



UNIVERSITÀ
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DI TRIESTE

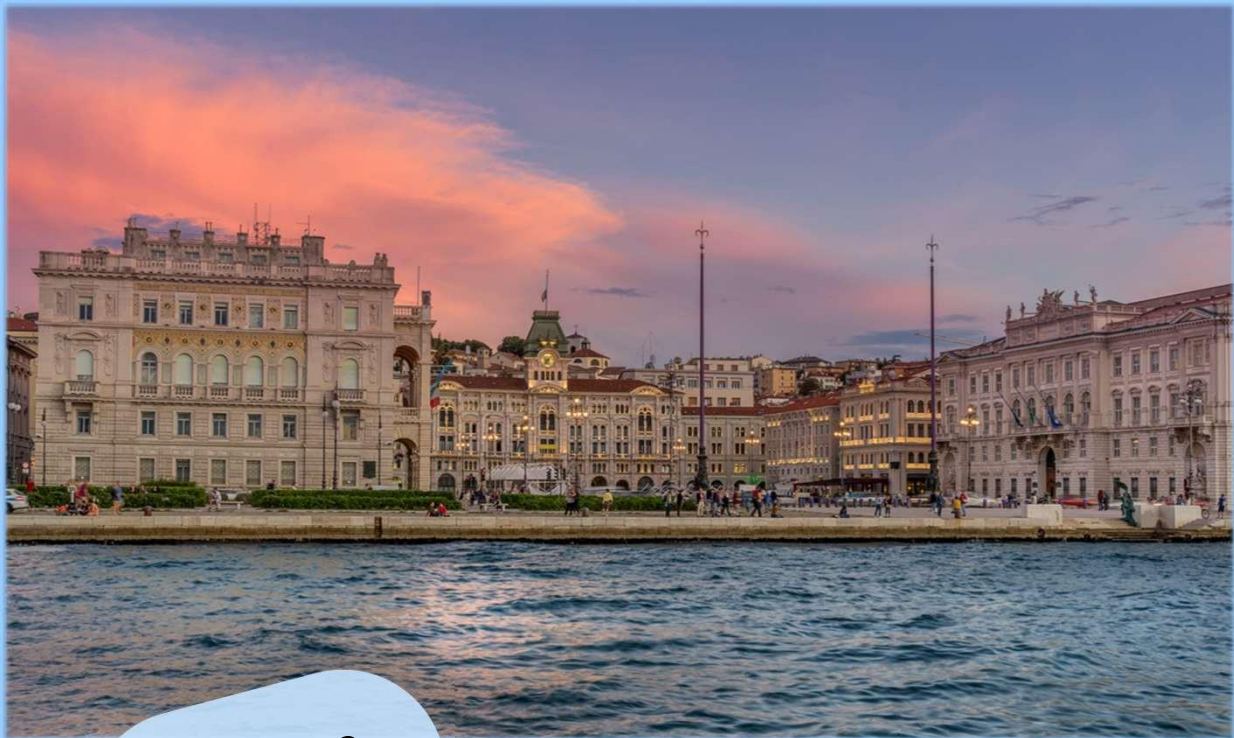
Dipartimento di
Studi Umanistici



FEPTO Research Committee Meeting 2025

Researching Roles in Life – Roles in Research

Trieste, Italy: 16-19 October 2025



**Welcome
to Trieste!**



Psychotherapeutisches
SIGMUND FREUD
Fachspezifikum
PRIVATUNIVERSITÄT WIEN
Psychodrama



Location of the Meeting

I.T.I.S. Azienda pubblica di Servizi alla Persona

Via Giovanni Pascoli, 31, 34129, Trieste

See on the [map](#) 

The topic

In drama-based therapies, the concept of Role serves as a gateway to transformation by enabling individuals to explore, enact, and reflect on different aspects of themselves and others, facilitating deeper understanding, emotional expression, and interpersonal connections.

The 2025 FEPTO Research Meeting invites researchers and practitioners (psychotherapists, trainers, supervisors, social workers, educators, ...) in psychodrama, drama therapy, and creative arts therapies to share studies, insights, and practice-based experiences that explore the multifaceted Role of drama-based interventions across diverse populations and contexts. Key questions include:

- What is the role of drama-based interventions in enhancing psychosocial well-being across diverse settings and populations?
- What roles do specific drama-based factors, processes, and techniques play in facilitating therapeutic change, and personal and community development?
- What roles do facilitators, therapists, and researchers assume in both formal research and everyday practice-based inquiry, and how do these roles shape research, clinical and educational outcomes in the field?

Info → inancsumbuloglu@gmail.com (contact person of the organising committee)

Registration

The Research Committee Meeting is supported by FEPTO and hosted by the Department of Humanities at the University of Trieste.

No participation fee is required.

Click to the link to register: <https://forms.gle/TQavCEqannhB2jMc6>

Map

Use the interactive map to locate the meeting venues, get directions for local transportation, and discover recommended hotels, restaurants, and cafés nearby

www.google.com/maps/d/edit?mid=16yD_VpRFOSoyha8G0syr-oFMIdININU&usp=sharing

Tourist info <https://www.turismo.fvg.it/en/trieste?LangSetCMS=en>

Program

First Day: Thursday 16th October

16:00 – 16:30 Registration

16:30 – 17:00 FEPTO RC and University of Trieste greetings – *H. Krall & M. Ius*

17:00 – 18:00 Welcome sociometry – *İ. Sömbüloğlu*

Second Day: Friday 17th October

9:00 – 9:30 **Gathering**

9:30 – 11:00 **Skill-Building Session 1**

- Tapestry of the Role - *S. Speziali*

11:00 – 11:30 **Coffee Break**

11:30 – 12:30 **Panel 1- Research Directions in Psychodrama and Sociodrama**

- Validating the State Spontaneity Scale in Multiple Languages: Our Experience - *H. Orkibi, G. Biancalani, M. Wieser, M. Dana Bucuta, C. De Vincenzo, C. Hancheva, Marco Ius, S. Keisari, and İ. Sömbüloğlu*
- Innovating Inquiry: Role Reversal and Role Theory in Qualitative Research Design - The Methodological Contribution of Sociopsychodrama – *J. Damjanov*
- The Use Of Sociodrama in Social Work Research. Ethical and Methodological Orientations for the Role and The Function of the Researcher-Facilitator – *M. Ius*
- Discussion

12:30 – 13:30 **Lunch Break**

13:30 – 14:45 **Skill-Building Session 2**

- Transition from the role of victim to the role of accountable - *Itzhak Vinokur*

15:00 – 16:00 **Large Group Hybrid Experiential Session together with Tele'Drama conference “Virtual & Hybrid Innovations in One Global Classroom”**

- Palliative Psychodrama - *Micheal Wieser and M. E. Penker*

16:00 – 16:15 **Coffee Break**

16:15 – 17:30 **Panel 2 – The role of the Psychodramatic Therapist and Artist**

- Longing for the Roles Never to Be Again - *C. Hancheva*
- An Encounter: Exploring the Role of the Psychological Counselor Through Psychodrama - *E. Güç*
- Developing Phototherapy-Based Interventions for Older Women: Exploring the Role of the Therapists - *S. Piol, S. Keisari, and H. Orkibi*
- Awakening the I-God: The Role of Psychodramatic Artists in Apocalyptic Times – *D. Blau*
- Discussion

17:30 **Closing Reflection**

19:30: **Social dinner**

Third Day: Saturday 18th October

9:00 – 9:30 **Gathering**

9:30 – 10:00 **Warming-up** by *Gianmarco Biancalani*

10:00 – 11:15 **Panel 3 – Psychodrama and Arts-Based Approaches through the Life Journey**

- Multidimensional Story Method in Children's Hospices – *G. Garbujo*
- Exploring Young Women's Life Experiences Through Psychodrama: Gender, Empowerment and A Study on Self-Esteem - *G. Erükçü Akbaş*
- Exploring Roles and Counter-Roles through Oneiric Drawing and Psychodrama: An Intermodal Approach with Italian Older Gay Men and Their Spirituality - *G. Biancalani and L. M. Moretto*
- Using Psychodrama to Heal Society From Complex Trauma – *M. Jovanovska Stojanovska*
- Discussion

11:15 – 11:30 **Coffee Break**

11:30 – 12:30 **Historical Session**

- The Psychiatric Hospital: A Stage in Transformation - *F. Toncich*
- Discussion

13:00 – 14:00 **Lunch Break**

14:00 – 16:00 **Skill-Building Session 3** (*including a short break*)

- Researching Roles in Your Personal and Professional Journey: an Intermodal Path through Oneiric Drawing and Psychodrama - *L. M. Moretto and M. Ius*

16:00 – 16:45 **Reflective Closure and Looking Ahead for the Next Meeting...**

Fourth Day: Sunday 19th October

Excursion: *A morning together in Trieste!*

What and who

First Day: Thursday 16th October

Johannes Krall, ao. Univ.-Prof. Dr., Alpen-Adria-University of Klagenfurt, Educational Sciences and Research; psychologist, counsellor, psychotherapist, supervisor; trainer for supervision at the Austrian Society of Group Dynamics and Group Therapy and lecturer for psychodrama at the University of Innsbruck; director of the psychodrama training program at the Sigmund Freud Private University; former president of FEPTO and current chair of the FEPTO Research Committee. Recipient of an Excellence Award granted by FEPTO. Key activities: Research in psychodrama training, supervision, and psychodrama practice. Several publications about psychodrama, supervision, violence, and trauma of children and youth.



Marco Ius, PhD in Education, Associate Professor in Education (Social Pedagogy, Intercultural Pedagogy and Citizenship Education), Department of Humanities, University of Trieste (Italy). Member of LabRIEF (Lab of Intervention of Family Education <https://www.labriefunipd.it>) that, since 2011, has led the National Programme P.I.P.P.I. funded and promoted by the Minister of Welfare and Social Affairs. From 2011, he has attended courses on psychodrama, active methods, and oneiric drawing that he uses and combines in his research and training activities on resilience and social work with families living in vulnerable situations.



İnanç Sümbüloğlu, PhD in Medical Education, Clinical Psychologist, and Psychodrama & Dance Therapist. She is a trainer in the Federation of Dr. Abdulkadir Ozbek Psychodrama Associations, a founding member and former president of the Play Therapy Association, and a founding member of the Community Mental Health Association in Turkey. She works in private practice and serves as a visiting faculty member at Bahcesehir University Faculty of Medicine. She is also a clinical supervisor at Istanbul Bilgi University and the coordinator of the Group Psychotherapy Certificate Program. Her main interest is adapting therapeutic tools to strengthen community mental health. She integrates psychodrama and group therapy into organizational, educational, and civil society projects, and actively advocates for embedding mental health considerations into all policies.



Second Day: Friday 17th October

Skill-Building Session 1

Tapestry of the Role

Sarah Speziali, Università telematica degli studi IUL, Italy



“Tapestry of the role” invites participants to reflect individually and in group on the roles we inhabit in a confidential and playful space. Using the analogy of the research process, keywords and research criteria guide participants through a journey of sense making and insight. Drawing from Sesame drama and movement therapy as well as life coaching techniques, how do our roles influence a sense of purpose and impact in our community. How can we find ways to come together to collaborate and move apart in recognising our individual priorities and boundaries? By engaging in a creative process through movement, language and imagery participants will be invited to explore the tapestry of their role/s’ experience and how it influences their practice. No prior experience is

required, comfy clothes, inquisitive mind and open heart are warmly recommended.

Panel 1- Research Directions in Psychodrama and Sociodrama

Validating the State Spontaneity Scale in Multiple Languages: Our Experience

Prof. Dr. Hod Orkibi, University of Haifa, Israel

Gianmarco Biancalani, University of Haifa, Israel

Prof. Dr. Michael Wieser, Alpen-Adria-Universität Klagenfurt, Austria

Prof. Dr. Mihaela Dana Bucuta, Lucian Blaga University of Sibiu, Romania

Ciro De Vincenzo, University of Padova, Italy

Prof. Dr. Camellia Hancheva, Sofia University “St. Kliment Ohridski”, Bulgaria

Prof. Dr. Marco Ius, University of Trieste, Italy

Prof. Dr. Shoshi Keisari, University of Haifa, Israel

İnanç Sümbüloğlu, Istanbul Bilgi University, Turkey



Rooted in J. L. Moreno’s psychodramatic theory—which defines spontaneity as a state of readiness to generate creative and adequate responses to life situations—this presentation introduces the State Spontaneity Scale (SSS). Unlike earlier measures that conceptualized spontaneity as a stable trait, the SSS captures it as a state, in line with Moreno’s original conception. It comprises four dimensions: dynamic presence, readiness, intuition, and openness. The SSS holds strong potential for cross-cultural application and is relevant for drama-based interventions. It serves a

dual role: as a clinically meaningful tool for assessing in-session change, and as a research instrument to examine therapeutic change processes in psychodrama and other creative arts therapies. This presentation highlights the international, multi-site effort to validate the SSS across multiple languages and cultural contexts. We will provide an overview of the project’s theoretical foundations, research design, and validation methodology, followed by contributions from international partners engaged in the four-phase validation process. Audience participation will be invited to inform future research directions and applied use of the scale.

Innovating Inquiry: Role Reversal and Role Theory in Qualitative Research Design - The Methodological Contribution of Sociopsychodrama

Jana Damjanov, University of Novi Sad, Serbia



This presentation introduces an innovative approach to qualitative research design grounded in role theory and the technique of role reversal, drawing from the methodological foundations of sociopsychodrama. While building on the co-authored chapter *Sociopsychodrama as a Qualitative Research Method* (Damjanov, Mirkovic, 2024), this talk centers on my original contribution: the concepts of completedness and incompleteness of encounter, revealed through role reversal, as a means of both inquiry and evaluation. Within the sociopsychodramatic frame, role reversal is more than a data-gathering technique—it becomes an embodied diagnostic of how fully a relational encounter has been internalized and integrated by the person. I introduce completedness to describe moments of mutual recognition, emotional integration, and personal transformation made visible through the enactment and reversal of roles. In contrast, incompleteness signals affective rupture, relational dissonance, or unprocessed experience. These neologisms—intentionally coined to describe processes that existing psychological vocabulary cannot capture—reflect the qualitative depth and unfinishedness of lived relational dynamics. This framework offers not only a theoretical innovation in role theory but also a criterion for assessing the quality and impact of sociopsychodrama when used as a method in qualitative research, education, psychotherapy, and supervision. I will illustrate how completedness/incompleteness can serve as an interpretive lens for evaluating the transformative potential of role-based methodologies and for tracing the ethical, dialogical, and integrative dimensions of human encounters.

The Use Of Sociodrama in Social Work Research. Ethical and Methodological Orientations for the Role and The Function of the Researcher-Facilitator

Prof. Dr. Marco Ius, University of Trieste, Italy



The objective of this article is to propose a reflection on the role and the function of the researcher when using Moreno's sociodrama within their practice of social research - particularly with specific reference to the work of social and educational services working with children, parents, and families. More specifically, the reflection is framed within participatory research, emphasizing the importance of conducting research with people rather than on them, highlighting the researcher's active engagement in different contexts. Key topics include the researcher's role as a facilitator in sociodrama sessions, the selection and application of psychodramatic techniques, relationships between the researcher-facilitator, colleagues, and participants, as well as ethical and methodological considerations. The contribution integrates references related to participatory research with Moreno's theory and the reflection on the researcher's "situated gaze" (Séraphin, 2022), illustrating different roles within the research context and exploring relevant psychodramatic and sociodramatic techniques.

Skill-Building Session 2

Transition from the role of victim to the role of accountable

Itzhak Vinokur, Israel



I am interested very much in exploring these roles which are very much connected to trauma experience. A person finds himself in a role of pleasing others, looking for relationships and craving for something he cannot find. Again and again he rejected, frustrated and feels in the bottom of his life. What means can help him in this situation to find his way to become a reliable, responsible, accountable, not easily hurt person? The second one uses completely another role. How to move from one to another? During the session we will try explore the way through Expressive writing, movement, music and psychodrama.

Large Group Hybrid Experiential Session together with Teledrama conference

Palliative Psychodrama: Exploring Life, Death, and Meaning through Creative Action Methods in Higher Education

Prof. Dr. Michael Wieser and Dr. Maria Elisabeth Penker, Alpen-Adria-University Klagenfurt, Austria



The Erasmus+ project "Death Education for Palliative Psychology" (DE4PP) investigated the effects of teaching palliative psychology using psychodrama and art therapies, based on the assumption that these methods may have positive effects on students' attitudes toward life and death .A total of five countries participated in this project funded by the European Commission: Austria, Israel, Italy, Poland, and Romania. In Austria, 34 students from the University of Klagenfurt completed a pilot course entitled "Palliative Psychology" , developed by the project partners. Course participants completed psychological and satisfaction questionnaires at the

beginning and end of the course to assess the impact of teaching palliative psychology through psychodrama and art therapies. A control group was also included in the study. Additionally, six randomly selected participants took part in a focus group interview at the end of the course. They were asked about their experiences in the course, the impact of art therapy and psychodrama techniques, their experiences with verbal and artistic processing of death anxiety, and their understanding of the meaning of life and death, including representations of death and associated feelings. The results showed that participants underwent meaningful processing of life and death due to the course. Creative arts and psychodrama served as bridges to approaching the topic of death . Specific techniques—such as filling out satisfaction questionnaires, photovoice assignments, role reversal, and visualizing a personal social atom — were perceived by students as particularly effective tools for self-reflection.

Panel 2 - The role of the Psychodramatic Therapist and Artist

Longing for the Roles Never to Be Again

Prof. Dr. Camellia Hancheva, Sofia University "St. Kliment Ohridski", Bulgaria



In the unfolding theatre of life, some roles vanish not by choice but by fate—never to be “staged” again. This presentation is an homage to two beloved friends: one, a fellow traveler in psychodrama field, with whom we started our journey 30 years ago; the other, whose guidance in literature made sacred the moment of reading a text for the first time. How do we mourn the roles? How does psychodrama allow us revisit, re-enter, or say goodbye to roles? Drawing on the sensibility of Proust’s “temps perdu”, and Allan Poe “Nevermore” this presentation explores mourning not as pathology but as the psychodramatic act of bearing witness to absence. Through surplus reality and personal narrative, role reconstruction, and the empty chair, a reflection on the existential dimension of role loss is presented, aiming not at resolution, but resonance.

An Encounter: Exploring the Role of the Psychological Counselor Through Psychodrama

Dr. Ebru Güç, Siirt University, Turkey



How the individual experiences her existing roles, what she needs in the axis of these roles and how she wants to move forward is the main focus of psychodrama-oriented studies. This study aims to examine the psychodrama experiences of psychological counselors including the role of being a psychological counselor. Phenomenological approach was used in the study. It was aimed to examine the experiences and common meanings of the psychological counselors in the group regarding the psychodrama process in depth. 15 counselors working in Siirt (Turkey) who voluntarily participated in the process and had no previous experience of participating in psychodrama. Participants were determined through purposive sampling. During the 3-week group process, the focus was on the various difficult situations that psychological counselors face in schools

and their roles and experiences. After psychodrama sessions were completed, online interview form was shared. That data collection tool was developed by the researcher. The study group consisted of 12 participants who completed the form. The form includes questions about the games they remembered the most in the group process, the emotions felt most frequently in the process, which emotions were left to the group and which were taken, what was realized about their self in the process of encountering psychodrama, what was realized about their professional identity, what was brought from the role of psychological counselor to the psychodrama stage, the evaluation of the psychodrama process and the metaphorical meaning of the process. The research data was analyzed by content analysis method. As a result, it was seen that the participants' psychodrama experiences related to their psychological counselor roles were grouped under 4 themes: “Encountering myself”, “Encountering my professional self”, “What is on my stage” and the theme “From my perspective”, which includes the metaphorical expression of the experiences in the psychodrama process.

Developing Phototherapy-Based Interventions for Older Women: Exploring the Role of the Therapists

Silvia Piol, Prof. Dr. Shoshi Keisari, and Prof. Dr. Hod Orkibi, University of Haifa, Israel



Phototherapy is a therapeutic approach in which trained therapists use photographs and photography to facilitate psychological growth and therapeutic change. This qualitative study explores therapists' role in phototherapy practice with older women, focusing in particular on techniques and processes related to the aging female body. Aging women often navigate the impact of gendered ageism - i.e., the intersection of ageism and gender bias - which shapes their embodied experiences of aging. This study examines

how therapists can facilitate phototherapy processes that support women in navigating these challenges. Sixteen therapists working with aging women were interviewed. Through reflexive thematic analysis, four key themes were conceptualized: (1) photography as a medium for the visibility of the aging female body; (2) visual metaphors and symbols as methods to explore the aging body; (3) agency through photographic engagement; and (4) confronting ageism in photographic representations. Findings suggest that therapists may play an active relational role in phototherapy by co-creating spaces where client and therapist together witness, hold, and affirm the embodied experiences of aging. In this process, therapists can support the visibility of the aging female body and invite clients to shift from passive subjects to active image-makers, reclaiming roles of authorship, visibility, and agency in how they represent and relate to their own bodies. These insights contribute to developing phototherapy-based interventions that support older women in engaging with their embodied experiences.

Awakening the I-God: The Role of Psychodramatic Artists in Apocalyptic Times

Daniella Blau, Israel



We are living in apocalyptic times—not only in the sense of collapse and catastrophe, but in the original, deeper sense of Revelation. The veils are lifting. Ecological breakdown, social fragmentation, technological upheaval, and spiritual crisis are exposing the fragility of the roles we've inhabited and the structures we've outgrown. At this threshold, psychodrama, as a sacred art of becoming, calls us to remember who we truly are—not only wounded beings seeking repair, but creative geniuses capable of weaving darkness and light into new patterns of truth, love, and freedom. Grounded in J. L. Moreno's Godhead philosophy and Role Theory and my own conceptual and practice-based research on psychodrama as a vehicle for Self-realization, this talk will explore Moreno's concept of the I-God as a vital psychodramatic role—

one that integrates our "limited human" perspective with Infinite Creative Intelligence. We will see how surplus reality serves to awaken the I-God, and how embodied encounter and the radical act of trusting our own knowing allow us to go beyond survival into spontaneous and expansive self-expression, no longer waiting for permission from others but role-creating ourselves with the freedom that is already ours. Thus, psychodramatic artists are artists of soul and consciousness—attuned to inner truth, daring to channel it through form, consciously creating life as an ever-evolving masterpiece. Now, as outdated sociometric patterns dissolve, psychodramatic artists are primed to create a new paradigm—one that honors the sacred intelligence of the Moment and the freedom to live as expressions of Self-love. The session will end with a short experiential exercise to ground the material and invite each participant to consciously experience the I-God within.

Third Day: Saturday 18th October

Panel 3 - Psychodrama and Arts-Based Approaches through the Life Journey Multidimensional Story Method in Children's Hospices

Gloria Garbujo, Italy / UK



By focusing on the integration of Dramatherapy in Paediatric Palliative Care, this presentation examines the transformative role of drama-based methods and techniques in supporting children and young people with life-limiting conditions and their families. Drawing on my recent publications, I introduce the Multidimensional Story Method (MSM), a trauma-responsive framework I developed at Shooting Star Children's Hospices (London, UK). MSM integrates story enactment and symbolic play to address the complexity of childhood grief. Its flexible structure allows application across diverse age groups and settings, bridging individual processing with collective meaning-making. Grounded in Jungian principles from the Sesame Approach to Dramatherapy and informed by Multidimensional Grief Theory in childhood,

MSM offers a symbolically rich and flexible method for supporting children during both anticipatory grief and bereavement. The clinical vignette illustrates the use of MSM in group sessions, promoting a sense of belonging and enabling children to reconfigure disrupted roles and co-create new meanings. It draws on a fairy tale inspired by the archetypal structure of the hero's journey, offering symbolic resonance to children's experiences. By reflecting on the role of Dramatherapy in children's hospices in the UK, this presentation highlights drama's unique capacity to transform grief into shared stories of healing, empathy, and community cohesion, offering implications for therapeutic practice, training, and supervision.

Exploring Young Women's Life Experiences Through Psychodrama: Gender, Empowerment and A Study on Self-Esteem

Gamze Erükçü Akbaş, Hacettepe University, Turkey



By acting out emotional situations important to clients, psychodrama is a psychological intervention and group therapy method. This 16-session psychodrama group work, which included 10 women, was designed to empower women personally and interpersonally, increase their awareness of gender, violence, and self-esteem, and strengthen their relationships. In this quasi-experimental single-group pre-test and post-test design study, the Gender Equality Scale and Self-Esteem Scale were administered to investigate the effects of psychodrama group work on gender and self-esteem. The results of the study indicate that the participants developed positively after completing the group work, based on their scores on the aforementioned scales. The prominent themes in the qualitative dimension

of the study including descriptive analysis were as follows: women's experiences of violence, emotional and physical absence of the father, substituting the mother/parent, becoming independent of the mother's feelings, dating violence, and problems with body perception. In this psychodrama group work focusing on the solution of women's current problems, it was discovered that women acquired various emotional, intellectual, and behavioural gains. Therefore, psychodrama-based interventions aimed at empowering women should be conducted in universities, youth centres and social service organizations.

Exploring Roles and Counter-Roles through Oneiric Drawing and Psychodrama: An Intermodal Approach with Italian Older Gay Men and Their Spirituality

Gianmarco Biancalani, University of Haifa, Israel

Lucia Maria Moretto, School “Studio di psicodramma”, Italy



This presentation introduces an intermodal approach that integrates psychodrama with oneiric drawing to explore the symbolic dimension of internal roles and their embodied transformation. Drawn symbols serve as projections of partial selves, which, once externalized, can be explored through enactment and role reversal. This process reveals underlying role dynamics, including counter-roles and their relational tensions, fostering clarification, transformation, and integration. The method was applied in a tele-drama intervention with older Italian gay men,

focusing on spirituality. One activity, “Number 1 Automatism,” used spontaneous drawing of the number “1” as a prompt to evoke spiritual themes. In many traditions, the number “1” symbolizes divine unity and origin. Participants’ drawings revealed personal symbols representing spiritual values or transcendent needs, which were then brought to life on the psychodramatic stage. These encounters enabled reflection, dialogue, and meaning-making, offering pathways to self-acceptance and inner peace. This approach highlights the value of integrating oneiric drawing and psychodrama to access and transform internal roles, particularly among marginalized older adults.

Using Psychodrama to Heal Society From Complex Trauma

Dr. Mirjana Jovanovska Stojanovska, Amigdala School for psychodrama, North Macedonia



On March 16 this year, a fire broke out in a disco in Kochani, Macedonia, in which 62 young people aged 16 to 40 lost their lives. Around 150 young people who were in the disco that evening suffered varying degrees of burns or respiratory problems. The specificity of this tragedy is that there was no material damage, for example, like after natural disasters. No buildings, roads, or bridges needed to be built. The damage was in human lives. The task of psychologists is to treat traumatized human souls filled with pain, sadness, anger, guilt, despair, and disbelief. I received a mandate from the Government of North Macedonia and the Ministry of Health to make a sustainable short-term 3-month and long-term 1 and 5 years plan for how psychologists will take care of the mental health of the victims. This project includes the parents of the deceased and their siblings, those injured

in the catastrophic fire, their families, classmates, friends, colleagues, neighbours and all those who were facing difficult emotions. We have developed plans for working with each category of people. Psychodrama techniques have an important place in these plans. At this meeting of the FEPTO Research Committee, I will present the details of how we use psychodrama in working with trauma with different categories of people.

Historical Session

The Psychiatric Hospital: A Stage in Transformation

Francesco Toncich, University of Trieste, Italy



Psychiatric records constitute distinctive sources for historical research, as these documents, more than other medical records, not only provide a greater quantity of data and information about hospitalised patients but also allow us to observe more clearly the practices within hospital institutions. In the clinical files of psychiatric and neurological patients of the past, striking aspects emerge regarding the interactions among three types of actors – or actants: the patients, the psychiatrists, and the spaces within the hospital. These three elements often converge in a unique psychiatric narrative and become fundamental components of a “drama” played out by actors within particular spaces through their personal experiences, social habits, and medico-psychiatric theories and practices. This “life drama” was most often

enacted within roles that were, in the majority of cases, predetermined by fixed social and scientific norms: breaking away from such a prescribed framework was generally regarded as a sign of abnormality and mental disorder, to be medicalised and repressed. Over the course of psychiatric science in the nineteenth and twentieth centuries, however, these roles and interactions changed significantly in response to shifting social norms, political agendas, cultural systems, and scientific paradigms, which at different times pushed either towards a more coercive psychiatric practice or towards reform based on non-restraint and even deinstitutionalisation. This presentation seeks, through a free-form narrative, to trace the transformation of the “roles” of patients and psychiatrists, and the significance of the psychiatric spaces, towards the humanisation of care and the respect of sufferers’ rights. It takes as its case study the psychiatry of the city of Trieste, which in the 1970s became the site of a radical process of deinstitutionalisation led by Franco Basaglia and his collaborators, based on long-term research spanning from the late nineteenth to the late twentieth century.

Skill-Building Session 3 *(including a short break)*

Researching Roles in Your Personal and Professional Journey: an Intermodal Path through Oneiric Drawing and Psychodrama

Lucia Moretto, School “Studio di psicodramma”, Italy

Marco Ius, University of Trieste, Italy



This intermodal session combines oneiric drawing and psychodrama to explore the roles we take on as researchers, facilitators, therapists, and practitioners throughout the process of “researching”, and to reflect on how we embody these roles as we navigate our personal and professional journeys. By engaging with drawing, imagery, writing, and action, participants will have the opportunity to access symbolic knowledge and shared meaning-making, reflect on how their roles evolve, shift, and intertwine with identity, and open new perspectives on the roles that shape their choices, relationships, and

ways of being. The session will include a brief introduction to the oneiric drawing method, a graphic-expressive approach that evokes unconscious symbols and latent knowledge through spontaneous image-making. Combined with psychodramatic action, this method fosters insight, creativity, and transformation by giving symbolic form to life experiences. The session is open to all interested in integrating intermodal approaches into their research and professional practice.