Correspondencia VII

Dr. Anne Ancelin Schützenberger

y su trabajo :

« Psychodrama and Group Psychotherapy Family : A Saga »

Mdme. Anne Ancelin Schutzenberger, Ph.D. La Frégate, Terrasses de la Bale des Anges, 39 rue Aimé-Martin, 06020 NICE - F R A N C I A

Barcelona, Sep 8, 1988

My dear Anne,

This is to invite you to participate in a "little historical encounter" which we are preparing for Amsterdam. The idea sprung from an enjoyable chat with Max Rosenbaum and Raymond Battegay at the breakfast table of the Intercontinental during the last Congress in Zagreb. We thought it would be nice to make it extensable to other friends and colleagues and, why not, to allow people from younger generations to listen in. This is how started the whole thing. We certainly would be very pleased if you join the party and we may count with your contribution.

I know you have a flair for history and are quite talented writing about it. I read your contritions to the subject both in your "Précis.." and in your addenda to Grete Leutz's "Mettre sa vie en scène". This time however is not a formal paper what I am asking you for. What I would like is rather to be expontaneous, to freely react to the materials we have started to collect, or to add anything else you may send or or suggest, and mostly to share with us from the depthts of your heart anything your memory brings to its surface. Opinions at this respect are as good or better than facts.

I undersdtand you will be comming to Barcelona by the end of October, that will give us a chance to start reminiscing together. I take "our history" for us started at the beginning of the sixties in a trip by car to Madrid for an Worl Congress of Psychiatry! What I cannot remember to safe my life, is how it happens that you where here in Barcelona at that time. I just look at the Chronologie of the Précis and wonder if it was after the Milano Congress or the Barcelona II Int. Psychodrama Congress, neither of which i was able to attend. Meanwhile, just to give a taste on the way we are workning and so to entice you to join in, attached you will find copies of the proposal for the Panel and of Raymond's paper.

In principle, my idea is to circulate the paper that Raymond Battegay was kind enough to write for the occasion and start from now onwards oppenening a circular letter among us. The "Predecessors and beginning of our IAGP." well may help to depart from a common ground and serve as frame of reference, and also a jumping board from where our memories may spring and our ideas cross fertilizate in a critical dialectic dialog. I will procede to circulate all the materials as they arrive, so that, once in Amsterdam, we can meet and prepare, privately, the group discussion we publically are to hold at the Panel. As I said to Elisabeth, may be the whole thing comes it is worth being published after all.

Hoping to hear from you soon, and looking forward to seeing you, with all the love of Hanne and myself

un cariñoso abrazo

SIGNED: FLEAN CAMPOS

A. Sohuhenbere Appell F.75014 Paris AEROGRAN Dimon Campos Grup d'analisi Passeig de Sant Gerlasi 30

Anne Ancelin Schuzenberge La Fregate (3) Tenasses de la Baie des Auges to Tunis. 06200 Nice Dear Juan

Yes, of course of hear from your

participate in the historical

The members of the Cent

Consider for hours of the forme

Consider for hours of the forme

when I represented in my files by

and I made around from the probably of 54

withing best to thereno and

third was forward secretary

was forward secretary

and Batteger assistant.

There we met in Barcelona

Roy years ago. I was there

20 years ago. I was there Dear Juan 20 Means ago. I was other e psychochama sessions, in representative to the Council at the end of october to Barcelone

ec 2 6 2 CX 5 Paris

EXPÉDITEUR 12

1

PSYCHODRAMA AND GROUP PSYCHOTRERAPY FAMILY_ A Saga

Professeur à l'Université de Nice (France)

Jan. 1989

One of the privileges to be an old-timer in a new fieldand of being a University Professor, is that one is not obliged any more to prove anything and could feel free to speak and write informally about it, after nearly 50 years of practice.

My life has been - and still is - so much linked with group psychotherapy and psychodrama that it is difficult to know where, when or how to start the story of it.

As a co-founder of the International Association of Group Psychotherapy in Zurich in 1973, its Vice President in 1980-as an old timer since 1949-1950 and a member of the former International Council of Group Psychotherapy, I have many memories of how it all started and how much it has been mixed with my life - all my life.

May be it has even begun for me before I was born, when my family decided to give me the name of Anne to honor the memory of my great-aunt Anne, whose husband was an assistant of Charcot.

May be it started—as with many women—by failing in love — in my case, in 1948, with my husband to be, Dr M.P. Schützenberger, a young French psychiatrist, curious of many things, who had discovered by chance articles of J.L Moreno and who did the first French research in sociometry.

In 1948, as a student of psychology, I presented a paper at the Edinburgh International Congress of Psychology, and we were married in London in August during the International Congress of Mental Health.

I met there Josuah Bierer, heard a lecture of S.H Foulkes and went to a workshop of Michael Balint. We went back to Paris where I was finishing my second or third University Curriculum, this time of my choice i.e. psychology, and co-founded the Bulletin de Psychologie (Sorbonne) and co-edited it, printing articles and summaries of courses and invited lecturers in group work (Lewin, Moreno, etc..) I was awarded the International Price of Allied Aid to French Resistance and the Third Soroptimist International Award (Soroptimists are "the best of professional women" a female version of the Rotary Club or Lion's Clubs).

Giving birth to my daughter in October 1950, I could not attend the International Congress of Psychiatry (with Lebovici, S.H Foulkes, J.Favez-Boutonier, nor the Second International Congress of Criminology (with its section of group psychotherapy with Lebovici J.Favez-Boutonier...); but I co-edited their publication (5 volumes). Thus I got to know by phone, letter or factors (Second most of the Who's Who

4.

A

9,

in group work and group psychotherapy in hospitals, prisons and schools.

In 1950-51, I went to study group dynamics and group work in America, at the University of Michigan (Ann Arbor), and work with Festinger, Cartwright, Zander and Lippitt (the Lippitt of the famous Lewin, Lippitt and Whyte research on groups). Ronald Lippitt brought his students home, thus I met his wife Rosemary Lippitt - an active psychodramatist - one week-end she kidnapped me in her car and brought me (18 hours of drive later) to Moreno to Beacon, and I was introduced to psychodrama. Later I was trained in psychodrama, group dynamics, T.Group (I was the first European at Bethel in 1951) and brought all that back in Europe in 1952.

Meanwhile I have helped to organize the trip to post-war Europe of the Morenos and became around 1954-55 - with Serge Lebovici, the French representative on the <u>International Committee of Group Psychotherapy</u> (probably after Toronto, 1954) the core of it being Faulkes, Moreno, Slavson, Warner.

At that time, I have started to "run groups" in France and in the summer 1956, I introduced group-psychotherapy and psychodrama at the International Conference of the New Educational Fellowship in Holland-while Lily Herbert introduced there group-analysis (Wall, Margaret Mead and Juliette Favez-Boutonier were responsible for organizing 25 groups of various group methods there).

From that time group work and group psychotherapy and

psychodrama developped very quickly in Europe.

In 1955 and 1956 we made films with Moreno for the French Television. In 1957, at Zurich during the Second World Congress in Group psychotherapy, J.L. Moreno asked me to help with the section ? room ? of Group Psychotherapy and attend the International Committee, who was making proposals for a Provisional Council of Group Psychotherapy (Moreno was elected President, Foulkes and Lebovici Vice-Presidents, Stockis secretary, A.Friedman treasurer and later secretary-treasurer). Later on, I Became its scientific Secretary.

I have become friends with J.L. and Zerka Moreno and he often asked me to join them on various conferences, congresses and lectures as a co-psychodramatist translater, and therapist-psychodramatist. It is amusing to note that we have got children and change thildeen and change to the conference of us got children and change thildeen and change the conference of the conf

matried and got children and grand-children at about the same time.

I made many friendly encounters during these congresses with the Morenos, the Foulkes, Grete Leutz, many Swede (like Bengt Breggsen - who later asked me to start (training psychody) in 1868 in Uppsala, Sarro (Spain) Cortesao (Portugal) Rollo May (U.S.A.), Bierer ... Max Hamilton ... too many to name them all - but the movement became my "social atom" and I spent most of my free time with them, and part of all my summers in congresses abroad (and some of course with my family).

As I had a training in both classical psychodrama and classical Freudian psychoanalysis (with Robert Gessain, the Eskimo French anthropologist and Françoise Dolto, who became so famous later), I was trying to make bridges between these two opposing groups.

In 1958, Moreno asked me to go with him and help with psychodrama to Barcelona where, at the <u>International Congress</u> of Existential Psychotherapy organized by

Ramon Sarro), we had a section of psychodrama, with vivid demonstrations on the stage (Moreno as director of psychodrama, Anne Schützenberger as auxiliary ego) vivid tauromachic encounter with Salvador Dali - and Moreno - and renewal of friendly ties with S.H. Foulkes who was running the group psychotherapy section, helped by Eduardo Cortesao.

3

2

buring that period, if my memory is correct, I started to go each Easter to the New York meeting of the Morenian group : American Group Psychotherapy, and Psychodrama Society (founded in 1941 by Moreno) - While Slavson founded a year later the A.G.P Association in 1942, who chose not to meet at the same time of the year (which made it impossible to many of us to go twice in the same working semester to America) - thus forcing choices or financial sacrifices from many Europeans - as many of us, like myself, pay themselves the trip.

1962 was difficult for me, as the next congress of Group Psychotherapy was planned in Paris and many well-known French psychoanalysts - group psychotherapists - organizers could not stand long distance late (or night) phones and tensions across Atlantic about it.

Thus' the 3d International Congress of Group Psychotherapy was transferred to Italy : Milano, 1963, organized by Enzo Spaltro.

Not to forget, I had created in 1954 an informal group for the study of psychodrama in France and invited for demonstrations Moreno (whom I invited with Zerka for a dinner at Jacques Lacan's place, with him- an unforgettable experience) with the French Psychoanalytic Psychodrama group of Serge Lebovici and later with Princess Marie Bonaparte-an other quite unforgettable encounter between psychodrama and psychoanalysis -Jim Enneis, head psychodramatist of St Elisabeth's hospital, Washington DC, to spend a year with my informal small psychodrama group in France, and I worked with him 3 times a week in St Anne's medical teaching university hospital with schizophrenic patients and once a week with them and their families- the first family group psychotherapy and psychodrama experience in France) and for the first training group of psychodrama in France, and probably in Europe). A very fruitful, pleasant, exciting, learning time, with them, Pr Juliette Favez-Boutonier (of the Sorbonne), Max Pages, Lily Herbert (of the Bion's group), Nicole Smaggh, Marcel Raclot, French psychoanalysts- group psychotherapists and psychodramatists...

There were many tensions at the 1963 Milano congress between Moreno, Slavson, Lebovici, Foulkes, Bierer, Berger and others. But the congress was quite interresting and amusing : one of the most memorable psychodrama session was the "I work too much" of Pierre Fontaine, directed by Zerka Moreno, (Leon Fine inventing the pushing-like a train double technic) and a crib babies on the floor psychodrama (directed by Doris Twitchell Allen)...

Immediately following the Congress in Milano, and its many Councils meetings, (where I reprensented France with Lebovici since 1957) there was an informal workshop of group analysis with Foulkes, on a boat on a small italian lake, where I (Anne Ancelin Schutzenberger) was invited, with some other French, like Mireille Monod (after her death, her cousin Geeneviève Testemale Monod took over and was a successful member then later President of the French Association of Group Psychotherapy), from England there were Elisabeth Foulkes, Malcolm Pines, Holme-from Portugal : Eduardo Cortesao, Rita Leal..., from America : Milton M. Berger, Hannah Weiner... Ada Abraham from Israel, and many others. It was Pollenza or Pallenza. We all became soon very good friends.

It was such a happy, restfull, quiet and interresting time, part time group analysis with S.H.Foulkes, part time swiming from the boat, part informal discussions, walking, eating very good food, laughing, exchanging. A very good way of learning and becoming members of the group psychotherapy family. It was 25 years ago, and we are still good friends,

here or in heaven, as some are gone. (like Mireille or Foulkes).

At Milano, someone, (was it Simone ?) asked J.L.Moreno why he does not organize a separate congress for psychodrama, and we all laughts together- but a few months after, in a circular letter, J.L.Moreno announced the First International Congress of Psychodrama, to be held in Paris in 1964, and organized by me. Oh, it came as a big (unexpected and unpleasant) surprize to me. I protested that I could not. J.L.M. thus answered that I was welcome to write to some 500 persons to cancel it- or to organize it.

I had become, in 1963 member of the "World Academy of Psychodrama" (A.Ancelin Schutzenberger, J.Favez-Boutonnier, (Sorbonne), L.Michaux (Paris University); J.L.Moreno, Zerka Moreno, Ramon Sarro (Barcelona University) and of the "World Center for Psychodrama, group-psychotherapy and sociometry ": Anne Ancelin Schützenberger, Robert Haas, Gertrude Clemens, Robert Drews, Dean Elefthery, James Enneis, Leon Fine, A.Friedemann, Martin Haskell, Helen Jennings, Kohei Matsumura, J.L.Moreno, Zerka Moreno, Jaime Rojas-Bermudez, James Sacs, Adeline Starr, Doris Twitchell Allen,

Hannah Weiner, Lewis Yablonsky,...

So I did it in some eight months, at Paris University, Faculty of Medicine, (August 31-September 3,1964), without monney ahead, nor real support, except for these, some old friends like R.Amiel, P.Boutang, M.Moukomel (Paris Pasteur Institute), other French collegues and especially my students-like Claude Ouzilou, Jean Prochasson, Jean Forest, Odile Bouthreuil... (psychodrama students, as I had created in France, at about the same time, a section of psychodrama at the Ecole des Parents et des Educateurs (sort of Parents, teachers, educators association)— which became later IFEP-France, with a School of Gestalt and a School of Psychodrama, and the French Group of Studies in Sociometry, Group Dynamics and Psychodrama — both still in existance in Paris and both doing training

in group work and psychodrama.

Paul Sivadon accepted to be the President (as it is generally the custom in congresses in France, to have a French President—and J.L.Moreno the Honorary President—very much honored—and I the general manager—and also the scientific secretary—with Zerka. We had some 1200 participants from 31 countries—and invented a new approach :mainly encounter, with some papers, (a must in congresses), Round Tables, (with psychodramatists and psychoanalysts and body specialists together), the Permanent Theater of Psychodrama (with demonstrations and sessions of psychodrama conducted by J.L.Moreno, Zerka, Anne Ancelin Schutzenberger, Hannah Weiner, Jim Enneis, Leon Fine, Dean and Doreen Elefthery, Jaime Rojas Bermudes... and many, many others...The famous chosen body work specialists were Mosche Feldenkrais, Gerda Alexander, Laura Sheleen (who all declared later that their World and American career started there.

It is quite a new experience, to organize something for the first time: A First International Congress of psychodrama, first (and difficult experience with translation, translators, complaints, national and international tensions, competitions, and thousand of every minute propblems but also with collaboration, friendships, first TV real one hour film about psychodrama, and, as misfit: not to have asked immediately and published the Proceedings (so sorry) and not to have understood that I was, then and there, a First Lady, thus not to have opened the ball of the formal party in time (but Moreno did not dance and others took time to invite me:thus we had - I had - only one dance-and as I love dancing, I have paid for such an excellent orchestra- but such is life!!!-

Thus, later on, I could help with my experience others to organize the second (Barcelona, 1966) and third (Prague, 1968, september-same time that the Russians came in !!!).

Lots of fun, it was, as much as lots of work, and lots of new collegues-friends from all over the world. Many of these names made and make world Group Psychotherapy now.

It is not easy to finish to tell about a life story -quickly... Especially when it is linked with so many adventres... Moreno thought of a way to bridge the distance between East and West and thought of Tchecoslovaquia as a way to help people from democratic countries to come to a psychodrama congress in 1968. One of the problem is of course monney for people from countries.F.Knoblock organized democratic International congress of psychodrama and the first international congress of Sociometry in Tchecoslovaquia during the "spring of Prague" and asked me to come and help to organize it, as a

co-scientific secretary.

It was an adventure-quite fascinating and quite unexpected... the summer, and our Prague in 1968-Russians in planned, prepared and mainly paid for (main Psychodrama Congress expenses), in Prague, where nobody could enter now. It so happened that the Austrians offered to Moreno to transfer the Psychodrama Congress to Baden (after Vienna), but nobody thought nor discussed the location, in the need to hurry for a the new financing of replacement). Congress rooms and translations were already paid in Prague... thus.. for the 3d international congress of psychodrama, . there were no monney from the inscriptions to pay for it a second time in Austria...but rooms and translators asked and had to be paid...so... an unexpected big deficit in the mids t of the congress.... Well, to any problem there is a solution... my person al bank paid for it from Paris and I became a "flying psychodramatist" and an international trainer in group w ork and psychodrama around the world-some collegues helped to organize training groups...and that problem was solved ...

There are ups and downs and surprizes of many sorts in a new fild for pioneers- but it is fascinating to be a pionner, or one of

them...

Knobloch went(emigrated) to Canada after the Congress. The 2 congresses went well.

The 4th International Congress of Group Psychotherapy of Vienna (16-21 September 1968) were very well organized by Raoul Schindler.

Vienna is a very beautiful city and the congress was a success : the papers, (already pre-printed...), the encounters, the tables, the horse parade and the dances on the beautiful Danube, and reunions with old friends of the group community. Amongst the "events"-"non-events": Anna Freud, who happened to be in Vienna but did not attend the Congress, wanted to see psychodrama and tried to enter in a workshop : the young "help" watching the doors for intruders did not let her pass, and felt strange when told(but too late) who they refused!!! This is the price to be paid for too much organization and a growing field when new people do not know their "who's who" (many old timers felt the same later on, in other congresses, like Amsterdam, when they felt the non recognition from the newcomers in the field...- and many of our congresses are organized by new enthusistic students of the field- but not too well acquainted with it...yet.!!!

The Commeettee meeting of the International Council in Vienna was



important because we worked to organize our new future association and make a good "constitution" for it, and deceided who could attend, and become member (individuals or national associations: a very controversial point - very important because many countries had and still have tensions amongst professionnals and "exclusions" and "inclusions" sometimes with a personal bias and it might be very important that individuals (but well trained and recommended) could be allowed to join the association (this was the feeling of many of us. Regardless of this position (defended by A.Friedemann and his at that time assistant Raymond Battegay- then, not a board member- by Zerka and me and others).J.L.Moreno, R.Sarro, W.J.Warner, J.Bierer, S.H.Foulkes, E. van Emde Boas, R.Schindler, F.Knobloch, Z.Moreno, A.Schutzenberger, spend many hours trying to find solutions to bridge gaps and overcome tensions between the "VIP" and "big chiefs" of the mouvement and find an equilibrium between tendencies and countries,

trying to be fair. On one of the paperhead of the International Association of Group Psychotherapy, I see that I have been chosen as an Honorary Executive Secretary to it, the General Secretary beeing A.Friedemann (of Biel-Bienn, Switzerland- where our Association was incorporated), the treasurer: Zerka Moreno, President: Sam Hadden. J.L. Moreno, wanting to try to arrange peace amongst various schools has asked at the Zurich 5th International Congress (August 19-24,1973) Hadden (from Philadelphia and from the Slavson group) to become President and in return was uninamously elected Honorary President. During that Zurich Congress, our present association: International Association of Group Psychotherapy was formed after the Constitution was adopted. Friedemann then asked, soon later, that Raymond Battegay, who was already helping him and was a Swiss too, became an hon. executive secretarry of the association, with A. Schutzenberger (a few years and me Congress.of President became R.Battegay the Copenhagen Vice-President, 1977-1980, organizing 1980, where Malcolm Pines (of the S.H. Foulkes group analysis group of Moreno Zerka and President became Fiedler(group Jay (psychodrama)Vice-President-then Grete then President. psychotherapy, U.S.A.) became Leutz---psychodrama-R.F.A..(elected at Zagreb Congress

Amsterdam, 1989)Our next President will be Canadian.

I am mentionning this to explain how much it is important to keep some "justice" and balance amongst the various tendencies of group psychotherapy, group analysis, psychodrama..

In between, sub groups have started to meet, according to technics:.

Psychodrama has started in 1964 in Paris and given up big congresses after Amsterdam (19..) - but there is still an annual congress of Group Psycxhotherapy and Psychodrama (each March usually) in New York, since 19.. (May 1989 will be the festivites of the Centenary of Moreno in N.Y.).

Eduardo Cortesao organized in 1970 in Estoril(Portugal) the First European Symposium of Group Analysis, with S.H.Foulkes, Elisabeth, Rita Leal, Malcolm Pines, Anne Schutzenberger, Michel Laxenaire, and many others- a samll and congenial group(of about 40 persons from 6 countries) - with theory and practice. Later on, we were a much bigger

(5) [8]

1981

group in Rome- and the English group was joined by a wider French, Spanish, Portuguese delegations .

Our field is starting to become recognized and respectable- even if in many countries(like France and England, the "upper dog" is

always a Freudian Psychoanalyst and/or a University Professor.

May be it is a special sign of th e country of Descartes and French way of thinking, but there are quite a of few University Professors who are also leading psychoanalysts, group psychodramatists in France or Lebovici, Anzieu, Kaes (and French psychodramatists are often doing analytical psychodrama or triadic psychodrama(i e with psychoanalytic training of and the French society psychotherapy has become, under the influence of Didier Anzieu and Geneviève Testemale Monod, the French Society of analytical group psychotherapy - asking of its members to be in an individual psychoanalysis - which means that others forms of group psychotherapy cannot enter it).

I remember the time when Moreno asked me to finish quickly my PhD and become a Professor, because the fields of Group Psychotherapy and psychodrama needed Professors for social recognition (I did it, but it hindered the development of my career as Professor, to be a psychodsramatist and a group analyst) - and I remember very well the time when Psychology was starting as such in France and our Professor(D.Lagache) asked all of us(we were 12 in 1948 in France) to start an individual orthodox Freudian psychoanalysis to be recognized as clinicians(I did it,of course,not for social recognition, but because it seemimportant to know on's uncounscious(!), transferences and counter-transferences and projections to help or train other

With 1992 (and a somehow united Europe, with possibilities to go from country to country for professionnals, we need some common ground and basic training for psychoptherapists, psychodramatists, group analysts...and, with good training, gain respect for each other (which is not always the case). But I was flabergast when I heard that in some countries they have started to make "trade marks" (commercial ones) with group work names or signs or drawings or symbols - Where do we start to go if we change our motivation for science and art into commercial practice with territorial fights.

Around 1968-70, all the names of Council or International Commeettee members were printed on the letterhead(on each side, in slim columns). Thus, by looking at it, anyone receiving information about the Associatioin octivites could see and know the Who's Who-and understand, or guess, or recognize authors of articles, books, lectures.... Now we have given up this habit, but again, young trainees and professionnals(I mean new in the field) are out of touch with the names (I will be in favor of printing in the same booklet all members of the association and past officers(regardless of the fact that they are living or deadd, or paying members actually), thus with the history of the movement of group psychotherapy

A good program, accepted by the professionals and by the state(with a certification) is difficult to organize- but America managed to do it for psychodrama (certification for T.E.P. in Washington D.C) and Sweden for psychotherapy (program organized by

countries, again, the fight "my papa has a bigger gun than your papa"-Variety is an enrichment of the field,,, but, the wider the field become, the more people come to international congresses, the less they meet other schools (it was easier when we were only 300 in Wiesbaden than 1200 in Zurich) - and, least but not last, people join the association for a congress, but often do not renew their suscribtion and memberships -it is not only a question of "drop outs" but a question of what we have to do to:

make new friends, but keep the olds the ones are golden but the others are gold!!!

Anne Schutzenberger, PhD, T.E.P. (Psychodrama), Group analyst

If I have time, I shall complete it

Anne ANCELIN SCHUTZENBERGER Professeur à l'Université de Nice La Frigate (3)
Terrasses de la Bale des Anges
39, rue Almé-Martin, F-06000 NICE 2 93867704 et Paris (1) 45409290 14, av. Paul-Appell, F-75014 Paris you to me grane