

NEWSLETTER

BULGARIAN SOCIETY FOR PSYCHODRAMA AND GROUP THERAPY



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"...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,

Our Newsletter is once again at your disposal. In this third edition we offer you: the speech of Nicola Atanasov held at the panel discussion on the topic "Psychodrama in Europe: pictures from the past - visions for the future" during the I-st Member's Conference of PIFE in Budapest on August 23-25, 1991; correspondence overview; information on the II-nd meeting of the Club of BSPGT and on the General Assembly held on December 23, '91; other informations.

INTERNATIONAL EVENTS

From a speech of Nicola Atanasov at the panel discussion on the topic "Psychodrama in Europe: pictures from the past - visions for the future" during the conference of the members of PIFE, held in Budapest from 23 till 25th August, '91:

"Psychodrama in Bulgaria has a long history. It starts somewhere in the middle of the last century, when in the small North Bulgarian town of Pleven the father of Jacob Moreno (the founder of the psychodrama) was born.

As it is known, Moreno himself is also born on the Balkan peninsula, during a trip of the family to Bucharest.

The new history of Bulgarian psychodrama is considerably younger. In 1986, on the congress of the IAGP (International Association of Group Psychotherapy) in Zagreb, the first "encounter" of Bulgarian therapists with psychodrama took place, after which the well known therapists - Goran Hogberg and Rene Marino were invited to take part in the symposium on psychotherapy in Sofia in 1988. The training of a group in psychodrama started in Sofia in April '89, lead by Goran Hogberg and Gabrielle

Wiessman-Brun.

It's characteristic for Bulgaria that the influence of the sciences, that study personality and the interpersonal relations as well as different kinds of psychosocial interventions is very weak. The ideology dominating through the previous decades hindered their development.

Only now, the first steps in teaching psychotherapy, psychoanalysis, social work and etc. at the universities, are made.

There is no institutionalized training in these disciplines as well as institutions developing the different psychotherapeutic schools. There aren't any psychosocial interventions services; the publishing of scientific and popular literature in this field started only recently.

Because of this, the participants in the psychodrama group, didn't have the opportunity to chose among different kinds of training, before starting their education. For them the psychodrama training was a unique opportunity for them to be trained in accordance with the accepted standards in one field of psychotherapy.

Making individual contracts between the members of the group and

the leaders before starting the education, was also not possible.

Another specific feature of this group was, that most of its members knew each other well: the majority of them had worked together as psychotherapists for many years. Some of them work at one and the same institution and hierarchical, official relations exist among them. Such relations considerably hamper the work of this kind of group. Another embarrassing circumstance is, that no one of the participants has completed personal therapy, although some of them have group experience, comparable to personal therapy.

Thanks to the existing interest and to the active role of Gabrielle Wiessman-Brun in presenting psychodrama to more people, two new groups with about 35 participants, were formed. For the time being the training of the three groups has to come over serious financial difficulties.

In 1990 Bulgarian Society of Psychodrama and Group Therapy was founded and registered. It was accepted as a group member of the PIFE.

MAIL

Following a decision of the Committee of BSPGT, a letter to the president of PIFE, was sent on 14th November, 1991, which expressed the Society's readiness to be host of the second Conference of the members of PIFE.

A letter from Goran Hogberg was received by Sofia-1, in the middle of December, with a proposed plan and topics for the second level of training in psychodrama. The possibility for lecturers to hold seminars in '92' was pointed in the letter.

According to the suggested plan,

the training will consist of 3 parts:

1. Training led teaching in the form of supervision and special seminars of 300 hours (45 min. each).

2. Psychodramatic practice (psychodrama group is preferred) of minimum 100 hours.

3. Publishing an article in Bulgarian on some psychodramatic, sociodramatic or sociometric matter.

Main topics for the specialized seminars can be: treatment of anxiety, treatment of phobic states, treatment of manic states, treatment of depressive states, treatment of post-

traumatic stress, treatment of psychosomatic disorders, treatment of personality disorders, treatment of psychotics, treatment of drug addicts, how to deal with bodily tensions in the psychodramatic work, how to work with dreams in psychodramatic therapy, methods of group process sociometric thinking and techniques, how to work with breathing in psychodrama, how to work with movement in psychodrama, how to use psychodrama in supervision, how to use psychodrama in organizational consulting, psychodramatic family

therapy, psychodramatic individual therapy, understanding the role of the director, understanding transference and counter-transference in psychodrama work, understanding psychotherapeutic process over time, how to work with fairy tales and myths in psychodrama, psychodramatic work with teenagers, psychodramatic work with children, dream-psychodrama, psychodra-

matic work at the theater.

Goran Hogberg can visit Sofia on 2-7 of February '92 or in October and deliver a specialized seminar on psychodrama and the body and an introduction in supervision techniques.

Guenter Ziegling will come in April for his first seminar with Sofia-1, and in October for a second time. Monica Zuretti is expected in Sep-

tember.

A more precise schedule can be worked out together with us, after expressing our needs and possibilities.

A form for membership in the American Society for group psychotherapy and psychodrama was received on 6th Jan.'92. More information can give dr. Tarashoeva.

CLUB

Information about the second meeting of the Society's club on 10th Dec.'91

In the meeting took part: Tarashoeva, Angelov, Genchev, Atanasov, Christova, Gardanova.

A discussion was planned in advance for this meeting about the needs and suggestions for the standards of the second level of training in psychodrama concerning therapy.

Christova suggested a discussion about the development and im-

plementation of a course for sensibilization to the method of psychodrama in the bounds of "the neurosciences and behavior research programme", since the participants in the meeting were not ready to discuss the questions about the standards of training, Christova's suggestions was accepted.

All that were present, were willing to be engaged in the implementation of such a course.

The coordinator's functions for

the realization were taken by Christova.

The planned General assembly of BSPGT after the club wasn't hold because the members weren't informed in time. The next General assembly was appointed for 23 Dec.'91.

Next meeting of the Society's club shall be held on 14

Jan.'92 as a free discussion over the Society's problems and the relations between the different psychodrama training groups.

GENERAL ASSEMBLY

Information about the General Assembly of BSPGT, held on 23 Dec.'91.

The G.A. Started from 5.30 p.m. in the Daily-Hospital of the City Psychiatric Dispensary with the following agenda:

1. Setting the size of the membership dues for the associated people.
2. Choice of a new member for the control committee.
3. Enrollment of new members of BSPGT.
4. Other.

It was approved that the member-

ship dues should be EQUAL for the different kind of membership.

Mariana Gardanova was ELECTED as a new member of the Control Committee.

The enrollment of new members put different questions, that were not fully clarified in the Rules concerning the procedure of enrollment, whether the required qualification for a full membership is for any kind of group therapy or just for psychodramatic.

Rumen Georgiev was enrolled as a full member of the Society. For special members were admitted: A. Var-

sanova; E. Evtimova; R. Tuzlukova; V. Blagoeva; R. Dimitrov.

Questions about the relations between the different groups in psychodrama training and the Society were discussed.

Because of lack of time, the discussion of these questions, as well as of a lot of other current questions were postponed for the next meeting of the Society's Club and the next General Assembly which was appointed for the 27 Jan.'92.

INFORMATION

The General Assembly of BSPGT shall be held on January 27, '92 from 5 p.m.

in the Day Clinic of the City Psychiatric Dispensary, with the following agenda:

1. Discussion of the meaning of the concept "group therapy", as laid in the rules of the organization and deciding on its implementation.
2. Enrollment of new members.

3. Discussion and acceptance of the plan for the work of BSPGT for 1992.

4. Acceptance of the budget of BSPGT.

5. Choice of an editorial and working committees.

6. Others.

The next meeting of the Club of the Society will take place on January 14, '92 in the City Psychiatric Dispen-

sary.

Since February the Committee of the BSPGT shall gather on regular meetings every first Monday of the month, from 5.30 p.m. in the psychotherapy office of the City Psychiatric Dispensary.

The Committee shall have a reception hour from 6 till 7 p.m. in the same day and place.

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

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