



No 3 (5), march – july 1992, Year II

*"...then I will look at you with your eyes
and you will look at me with mine."*

J. L. Moreno

A CREATIVE DECISION

The deep economical crisis in Bulgaria resulted in cessation of the financial support to the psychodrama training program of Sofia-1 group, coming mainly from the National Neuroscience and Behaviour Research Program and so the continuation of this program was endangered. For the same reason all the attempts to find alternative sponsorship to the moment were in vain.

A wonderful idea of our training leader Gabrielle Wiesmann-Brun resolved the financial problem for the first two weeks of the advanced level training of Sofia-1. After the initiative

of Gabrielle and the active collaboration of Mrs. Ingeborg Hoechststrasser from Bern and other Swiss friends a benefice concert with the participation of Bulgarian artists living or working in Switzerland was performed in March this year in the church of Muri, a little town near Bern. The concert program included opera music and Bulgarian and Russian folk songs, Bulgarian classical poetry and prose and a Bulgarian fairy tale told by Gabrielle herself. The main artists were Stefka Todorov-Herdi from Basel (soprano) and Angel Petkov from Bern (tenor). Gabrielle shared with us that

the organization of the benefice was a hard task requiring a lot of efforts (like finding a good piano), but at the same time brought the organizers a lot of fun. The concert was well visited and 3000 SF were collected. Part of this sum was dedicated to cover the flight expenses for the participation of two members of Sofia-1, Liubomir Jivkov and David Ieroham, in the Montreal IAGP Congress in August. The rest of the money are for the flight of Goran Hogberg to Sofia for the next training week of Sofia-1 in October.

A PSYCHODRAMA TRAINING WEEK

The psychodrama training group Sofia-1 completed the basic level of the education in September 1991. In April this year started the advanced level education with a training week lead by Gabrielle Wiesmann-Brun. This education course is going to be lead again by Gabrielle and Goran and is planned to end in 1994.

Host of this training week was the National Center for Cardiological Rehabilitation" in Bankia. Bankia is a well known resort in Bulgaria, some 15 km from the capital Sofia. It is placed in a beautiful region at the feet

of Liulin mountain. The main advantages of Bankia are the pure air and the mineral water springs. This is the best place for living around Sofia and the proof for this is the ex-residence of the communist ex-dictator Jivkov there.

In Bankia there are several sanatoria and hotels, which offer quite good facilities for scientific meetings. We hope to be able in the near future to organize an international psychodramatic meeting in Bankia.

Here we want to express our enormous thankfulness to the Director of the "Sanatorial-Resort Complex

Bankia" Dimitar Ianev M.D. for the facilities and the hospitality. In this difficult moment he offered us free of charge room for the training and a flat at very low price for the trainer. We are also very thankful to Jordan Mutzev M.D. Director of the "National Center for Cardiological Rehabilitation" for his help.

From the part of Sofia-1 the person who made possible this arrangements is Mariana Gardanova, psychologist at the "National Center for Cardiological Rehabilitation".

ORGANIZATIONAL

Lately there were frequent meetings of the General Assembly (GA) of the BSPGT, almost one per month. In the end of February there was a discussion about the identity of the Society. The discussion arose from the need to make a decision whether our Society is going to take care of psychodrama group therapy only or of any kind of group therapy in general. There was also a question if full members of the BSPGT could become people with group therapy qualification other than psychodramatic.

One of the positions was that the BSPGT is created after the model of Psychodrama Institute for Europe (PIFE) and as a group member of the

PIFE it should stick to its regulations and take care only for psychodramatic group therapy. The other position stated that this discussion is premature, because there is no other possibility for group therapy training in Bulgaria for the moment. There are only several persons trying to get individual group therapy training abroad. The existing possibility in the rules for new members to be admitted with a recommendation from two full members of the Society was found to be acceptable for the time-being. It was finally decided to postpone this discussion for at least six months.

The next two meetings of the GA were dedicated to the discussion and

approval of the proposed from the Committee plan for the activities of the Society. Finally it was decided not to approve a formal plan before the regular annual meeting of the GA. It was pointed out that the Committee is putting too much stress on the structure of the Society life while there are not enough real relations and interactions among the members and between them and the psychodrama trainees who are not members of the BSPGT.

In May the BSPGT sent a representative at the founding meeting of the Bulgarian Psychiatric Association. As the ambition of this organization is to participate in the elaboration of the

standards in the psychiatric profession we thought that we are to take part in it. We are disappointed from the rule adopted by this organization stating that its group members should have at least 75% psychiatrists as individual members. Maybe a psychotherapy association should be organized in the near future to take care for the interests of the psychotherapists.

The regular annual meeting of the GA was held on July 4, 1992 with the agenda of: account for the work of the Committee and the finances of the Society; election of a new Committee, because of the ending of the mandate of the old one; election of board of editors of the Newsletter. New President of the BSPGT was elected David Ieroham M.D. The other members of

the Committee Evgueni Guentchev (Vice-President) and Alexander Angelov (Treasurer) were reelected for a second mandate. Editors of the Newsletter were elected Nicola Atanassov (chief editor), Toma Tomov and Anita Fertcheva. Galabina Tarashoeva-Marinova remains Speaker of the National Branch of PIFE.

CLUB

The Club of the Society meets regularly every month. Lately there is an ongoing discussion about the goals and structure of the Club's activities. One of the ideas is that the Club should be a place for informal professional contacts between people involved with psychodrama. Another proposal is to introduce a rule that the Club meetings should be performed in

a psychodramatic way. The idea for opening of the Club to people outside the Society was strongly supported by many Club participants.

Guest of one of the Club meetings was Miss Aglika Ivantcheva - puppet actor who has specialized "therapy with puppets" in France. She has experience in working with somatically ill elderly patients, autistic children

and children with muscle atrophy. She is trying to start to work in Bulgaria and is looking for contacts and support.

Topic of the last two Club meetings was "Stimulus and obstacles to applying psychodrama in our own work".

MAIL

The BSPGT is in permanent contact with the main leaders of Sofia-1 and initiators of the Bulgarian psychodrama training program Gabrielle Wiesmann-Brun and Goran Hogberg. In a letter addressed to Sofia-1 Goran sent us an outline of the actual state of the training programs he leads in Moscow and Sofia. This outline has been sent to all the trainers who took part in the training and to other interested people. In the same letter he presented his idea about the possible financial support to our training programs by the WHO. He has already made some inquiries in the Regional Office for Europe

in Copenhagen.

We received a letter from Helmut Beloch, Deputy Chairperson of the Board of Directors of PIFE. He appreciates the proposition of the BSPGT to organize the next meeting of the members of PIFE in Sofia, in 1993, but the Board of Directors of PIFE has decided the host to be Berlin. Helmut hopes that our Society will reiterate its candidature for the meeting in 1995.

In a letter, Grete Leutz the creator and Director of the Moreno-Institute in Uberlingen, Germany informs us that she has read with interest our Newsletter and expresses her conviction that Bulgaria will

become a stronghold of psychodrama.

The famous Argentinian psychodramatist Dalmiro Bustos, Director of the Psychodrama Institute in Sao Paulo, Brazil thanks for the post-card and expresses his hope for encounter in Montreal.

Two letters of Christina Hagelthorn from Sweden were received. She wills to come and lead a training-seminar on playback theatre. She has made applications for financial aid for her plan from the Swedish government and a Swedish institute.

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 Organizing Committee of the X Congress of IAGP in Amsterdam, 1989 and personally to Mrs. Grete Leutz for their financial aid for the participation of 3 Bulgarians in the Congress work. This made possible the Bulgarian representatives to become co-founders of the Psychodrama Institute for Europe (PIFE);

2. The Moreno-Institute in Uberlingen, Germany, whose financial aid made possible the participation of the 3 Bulgarian doctors in the pre-Congress training program in Amsterdam;

3. Mr. Roman Beusch from Sanct Gallen, Switzerland, whose donation made possible the participation of 2 members of BSPGT to participate in

the I Symposium of PIFE in Budapest, 1991;

4. 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;

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

6. Jonathan Moreno for his donation;

7. Adam Blatner for his special donation to the Bridge Fund of the XI Congress of PIFE in Montreal, August 1992 for participants from Bulgaria and for the psychodrama books he has donated to the psychodrama trainees in Sofia;

8. The organizers and performers

of the benefice concert in Muri, Switzerland, March 1992 Gabrielle Wiesmann-Brun, Ingeborg Hochstrasser, Anita Hammer, Stefka Todorov-Herdi, Angel Petkov, Rita Haldeman, Katharine, Biliiana and the others who made possible the continuation of the training program of Sofia-1 and the flight to Montreal of 3 Members of BSPGT;

9. The Director of the "Sanatorial-Resort Complex Bankia" Dimitar Ianev M.D. and to Jordan Mutzev M.D. Director of the "National Center for Cardiological Rehabilitation" in Bankia for the facilities and the hospitality which made possible the successful proceeding of the last training week of Sofia-1 in April, 1992.

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