

# Newsletter



**to all Members of the  
Psychodrama Association for Europe e.V. – November 2020**

## **Dear Colleagues!**

The last half year has been challenging to all of us. Although we all are still dealing with the consequences of COVID-19, we do remain hopeful and continue doing our work for, and with our Members, colleagues, clients, and customers.

Some projects ended for now, while other doors opened – especially in the realm of online Psychodrama.

However, we still plan to meet face to face at our next international conference and we are looking forward to seeing you there! Should you wish to present a workshop, please fill out the application form [here](#).

**"Riding the waves in stormy times" in Berlin, September 24th-26th, 2021.**  
Save the dates and register right away [here](#).

We wish all of you strength, hope and courage and send warm greetings from all of us on the Board!

Jacomien Ilbrink, Gerda Mävers, Ariadna Romejko, Anna Bielańska, Ilona Görög,  
Johanna Olberding

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## Yearly Boardmeeting 18th until 19th of September 2020

Mid-September we had a weekend long Board Meeting. This meeting was planned to be live in Berlin, but we had to revert to Zoom, as COVID-19 got in the way. However, we look back at a successful meeting, in which we were able to discuss and decide many issues.

One of the initiatives we spoke about was investigating to get funds to finance projects. Of course, therefore we had to have an overview of our finances, which was presented by Johanna Olberding. We are in good shape, but more money for projects like “train the trainer” or application of psychodrama in the field is needed. However, we did decide to start a support group for Belarus, which is currently implemented.

Jacomien Ilbrink held a workshop with psychodramatic elements for the team, with the objective to have some personal sharing and to reconnect as a team, as this is during a Board Meeting not always possible. Furthermore, this workshop was meant to provide an opportunity to experience working online with psychodramatic techniques, as not everybody was already familiar with this. In our view, the actual experience of online psychodrama work in our fields is needed to have an opinion about its validity. Therefore, this was a great opportunity to experiment with this. At some point, Ina Hogenboom joined the meeting to present various possibilities of how to conduct psychodrama online. Of course, for all of us, live psychodrama is preferred, but for now, this is at least a practicable way to continue working. However, especially in the case of Belarus, this online way to continue working together is of utmost importance, as anything else is not possible right now.

Point is that only by experiencing many sessions of online work with psychodrama and experimenting with this, we become more apt at using psychodrama online and only then can determine how valid this is. For the ones who take this challenge, it is learning new leadership skills all over again in dealing with the various challenges and possibilities.

### Support Group Belarus

In October 2020 we started a support group for our colleagues in Belarus in order to support them in these difficult times. The idea is that Jacomien Ilbrink leads this group as a continuous leader with various guest co-leaders, who will offer tools in working with trauma from their various specialities. Focus is to offer self-experience and strengthening the professional, with an educational edge. If you are interested in co-leading a couple of sessions, please let us know.

### Kyrgyzstan

We are proud to announce that two first level groups from Kyrgyzstan have finished their training, which means that we now have 23 psychodrama practitioners over there. Thank you, Liudmyla Lytvynenko, for doing an outstanding job! It is because of you that people in Kyrgyzstan could study psychodrama, which, so they told me, has enriched their lives very much.

### Anniversary Book

In 2019 we celebrated our 30th anniversary at our international conference in Krakow, Poland. We have recorded the history of 30 years of association activity in an anniversary book. It can be ordered from us for a contribution of our expenses plus postage. Indication is €20 + postage (differs between the countries). If you are interested, send us an e-mail to [psychodrameforeurope@gmail.com](mailto:psychodrameforeurope@gmail.com). The book will also be available at our next international conference in Berlin, September 24th-26th, 2021.

## Online Workshops and Seminars

Because of COVID-19 many of us have gained experience in working online. We are happy to present you our new seminar and workshop page on our homepage today [here](#). There you can offer online seminars and workshops with international character.

Although, of course, nothing parallels live psychodrama, experimenting with online psychodrama has opened many doors. One of those could be to start InterVision groups across borders to show each other how you work online and to grow together. In this way there is a possibility to get more knowledge exchange between countries. If you like this idea and you do not have connections abroad, we can help you find colleagues. We can also spend time during the next conference to establish InterVision groups.

## Trainer's platform

In the past, we have designed a trainer's platform list, on which your professional expertise will be listed, so that clients/students can find you: you will find this form [herewith](#). Please fill it in if you want, we will not chase you to obtain the information. It is to your advantage to promote yourself.

## ERASMUS+ Project and further developments

In October 2020 we applied to be accredited for the ERASMUS+ program, which would be valid for the next 7 years if we get accreditation. Now we must wait until the decision of the Erasmus+ Program until February 2021.

September 2019, we started investigating possibilities to get an ERASMUS+ grant for our projects. We were aiming to apply before the deadline in March 2020. Unfortunately, COVID came in the way with its new challenges and it was not possible for all of us to engage in writing and working for the project. Some of us were busier than ever, home-schooling children and at the same time, dealing with panicking clients. And some of us got sick and took a long time to recover. Therefore, it became impossible to finish before the deadline.

However, we did manage to come up with a summary of what we now want to focus on, and we decided that starting to organize a "train the trainer" program would be a good project. Therefore, although we have not applied for a grant yet, we will start by organizing a "train the trainers" day before the pre-conference in Berlin and take it from there.

## Statutes change

We would like to thank all the members who brought out their vote for the statute change. Because of this we were able to file our request with the court and start the procedure.

## Fred Dorn's resignation

We need to inform you that our longstanding treasurer, Fred Dorn, per 17th September 2020 has decided to retire his duties as treasurer. Although we regret that we could not complete our term as a team, we are willing to accept his decision. Johanna Olberding, our so far deputy treasurer, already has become more and more familiar with the tasks of the treasurer during the last months in supporting and working closely together with Fred - especially in organizing our conference in Berlin in 2021- and will carry forth this responsible work from now. Please contact her in all financial matters. You can reach her via [treasurer@psychodrama-for-europe.eu](mailto:treasurer@psychodrama-for-europe.eu). We thank Fred Dorn for his dedication to the Association and are grateful for all he has achieved for the Association within three various Boards since 2009.

Regarding Fred Dorn's resignation as treasurer of the Board of the Psychodrama Association for Europe e.V., we present [here](#) his letter stating the reasons for his decision. We would like to emphasize that this is a subjective description of the situation that expresses his personal point of view, which does not necessarily reflect the position of the other Board Members. However, it is nevertheless part of our policy to give space for Fred's voice.

## In Memoriam to Zsuzsa Rosca-Bonczos

Farewell to Zsuzsa Rosca Bonczos - A life for humanity

We received the sad news that our trainer and long-time member Zsuzsa Rosca Bonczos died on October 14, 2020 at the age of 77.

Zsuzsa was a graduate psychologist. Born in 1943 in Szalonta what was then Hungary - due to the territorial reorganization at the end of the Second World War - she grew up in Romania, studied at the Babes-Bolyai University in Cluj-Napoca (Kolozsvár) and worked as a school psychologist, until the state ban on psychological faculties by the Ceausescu Regime came into effect. The associated ban on exercising psychological professions (until 1990) could not prevent her from living, teaching and serving people her humanistic convictions - as a philosophy teacher and author of almost 100 articles in different cultural publications as "Dolgozó Nő" (Working Women), "Tett" (Act), "Családi Tükör" (Family Mirror) and "Hét" (The Week). Zsuzsa did not allow herself to be forbidden from spreading her psychological expertise. It worked through her educational work, through her publications, her involvement in professional studies and conferences.

With the end of the Ceausescu Regime at the end of 1989 - the year our association was founded - Ildikó Mävers, as chairwoman of "PlfE", developed the vision of using psychodrama as a deep psychological group therapy method in Romania - to overcome the consequences of the dictatorship and to support the people on their way into the democratic community of states in Europe. During our first international psychodrama conference in Budapest in 1991, the necessary professional contacts were established. At the invitation of Jenő Laszló Varga and Jenő Dósa, two renowned psychologists from Romania, "PlfE" delegated Dr. Klára Gallus and Dr. Kamilla Sarkady as trainers to Tirgu Mures, who started there the first Hungarian-speaking psychodrama training group in Romania in October 1991, while Hilde Gött established the first Romanian-speaking group as trainer of "PlfE" in Cluj.



One of the participants in the Hungarian-speaking training group was Zsuzsa, who took the first opportunity to learn this method - which corresponded to her humanistic aspirations. She remained connected to psychodrama until her death. Zsuzsa had found the method of her choice. In 1995 she became member of "PlfE" and founding member of the Romanian psychodrama society SPJLM. In 1999 she graduated the upper-level group conducted by Dr. Sylvia Frenkl and Olga Kónya.

As early as 2000, Zsuzsa, appointed by PlfE as one of the trainers of the first psychodrama generation in Romania, began her first basic level group in Bucharest, which was to be followed by six more basic level groups and three upper level groups over the years in Bucharest and in Cluj. Since 1991 her house in Cluj has been a place, where psychodramatists from home and abroad have always found a hostel and have always been welcomed with open arms.

Zsuzsa was unwavering in her commitment to her value system. She met people with love and appreciation. No one who has met Zsuzsa will forget this warmth, this depth, and this exuberant vitality.

Our condolences go to her family, to our Romanian and Hungarian colleagues and to the Romanian psychodrama society SPJLM.

We consider ourselves lucky that a person like Zsuzsa committed herself to our association until her death. We are sure that her stance will remain effective for a long time to come through her students.

The board of Psychodrama Association for Europe e.V.

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