

## 5. FEPTO Committees work

### Development Committee

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The end of the afternoon was spent in a beautiful sharing about "What do we do to keep our health, our sanity, when we have to work so very much?" Each had his/her own recipes: taking mini-breaks, listening to music, reading, doing relaxation, sport, spending time with friends, going in the nature etc...: each of us was fully aware of the necessity to use one's creativity at the service of one's own health! We considered that this was to be added to the necessary conditions to become a trainer, i.e (11) active commitment to take care of oneself, of one's life's balance.

While furthering a bit the open discussion about all of these items, we questioned the roles of the trainer. We all know the four roles of the psychodramatist. But... *Are the roles of the trainer the same? What are the major trainer's roles?*

Since the day was over, we postponed answering such an important question. It was time for dinner. Our hosts had organized it in a very nice Bulgarian restaurant in Sofia. What a delight: excellent food, wine, and desserts, with beautiful people! We went out of it not only very happy, but also grateful to the Hiron Institute for treating us for such a marvelous dinner...

Sunday morning we went on with this pending issue: *the major roles of a psychodrama trainer*. What a task! Full of discoveries. Our creativity was so high that we figured 35 possible roles. Too many again! This time we decided that each of us would group them, according to his/her frame of

mind, in a sociometrically significant way on the wall. Then we presented to the others the role clusters that we use as a trainer: it ranged from four-five clusters to about ten. Sharing these visions of ourselves together was very touching and at the same time very enriching for each of us...it was such a psychodramatically logical next step to the question of the core competencies!

All in all, the ThinkTank definitely reached its goal. And even more!

In our closure, we underlined how this process strengthened our awareness of our responsibility in improving on and on the quality of the training of our trainers. It also gave us a clearer vision of two -for us- crucial trainer's basic attitudes: (1) towards oneself: taking good care of oneself as a person/trainer and (2) towards the others (students, trainers, institutes, non-psychodrama world): committing to constructive partnerships.

This ThinkTank opened up for each and everyone of us beautiful perspectives for changes and gave us, not only the incentive to share with our institutes what we have experienced and understood, but also the wish to meet again to further our cocreative professional growth... hopefully with more and more colleagues.

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