offer to your attention:

1. The draft-plan for the activities of the BSPGT in 1992;
2. Mail;
3. The regular meeting of the Psychodrama Club on January 14, 1992;

4. The General Assembly of the BSPGT, held on January 27, 1992;
5. The first regular monthly meeting of the Committee;
6. Announcements and
7. Gratitude.

ORGANIZATIONAL

The Draft-Plan for the activities of the BSPGT in 1992

Organizational activities

1. A long-term program for the activities of the Society should be elaborated.
2. Discussions should be organized and a decision should be made concerning the identity of the Society, which should be reflected in the regulations of the BSPGT (eventually a committee for elaboration of those regulations should be formed).
3. A procedure for the admittance of new members should be established.
4. Good organizational relations between the groups Sofia-1, 2 and 3 should be established, aiming at the enhancement of the professional exchange and the inter-group relations.
5. A conception and an organizational ground for the Club of the Society should be created.
6. The possible participation in the foundation of a Bulgarian Psychiatric Association should be discussed.
7. Permanent reception hours of the Committee should be fixed.
8. A P.O.Box for the Society should be arranged.
9. Activities concerning information:
 - up-to-date and full information should be submitted to the members of the BSPGT, concerning the activities of the Society and the domestic and foreign events in the field of psychodrama;

- an editorial board of the Newsletter should be elected.

10. The budget of the Society should be prepared and approved.

11. Documentation:

- a correspondence reference register should be introduced;
- a seal of the Society should be ordered;
- a sign (registered mark) of the BSPGT should be ordered and registered;
- the documentation of the Society should be kept according to the legal norms;

Training

The Society will support the training of its members and of the members of Sofia-1, 2 and 3 groups by means of collaborating with the efforts to invite trainers, of preparing and/or coordinating the training programs and by arranging financial and other problems:

- a joint training committee of the 3 groups should be established in order to coordinate the efforts for providing financial means for the training of the groups;
- separate bank accounts should be opened for each training group;
- application form letters for sponsorship should be prepared;
- workshops by guest trainers should be organized as means of additional training for the members of the Society;
- professional literature should be provided and made available to the members of the Society.

Scientific events

1. Efforts should be made for ensuring the participation of as many as possible members of the BSPGT at the 11th International Congress on Group Psychotherapy in Montreal, organized by the IAGP.

2. Discussions on some theoretical, as well as practical problems of psychodrama should be organized as a part of the activities of the Society's Club.

3. Each member of the Society, who wishes to present his or hers scientific work to the Club, should be given the opportunity to do so.

Making psychodrama popular

1. One or more psychodrama workshops by guest trainers should be organized in front of a larger audience;
2. Publications in the media and participation in radio or TV broadcasts should be realized.

3. Psychodrama demonstrations, seminars, discussions and lectures for interested professionals should be organized;

4. The Newsletter of the Society should be made popular.

International activities

1. The organization of the II Members Conference of the PIFE in 1993, if our candidature shall be accepted.

2. The distribution of the Newsletter, translated in English, to related organizations and prominent psychodramatists throughout the world.

MAIL

We have received a Fax from *Goran Hogberg* from January 7, 1992. He wishes us all a Happy New Year and recommends to contact *Gunther Ziegler* from Germany in order to make arrangements with him concerning our further training.

The President of the BSPGT sent a letter to Mr. Ziegler in order to establish the first contact with him and to discuss his first visit to Sofia, possibly this spring.

The first international issue of our Newsletter (in English) was sent to many psychodramatists and raised a lot of positive responses, reflected in a quite big number of letters to the President of the Society.

Jonathan Moreno, in a letter from January 12, 1992, expressed his gratitude for sending him the Newsletter and donated the BSPGT a check of 100 USD. He also stated his wish to receive all the issues of the Newsletter.

In her letter from January 9, 1992, *Christina Hagelthorn* from Sweden says she would like to come to Sofia, to give a seminar on "playback-theater". She knows of a fund, connected with the Foreign Ministry of Sweden, that is supporting financially the work for peace in Eastern Europe and she is expecting our invitation. She also sent us a videotape on "spontaneity theater" that took place in Milan in the autumn of 1991 and a bulletin and magazines containing publica-

tions about the activities of the "Spontaneity Theater International".

Dina Glouberman would like to have contacts with the Bulgarian colleagues. She and her husband *Yannis Andricopoulos* are the founders of the Skyros Institute in London, which is functioning as an European Center for Holistic Studies. This Institute is working in three different directions and Bulgarian followers are invited to join them: The first direction is the Holiday Center at Atsitsa bay on the Skyros Island. It is visited mainly by British people; courses on holistic health and personal development by innovations, are held. The second direction includes relaxation and revitalization and the third one involves mythodrama including "mythological journeys" in Mycanae, Corinth, Epidaurus etc., aiming at spiritual identification with myths. More information is available in their magazine "I to I".

Adam Blatner wrote that he has been impressed by our Newsletter and will try to publish a summary in the Newsletter of the American Society of Group Psychotherapy and Psychodrama. He sent 3 packages of books to the address of Mrs. Jenia and Mr. Roumen Georgiev (from Sofia-2 and 3), one package for each training group, suggesting that it would be better to put the books into a common library. Adam has preferred to be

called) has donated money to a special fund of the IAGP for the Congress in Montreal and he hopes to see at least one Bulgarian there. We are preparing an article on the history of psychodrama in Bulgaria and he suggested that the following topics should be taken into consideration: 1) are there some specific techniques that we are employing in accordance to the needs of our population; 2) are there any theoretical modifications or interesting approaches, developed by our groups; 3) how do we employ the method in the field of medicine (education, politics, etc.)?

Thom Schwab congratulates the members of Sofia-1 for the New Year in his letter from January 9, 1992. He has begun work as a psychological consultant of one Gay community in Bern. He finds this work very interesting and useful.

We also received letters and congratulation cards expressing gratitude and appraisal, for the Newsletter, from *Frank Neimann* from Germany, *Pierre Fontaine* from Belgium, *Tobi Klein* from Canada and *Joyce Williams* from Australia. Mrs. Williams is the administrative director of the Psychodrama Center and of the Psychodrama Training Institute of New South Wales in Rozelle. She also sent us the 1992 program of the Center and the Institute.

CLUB

On January 14, 1992, the regular meeting of the Club, took place. It was attended by: Anita Fertcheva, Mariana Gardanova, Galabina Tarashoeva, Evgeni Gentchev, Nicola Atanasov and Roumen Georgiev. This was the first time when a person who is not member of Sofia-1 group attended the Club's meeting. That was Mr. Georgiev, who recently was elected a full member of the BSPGT. The meeting proceeded in an informal atmosphere. The topics discussed were connected to the present and future

developments of the psychodrama training and the Society. Evgeni Gentchev presented the Fax sent by Goran Hogberg. In regard to Goran's proposal to come to Sofia in February we discussed whether we are able to pay for his flight. It turned out that we can not afford it. Roumen Georgiev told us about the training week, that was conducted by two German trainers - Gabrielle and Alf - with the Sofia-2 group. Later on he suggested that the functions of the Club and of the Society's General Assembly should be differentiated.

The former being more open and the latter more closed. In our original plan for the meeting, we were to discuss also the Society's identity - whether it should be concerned with psychodrama only, or it should also care for other forms of group therapy. This discussion was postponed, partly because of the small number of members present and partly because the people who mostly insisted on such a discussion, were absent.

GENERAL ASSEMBLY

On January 27, 1992, a General Assembly meeting of the BSPGT was held, with the following agenda:

1. Discussion on the concept of "group therapy" as used in the Rules of the Society and deciding about how this concept should be interpreted;
2. Admission of new members;
3. Discussion of the draft-plan for the activities of the BSPGT for the current year;
4. Approval of the annual budget;
5. Varia.

The meeting was attended by: Valentina Blagoeva, Roumen Bostandjiev, Evgeni Gentchev, Galabina Tarashoeva, Nicola Atanasov, Anita Fertcheva, Alexander Angelov, Liubomir Jivkov, Mariana Gardanova, Julianna Kalchevska, Tsveta Raitcheva, Raina Touzoukova, Roumen Petrov, Violeta Christova and Roumen Dimitrov.

The meeting was moderated by G. Tarashoeva and recorded by M. Gardanova.

The discussion on item 1 was precipitated by the precedent which caused the acceptance of Roumen Georgiev as a full member of the BSPGT on the ground of his qualification in

group therapy, although his psychodrama training has just begun. In the Rules of the Society it is indicated, that "members... can be specialists, applying psychodrama, sociometry and group psychotherapy and related methods in a qualified way...". In this connection V. Blagoeva asked what kinds of group therapy are relevant for membership in the Society - could it be Rogerian, for instance? Two basic positions emerged from the discussion. Evgeni Gentchev maintained, that the present full members have enough professional experience and abilities to assess the professional qualities of the candidates for membership and they can decide in every single case whether to accept the candidate or not. The majority of the other participants in the meeting, however, considered that it was first necessary to decide if the Society should care only for psychodrama, or should also develop other types of group therapy and that strict rules should be elaborated concerning the acceptance of new members in the BSPGT. It was decided to convene a new General Assembly meeting on February 24, 1992 to make a final decision on this question. The participation of as many as possible full

members of the Society would be needed.

On item 2: R. Petrov, R. Bostandjiev, Julianna Kalchevska and Tsveta Raitcheva were accepted as new associate members of the Society.

On item 3: E. Gentchev presented the Committee's draft-plan for the activities of the Society for the 1992. The draft plan was accepted in principle. It has to be published in the Newsletter and then discussed and accepted item-by-item at the next General Assembly meeting. A new Committee for training was elected with the following members: A. Angelov, M. Gardanova, V. Blagoeva, R. Bostandjiev and R. Dimitrov. A. Fertcheva was elected coordinator of the Club. E. Gentchev and N. Atanasov were elected provisional editors of the Newsletter.

On item 4: the treasurer of the BSPGT, A. Angelov propose that the budget should be discussed at the end of March when the subscription fees should be collected. The proposal was accepted. It was suggested that students and unemployed should pay a reduced fee. The discussion of this and other questions was postponed because of the lack of time.

COMMITTEE

The Committee held its first regular monthly meeting on February 3rd, 1992. The mail was reviewed and the tasks in connection with the mail were distributed. G. Tarashoeva will proceed to cash the check sent by

Jonathan Moreno and E. Gentchev will send a formal invitation to Christina Hagelhorn to come and lead a training Seminar in Sofia. Some financial questions were also discussed. The agenda for next General Assembly

meeting was settled as follows: 1. Discussion on the identity of the Society; 2. Varia: Item 2. should include a further discussion of the draft-plan for the activities and eventually the financial draft-plan.

ANNOUNCEMENTS

The next meeting of the Club will take place on February 11, 1992. We would like to remind, that these meetings take place regularly, the second Tuesday of every month at the Day Clinic of the City Psychiatric Dispensary, beginning - 6 p.m.

Agenda for the next General Assembly meeting: 1. Discussion on the identity of the Society; 2. Varia. The meeting will take place

on February 24, 1992, 5 p.m. at the CPD.

We announce once again that the Committee of the BSPGT has its regular reception hours the first Monday of every month at 5.30 p.m. in the psychotherapy office of the CPD.

We would like to ask all the members of the Society to pay their subscriptions for the 1991.

All members of BSPGT who have got books from the library are kindly requested to contact Liubomir Jivkov as soon as possible.

We invite again, all the members of the Society, who want their materials to be published in the Newsletter, to contact the Committee of the BSPGT. The materials should not exceed 3 standard, typewritten pages.

WE WOULD FEEL OBLIGED TO EVERYONE WHO COULD PROVIDE FINANCIAL AID TO THE TRAINING PROGRAMS OF THE BSPGT.

WE ARE VERY GRATEFUL TO:

1. The group around Mrs. Ingeborg Hochstrasser and Mrs. Anita Hammer in Bern, Switzerland, who supported the participation of two Bulgarian representatives in the First

Members' Conference of the PIFE in Budapest, in August, 1991;

2. The Organizing Committee of this Conference and especially to Mr. Laszlo Zichy for their support;

3. To Dr. Jonathan Moreno for his donation.

President of the BSPGT and Speaker of the Bulgarian Branch of PIFE: Dr Galabina Tarashoeva-Marinova

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