



This small sculpture was created during the Seventh Psychodrama Festival, 2018 / Art-therapeutic workshop "Communication in a group" with presenter Snezhanka Stoyanova. Author - Natalia Minkova

# **EIGHTH PSYCHODRAMA FESTIVAL**

Organized by CENTAUR ART Foundation



## ***PROGRAMME***

**(EVENTS AND PRESENTERS)**

## **PSYCHODRAMA PROGRAMME**

### **1.**

**PRESENTERS:** Dr Antoaneta Mateeva and Zlatko Teoharov

**WORKSHOP:** Life on the edge of the abyss /dimensions of social trauma/

**REQUIREMENTS FOR PARTICIPANTS:** Readiness for active participation. Maximum number of participants in the group – 18

#### **INTRODUCTION AND SUMMARY:**

According to Freud, psychotherapy explores the individual's "inward alien land". Can we go one step further and say that it could explore the "inward alien lands" of groups and societies? Whether and when individual pathology could be a social event or collective trauma that is experienced through the individual's belonging to a specific group? What scars do tyranny or disasters leave on the social space, on the souls, on the relationships and bodies of people, even when they have gone? If there are small "concentration camps" (resembling the big ones) run by "family tyrants" in the midst of a "peaceful everyday life"?

The workshop has attempted by means of psychodrama, sociodrama and group psychoanalysis to find the "map" (Moreno) of the inner and outer traumatic spaces, which often remain invisible.

#### **INFORMATION ABOUT THE PRESENTERS:**

**Zlatko Teoharov:** Psychodrama-therapist (co-founder and member of the Management Board of DEA Training Institute), a group psychoanalyst and group leader at IAG (International Institute for Group Analysis), Bonn, Germany. Lecturer at NBU and EFHD Darmstadt, Germany. Individual, family and group therapeutic practice, consultant and supervisor in the field of psycho-social, therapeutic and organizational activity. Regular member of Bulgarian Association of Psychotherapy and of the Bulgarian Society of Psychodrama and Group Therapy. Translations and publications in Bulgarian and German.

**Dr. Antoaneta Mateeva:** Master in Clinical Social Work (NBU) and a PhD in Psycho-Social Studies (University of West Anglia). Lecturer at the Department of Health and Social Work, NBU. She consults and supervises processes of development and change in organizations from the public sector, business, helping professions and education. Member of ISPSO (International Society for Psychoanalytic Studies of Organizations) and OPUS (Society for the Promotion of the Understanding of Society).

### **2.**

**PRESENTER:** David Ieroham, MD

**WORKSHOP:** The Auxiliary Ego

#### **INTRODUCTION AND SUMMARY:**

The workshop explores the function of the Auxiliary Ego in psychodrama. The hypothesis of the workshop leader is that the motor of the psychodramatic action—which transforms psychodrama into a psychotherapeutic method—is the Auxiliary Ego.

Based on that notion at the end of the workshop a discussion about whether psychodrama is psychotherapy or aesthetics of passion will take place.

**REQUIREMENTS FOR PARTICIPANTS:** Up to 15 participants: People who work psychodrama, have experience in psychodrama, or think that it will be useful to them.

**INFORMATION ABOUT THE PRESENTER:**

**David Ieroham, MD** (<https://davidieroham.com/>, <https://www.facebook.com/davidieroham/>) is psychodrama-therapist and psychiatrist. Founder and president of Psychotherapy 2000 Foundation – member of the Federation of the European Psychodrama Training Organizations (FEPTO). Lecturer at MA Programme in Artistic Psycho-social Practices and Psychodrama at NBU. C-founder and member of the Managing Board of the Bulgarian Society of Group Analysis and Group Processes ([www.groupanalysis-bg.org](http://www.groupanalysis-bg.org), <https://www.facebook.com/BOGAGP/>). Publications in the field of psychotherapy and culture.

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<https://www.youtube.com/watch?v=NkG-ypvZod0&t=5s>,  
<https://www.youtube.com/watch?v=GHVWmsZPN-0&t=34s>

### 3.

**PRESENTER:** Desislava Kaytazova

**WORKSHOP:** Third Position in Mirror

**INTRODUCTION AND SUMMARY:**

“Whaat? Third position in Mirror? Can a man divide themselves in three and take a look?” – thought the director.

“Looking at oneself in the mirror is an act of vanity, self-mirroring is an act of reflection” – said the mirror.

“...or maybe there is something more?” – thought the audience and that saved them...

**INFORMATION ABOUT THE PRESENTER:**

**Desislava Kaytazova** is a psychologist that has graduated the Master’s Program “Child and Adolescent Psychology” at Sofia University “St. Kliment Ohridski”, and a psychodrama-therapist trained by Camelia Hancheva and certified by Foundation “Psychotherapy 2000”. Desi has experience with leading psychodrama groups in multi-cultural environment as well as groups in organizational context.

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### 4.

**PRESENTER:** Elena Komisarova

**WORKSHOP:** The atelier as a space for a therapeutic meeting. Atelier "Me and Mama" for babies and their parents.



**INTRODUCTION AND SUMMARY:**

Presenting an applied practice that examines the baby's emotional development during the first year of life. Attention will be paid to the game between the baby and the mother in a small social group. Why is it important for the baby and mother to be together in such a format as the workshop? How the pleasure of mutual play can be a condition for creating intimacy and peace for the baby. We'll play together games that concern the toddler and his mother.

**INFORMATION ABOUT THE PRESENTER:**

**Elena Komisarova** is a psychologist, a psychodrama therapist, a member of the Bulgarian Society of Lacanian Psychoanalysis with experience in leading groups with children and adults, organizer of sociodramatical formats on topical social themes.

<https://www.facebook.com/maikai bebe/>

5.

**PRESENTERS:** Galya Atanasova and Radka Tzonkova

**WORKSHOP:** The magical box inside of me

**INTRODUCTION AND SUMMARY:**

For that special place in our inner space, where we have retrieved your special experiences, dreams, fears, meetings, questions, images ...

What's in our box, which holds everything that has no place elsewhere?

Where is it, is it locked, or do you often open it?

Who has the right to access it? Or is it forgotten?

All questions about your box can be found in The Magic Box in me Workshop.



### INFORMATION ABOUT THE PRESENTERS:



**Galya Atanasova** – psychodrama assistant, psychologist, private practice with children and adults, experience with groups.

In 2011, that meeting happened, one of those that are special and turning upside down our lives - then I met Psychodrama! It took me to unsuspected jungles, deserts, caves, islands ... where I was a researcher of myself and the other.

And I keep on being one!

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<https://www.galya-atanasova.com/>



**Radka Tzonkova** – psychodrama assistant, psychologist, individual practice with children and adults, experienced with groups, Team Leader of Sunshine Children’s Therapy Centre.

[radkatzonkova@abv.bg](mailto:radkatzonkova@abv.bg)

<http://psihologplovdiv.com/>

6.

**PRESENTER:** Inna Braneva

**WORKSHOP:** Boundaries, personal / professional

### INTRODUCTION AND SUMMARY:

In each of us, there inside, there are unexplored spaces, stories, roles - supporting us or tricking us into traps. People working in assisting professions are often willing to provide a great deal of themselves, of their energy, time, internal space - to those who suffer, to those who claim their needs ...

But where are the limits? These limits, which allow us to remain ourselves, do not burn in our work and self-sacrifice; or not to protect ourselves through coldness and sarcasm. In this workshop we will look for this good, broad, meaningful path that allows us to be the professionals we are, and the individuals we are - possibly without becoming victims of our good human intentions.  
It is not supposed that we will not cry.

### **INFORMATION ABOUT THE PRESENTER:**

**Inna Braneva:** Psychodrama therapist – formed in a Psychotherapy 2000 Foundation /2008/. Psychologist. Relational psychomotricity therapist. Psychodrama trainer and supervisor in a D.E.A. Psychodrama Institute. Leader of a psychodrama training group – Plovdiv.

Itinerant psychotherapist.

Individual therapy with children /0-12/, teenagers, adults, families. Group therapy, groups for personal development. Monodrama; therapy by stories and pictures; work with constellation.

Since 2003 she works in the field of professional training and supervision in social and educational institutions, by projects; in different towns. Main training themes: “Social work by Art”; “Working in a team, working on a case”; “Relational psychomotricity”; “Working with parents”; “Working with children with disabilities”, etc.

Author of a Methodic for work with children at risk /3-7/ at the kindergartens on the basis of Psychodrama and Relational Psychomotricity. Co-author of a Methodic for prevention of bullying and aggression in the school – based on a Psychodrama method.

Script-writer – co-author of two feature movies.

Excited by the psychodrama overflowing with art, dance, social work, personal research and individual development; existential quests. Inspired by the encounters of individuals and cultures. Touching the balance between inner and outer reality through authenticity and self-tolerance.

[sunshinepony@hotmail.com](mailto:sunshinepony@hotmail.com)

7.

**PRESENTER:** Inna Braneva

**WORKSHOP:** My innermost...

### **INTRODUCTION AND SUMMARY:**

Do I really want what I think I want ...

Is what I want – myself, or somebody else?

Will I be going on a wild-goose chase?

Or will the wind bring something unexpected into my hands...

A fairy-tale for the most cherished ...

### **INFORMATION ABOUT THE PRESENTER:**

**Inna Braneva:** Psychodrama therapist – formed in a Psychotherapy 2000 Foundation /2008/. Psychologist. Relational psychomotricity therapist. Psychodrama trainer and

supervisor in a D.E.A. Psychodrama Institute. Leader of a psychodrama training group – Plovdiv.

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8.

**PRESENTER:** Irina Stefanescu (Romania)

**WORKSHOP:** Ways to get the group story

**INTRODUCTION AND SUMMARY:**

Sociodramatic workshop.

**INFORMATION ABOUT THE PRESENTER:**

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9.

**PRESENTER:** Juliana Saiska

**CO-PRESENTER:** Tsvetelina Gospodinova

**WORKSHOP:** Emergency LOVE (18+)

**INTRODUCTION AND SUMMARY:**

Workshop in the series "Dramatizing intimacy"

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Creation of dramaturgy.

Feelings placed in rooms.

The empty chairs start talking.

What role have I destined in love life?

Psychodrama and theatrical act in one.

The workshop is inspired by the work of Juliana Sajska on ‘Interviews with the Soul’\*.

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\* 'Interviews with the Soul' is an author's exploration of personal scenes. The workshop is an open group encounter to pass through difficult questions while everything is in doubt. An opportunity for 'invisible' inner work for the audience.

**REQUIREMENTS FOR PARTICIPANTS:** Age of participants - over 18

**INFORMATION ABOUT THE PRESENTERS:**

**Juliana Saiska** is a psychodrama-therapist and artist, with many years of experience in various socially engaged projects, theater and cinema.

Lecturer at the MA programme in Artistic Psycho-social Practices and Psychodrama at the New Bulgarian University.

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**Tsvetelina Gospodinova** is psychodrama-therapist and group analyst with broad experience in work with institutionalized children, homeless children and young people and in clinical work with groups and patients. Lecturer at the MA programme in Artistic Psycho-social Practices and Psychodrama at the New Bulgarian University and Lyuben Groy's Theatre College.

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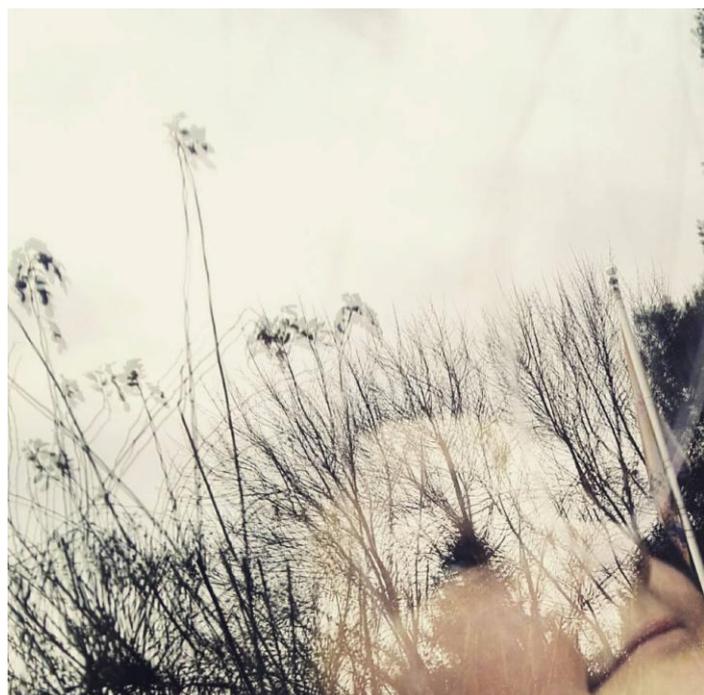
**10.**

**PRESENTER:** Julia Solovieva, (Russia/Germany)

**WORKSHOP:** The power of the Sleeping Beauty or Dreaming work with different groups

**INTRODUCTION AND SUMMARY:**

This workshop will focus on the theater and psychodrama methods in the work with dreams. Our work will result in a special version of "Sleeping Beauty". We will try to incorporate the dreams and concerns of the role players. The long sleep and vivid dreams will be understood as valuable time to process emotional energy in order to direct it toward growth and maturing. Also the author will share her experience in the work with The Sleeping Beauty and dreams with different groups in Germany, Ukraine and Russia.



**INFORMATION ABOUT THE PRESENTER:**

**Julia Solovieva** is an Author, Photographer and Psychodrama-Practitioner. She was born in Kursk, Russia, studied in Moscow and lives in Hamburg, Germany. She writes features for Radio programs in Germany and has also works on various theater productions with adults and children. In 2015 she began work in the Ukraine with the topic "Dreams" and spoke with Ukrainian therapists and soldiers. She interviewed them and collected their dreams and nightmares. This impressive collection of experiences presented the Impulse for the present work.

11.

**PRESENTER:** Kalina Choleva

**WORKSHOP:** Virtuality, play and reality

**INTRODUCTION AND SUMMARY:**



Internet communication is an integral part of our lives. At any moment we are surrounded by digital devices that use countless functions to make our life easier - to connect us with a relative in another country, to give us quick information, to introduce us to new people and even to present us with a certain light. Computers, tablets, telephones are the intermediaries of internet communication. These devices help us make the transition between our inner needs (for connection, information, or entertainment) and its realization. This relatively new way of communication uses a particular part of psychic structure which is responsible for illusions and their discord in reality which could prove to be a painful but significant encounter. However, can this process take place in the Internet or remain unrealistic in the depths of our psychic reality? What would be the positive

and negative sides of that process and how would they affect our lives?

This surplus reality in psychodrama is the secure space in which our inner world encounters the external reality. The moment in which we have the control and opportunity to change what is happening to our own taste, we realize our desires without anything hindering us. It helps us to rethink our inner attitudes towards a person or situation and get rid of the traps of past unapproved events.

At first sight these two worlds seem to have no connection with each other. But is this true? Let's test them on the psychodramatic scene "Virtuality, play and reality" forum and find out.

**REQUIREMENTS FOR PARTICIPANTS:** We expect participants with experience in psychodrama.

**INFORMATION ABOUT THE PRESENTER:**

**Kalina Choleva** is child psychologist and psychodrama therapist, trained to Psychotherapy 2000 foundation. Some of the interests in her work are connected with studying the emotional relationship between mother and child from the womb and during the different periods of development as well as the well being of the children in the family.

Other interests she has are connected with the parenting process and studying children's temperament.

Kalina uses Psychodrama method to work in a group therapeutic setting as well as individual sessions with children and parents and trainings.

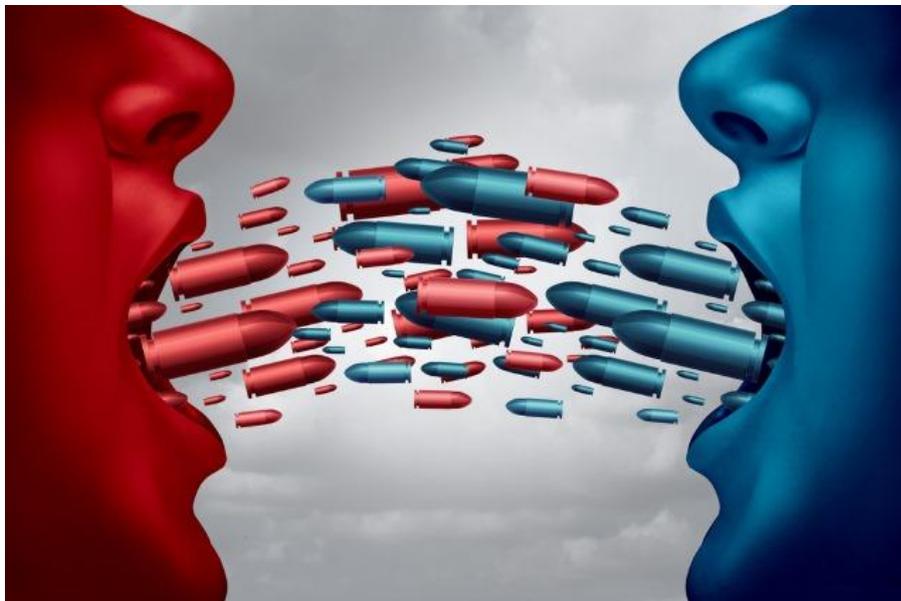
She has experience working with underage mothers, disadvantage mothers and their children. Kalina also works with mentally and physically disabled children, deprived of parental care.

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## 12.

**PRESENTERS:** Kristina Nenova and Marieta Barzakova

**WORKSHOP:** The Hate Speech Phenomenon - Freedom and/or Sentence



### **INTRODUCTION AND SUMMARY:**

The topic of hate generated by the meeting with the other in different contexts (intimate, family, professional, online, etc.) will take place in the workshop. What stands behind the hate speech phenomenon? What is the extent to which hate speech could be recognized as act of freedom or as a sentence. Could the roles of those, who are using hate speech and others who are suffering by hate, change?

### **INFORMATION ABOUT THE PRESENTERS:**

**Kristina Nenova** is psychologist and psychodrama psychotherapist. She is working at Animus Association Foundation. Kristina used psychodrama method in group activities with children and teenagers on the topics related to school bullying and other forms of violence. She works actively with the topic of mental health promotion and children's participation – empowering youths on the topics which concern them. Kristina is interested on the way the method could be useful for prevention of hate speech. Kristina is also interested on the way the transgenerational traumatic experience influenced the life of societies.

**Marieta Barzakova** is psychologist and psychodrama psychotherapist. She graduated Psychology at New Bulgarian University and psychodrama at Institute for Psychodrama Practices “Chiron”. Marieta is working with children and adults within individual and group psychotherapy. The groups she is working with are therapeutic groups, self-reflection groups, groups focused on improving business skills or dealing with conflicts.

**13.**

**PRESENTERS:** Nevena Borissova and Tsvetelina Gospodinova

**WORKSHOP:** Calling from the “Theatre of Desire”...

**INTRODUCTION AND SUMMARY:**

The stories create meaning only if one can subjectively experience a story. Then we become authors, if not of the story, at least of the first-person experience. Where we lose the meaning, the story reaches its impossibility to be told further. Im/possibility! Surely, we are losing the experience... no experience. This is the moment we would like to explore in the workshop. What are we going to do? We will open the scene of the ‘theater of desire’ where, as in a dream, the imagination will tell the story...

**INFORMATION ABOUT THE PRESENTERS:**

**Nevena Borissova** is psychodrama-therapist and artist. With an extensive experience in working with marginalized community groups, institutionalized children and young people, in various educational projects and initiatives as well as in individual clinical practice with patients.

[nevenabo@gmail.com](mailto:nevenabo@gmail.com)

**Tsvetelina Gospodinova** is psychodrama-therapist and group analyst with broad experience in work with institutionalized children, homeless children and young people and in clinical work with groups and patients. Lecturer at the MA programme in Artistic Psycho-social Practices and Psychodrama at the New Bulgarian University and Lyuben Groys Theatre College.

[tsvetgospod@gmail.com](mailto:tsvetgospod@gmail.com)

The workshop leaders are part of the team of the Psychodrama Institute at the Red House Centre for Culture and Debate ([www.redhouse-sofia.org/psychodrama-institute](http://www.redhouse-sofia.org/psychodrama-institute))—member of the Federation of European Psychodrama Training Organizations (FEPTO).

**14.**

**PRESENTER:** Svetlina Koleva

**WORKSHOP:** Sight from above

**INTRODUCTION AND SUMMARY:**

I am standing up, in the heights, and I see what?  
Down there is something negligible, and it is changing, rotating, and knows no rest...  
And in me, I can feel there is something strange, arrogant, ideal, unachievable, and secretly lonely.  
And it is moved by the small one down there.  
I look from afar, from above... and that's changing me. How?

#### **INFORMATION ABOUT THE PRESENTER:**

**Svetlina Koleva** is a psychologist and psychodrama therapist at "Psychodrama Institute at the Red House Centre for Culture and Debate". Assistant professor in developmental psychology at Sofia University "St. Kliment Ohridski", and a psychotherapist, working with individuals.

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**15.**

**PRESENTER:** Svetoazar Dimitrov

**WORKSHOP:** The scene of our Basic Fears – an Invitation for Exploration

#### **INTRODUCTION AND SUMMARY:**

The Lab is an invitation for a psychodrama meeting and continuing of study of the basic human fear of annihilation and subjectivity loss. The process will be focused on exploring the various degrees of fears expression and dynamics on the stage. The process will focus on investigation of sense of nothingness of subject in case of separation and loss of love object and attachment termination, on one hand, and inner experience of existential helplessness and depersonalization as effects of significant objects loss, threatening situations, fears of depersonalization and expectations of harms, decease and severe punishment.

Involvement in the process will allow for a better understanding of the inner „emotional map” of fears experience and the ways of emotional reparation of fear on the stage of interpersonal and cultural relations.

**REQUIREMENTS FOR PARTICIPANTS:** We are expecting participants with emotional maturity and reflective experience; ability to withhold a group process with topics such as doom, threats, depersonalisation, social shock and repression.

#### **INFORMATION ABOUT THE PRESENTER:**

**Svetoazar Dimitrov** - master of degree in clinical psychology; academic assistant in psychology in University of Burgas; educated psychodrama-director, member of educating board of psychodrama –institute “DEA” for Burgas; psychodrama-director of group for emotional development in Burgas;

Psychodrama activities: director of outpatient supporting group for people with schizophrenic disorder; facilitator of workshops for children from institutions, part of program “Art for social change”; director of psychodrama roll training group for teenagers from institutions; facilitating of process in therapeutic group, focusing on second generation victims of torture and political survivals; individual and group psychotherapy practice; psychotherapist activity with drug-addicted and in residual institution for psychotic patients.

Actual interests in sociodramatic work in middle and big groups; usage of psychodrama in student education and applied qualification

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www.dimitrov-psychotherapy.com

16.

**PRESENTER:** Svetozar Dimitrov

**WORKSHOP:** The Existence of the Chronic Psychotic in Institution – the Scene, where I am not There

**INTRODUCTION AND SUMMARY:**

The workshop is continue of represented issue about applying of psychodramatic method in work with chronic psychiatric patients from social institution. The process will focus on receiving and legalizing the paradox between asking for support and impuls for withdrawal and escape in will for meeting as a patient's request in individual psychodramatic atelier and possibilities of the method for developing the meeting and opening ways for re-integration of different fragments personal history back in the space of subjective stage.

**REQUIREMENTS FOR PARTICIPANTS:** We are expecting participants with emotional maturity and reflective experience; ability to withhold a group process with topics such as doom, threats, depersonalisation, social shock and repression.

**INFORMATION ABOUT THE PRESENTER:**

**Svetozar Dimitrov** - master of degree in clinical psychology; academic assistant in psychology in University of Burgas; educated psychodrama-director, member of educating board of psychodrama –institute “DEA” for Burgas; psychodrama-director of group for emotional development in Burgas;

Psychodrama activities: director of outpatient supporting group for people with schizophrenic disorder; facilitator of workshops for children from institutions, part of program “Art for social change”; director of psychodrama roll training group for teenagers from institutions; facilitating of process in therapeutic group, focusing on second generation victims of torture and political survivals; individual and group psychotherapy practice; psychotherapist activity with drug-addicted and in residual institution for psychotic patients.

Actual interests in sociodramatic work in middle and big groups; usage of psychodrama in student education and applied qualification

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17.

**PRESENTER:** Tanya Ivanova

**WORKSHOP:** Psychodrama method in organization`s work

**INTRODUCTION AND SUMMARY:**

What teambuilding is end why the process is more important than the design of the game itself? How psychodrama can help team work in an organization as well as personal growth of employees?

#### **INFORMATION ABOUT THE PRESENTER:**

**Tanya Ivanova** - psychologist, a psychodrama therapist with years of experience in working with organizations - recruitment, trainings, organizational research, change management, interinstitutional relations and internal communication, conflict resolution and individual counseling

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**18.**

**PRESENTER:** Teodor Kotov

**WORKSHOP:** In the world of doubling, who is behind the double

#### **INTRODUCTION AND SUMMARY:**

This workshop offers a mutual psychodramatic study focusing on the technique of doubling and the role of the double in the therapeutic session. We are supported by the belief that the double comes to help the protagonist when he stays away from his feelings either because of his relationship with the leader or for other reasons.

In the different psychodramatic schools, the role of the double is different. Sometimes, the double maintains the main role of the protagonist during the session, in other cases he follows him (as a shadow) in his various roles from the beginning to the end of the session. The psychodramaist offers the protagonist to choose one of the group to be his double, but in some psychodramatic schools it is believed that a double may be a member of the group that has expressed a desire to do so.

For the purpose of our study, we will not have to choose one approach or another, but we will try the double to be our protagonist to find out more about this meta-position between the protagonist and the psychodrama therapist. We will try to give him freedom without giving him power.

#### **INFORMATION ABOUT THE PRESENTER:**

**Teodor Kotov** is a psychodramatist, trained in a joint program of the Psychotherapy 2000 Foundation - Dr. David Ieroham, and Gulliver Clearing House - Tsvetelina Yosifova, as well as in the "French School of Psychodrama" Anne Ancelin Schützenberger, Colette Esmenjaud. Master in Artistic Psycho-Social Practices at NBU, specializing in "Analytical Psychotherapy" at Sigmund Freud University, Paris - Vienna. Trainee-psychotherapist at Beaujon Hospital in Paris. He worked in the Centre for Addictions in Sofia and the therapeutic community in the village of Bunovo, as well as in the projects "Creativity in School Daily Life", "The Other Names of Dependence", "Transitional Spaces" and "The Art of Social Change". Teodor was the leader of international psychodrama workshops in New York, USA; Stockholm, Sweden; Liverpool, Great Britain and Mardin, Turkey;

**Teodor Kotov** works as a psychotherapist in the field of addiction and toxicomania. The psychodramatic scene and group are the most preferred psychotherapeutic modalities. He is interested in the relationship between Bion's definitions of emotional group experiences, Moreno's ideas about the social impact of psychotherapy, and arts as an impetus for endless human creativity. The professional challenge for him is the

widespread introduction and practice of group psychotherapy in the institutions as a form of self-reflexivity and systemic care.

19.

**PRESENTER:** Tzvetelina Iossifova

**WORKSHOP:** Text and Dramaturgy in Psychodrama

**INTRODUCTION AND SUMMARY:**

The idea of this (text and) an attempt was born about three years ago in a meeting with a young German playwright and intellectual. The reason for our meeting was theatre. We shared a penchant about the immediate text of the group as a reason for building the dramaturgy of stage narrative.

The expression immediate text was born in a talk about the human and theatre dramaturgy as my own immediate text attempting to explain—to the playwright in his person—how works and what exactly does psychodrama. Although apparently extremely limited and thus an imperfect attempt of explanation of a complicated and entire psychotherapeutic method what psychodrama is, the immediate text became the verbal core to knot of that meeting in the field of dramaturgy.

Theatre dramaturgy has its century-old traditions—from times of heroes cult, Homer, Iliad and as well as in other non-script theatre examples. The immediate text is a thing—a condition of mind of an individual member and that of the group. It paradoxically provokes and rejects the idea of classical dramaturgy with at least its two characteristics—with the insistence about immediateness of action and with the necessity and expectation for finding of its stage expression. In order to explain the concept of the immediate text we have to add that we think of the ‘missing’ dramaturgy. That is about dramaturgy of experience, about ‘uncertain’ dramaturgy of a process, that outlines the story in a psychodramatic session.

The workshop deals with the process of text generating and creation of a dramaturgical form of psychodramatic performance. The interconnection between the immediate text of the group and its stage presentation will be explored. The group dynamic will continue with a protagonist-centred psychodramatic work.

**INFORMATION ABOUT THE PRESENTER:**

**Tzvetelina Iossifova** (<https://www.facebook.com/tzvetelina.iossifova.12>) is psychodrama-therapist and the first group analyst in Bulgaria. Founder and chairperson of the Red House Centre for Culture and Debate ([www.redhouse-sofia.org](http://www.redhouse-sofia.org)) – member of the Federation of the European Psychodrama Training Organizations (FEPTO). Lecturer in MA Programme in Artistic Psycho-social Practices and Psychodrama at the NBU. Co-founder and chairperson of the Bulgarian Society of Group Analysis and Group Processes ([www.groupanalysis-bg.org](http://www.groupanalysis-bg.org) | <https://www.facebook.com/BOGAGP/>). Publications in the field of arts and culture, social practices and psychotherapy.

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[redhouse-sofia.org/psychodrama-institute](http://redhouse-sofia.org/psychodrama-institute); [groupanalysis-bg.org](http://groupanalysis-bg.org)

[https://www.youtube.com/watch?v=GHVWmsZPN-0&t=34s,](https://www.youtube.com/watch?v=GHVWmsZPN-0&t=34s)  
<https://www.youtube.com/watch?v=uBVgdDOGrRs>

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## **PSYCHODRAMATICAL LABORATORY**

**1.**

**PRESENTERS:** Adriana Chukalova and Nikolay Zlatev

**WORKSHOP:** The Blockade as a Resource



### **INTRODUCTION AND SUMMARY:**

Through the Psychodrama methods we will try to explore those moments when we can't move on. When an invisible wall stands in our way and does not allow us to take a step further, when we can't look beyond or it seems that there is nothing.

Is this the end of the road?

Is it possible to continue?

Is there something on the other side?

### **INFORMATION ABOUT THE PRESENTERS:**



**Nikolai Zlatev** and **Adriana Chukalova** are trained in psychodrama at IPIGP "Bernhard Achterberg". They started to work as a team, leading psychodrama groups in 2008. Some of the participants in those groups are trained to use the psychodrama method in their professional work and others to use their personal potential, gain new knowledge and skills to deal with life, to resolve personal and interpersonal conflicts, etc. Both are members of Bulgarian Society of Psychodrama and Group Therapy (BSPGT) and Nikolai is currently member of the Governing Board of the Society.



grupata@yahoo.com  
<http://iptrds.com/psychodrama>

## 2.

**PRESENTER:** Elena Evstatieva

**WORKSHOP:** Restorative Practices: Wishes and Reality

**INTRODUCTION AND SUMMARY:**

...

**INFORMATION ABOUT THE PRESENTER:**

**Elena Evstatieva**

Psychodrama therapist, Chairperson of the Managing board of the Bulgarian Society of psychodrama and group therapy and board member of PF Bulgaria, member of Networking Committee of FEPTO

[psychodrama.bg@gmail.com](mailto:psychodrama.bg@gmail.com)

<http://psychodrama-bg.org/n/>

## 3.

**PRESENTER:** Stoil Atanasov

**WORKSHOP:** Our secret desires

**INTRODUCTION AND SUMMARY:**

Like a swarm of annoying flies foreign desires have landed all over us. They crawl, they tickle us, they lay their eggs under our skin. Hollow dreams flow into our eyes from the TV screens and go out with a foul smell from our mouths.

Deeply buried alive in us our secret desires pulsate. They breathe, grunt, moan. Let's dig up the earth, close our eyes, smell and feel them free in our veins. To dance a little with

them, to caress them, to caress ourselves with them. To remember their fire, because there is a lot to burn around us and within us.



**REQUIREMENTS FOR PARTICIPANTS:** We expect participants with at least one secret desire.

**INFORMATION ABOUT THE PRESENTER:**



**Stoil Atanasov:** Forthcoming graduation as a psychodrama leader from “Psychotherapy 2000” Foundation. He’s been engaged in physical theatre and psychodrama for more than 15 years. The creator of DING. Loves eating people.

blackgloves2000@gmail.com  
<http://www.facebook.com/groups/ding.team/>

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.....  
.....

## 1.

**PRESENTER:** Dimo Jechev

**WORKSHOP:** The path to bliss (21+)

**INTRODUCTION AND SUMMARY:**

An opportunity to explore in a practical way the attitude towards the the bliss. What is needed so that it will be more presented in life.

**REQUIREMENTS FOR PARTICIPANTS:** Age of participants - over 21



**INFORMATION ABOUT THE PRESENTER:**

In his work, **Dimo** emphasizes on the experience of suppressed emotions, which leads to inner freedom and peace. For this purpose, he uses several methods - Working with representatives - Family constellations, body work - Osho Rebalance, Tantra, Transessence, Zen counselling, working with the inner child. The common thing about them is the great depth of work, where the roots of suffering are, the meditative approach inspired by the Indian mystic Osho, and the host environment. He has been a therapist since 2007. He is currently being trained for tantra

leading.

dimo@dimobg

<https://www.youtube.com/watch?v=GRGYBMKKD6c>

## 2.

**PRESENTER:** Elena Manolova

**WORKSHOP:** Love

**INTRODUCTION AND SUMMARY:**



Love is the deepest emotion that one knows.  
It is a feeling of affection, care, attraction, sympathy, gratitude .....  
But how strong is love for us?  
How important?

Three small words reveal more than we think.  
I love you!  
Who would you say them to?

**INFORMATION ABOUT THE PRESENTER:**

**Elena Manolova** - forthcoming graduation as a Psychodrama Assistant



Creator of a blog for psychological counseling [jiveisaznatelno.blogspot.com](http://jiveisaznatelno.blogspot.com), author of articles on topics related to interpersonal relationships, family, children, relationships, partners, friends, our dreams and desires. Everyone involved will also receive the electronic edition of the book "Love", which contains selected texts from the blog.

[jiveisaznatelno@abv.bg](mailto:jiveisaznatelno@abv.bg)

### 3.

**PRESENTERS:** Julia Solovieva (Russia/Germany) and Konstantin Banderov

**WORKSHOP:** The History and my personal story...

**INTRODUCTION AND SUMMARY:**

Where do you hurt? A Journey through the pages of the history of Bulgaria, (Russia, Ukraine) and some other European countries. The presentation is inspired from the book of Alexander Etkind "Warped mourning" and from the common work of Julia Solovieva with the Ukrainian Psychodramatist Ludmila Litwinenko in 2016 in Hamburg.

**INFORMATION ABOUT THE PRESENTERS:**

**Julia Solovieva** is an Author, Photographer and Psychodrama-Practitioner. She writes features for Radio programs in Germany and has also works on various theater productions with adults, with old people, with children, long time unemployed people, with migrants and people with handicaps... In 2015 she began work in the Ukraine with the topic "War, Trauma and Dreams" and spoke with Ukrainian therapists and soldiers. She interviewed them and collected their dreams and nightmares. This impressive collection of experiences presented the Impulse for the present work about dreams.

**Konstantin Banderov:** Psychodrama leader with long experience in group and individual work with children, youth and adults. Training organization - "Psychotherapy 2000". Trainee of D.E.A. Psychodrama Institute.

[bandera@mail.bg](mailto:bandera@mail.bg)

### 4.

**PRESENTER:** Kalina Raleva

**WORKSHOP:** Dance Meditation Beyond Boundaries

**INTRODUCTION AND SUMMARY:**

Dance Meditation Beyond Boundaries is a Meditative, Free Dance. It relaxes, nurtures and develops on many levels. Free movement, combined with the pursuit of self-observation, releases emotions and feelings that we cannot express through the language of words, and we often do not know that they exist in us.

Dance Meditation Beyond Boundaries is a Journey towards ourselves, which brings delight, joy, freedom and self-knowledge.



The practice lasts one and a half hours and consists of 3 phases.

#### Dance Meditation Beyond Boundaries

is a practice that does not require previous experience with meditation or dancing. It is inspired by many Eastern and Western traditions, by love, worship to dance, and was created by Radina Dhyani Sundari.

I invite you to share this great love with me.

No previous experience is required.  
Come, come as you are!

#### INFORMATION ABOUT THE PRESENTER:

**Kalina Raleva** - starting level, experience in Dance Meditation Beyond Boundaries - 7 years

<https://www.facebook.com/1358859803/posts/10215234364476612/>

5.

**PRESENTER:** Konstantin Kuchev

**WORKSHOP:** The song of our inner space

#### INTRODUCTION AND SUMMARY:

Which is the song that we were carrying in our soul before we were born? Which is the song of our parents, of our family, roots, atoms and space?

We'll be searching for this song during this seminar. And when we meet our inner silence and music with that of others, what would this meeting be and how would it change our universe?



**REQUIREMENTS FOR PARTICIPANTS:** Participants can prepare short text for their personal song.

**INFORMATION ABOUT THE PRESENTER:**

**Konstantin Kuchev** is an improviser, singer and violinist. He writes music for kids and grown-up kids and theatre performances.

[https://www.youtube.com/watch?v=JsOAGax\\_6sc](https://www.youtube.com/watch?v=JsOAGax_6sc)

6.

**PRESENTERS:** Mariana Kodinova and Elena Manolova



**WORKSHOP:** To spread the flag

**INTRODUCTION AND SUMMARY:**

Love is something marvellous, it comes without asking, you feel healed, your heart is fleeing. Today is not just special, it is so sacred, so solemn, everyone of us is exulting and the reason is divine - wedding we are celebrating.

**INFORMATION ABOUT THE PRESENTERS:**

**Mariana Kodinova:** Next semester I will be graduated student of psychology in University of Plovdiv "Paisii Hilendarski". I've finished my student practise as a psychologist in two places.



One of them is Complex oncological center Plovdiv, and the other is Focus center of drug addiction, Plovdiv - Methadone treatment program. I've basis degree - self experience of psychodrama method.

<https://feelingroom.wordpress.com/>



**Elena Manolova** - forthcoming graduation as a Psychodrama Assistant

Creator of a blog for psychological counseling [jiveisaznatelno.blogspot.com](http://jiveisaznatelno.blogspot.com), author of articles on topics related to interpersonal relationships, family, children, relationships, partners, friends, our dreams and desires.

[jiveisaznatelno@abv.bg](mailto:jiveisaznatelno@abv.bg)

7.

**PRESENTERS:** Radina Ivanova and Kristina Simeonova

**WORKSHOP:** The song of the soul

**INTRODUCTION AND SUMMARY:**

“Music expresses that which cannot be put into words and that which cannot remain silent” Victor Hugo

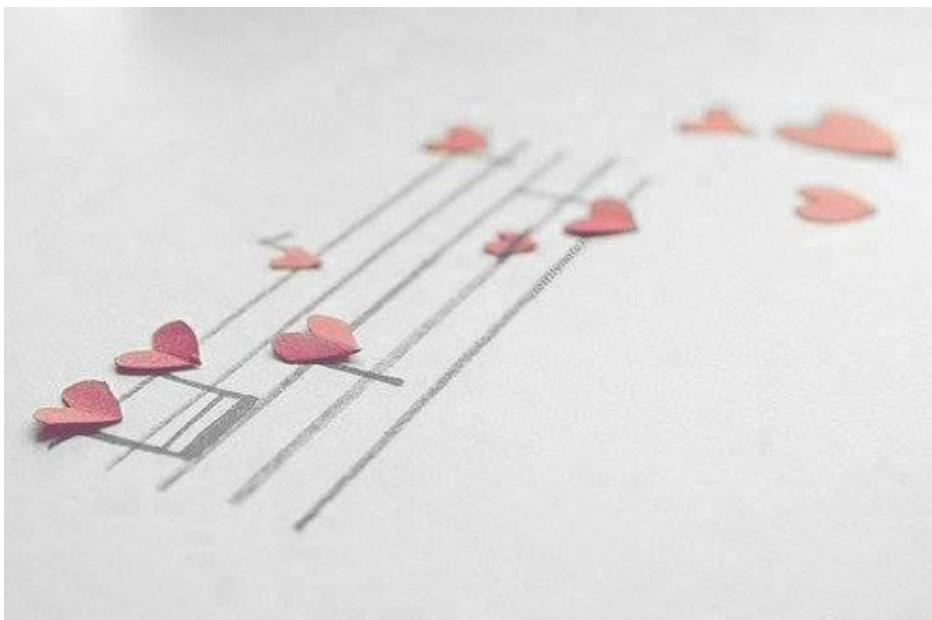
Everyone remembers songs of his/her childhood. Everyone has experienced the magical effect of a beautiful melody.

How do they influenced our soul?

At the brief moment of silence of our mind the chords of our spiritual song are creeping through our hearts.

How does it sounds coming from the deep?

The african tribe Himba believes that if you are capable of hearing your innerself song, it will guide you through your life journey.



**REQUIREMENTS FOR PARTICIPANTS:** Maximum number of participants in the workshop - 24.

**INFORMATION ABOUT THE PRESENTERS:**

**Kristina Simeonova:** Forthcoming certification for bachelor's degree in psychology at New Bulgarian University. Psychodrama assistant and forthcoming certification for Psychodrama Director (Institute for Psychodrama Practices "Chiron", trainers: Kalina Boyadjieva and Georgi Damyanov). Experienced in working with drug and alcohol addictions in the therapeutic community "Octava". Experienced as psychosocial worker in the "Mother and baby" unit within the "Animus Association" Foundation. Freelance practice under supervision.

**Radina Ivanova:** Psychodrama assistant (Institute for Psychodrama Practices "Chiron", trainers: Kalina Boyadjieva and Georgi Damyanov). Bachelor's degree in psychology at New Bulgarian University. Teacher's Training Programme Developer at Institute of human resources. Freelance practice under supervision.

selfinventorium@gmail.com  
Facebook: Себетворилница

8.

**PRESENTER:** Rositsa Bozhkova-Mihaylova

**WORKSHOP:** When we are two, how many we actually are?

**INTRODUCTION AND SUMMARY:**

This workshop is about the partnership. How our relationship brings the whole story not only of our previous connections, but also the models and drama from our parent family. What we can do to get out of repeating patterns and really get into the present - we will talk about this and we will do some practice to illustrate the theory.

**INFORMATION ABOUT THE PRESENTER:**



Psychologist, doula, yoga instructor, Childbirth educator, facilitator of groups for self-development and courses for pregnancy and childbirth, author of the book "While I and you are one", founder of the studio for self development Yantra. Interests, studies and observations in the field of prenatal and perinatal psychology.

[www.yantra.natalyoga.net](http://www.yantra.natalyoga.net)

9.

**PRESENTER:** Rossitza Chernokozheva

**WORKSHOP:** The child's dreams – the core of the unconscious

**INTRODUCTION AND SUMMARY:**

This workshop proves the possibilities for the application of psychodrama in school. Through the literary text (in this case, the texts from the children's literature), through the means of psychodrama – role-playing games, psychodrama vignettes – is attainable a new self-knowledge. Through the dream, the game, the memories from childhood, we become more ourselves. The workshop is intended for students (from schools and universities), teachers and anyone who hasn't lost touch with his inner child.

**REQUIREMENTS FOR PARTICIPANTS:** It is desirable for participants to be able to tell short (5 min) child/or current dream

**INFORMATION ABOUT THE PRESENTER:**

**Rossitza Chernokozheva** holds a degree in Bulgarian philology from Sofia University "St. Kliment Ohridski" with a secondary degree in Philosophy. Assistant Dr. in the Institute for Literature, Bulgarian Academy of Sciences. Master's degree in "Artistic psychosocial practices and psychodrama" – New Bulgarian University and the Red House, psychodrama assistant of Foundation "Psychotherapy 2000". She works in the interdisciplinary field of literature, psychoanalysis and psychodrama with teachers and students.

r\_chernokozheva@abv.bg

**10.**

**PRESENTER:** Snezhanka Soyanova, Ph.D.

**WORKSHOP:** Art-therapeutic Session "The Psychogenealogical Approach in the Art-therapeutic Work with Clay"



**INTRODUCTION AND SUMMARY:**

An art-therapeutic workshop by sculpting.



Through the method of psychogenealogy applied in art therapy with clay, we enter into a process of awareness of the family tree in which we live - a condition for transformation of the inherited models of self-sabotage, and the study of our deeper individuality.

#### **INFORMATION ABOUT THE PRESENTER:**



#### **Snezhanka Soyanova**

Sculptor and painter, stage designer, PhD at the National Academy of Art, Major "Psychology of art, general education disciplines and art education".

My professional quests as a sculpture and painting lecturer, as well as an organizer and leader of the art sessions "Modelling myself", are related to the research of the psychology of creativity in the field of sculpture and drawing as a method for achieving balance, self-knowledge and revelation of the internal potential in order to clarify basic principles in the creative process as a psychotherapeutic method....

arioto@abv.bg

www.snejankastojanova.com

[https://web.facebook.com/profile.php?id=1584604974&sk=photos&collection\\_token=1584604974%3A2305272732%3A69&set=vb.1584604974&type=2](https://web.facebook.com/profile.php?id=1584604974&sk=photos&collection_token=1584604974%3A2305272732%3A69&set=vb.1584604974&type=2)

**11.**

**PRESENTER:** Tzveta Balyiska

**WORKSHOP:** Empowering trough stories - Playback Theatre

**INTRODUCTION AND SUMMARY:**



“Playback Theatre returns theater from the area of entertainment to its earlier goal to keep the memory and keep the tribe United” Jonathan Fox, creator of PT.

Playback Theatre is an interactive improvisation theatre that plays the stories of the people in the audience. Personal stories are the most ancient way to learn about ourselves and the world. All cultures have their own tales, myths and legends, and every family - the stories of their ancestors. The modern, fast-paced world, technology and the internet alter the way we share ourselves and the world with others. Playback Theatre has been created as a contemporary continuation of oral traditions and as a way to truly meet through our intimate stories. In this workshop we will be empowered through the basic techniques of the method. Through play, spontaneity, creativity and fun, we will connect with each other and others in a new and unexpected way.

**REQUIREMENTS FOR PARTICIPANTS:** We expect from the participants - desire to leave the area of comfort, spontaneity, courage and thirst for sharing and listening to personal stories.

#### **INFORMATION ABOUT THE PRESENTER:**



**Tsveta Balyiska-Sokolova** graduated Sofia University St. Kliment Ohridski, Major Social pedagogy. In 2006 - National Academy for Theatre and Film arts “Kr. Sarafov” - Drama theatre acting. In 2013 she graduated Master’s degree in Artistic and psychosocial practices where she studies Psychoanalysis and Psychodrama. She defended Diploma’s thesis related to Playback theatre. She established the company “Here and now” and is artistic director there. Presently she is part of the European project VISI.ON (Visual Impaired Social Inclusion ON), as theatrical expert. She has participated in social projects – for children

without parents, with teenagers for prevention of aggression, etc. Tsveta believes that art is the best therapy and that it leads society to a social change.

theatrehereandnow@wordpress.com

<https://www.youtube.com/watch?v=R9ZlXCXmlyg&t=5s>

**PRESENTERS:** Vera Lardi (Greece) and Carla Matacchioni (Italy/Greece)

**WORKSHOP:** Revealing our personal Power. A psychodramatic approach using Playback Theater and Somatic Psychotherapy.

**INTRODUCTION AND SUMMARY:**

Power comes from both within and from the outside. The only sure thing is that, no matter if we were born with it, raised it, earned it or it was just given to us by our communities, we cannot hide our power. It will manifest itself, sooner or later, affecting the way we perceive ourselves and the way we relate to the others. But do we really realize our power?

In this workshop we will deal with all these complicated ideas in exploring the notion of power.

We will address questions like: What is power? How does it manifest itself? What is my relation with my personal power and how do I use it? Where is power found in my body and how can I access my means of personal power?

We will use Playback Theater to psychically express and mirror our experiences of power and Biosynthesis (somatic psychotherapy) to explore our body's reaction and relation to power in a sensory level. We will then combine our group work with psychodrama hoping to deepen our connection to our personal power.

The workshop will develop in Part I and Part II over two sessions and participants wishing to participate should attend both sessions.

The workshop will be delivered in English with translation in Bulgarian. Due to the complexity that translation can create in communication, prior experience in psychodrama or theater would be appreciated.



**Biosynthesis** was developed by David Boadella. It is a form of spiritual bodywork, which combines features of bioenergetics and Reichian therapy. It creates a bridge between natural science and human sciences, by connecting the realms of trauma therapy, somatic and depth-psychologically oriented psychotherapy, somatic therapy, and transpersonal psychology. The intent of biosynthesis method is to reintegrate the flow of energy, by breathing techniques, emotional centering, grounding the posture, and shaping of experience through verbal communication and eye contact.

**Carla Maticchioni** intergrates the somatic expression and biosynthetic bodywork with psychodrama in both the warm up and action phases during a psychodramatic session in order to deepen the protagonist’s understanding in both somatic, emotional and spiritual levels.

**Playback Theater** was developed by Joe Sallas and Jonathan Fox who is a psychodramatist. It is a form of improvisational theater based on people’s real life stories, which are enacted on stage by a group of specially trained performers. This non-scripted theater was originally developed can by used to strengthen emotional bonds within a community of people who want to express and share their personal life experiences. Playback theatre has been used worldwide in education, therapy, community building, youth work, tauma recovery, integration of minorities, enforcing business skills etc.

**Vera Lardi** is performing Playback Theater as an actor and conductor. She also uses the idea and basic forms in group therapy, community theater groups and adult education.

**INFORMATION ABOUT THE PRESENTERS:**

**Vera Lardi** lives and works in Athens. She is a Psychodramatist, a Playback Theater performer, conductor and trainer as well as an adult and youth educator.

Vera studied History of Art and Design and Theater Studies at Wolverhampton University, UK, Acting at the Greek National Theater Drama School and Psychodrama at the Center of Athenian Psychodramatic Encounters. She was trained in Playback Theater at the Association of Dramatic Expression and Therapy Palmos and became a member of Playback Psi group in 2004.

Over the years she has developed an eclectic approach using techniques from the fields of theater, therapy and education. She combines psychodrama and participatory theater towards personal expression, healing, community building, social awareness and education. In collaboration with private and public organizations in the sectors of education, health and the arts she produces public performances, community theater interventions and trainings. She facilitates workshops and long term personal development groups.

**Carla Maticchioni** was born and grew up in Venetia (Italy) and lives in Greece since 1977. She studied Biology at Padova’s University. She has been practicing psychotherapy since 2004 as somatic psychotherapist using the Biosynthesis method (somatic psychotherapy approach established by David Boadella) and is also a Biosynthesis’s supervisor since 2009. She was trained in post-traumatic stress therapy with the method E.M.D.R. (Eye Movement Desensitization and Reprocessing) and in Psychodrama at the Center of Athenian Psychodramatic Encounters. In the context of continuous training, she attends regularly conferences in Greece and abroad.

Carla facilitates personal development groups, experiential workshop, and provides psychotherapy and counseling services to individuals and couples. She undertakes therapeutic support for all trauma, especially those involving abuse, deprivation of freedom, transgenerational trauma and mourning. In her practice she combines somatic-psychotherapy with psychodrama.

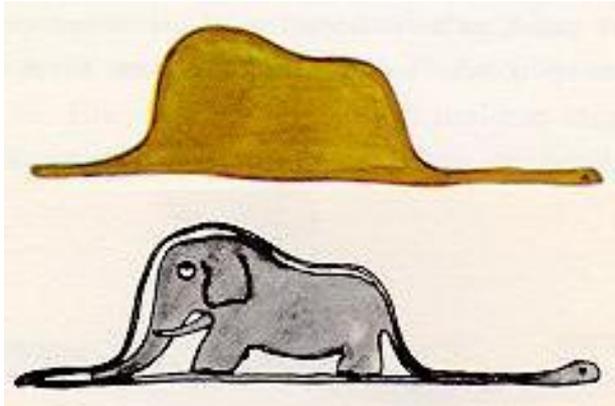
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## WORKSHOPS FOR CHILDREN AND/OR PARENTS

1.

**PRESENTERS:** Detelina Stoimenova-Petrova and Radka Georgieva

**WORKSHOP:** Hat or Boa Swallowing an Elephant?



### **INTRODUCTION AND SUMMARY:**

“Grown-ups never understand anything by themselves, and it is tiresome for children to be always and forever explaining things to them.” *The Little Prince*, Antoine de Saint-Exupery

How do we communicate with our kids, do we understand them, do they understand us? What we see in the picture – hat,... boa swallowing an elephant,... or something else...?

Connection between parent and child is special, but fragile. We're going to support it and develop it with the methods of musictherapy and music psychodrama. All parents and kids will be active participants at the workshop. Be ready for playing music, imagine and create.

**REQUIREMENTS FOR PARTICIPANTS:** For parents with children over 5 years, no more than 10 parent-child pairs.

### **INFORMATION ABOUT THE PRESENTERS:**



**Detelina Petrova:** musician, music educator, music therapist. Bachelor: Music Pedagogy, AMDFA /Academy of Music, Dance and Fine Arts/, Plovdiv; Master's Degree: Media Music Editor, AMDFA, Plovdiv; Master: Music therapy, AMDFA, Plovdiv. Member of the Bulgarian Association of Music Therapy/BAM. She has worked as a music teacher, director of children's ensembles, musician, music editor, sound engineer, music journalist, author and music radio presenter. Author of the book "Me - the child in the psychotherapeutic area of the musical psychodrama" focuses Creative searches related to the music-child relationship and to using of music for non-musical purposes. Music to help shape and correct the mental functions of children and adolescents, music as a means of reducing the symptoms of mental anomalies in children and adolescents,

music as prevention and improvement of their mental health and enhancing emotional intelligence.

detelina74@dir.bg



**Radka Georgieva:** musician, music educator, music therapist, music psychotherapist in supervised practice. Bachelor: Pedagogy of Music Education, AMDFA /Academy of Music, Dance and Fine Arts/, Plovdiv; Specialization – Pop and Jazz singing, AMDFA, Plovdiv; Student at the Educational program of MTI (Institute of Music therapy, Sofia). Teaching pop and jazz singing, art-groups for kids and adult. Using methods - musictherapy and expressive arts. The purpose is self-knowledge and personal development. Individual sessions of

musictherapy for kids and adults.

radka\_musik@abv.bg

2.

**PRESENTERS:** Galya Atanasova and Radka Tzonkova

**WORKSHOP:** To be in somebody else's shoes



### **INTRODUCTION AND SUMMARY:**

What would it be like to put on Mommy's high heels or Dad's boots? And my slippers - will they fit into them? Let's together, see how each one of us feels in our family.

In this family workshop we will explore the exchange of parent-child roles. We will paint, look in the eyes of the other, we will be actors on the family scene. How does a child see its parent / parents and what is in the child's fantasies, are the main issues we will play together with the help of the methods of psychodrama.

### **INFORMATION ABOUT THE PRESENTERS:**

**Galya Atanasova** – psychodrama assistant, psychologist, private practice with children and adults, experience with groups.



In 2011, that meeting happened, one of those that are special and turning upside down our lives - then I met Psychodrama! It took me to unsuspected jungles, deserts, caves, islands ... where I was a researcher of myself and the other.  
And I keep on being one!

geneva.galia@gmail.com  
<https://www.galya-atanasova.com/>

**Radka Tzonkova** – psychodrama assistant, psychologist, individual practice with children and adults, experienced with groups, Team Leader of Sunshine Children’s Therapy Centre.

radkatzonkova@abv.bg  
<http://psihologplovdiv.com/>



### 3.

**PRESENTERS:** Yovka Hristova and Ani Shileva

**WORKSHOP:** Woolen friendship

#### **INTRODUCTION AND SUMMARY:**

During the workshop we will create a special creative space where children will experiment with different wool techniques. They will craft woolen figurines - acorns, ladybugs, flowers and others. Children will express their creative imagination in a friendly and predisposing atmosphere. They will be supported and encouraged to express their own emotions and ideas, to communicate in the process of creating wool projects. They will be given brightly colored wools, will be shown different techniques using which they can make various forms and shapes. The workshop will take the young and growing visitors into the fairy wool world, where colors, threads and shapes blend into a wonderful fairy, accompanied by many positive emotions.

**REQUIREMENTS FOR PARTICIPANTS:** Up to 20 children aged 7 to 15. Welcome are children with special needs.

#### **INFORMATION ABOUT THE PRESENTERS:**

**Yovka Hristova** is a pedagogue with long experience in adapting workshops for children and adults with disabilities. She is the author of “Woolen Stories”, a book that represents the wool creation of 43 different projects, adapted and ranked according to their difficulty. Yovka Hristova is one of the inspirational figures of Bulgaria for 2014 according to the “40 of 40” Darik Radio rating; provider of trainings according to the methods for early child development of Glenn Doman, Nikolay Zaitsev, Maria Montesori; trainer of art and labor therapeutic practices that cover work with wool, paper, textile and others. She is the founder of “The little workshop for miracles” and Foundation 37. The professional goals are related with the establishment of Center for Children with Special Needs in Sofia.

yovka.hristova@gmail.com

<http://www.felt-bg.com/#/>, <https://web.facebook.com/rabotilnichka/>

**Ani Shileva** is pedagogue and psychologist. She is experienced in therapeutic workshops for children and youngsters with special needs, in performing trainings for social skills for young people and in development and management of social projects. She is a member of the "Parallel World" Society and a coordinator in the Foundation "Identity" and "37". Social entrepreneur, trained in the first class of the Social Entrepreneurship Academy organized by Reach for Change Bulgaria and the Business Institute. She believes that the best way to learn is through experience and doing. She is always ready to learn more, to apply new and interesting techniques, to broaden her horizons. Ani's professional quests and challenges are related to a contribution to the Social Entrepreneurship Project Leadership Academy for Youth of the Identity Foundation.

aneke@abv.bg

[www.paralelensviat.com](http://www.paralelensviat.com), [www.identichnost.com](http://www.identichnost.com)

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## **GENERAL SESSIONS \***

### **(FREE ENTRY)**

#### **1.**



**PRESENTER:** Dimo Jechev

#### **INFORMATION ABOUT THE PRESENTER:**

In his work, **Dimo** emphasizes on the experience of suppressed emotions, which leads to inner freedom and peace. For this purpose, he uses several methods - Working with representatives - Family constellations, body work - Osho Rebalance, Tantra, Transessence, Zen counselling, working with the inner child. The common thing about them is the great depth of work, where the roots of suffering are, the meditative approach inspired by the Indian mystic Osho, and the host environment. He has been a therapist since 2007. He is currently being trained for tantra leading.

dimo@dimo.bg

<https://www.youtube.com/watch?v=GRGYBMKKD6c>

#### **2.**

**PRESENTER:** Elena Evstatieva

**GENERAL SESSION:** The Group – Stage for Self and Our self, Arena for It and Their Self

**INFORMATION ABOUT THE PRESENTER:**

**Elena Evstatieva**

Psychodrama therapist, Chairperson of the Managing board of the Bulgarian Society of psychodrama and group therapy and board member of PF Bulgaria, member of Networking Committee of FEPTO.

[psychodrama.bg@gmail.com](mailto:psychodrama.bg@gmail.com)  
<http://psychodrama-bg.org/n/>

**3.**

**PRESENTER:** Irina Gruia (Romania)

**GENERAL SESSION:** Oniric drawing

**INTRODUCTION AND SUMMARY:**

The oniric drawing starts from the representation of the inner world, by drawing it. Just as Moreno puts the inner world into the scene, every participant puts on the paper in the first step in his own world. The analyses of oniric drawing is based on Universal Symbolism on Forms and on colors. It is an indicator and it is not used to make interpretations. There are useful references to make assumptions about what can be "Inner world" of the person who drew. Then the whole drawing is put in stage action using psychodrama and reveals the individual symbolic significance of drawing. It is then interesting to link the contents resulted on the psychodramatic scene from the forms, colors and position on the paper sheet with the personal and universal symbol, common on all the cultures.. The unconscious drawing, action, and symbols worked together and put each other in value.

**INFORMATION ABOUT THE PRESENTER:**

Psychodrama therapist since 2007. Psychologist. Psychodrama trainer on Romanian Association of Classic Psychodrama. Leader of two psychodrama training groups in Craiova. ESPERE Method® Trainer (relational communication trainer). Training in oniric drawing, playback theatre, psycho-oncology and metaphoric associative cards. More than 18 years in psychology field, training, NGO activities. 82 Erasmus projects implemented in the last 9 years (using psychodrama and nonformal educational methods), to develop life skills for young people and youth workers.

**4.**

**PRESENTER:** Milena Rangelova

**GENERAL SESSION:** The integration of the different into the society of the normal?  
(sociodrama method of researching the topic)

## **INTRODUCTION AND SUMMARY:**

The topic of the session is inspired by the ever-exploited society's theme of "integration" of the smaller group into a larger group.

The "Sociodrama" method provides the tools for exploring this topic and for answering: What does "integration" mean as a process? Is it possible to happen? Who determines the norm? Who integrates and who is integrated?

## **INFORMATION ABOUT THE PRESENTER:**

**Milena Rangelova** is a Psychodrama therapist, certificated by "Psychotherapy 2000" foundation. She has been practicing Psychodrama method since 2007. She is a trainer into groups for personal development combining Psychodrama and Psychoanalysis. In her psychotherapeutic practice she work individual with adults and children too.



Her professional experience is from her private practice and practice with adults and children from various social services in the community too. She was a coach in ASP project for social workers. Supervisor in Centaur Art's projects for staff working in the institutions of children without parental care in town of Plovdiv and institutions of children with mental disabilities in town of Stara Zagora. She has interests in using the Sociodrama method. She uses the method of exploring the topic "Prejudices" in the society, organizing seminars or as be a part of different projects in town of Plovdiv and Pazardzhik.

She is registered in the register of psychotherapists in Bulgaria of the Bulgarian Association for Psychotherapy.

milena\_rangelova@yahoo.com  
psychotherapyplovdiv.alle.bg

## **5 and 6.**

**PRESENTERS:** Psychodrama Festival team

**GENERAL SESSIONS:** Official Opening and Closing of the Festival

## **7.**

**PRESENTER:** Tzveta Baliiska

**GENERAL SESSION:** Playback Theatre "Here and Now"

## **SUMMARY :**

Playback Theatre "Here and Now"- the theatre of your story.



What's playback theatre? Come and see for yourself! It's hard to explain it, because every performance is unique and every participant experiences it differently. In improvisation theatre style, through spontaneity and creativity we play back your story seconds after you tell it - and beyond this you decide which actor plays what role. Also you choose to participate or just to watch the performance. In any case you have the opportunity to see yourself from outside in. To leave your comfort zone and to understand experiences and feelings of others. And to connect with your own in a different way. You can have fun, laugh, get sad or to be moved - the palette of emotions in every performance is motley and various. You can get angry or nervous, you can get cheerful or experience catharsis - in every case you won't be indifferent. Playback theatre is like life itself- colorful, varied and unpredictable. Playback Theatre "Here and Now"- look at life from different angle!

#### INFORMATION ABOUT THE PRESENTER:



**Tsveta Balyiska-Sokolova** graduated Sofia University St. Kliment Ohridski, Major Social pedagogy. In 2006 – National Academy for Theatre and Film arts “Kr. Sarafov” – Drama theatre acting. In 2013 she graduated Master's degree in Artistic and psychosocial practices where she studies Psychoanalysis and Psychodrama. She defended Diploma's thesis related to Playback theatre. She established the company “Here and now” and is artistic director there. Presently she is part of the European project VISI.ON (Visual Impaired Social Inclusion ON), as theatrical expert. She has participated in social projects – for children without parents,

with teenagers for prevention of aggression, etc. Tsveta believes that art is the best therapy and that it leads society to a social change.

[theatrehereandnow@wordpress.com](mailto:theatrehereandnow@wordpress.com)

<https://www.youtube.com/watch?v=R9ZlXCXmlyg&t=5s>

**PRESENTER:** Vladimir Samurkov

**GENERAL SESSION:** Drum circle

**INFORMATION ABOUT THE PRESENTER:**

**Vladimir Samurkov** works in the field of economy, trade and high technology. The special and great love of his life is rhythm, music and their transmission. He develops his own techniques and leads seminars and programs related to rhythm, movement, stories, learning.

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**EVENING PROGRAMME\*(FREE ENTRY)**

**1.**

**PRESENTERS:** Bulgarian Society of Psychodrama and Group Therapy (BSPGT) and Ethical Commission to the BSPGT

**EVENT:** Ethical dimensions of Psychodrama and close approaches in the space of large groups and public events /open seminars/

**SUMMARY:** ...

**INFORMATION ABOUT THE PRESENTERS:** ...

**2.**

**PRESENTERS:** Detelina Hristova and Margarita Milosheva

**EVENT:** Me and You. Roles in the Community.

**SUMMARY:**

At the end of the first day of the Festival we will explore our roles in the community we create.

**INFORMATION ABOUT THE PRESENTERS:**

**Detelina Hristova** holds a Master's degree in Psychology from Sofia University St. Kliment Ohridski and did a post graduate qualification program in Psychotherapy at New Bulgarian University. Psychodrama Sociometry and Group Therapy training in Sofia in a group of Zlatko Teoharov and Petar Cikalov ("DEA" Psychodrama Institute),

incl. supervision. Graduated as psychodrama consultant in February, 2013 ("Psychotherapy 2000" Foundation). Forthcoming graduation as psychodrama therapist. Practice for individual and group psychotherapy.

detelinahristova@gmail.com

**Margarita Milosheva** is a psychologist and psychodrama-assistant, Psychotherapy 2000 Foundation (2013). Forthcoming graduation as psychodrama-therapist at "DEA" Psychodrama Institute. Training and supervision by Zlatko Teoharov and Petar Cikalov. Longterm experience as psychologist in the field of psychological selection (psycho-diagnostics) and psychological work in an institution. Individual counseling.

3.

**PRESENTERS:** Inna Braneva and Konstantin Banderov

**EVENT:** Monodrama with Children – Discussion of Working with Cases through Monodrama

**SUMMARY:**

The idea of this meeting is that the participants provide summaries of their work with children and teenagers and through discussion in the group to look for the possibilities and the meaning of using the monodrama in the specific situation.

Participants and Leaders will have the opportunity to share their personal experience of working with roles and monodrama in their practice. As well as their views on the difficulties and/or resource of monodrama in psychotherapy and counselling of children and teenagers.

We welcome psychologists and psychotherapists; and colleagues from other specialties working with children and teenagers interested in the practical use of role-playing games and psychodrama.

**INFORMATION ABOUT THE PRESENTERS:**

**Inna Braneva:** Psychodrama therapist – formed in a Psychotherapy 2000 Foundation /2008/. Psychologist. Relational psychomotricity therapist. Psychodrama trainer and supervisor in a D.E.A. Psychodrama Institute. Leader of a psychodrama training group – Plovdiv.

Itinerant psychotherapist.

Individual therapy with children /0-12/, teenagers, adults, families. Group therapy, groups for personal development. Monodrama; therapy by stories and pictures; work with constellation.

Since 2003 she works in the field of professional training and supervision in social and educational institutions, by projects; in different towns. Main training themes: "Social work by Art"; "Working in a team, working on a case"; "Relational psychomotricity"; "Working with parents"; "Working with children with disabilities", etc.

Author of a Methodic for work with children at risk /3-7/ at the kindergartens on the basis of Psychodrama and Relational Psychomotricity. Co-author of a Methodic for prevention of bullying and aggression in the school – based on a Psychodrama method.

Script-writer – co-author of two feature movies.

Excited by the psychodrama overflowing with art, dance, social work, personal research and individual development; existential quests. Inspired by the encounters of individuals and cultures. Touching the balance between inner and outer reality through authenticity and self-tolerance.

[sunshinepony@hotmail.com](mailto:sunshinepony@hotmail.com)

**Konstantin Banderov:** Psychodrama leader with long experience in group and individual work with children, youth and adults. Training organization - "Psychotherapy 2000". Trainee of D.E.A. Psychodrama Institute.

bandera@mail.bg

4.

**PRESENTER:** Irina Gruia (Romania)

**EVENT:** Psychodrama and european founding. How to finance psychodrama activities using european funds (Erasmus Programme) ... For developing life skills on children and young people.

**INFORMATION ABOUT THE PRESENTER:**

Psychodrama therapist since 2007. Psychologist. Psychodrama trainer on Romanian Association of Classic Psychodrama. Leader of two psychodrama training groups in Craiova. ESPERE Method® Trainer (relational communication trainer). Training in oniric drawing, playback theatre, psycho-oncology and methaphoric associative cards. More that 18 years in psychology field, training, NGO activities. 82 Erasmus projects implemented in the last 9 years (using psychodrama and nonformal educational methods), to develop life skills for young people and youth workers.

5.

**PRESENTER:** Stoil Atanasov

**EVENT:** DING

**SUMMARY:**

How close can we be?  
How close can you get to me? I want to love you, but I haven't learned how. I will tear my eyes out and will give them to you – as a present. I want to know – will you leave me blind.



## INFORMATION ABOUT THE PRESENTER:



### **Stoil Atanasov**

Forthcoming graduation as a psychodrama leader from "Psychotherapy 2000" Foundation. He's been engaged in physical theatre and psychodrama for more than 15 years. The creator of DING. Loves eating people.

[blackgloves2000@gmail.com](mailto:blackgloves2000@gmail.com)

<http://www.facebook.com/groups/ding.team/>

6.

**PRESENTERS:** Tzvetelina Jossifova, David Ieroham and Antoinette Koleva

**EVENT:** Psychodramatic Reflection of Psychoanalysis

### **SUMMARY:**

Presentation of recently and newly published texts and editions in the field of psychodrama and psychoanalysis followed by discussion with the audience. In partnership with Critics and Humanism Publishing House and the Bulgarian Society of Group Analysis and Group Processes.

**REQUIREMENTS FOR PARTICIPANTS:** Interest in reading professional literature in field of psychodrama and psychoanalysis.

### **INFORMATION ABOUT THE PRESENTERS:**

**Tzvetelina Jossifova** - psychodrama-therapist, the first group analyst in Bulgaria; university lecturer in psychodrama and arts. Publications in the field of arts and culture, social practices and psychotherapy.

[tzvioissifova@gmail.com](mailto:tzvioissifova@gmail.com)

[redhouse-sofia.org/psychodrama-institute](http://redhouse-sofia.org/psychodrama-institute), [groupanalysis-bg.org](http://groupanalysis-bg.org)

**David Ieroham, MD** - psychiatrist, psychodrama-therapist; university lecturer in psychodrama. Author of many texts in the field of psychodrama and psychoanalysis. Well known among the reading professional audience with his afterwards to Freud's five cases.

[david\\_jeroham@hotmail.com](mailto:david_jeroham@hotmail.com)

[davidieroam.com](http://davidieroam.com) / [redhouse-sofia.org](http://redhouse-sofia.org) / [groupanalysis-bg.org](http://groupanalysis-bg.org)

**Antoinette Koleva** - philosopher, chief in editor, translator from French and English. The translator and connoisseur of Foucault in Bulgaria. Director of Critics and Humanism Publishing House.

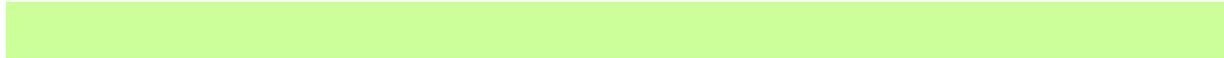
<https://www.youtube.com/watch?v=GHVWmsZPN-0&t=31s>,

<https://www.youtube.com/watch?v=NkG-ypvZod0>

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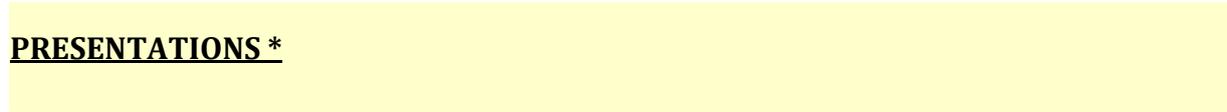


EVENT: PARTY with music, dancing and ...

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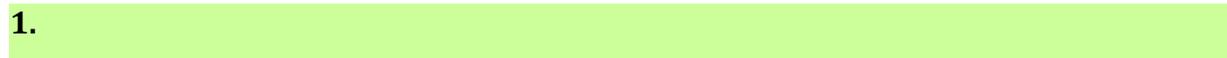
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**PRESENTATIONS \***

**(FREE ENTRY)**



**1.**

**PRESENTERS:** Ana Brkić (Serbia) and Milica Žarković (Serbia)

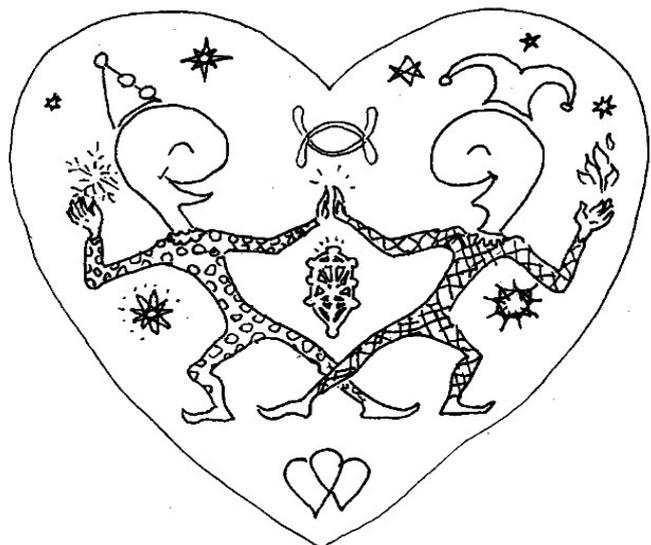
**PRESENTATION:** Using games for the warm-up in Psychodrama

**INTRODUCTION AND SUMMARY:**

Gamification of warm-up process (using games for the warm-up in Psychodrama). Practical activities for participants to try different warm-up of such kind, and discuss the effect and possibility of use in providing sociodrama.

**INFORMATION ABOUT THE PRESENTERS:**

Psychodrama education (3rd year) and workshops in working with children non-formal and informal education



## Ana Brkić:



Master's degree, Faculty of Philosophy, department: Sociology.

- Attending a psychodrama education at the Institute for Psychodrama in Belgrade. / 2017 - ongoing
- Held training for peer coaches "Zero tolerance to gender-based violence" in Belgrade, organized by UNICEF and the Autonomous Women's Center. / 2016
- Finished educational program for volunteer work on SOS phone for the women with trauma of male violence organized by the NGO „Autonomous Women's Center“ from Belgrade. / 2012
- Finished one-year alternative studies at the Faculty of Political Sciences, University of Belgrade, program: "Women and gender studies" / 2007

## Milica Žarković:



University of Philosophy, Department for Education, University of Belgrade / 2003 -2010 Pedagogue.

Institute for Psychodrama in Belgrade, Education for certified therapist / 2017-current

Trainer experience:

- TC on sustainable long-term work on youth development "YOUTH PATHWAYS", Vlasenica, May 2018
  - In-house training: Youth Workers United Workshop on Funding and Administrative Support, for members of Union for Youth Work in Macedonia, organized by SEEYN, Ohrid, Jun 2016.
  - Advanced Volunteer Management Training Course organized by SEEYN, Crnomelj, October 2015.
  - Certified trainer for teacher training seminar "Application of Wikipedia as teaching and learning tool", (Certified by National Institute for Advancement in Education) 2016-2018
  - Co- designer of training and trainer on project conducted by Republic Institute of Social Protection of Serbia: "Supporting the establishment of services for children and young people with disabilities and development of indicators for the social welfare system" 2013-
  - Independent trainer in field of project and voluntary management in social voluntarism 2012-
  - Co-designer and trainer on LTS (leader training seminar) for voluntary camp leaders, Run by YRS 2010-2016
- Publications:
- Volunteer Work in Social Voluntary Service Handbook, co-author
  - Volunteer training for work with youth and children with disabilities Handbook co-author
  - Booklet 10 Years of Wikimedia Serbia, co-author and editor

**PRESENTER:** Iliana Kalcheva

**PRESENTATION:** The Braille Writing

**INTRODUCTION AND SUMMARY:**

The participants in the group will be handed out notebooks and pens. One of them will be given a Braille plate, a pricker and a sheet A4. This participant will be blindfolded and will be told that the braille plate will be his notebook, and his pricker is his pen. He will also write and read, like everyone else, only to get to know the world and science through the fingers of his hands. His fingers will be his eyes.

**INFORMATION ABOUT THE PRESENTER:**

**Iliana Kalcheva** graduated higher education with major Informatics and Computer Science at Burgas Free University. She has been working for three years at the Centre for Social Rehabilitation and Integration - Yambol, which is visited by people with special needs /blind people/.

Since 2014 she works at the Old People's Home in Yambol, as an occupational therapist. She is a volunteer at the Bulgarian Red Cross in Yambol, where she and other young people from the Bulgarian Youth Red Cross organize initiatives on various occasions - St. Valentine's Day, February 14, White Cane Awareness Day, etc.;

**3.**

**PRESENTER:** Sabka Dyakova - Chehovich

**PRESENTATION:** Demonstration of Balint Psychotherapeutic Group

**INTRODUCTION AND SUMMARY:**

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**INFORMATION ABOUT THE PRESENTER:**

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**ADDITIONAL PRORGAMME INFORMATION\*:**

**PSYCHODRAMA PROGRAMME** - consists of psychodrama workshops of presenters formed as psychodrama therapists, psychodrama presenters or psychodrama assistants.

**PSYCHODRAMA LABORATORY** - includes workshops of leaders, formed as psychodrama-therapist, psychodrama-leader or psychodrama-assistant, experimenting with the psychodrama method.

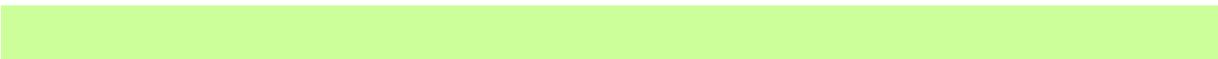
**MIXED SPACES PROGRAMME** consists of psychodrama workshops of presenters formed as psychodrama therapists, psychodrama presenters or psychodrama assistants who experiment through psychodrama and different approach when working with people, as well as workshops of presenters in other professional contexts and learning (art, social sphere, others).

**WORKSHOPS FOR CHILDREN AND/OR PARENTS** - workshops of presenters, formed as psychodrama-therapist, psychodrama-leader or psychodrama-assistant working with children, young people, and/or parents, as well as workshops of leaders in other professional contexts and learning (art, social sphere, others) who also work with children, young people and/or parents.

**PRESENTATIONS** - open and free sessions to which all the participants of the Festival are invited.

**GENERAL OPENING AND CLOSING SESSIONS** - open and free sessions to which all the participants of the Festival are invited.

**EVENING PROGRAMME** consists of shows/spectacles, discussions, ateliers, movies, book presentations, etc. For all the participants and guests of the Festival - free entry. Payment required only for the party.



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For more information, please contact the team working on the organization of the Festival at email: e-mail: [centaur\\_art@abv.bg](mailto:centaur_art@abv.bg)

[www.psychodramafestival.eu](http://www.psychodramafestival.eu)