

# The Shadow of a First-Time Co-Presenter

Scott Giacomucci, MSS, LSW, CTTs, CET III



I am en route to the ASGPP conference, scrambling to prepare for the workshop I am presenting on shadow and archetypes while ferociously reading Jungian Psychology. I'm feeling inadequate, about to present to 20 or 30 colleagues who likely have more experience and knowledge than I. I want to do a good

job my first time co-presenting!

A dream, or nightmare, from last night keeps surfacing to my consciousness. A vision of a demonic creature chasing me provokes terror in my stomach. The same terror I awoke with at 3:17am this morning, and had to turn on a light to self-soothe.

I realize now that my preparation for the workshop lies not in a book, but within my own shadow – damn.

I'm on the plane, flying over one of the Carolinas, and reluctantly decide to re-enter my dream. To use Jung's technique of active imagination (which is very similar to psychodrama!), rather than just read about it.

As I return to the darkness and face this dark creature, he begins to punch me in the stomach, right where I feel the terror. I try to reason with him. I try to get curious about him, asking what he wants as I feel his grip around my throat.

My eyes open as the flight attendant moves through the aisle to collect trash. I look down at the book on my tray "Meeting The Shadow", turn the book upside-down, and reluc-

tantly move back into my active imagination – my internal drama. When I pull back the dark cloak of this shadow, I see myself at 15 in a hopeless place. I see myself in 2nd grade isolated and feeling alone. I see myself just a few months ago paralyzed by fear. I see myself in the future weeping with my face in my hands. I feel the power of humanness integrate within as the figure and I become one and I reclaim this aspect of my shadow. I open my eyes looking at the swampy landscape below, cloaked by a layer of clouds and guess we are flying over another state now.



As I allow myself to see within, I notice my stomach and throat soften. The feelings of fear and inadequacy about presenting at the conference have dissipated and been replaced with a gentle sense of competence.

I notice myself smiling as I gaze from my airplane window at the Atlantic Ocean thinking of dear friends and colleagues I will see at the conference and my workshop – "Dancing With Your Shadow: Finding the Hidden Gold". The pilot announces that we are beginning our descent into Tampa. Inspecting the back cover of the book before me for the first time, I read "Although we think of the shadow as containing only darkness, as Jung stated, its essence is 'pure gold.'"

As the sun sets, the tips of the dark grey clouds around me illuminate with a golden accent. We descend through the gold, through the dark clouds, and into Tampa international airport.

A "Thanks & Congratulations" Note from Marlo Archer



Dear 2017 ASGPP Conference Co-Chairs and key volunteers and Executive Council, and Debbie and all who assisted her,

Excellent Conference? As you can see I am STILL enjoying it over a month later. The D-I-Y water bottles - genius. The mini sand bucket welcome - delightful and I use it in my office with Kinetic sand. The KITES. STUNNING. Sand Trays were sweet little surprises. Recycle Treasure Chests vs unwieldy baskets - brilliant. Flash mob - so fun. Zerka PM memorial so elegant. Drum Circle is worth whole price of conference and glow necklaces was icing on that cake. The vendor w/ the clothes was amazing. Using microphones in large rooms was essential and appreciated. And here is my late contest entry - So cool. Love, Marlo 2020?

WELCOMING OUR NEW MEMBERS.....

## “Howdy Neighbor” Texan style

**SCOTT GIACOMUCCI, LSW, CTTs, CET III**



Scott is a “nearly new” member of ASGPP who joined us three years ago. He is already jumping in with his strengths of zest, perspective, and teamwork with Clearwater 2017 being his first conference co-presentation with Andrea Hummel, MA and first PNN contribution (see “The Shadow of a First Time Co-Presenter”). Scott is Trauma Treatment Specialist & Clinical Skills Trainer at an inpatient addiction center, Mirmont. He has a private practice in Westchester, PA. where he combines EMDR and Psycho-drama working with trauma/addiction.

Scott first experienced Psychodrama ten years ago at a workshop where he got to be the protagonist. As Dena Baumgarten often says, “He got the bite,” and wanted more. Scott has a Masters in Social Services from Bryn Mawr College and is beginning his Doctorate in Clinical Social Work at University of Pennsylvania. Scott found the more experiential nature of Psychodrama a welcome addition to his more cognitive studies.

Scott is soon to complete his CP with Dr. Kate Hudgins as his primary trainer and Dave Moran as his secondary trainer. As well, Scott has been studying Dr. Ed Schreiber’s online Sociatry Course for the last two years. Scott has sought out many training styles, working also with Karen Carnabucci and Dr. Tian Dayton. Scott talked about two GIFTS of our conferences, which he loves to attend. One, few conferences actually demonstrate their work with clients. Scott values the unlimited styles of directing, facilitating a group, and learning from either auxiliary role or audience member that is available. Secondly, *the accessibility of Mentors* and writers who actually wrote the literature and books in our field that present and attend our conferences. (It is important to be reminded of these two important and unique strengths of ASGPP: *a shared abundance of creativity/spontaneity in our many and diverse workshops*; AND the accessibility of Mentors, Trainers and Writers.)

Scott has recently embarked on the exciting journey of marriage, and along with this continues his love of travel. He is off to China to work with Dr. Kate in Therapeutic Spiral Model Training. Scott’s favorite way to travel is without plan or destination following the flow of life to direct his path.

And here’s the last thing I want you to know about Scott – which I discovered while talking to him in my kitchen at 9:30 pm last week – his heart and hand has reached across the generations – as Psychodramatists, Sociometrists, as Human Beings sharing this planet. He so desired to try to meet Zerkaa before she passed, and somehow that did happen in a very private meaningful way for him. In this deeply personal ritual space Scott committed his intent to carry Psychodrama to the next generation. The Psychodrama baton is in good hands with Scott and all of you.

Nancy Kirsner

## Welcome to our New ASGPP Members

The following are new members who have joined us in recent months.

**Welcome!**

- Kathleen Arnold-Chambers (Bakersfield, CA)
- Billie Baker (Sanger, TX)
- Anna Bobikova (Valley Springs, CA)
- Lori Budman (Bryn Mawr, PA)
- Eniola TLB Burton-Smith (St. Louis, MO)
- Isabel Christodoulou (Coral Springs, FL)
- Stephanie Coker (Plano, TX)
- David Cunha (Greensboro, NC)
- Kelli Davis (Memphis, TN)
- Carey Gauzens (McLean, VA)
- Sarah Greer (North Palm Beach, FL)
- Allen Johnson (Pearl, MS)
- Peg Lane (Arlington Heights, IL)
- Ting Yan Tania Lee (Hong Kong)
- Liz Little (Seattle, WA)
- Renee Littlejohn (Ellicott City, MD)
- Natasha Mata (Orlando, FL)
- Kimberly Matoka (Phoenix, AZ)
- Deanna McIntyre (Truckee, CA)
- Susan Orenstein (Chapel Hill, NC)
- Wendy Pressoir (Clearwater, FL)
- Jeffrey Pufahl (Gainesville, FL)
- Samantha Rich (Tucson, AZ)
- Theresa Ritz (Dunedin, FL)
- Sheila Rubin (San Francisco, CA)
- Richard Ruegg (Greenwood, IN)
- Marlene Steinberg (Naples, FL)
- John Taylor (Oro-Medonte, ON)
- Cheng-Lan Wang (New Taipei, Taiwan)
- Angela Wiley (Greensboro, NC)
- Jessica Wolfe (Pittsburgh, PA)
- Kenneth Wynn (Atlantic Beach, FL)
- Vladlena Zapesotsky (Sunnyvale, CA)