



**Facing The History Inside of Me Dealing with the Past: Dialogue with Oneself and Others-  
Psychodrama Training  
Groupwork with the tools of Psychodrama to contest violence in Lebanon  
October 2020 – July 2021**

The aim of this training is to train a group of professionals (Psychologists and Social workers) to be able to deal with the collective memory of the civil war, and its implications today, with the communities they work with through a range of collective creative methods with a special focus on Psychodrama as a powerful tool for group work.

Parting from the actual reality in Lebanon with all its uncertainty, repeated outbursts of violence and lack of safety we will investigate by acting and reflecting: Which traces have the violent conflicts left behind? In many groups and families there is a sweeping silence about them. The silence of the survivors has a different history than the denial and repression of the perpetrators and bystanders. Everybody is part of this story in the same sense as we are descendants of the generations before us. We continue this story in a variety of ways. A denial of the past, however, entails the risk of repeating the patterns of conflict in the microcosm of our work, families and personal relationships and not being able to prevent it in the social macrocosm. In this respect, this training will visit the dark sides of the civil war in our memories and try to light it up and strengthen capacity to act through teaching a group of 15 psychologists and social workers. The aim of this training is for professionals to be able to deal with the collective memory of the civil war with the communities they work with through a variety of collective creative methods in particular Psychodrama as powerful tool for group work.

The objectives of the training is to raise awareness of echoes of the civil war and their effects on professional and personal action, e.g. in social, educational or therapeutic work with people or in one's own family. Further it aims to support participants to accept their own share of the past, strengthening one's own responsibility in the present by using the coming to terms with the past as a resource for shaping a better future.

The training will be conducted by Hani Al Rstoum from SADA Playback Theatre, Soha Fleyfil and Jenny Munro from forumZFD together with Psychodramist and playback accredited trainer Jutta Heppekausen.

**Project partners:**

***forumZFD:***

is a German non-governmental organization established in 1996, and working in Lebanon since 2009 (registered 2016). It strives for a culture of non-violence, where conflicts will be

dealt constructively with the goal of ensuring peace. With help of qualified peace experts and the implementation of projects of the Civil Peace Service, forumZFD works on the development of non-violent conflict transformation methods and tools for dealing with violent conflicts. In collaboration with local NGOs, forumZFD develops projects in three areas: capacity development, community mobilizing, and dealing with the past. In the latter, forumZFD has been working with a number of collaborative, creative and multi-perspective methods and tools to learn and teach about contested historical events without deepening conflict divides.

### ***Institut Für Soziale Interaktion:***

The ISI - Institute for Social Interaction has its focus in continuing education. It is recognized as a psychotherapeutic advanced training institute by the authority for social, family, health and consumer protection in Hamburg, the majority of the seminars are certified by the psychotherapeutic chamber. In addition to training as a psychodrama practitioner for group leadership and counseling, as a psychodrama director and psychodrama therapist, the degree can be achieved as a supervisor / coach and completed a compact training for psychosocial counseling and psychotherapy.

### ***SADA Playback Theatre:***

is the first Playback Theater Company in Tripoli formed by 14 local actors coming from various neighborhoods and communities residing in the city. They aim to establish a safe platform where their communities can express their narratives, memories, fears, and aspirations before experiencing it coming alive on stage. Finding the Red Thread that connects community members together through sharing and comparing their stories is what SADA aims to do through establishing this space to promote openness, understanding and compassion.

The establishment of SADA was part of the Tripoli Mechanisms for Social Stability (MSS) within the UNDP Lebanese Host Communities Support Programme – LHSP in cooperation with the Ministry of Social Affairs – MOSA through the "Peacebuilding in Lebanon" project. The MSS aims at creating local level stability mechanisms in different localities across Lebanon.

### **Trainers**

#### **Hani Al Rstoum:**

Hani Rustom is a Syrian psychologist committed to the advancement of psychology as a discipline and practice in the Syrian context. Hani is a psychoanalytic therapist, an activist with experience in the nonprofit sector and a master's degree student in theatrical studies. Hani kicked off his career by starting the Bailasan team for psycho-social support through expressive arts and sports for Syrian refugees in 2012 in Lebanon, later on he co-founded a specialized psychological emergency unit for victims of the Syrian crisis north Lebanon in partnership with Being L.C.T.C. for psychotherapy. In 2014, Hani co-founded SHIFT, a social innovation hub for socio-economic transformation in the area of Jabal Mohsen-Qubbeh in Tripoli.

In the same year, Hani joined the team of Basma w Zaitouna occupying many positions and ending up as a regional program director for the peace education program. There he

developed a Peace Education methodology for children, youth and adults through expressive arts and Playback Theater. working on the field of Peace Education helped him develop various skills in the field of Playback Theater which later gave him the chance to start a Playback Theater troupe in Tripoli call SADA, as part of the Roadmap To Reconciliation. Hani is occupying a full time Programs' Manager position at Shift Innovation Hub as well as leading SADA Playback Theater troupe in Tripoli. Hani is eager to be a part of rebuilding communities through positive change in marginalized communities.

### **Soha Feyfil:**

is a Lebanese educator, counsellor, trainer and peace builder, who has witnessed the Lebanese civil war and its social, psychological and emotional impact on people around her. She has been working with forumZFD since 2014 on finding ways to address contemporary contested violent historical events specifically in Lebanon. She has worked extensively on developing creative ways to address highly stressful experiences in non-threatening manners. Through arts, like theatre, photography, painting, and/or film, she believes people will be able to communicate memories and experiences that are dear and/or too difficult to verbalize.

### **Jutta Heppekausen**

A 66 years old German Psychodrama Leader (Institute of Psychodrama Ella Mae Shearon) playback Theatre Accredited Trainer (Center for Playback Theatre, N.Y.), founder of "Blickwechsel – Playback Theatre Freiburg" (in 1998), a performing group I trained, lead and conducted for 10 years and in which I am acting till now. I work as a coach/supervisor in my own consultancy and until 2020 as a teacher at the University of Education in Freiburg. She lived and worked, for instance as a playbaker, but also as drama pedagogue and psychodramatist in many countries like Turkey, Russia, Colombia, Azerbaijan, Tajikistan and others. She loves to learn from and with people, enjoys connection and sensitivity for differences, is interested in power relations and how we position ourselves in them. She has been trying for many years to understand how discrimination arises and can be reduced.

### **Jenny Munro**

has been active in the field of cultural dialogue and conflict transformation for the past ten years. With a background in political culture and international criminology, she understands culture both as how societies live and breath and how individuals can express and relate to one another - and thus as a sees culture as a powerful vehicle for change. She has been working with forumZFD Lebanon since 2017, on finding ways to engage with, learn about and teach contested history without deepening existing divides. She also loves telling stories, and loves the power of a story being told.

