

Lecturers Introductions

LIC. Jorge Paz

is a psychologist who lives between Barcelona and Buenos Aires. After completing his studies in both acting and psychology in Argentina, he validated his degree in Spain and complemented the practice of psychology with his work as a professional actor, combining both by working with psychodrama, teaching and his Hospital practice and private clinic with groups, couples, families or individual therapies. (Spanish and English fluently, communicational skills in French, Italian and Portuguese).



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Dr. Enrico Reo

Psychologist-Psychotherapist (Ph.D.), Groupanalyst and Theatre of the Oppressed Director; Psychotherapist, Groupanalyst and Supervisor of the Clinic "Oasi San Giacomo" (Verona), for treatment of young addicted persons; former member of IAGP Board of Directors; former member of the IFSI/FIIS Board of directors; Board member of "Zolla", association for social innovation in the treatment of the social consequences Covid-19; Former professional basketball player.



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Your Timetable

SG = Small Group LG = Large Group

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:30	Plenary LG Come Together	Plenary LG Upside down downside up	Plenary LG Social dreaming matrix	Plenary LG Social dreaming matrix	Plenary LG Social dreaming matrix
10:30-11:00	Break	Break	Break	Break	Break
11:00-12:30	Workshop SG	Workshop SG	Workshop SG	Workshop SG	Workshop SG
12:30-15:00	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
15:00-16:30	Workshop SG	Workshop SG	Workshop SG	Workshop SG	Workshop SG
16:30-17:00	Break	Break	Break	Break	Break
17:00-18:30	Plenary LG	Plenary LG	Plenary LG	Plenary LG	Plenary LG

The workshops are aimed to people interested in group dynamics, group therapy and group experience for professional and personal growth.

Where?

Exodus Community
Via Bonuzzo Sant'Anna 11
37128 Verona
Italy



Images by Freepik

Contact for booking Workshop registration 01-04

Get your Ticket here:

<https://forms.gle/dcf9DmyQh7Y9BvAn6>



Workshop fee & payment

Early Bird Ticket for 5 Days
until 28.02.2026

500,00€

Regular Ticket for 5 Days
from 01.03. - 30.04.2026

550,00€

Light lunch and coffee break included.

Contact for general questions:

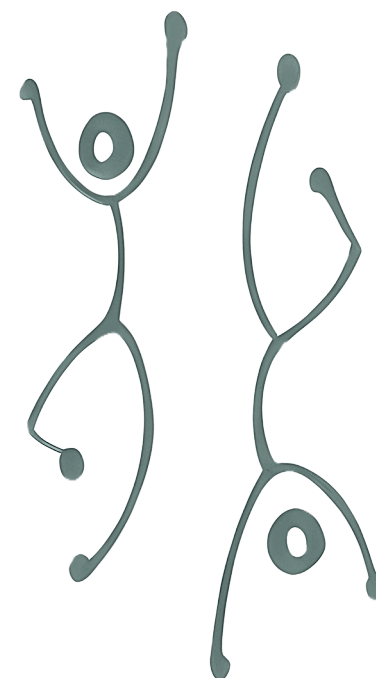
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In cooperation with
Fondazione Exodus onlus & The Rhein-Eifel Institute, Andernach

exodus
d. Antonio Wolff

Institut für
Psychotherapie und
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ANNELISE HEIGL-EVERS INSTITUT

Upside Down Downside Up



Verona: Mon 18.05. - Fri 22.05.2026
Creating beyond differences

Verona Group Therapy Workshop

The workshop is about group, it is about the challenge to design a future by creating and cooperating within the differences.

Different group approaches, different nationalities of the conductors and the participants, different languages, so it is about differentiation and integration.

Workshops Descriptions

01 The world of dreams

Dr. Tamara Anbeh, Bonn, Germany

I would like to invite you to develop a deeper understanding of dreams together. The dream as the "royal road to the subconscious". The aim is to show ways of working with dreams individually, psychotherapeutically and in a supervisory capacity. The used technique will be group work, associations, possibilities of interpretation and representation of dreams (personal dreams, patient dreams, therapist dreams, dreams in extreme situations, initial dreams,

etc.). Dream types, dreams in history, art and cultures are included. Also the meaning, function and handling of dreams according to Freud, Jung, Hobson and others. The intention is to become aware again of the meaningfulness of this dream world and to develop new perspectives and integrate them into one's understanding. Understanding dreams as an opportunity for self-insight and as a possibility to use them for a deeper contact with others.

02 Theatre of the Oppressed

Dr. Enrico Reo, Verona, Italy

Method: The Theatre of the Oppressed is a form of social theatre created by Augusto Boal in Brazil in the 1960s: the main purpose is to reach a shared reflection on issues related to conflict and the relationship with internal and external objects. The Theatre of the Oppressed uses theatrical representation to expand, increase and transform intrapersonal, interpersonal and social experiences.

Objectives: What we aim for is not so much to give an answer to an apparently unsolvable problem, but rather to discover together the many possible answers and to establish a comparison, an exchange and start asking questions. In this perspective, participants take on multiple roles: actor, spectator, observed, observer, active, passive, with the possibility of experiencing multiple perspectives on the external world and the internal world.

03 Sociometry, Psychodrama, and Artistic Techniques

Dr. Enrique Negueruela, Palencia, Spain

This workshop combines sociometry, psychodrama, and artistic techniques to explore emotional and relational dynamics in a group. Participants will engage in sociometric mapping to understand group connections. Psychodramatic exer-

cises help process conflicts through action. Artistic expression deepens emotional insight and offers practical tools for growth. The approach fosters new perspectives for personal and collective understanding.

04 Theatre of Spontaneity and Psychodrama

LIC. Jorge Paz, Buenos Aires, Argentina

The Theatre of Spontaneity is the origin of what Jacobo L. Moreno later developed until it reached the Psychodrama itself. In both approaches there are three classic moments: 1- Warming up; 2-Psychodramatic moment; 3- Sharing. We will use psychodramatic techniques to express and process emotions.

Participants will have the opportunity to experience in a hands-on way what is related to the use of psychodramatic techniques (like doubling, role exchange, mirroring, soliloquy, etc.) and its powerful impact by using the three dimensions of space to expose intrapsychic conflicts.

Social Dreaming Matrix

The Social Dreaming Matrix, developed by G. Lawrence, is a method where participants share and associate dreams in a social setting, focusing on the dreams rather than the dreamers.

It aims to uncover collective insights and creativity by exploring the social dimensions of dreams. In a world upsidedown and downsideup, where the Ego and the Self are looking at each other without recognizing each other, what a better way to explore it from the unconscious prospective.

Upside Down Downside Up Project Enrico Reo

This project arose from the desire to create a possible vision of the near future, namely access to the freedom to think about the future again, an essential aspect for a good mental balance, which has been severely affected in recent years by the pandemic, increasing wars and climate change. The aim is to counteract increasing social divisions and strengthen togetherness.

„Upside down - down side up“ stands on the one hand for the willingness to change perspective and on the other hand for the understanding of the extent to which conscious and unconscious processes influence each other.

Lecturers Introductions

Dr. rer. medic. Dipl.-Psych.

Tamara Anbeh

Psychological psychotherapist (PhD), depth psychology and analytical psychotherapy. Psychoanalyst with practice in Bonn, Germany.



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Trainer, supervisor, lecturer in depth psychology and analytical psychotherapy for individual and groups at different psychotherapeutic institutes in Germany, member of D3G (since 2007) and IAGP (since 2011) Publication of group psychotherapy in scientific journals and books. Main focus: Group psychotherapy, dreams, psychosomatics, psychological aspects of intensive care units.

Dr. Enrique Negueruela MD

Psychiatrist and psychotherapist with over 25 years of experience, specializing in mental health care with severely ill patients and personality disorders. He is the Psychiatry Day Hospital Coordinator at San Telmo's Hospital (Palencia - Spain), focusing on psychodrama and group psychotherapy.



Dr. Negueruela is trained in Integrative Psychotherapy, EMDR, and mediation. He is an active member of the Spanish Psychodrama Association (AEP).

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