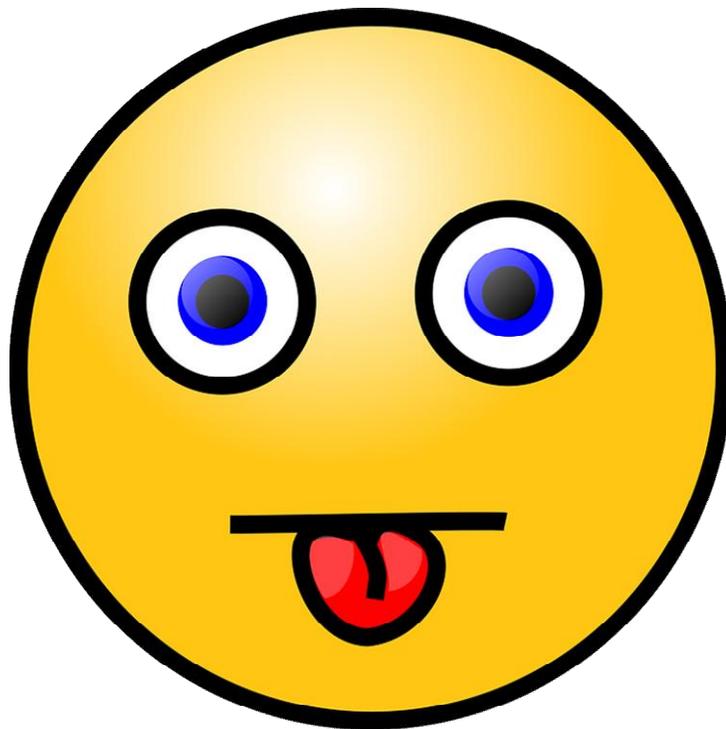

American Society of Group Psychotherapy & Psychodrama



May 4-7, 2017 at the Clearwater Hilton, Clearwater, Fla..

Making Movement When Life Feels Stuck with Karen Carnabucci, LCSW, TEP



Karen Carnabucci, LCSW, TEP, is available for:

- * Professional trainings and in-service trainings with CE and psychodrama credits
- * Supervision and consultation by personal appointment, group or teleconference
- * Experiential personal growth groups and psychotherapy
- * Books and articles

Tele is a form of reciprocal empathy, and according to the tenets of sociometry, the most basic human bond. An unconscious and immediate connection experienced between two people, usually formed without verbal interaction; can be used as the basis for choosing auxiliaries in a psychodrama.

Tele is also an energy.

We may identify tele as:

- Positive
- Negative
- Neutral
- Ambivalent

Tele, according to Adam Blatner

J. L. Moreno, M.D. (1889-1974) is best known for his invention of the method of psychodrama, but he was also a brilliant thinker who addressed himself to a variety of related psychological and social dynamics, such as role theory, a philosophy (and even theology) of creativity, and sociometry, all discussed elsewhere in this book. Actually, Moreno developed sociometry and began to think about tele for some years before he developed psychodrama. So, while it is possible to do formal sociometry without using psychodrama; and it is possible to do psychodrama without doing formal sociometry, still, the two approaches are synergistic.

I consider Moreno's willingness to look at this sensitive subject of interpersonal preferences to be as significant as Freud's heroic confrontation with the then cultural avoidance of the pervasive reality of sexuality. Today, many people are relatively more willing to talk about their sexuality than they are to talk openly about who in their social circle they prefer more or less. Sociometry is a method for bringing these dynamics into the open. Moreno believed in the same deep ethos as Freud: It is better to be explicitly conscious of thoughts and feelings, so they could then be addressed, checked out, revised, or dealt with more maturely. When thoughts and interactions operate on the subconscious level, they tend to be subject to habits of mind based on more immature or neurotic patterns. And it is better for groups to become more explicitly aware of their relationships if they are to rise to a level of more consciously interacting community.

The earliest ideas about what was to later become sociometry occurred to Moreno when he was a medical consultant at some Austrian refugee camps during the First World War, and he noticed that instead of letting people choose the people they would be living with, administrators often assigned people to their cabins randomly. Being interested in the whole dynamic of spontaneity, Moreno intuitively saw the truth of the idea that being free to choose the people you do things with is itself an important element of spontaneity in its interpersonal and social modes of expression. The corollary, then, was that we needed ways to assess the patterns of preference in groups in order to develop further methods of arranging for these choices to be respected in the way subgroupings are structured.

In the early 1930s, Moreno became a consultant for a school for troubled teenaged girls, and began to experiment with his ideas about helping girls work out their group dynamics more effectively.

Since the emergence of the encounter group in the 1960s, the idea of people disclosing their feelings about each other has become more familiar. A more systematic process might have resulted from the integration of sociometric methods with other encounter group procedures.

The term, tele, and its associated concepts can be quite useful in helping people to explore their interpersonal and group interactions more constructively. The dynamics of tele have implications for group cohesion, the process of encounter, and the essential nature of therapy (Leveton, 2001, p.195).

— Excerpted from Adam Blatner's website.

“Moreno defines tele as the invisible web of feelings that occur among people. This includes the webs of connection between individuals in any group or among groups, whatever their size and purpose. At the most basic level, tele can be positive, negative or neutral; in actuality its manifestations are more complex. Moreover, the phenomenon of tele is different from the fantasies or projections people have about themselves or each other.” — Herb Propper (online article titled “A Concise Introduction to Psychodrama, Sociodrama and Sociometry”)

Thinking some things about tele and movement

Tele is:

- Positive
- Negative
- Ambivalent
- Neutral

Tele is:

- Invisible
- Felt in the body
- Typically related to another person
- A way to make relationships made visible (with sociometric choice)
- A way to make relationship and relationship choices conscious
- Energy
- Connection
- Referring to a lack of connection

And let's consider:

- What if we have tele not only with people but with something else?
- What if tele is connected to a goal that you have?
- What if your goal is ambivalent, rather than positive?
- What if your tele is connected to something in the past?
- What if tele is so strongly connected to something in the past so that you cannot move forward?

And:

- What if tele was not neutral but “numb”?
- What would “numb” tele look and feel like?
- How might we “melt” the “numb” tele to allow movement?

And:

- What if the tele “pipe” is kinked and the energy gets stuck?
- How do we get this energy unstuck?
- How do we get positive tele moving?
- How do we get tele moving in a forward direction?

Tele is a form of reciprocal empathy, and according to the tenets of sociometry, the most basic human bond. An unconscious and immediate connection experienced between two people, usually formed without verbal interaction; can be used as the basis for choosing auxiliaries in a psychodrama.

Tele is also an energy.

We may identify tele as:

- Positive
- Negative
- Neutral
- Ambivalent

Psychodrama

The basics of psychodrama are well known. The group leader, called the director, facilitates a group that begins with a warm-up activity, designed to aid in building trust among group members, creating a readiness for action.

A good warm up activity will contribute to awareness of the “tele” between members of the group.

At some point, a protagonist is selected for the group by the director to address a personal but representative issue in dramatic action. The protagonist in turn selects members of the group to serve as auxiliaries – people who are willing to play roles in the upcoming drama – and the drama begins.

The selection is typically based on the tele between the protagonist and others in group.

The protagonist typically role reverses with these auxiliaries to “train” them how to play each role, and a good auxiliary will imitate body posture, language and delivery when he or she takes the role, improvising as the drama continues.

The drama moves through multiple scenes with the protagonist at the forefront of the action until a closing scene is determined.

When the drama concludes, all group members return to their seats for a session of sharing – auxiliaries sharing what it was like to play the role, and all group members telling how what they have heard and observed relates to their own life stories and experiences.

Family Constellations

A Family or Systemic Constellation Session also begins with a group. Group members are typically seated on chairs in a circle with empty space in the center, where the work takes place.

Some kind of simple introduction, or exercise, is used to begin the group; for instance, the facilitator may go around the circle and give opportunity to each person to say what he or she is feeling, in a few words.

When a group member is chosen to address a personal issue with the facilitator, other group members are asked to represent people in the person’s intergenerational family system.

When group members agree to be a “representative,” they stand in places of family members and that of the client, who typically places each representative intuitively. No training is necessary to represent – the person simply agrees to attune to the telic energy in the relationship.

The person who is working – the client – stands behind each representative and slowly and meditatively positions each person in the inner circle in relation to the other family members.

When all are positioned, the person whose work has been set up returns to his or her seat to watch. Representatives are asked to become open to whatever feelings, insistent thoughts or strong impulses to move on stage arise, being able to report to the group their movements and inner experiences according to what is taking place. Once the origin of the current issue in the family system is revealed on stage, a solution is sought by repositioning representatives, adding short healing sentences or rituals such as bowing. Resolution is found when a sense of calm is brought to all representatives in the family system as well as the group.

Where does the energy get stuck in your family tree? Questions to consider.

To learn more about trauma within a family system, these are questions to ask your clients during assessment, when making a genogram or other times as issues arise.

Family Constellation Work touches beneath the level of our conscious inner images or the stories we tell ourselves. Therefore, what happened in our families* is actually more important than what we tell ourselves about it.

***Family of Origin:** Include parents, siblings, uncles, aunts, grandparents and – in cases where they met a dramatic fate – great-grandparents. Also include premarital partners of your parents and grandparents.

***Present Family:** Include partners and children from former relationships.

When interviewing a client, we always want to know:

- Did anyone else in your family have the same kind of problem that you are experiencing now (addiction, anxiety, domestic abuse, incarceration, etc?)
- What happened in your family that was tragic, traumatic, different from other families you knew or otherwise unusual or notable?

Did anyone:

- Die (mother or child) during childbirth?
- Find her life at risk during childbirth?
- Suffer illness or disability resulting from having given birth to a child? (This includes your mother, grandmother, great-grandmother, and former partners of your father and grandfather).
- Die at a young age?
- Did your partner or child die?
- Did your father, mother, or sibling(s) die when you were young?
- Did a parent or sibling of either of your parents die when your parents were still young?
- Did anyone have a former spouse, fiancé, partner or lover?

- Did anyone have an abortion or a miscarriage?
- A still born child?
- An illegitimate child?
- A child who was abandoned or given up for adoption?

Did a former spouse, fiancé, partner or lover have:

- An abortion or miscarriage of your child?
- A stillborn child by you?
- An illegitimate child by you?
- A child by you who was abandoned or given up for adoption?

Did anyone:

- Attempt or commit suicide?
- Have a serious or long-lasting illness?
- Have a physical or mental disability?
- Commit a murder, other serious crime or a war crime?
- Survive or die in the Holocaust or another cultural trauma?
- Survive or die during slavery?
- Die in action or in another way during military service?
- Become a missing person?
- Join the clergy or enter a monastery?
- Find themselves excluded, ignored, disowned, not respected, or otherwise not honored?
- Was anyone treated with contempt, cast out, shunned or slandered?
- Not married, or belittled or thought less of?
- Experience being taken advantage of?
- Emigrate to another country?
- Lose a fortune?
- Live an unusual life?
- Experience a difficult birth (such as caesarean)
- Experienced separation from mother at early age (staying in hospital, foster care, etc.)

Making Movement
When Life Feels
Stuck

Orders of Love

- Everyone belongs to the family system.
- Those who entered the system first have rank over those who enter the system later.
- Problems that have not been resolved in previous generations of the family system will pass down to future generations.

The Orders of Love according to Family Constellations

Family Constellations is the name of a newer healing process developed by Bert Hellinger, a German psychotherapist and former Roman Catholic priest who lived in South Africa with the Zulus for many years.

As developed by Hellinger, this process originally focused on family systems to disclose the deeper forces that unknowingly influence our thoughts, behaviors and emotional experiences through multiple generations.

Family Constellations create a model of the family system to reveal and transform hidden patterns that are difficult to understand and change.

Over time, this systemic approach has been applied to other human systems including organizations, our connection to nature and larger issues in our communities and the world, with the name of Systemic Constellations.

Together these Family and Systemic Constellations approaches explore ways for understanding our relationships as well as giving us options to resolve our most complicated problems.

A Family or Systemic Constellation session takes place in an energy field that connects family, ancestors, organizational members, the natural world and all of humanity.

This "knowing field" is an energetic field of consciousness that we can enter to experience the feelings and sensations that mirror those of the actual family members they represent and everyone and everything to which we are connected.

British biologist Rupert Sheldrake explains this field phenomenon, which he calls a "morphogenetic field," as an organizing force that accounts for patterns of behavior in social groups, such as schools of fish and flocks of birds.



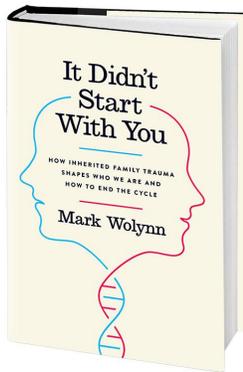
Dr. Albrecht Mahr, a German physician, first used the term "the knowing field" to describe this energy field as it applies to human family systems. He referred to the experience through which volunteers participating in a constellation session are able to access information about a family system as "representative perception."

Through the years, Hellinger and other facilitators have repeatedly observed a set of principles that help people and families function in the best possible way.

These three principles have been named the Orders of Love:

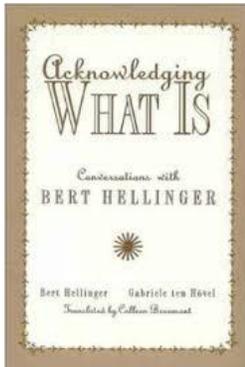
- Everyone belongs to the family system.
- Those who entered the system first have rank over those who enter the system later.
- Problems that have not been resolved in previous generations of the family system will pass down to future generations.

Books and resources



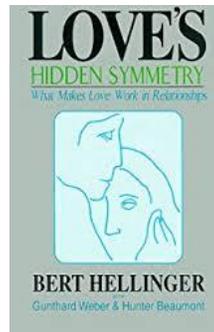
It Didn't Start with You: How Inherited Family Trauma Shapes Who You Are and How to End the Cycle

By Mark Wolynn



Acknowledging What Is: Conversations with Bert Hellinger

By Bert Hellinger with Gabrielle ten Hovel



Love's Hidden Symmetry: What Makes Love Work in Relationships

By Bert Hellinger with Gunthard Weber and Hunter Beaumont



Heal Your Addiction by Making a "Constellation" of Your Family System

Go to www.thefix.com website to search and read Karen Carnabucci's article about how practitioners in rehab centers and other treatment programs are using Family Constellations with addicts and alcoholics.



Honor Your Ancestors with an Altar and Transform Your Life for the Good

Go to www.medium.com website to search and read Karen Carnabucci's article about how to use family and ancestor altars and ancestor honoring for healing and grieving.



YouTube videos

Go to YouTube.com and search for “Dan Booth Cohen” videos. Watch especially for the videos titled “The Inherited Mind” and “The Three Dimensions of Consciousness.”

Also at YouTube, search for “Mark Wolynn” and “Science and Nonduality Conference” for Mark’s epigenetics lecture.



North American Systemic Constellations

This non-profit organization sponsors the North American Systemic Constellation Conference every other year, this year in Virginia Beach, Va.. Blog articles , e-letter subscription, social media links and conference registration info and more at www.nasconstellations.org.

More resources



Ghost in Your Genes

Go to YouTube.com and search “ghost in your genes” to watch this full-length NOVA video, which details numerous scientific studies about the effects of epigenetics and the hidden influences that could affect one's health in the present and the health of future generations.



2017 North American Systemic Constellations Conference

This biennial conference brings together presenters from throughout the United States and internationally to present their innovations in this growing field. Health professionals, organizational coaches and administrators, educators, community activists, students and other welcome Oct. 5-8 in Virginia Beach, Va. See www.nasconstellations.org to register.



About Karen Carnabucci, LCSW, TEP

Karen Carnabucci, MSS, LCSW, TEP, is a licensed clinical social worker and nationally board-certified trainer, educator and practitioner of psychodrama, sociometry and group psychotherapy who uses the creative arts, psychodrama, Family and Systemic Constellations, sand tray, guided imagery and other action methods for learning, healing, change and growth.

She has trained with Zerka Moreno, J.L. Moreno's widow and collaborator in psychodrama, and Heinz Stark, a leading European trainer in Systemic Constellation Work, and many more wise mentors and teachers. She is a graduate of the School of Social Work and Social Research at Bryn Mawr College.

In addition to her private practice, she has worked in a variety of settings, including the Caron Treatment Centers in Wernersville, Pa., and social service agencies and inpatient and outpatient programs in various locations in addition to teaching as an adjunct and guest instructor at several colleges and universities in Wisconsin and Pennsylvania. She has presented at the annual conference of the American Society of Group Psychotherapy and Psychodrama and the biennial North American Systemic Constellations Conference as well as many local, regional and state conferences and gatherings.

Her private practice is located in Lancaster, Pa., where she offers personal growth groups, psychotherapy, and training and supervision for professionals with CE and psychodrama credits.

Karen is the author of:

- **Show and Tell Psychodrama: Skills for Therapists, Coaches, Teachers and Leaders.**

She is the co-author of two books:

- **Integrating Psychodrama and Systemic Constellation Work: New Directions for Action Methods, Mind-Body Therapies and Energy Healing** with the late Ronald Anderson
- **Healing Eating Disorders with Psychodrama and Other Action Methods: Beyond the Silence and the Fury** with Linda Ciotola.

See Karen's website at
www.realtruekaren.com
to:

- Subscribe to her e-letter for professionals.
- See her calendar of events and trainings,
- Read her blog articles.