



## Baltic Moreno Conference 2026

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### ***TIME III***

*21–23 August 2026 Tallinn, Estonia • Hotel Europa*

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The Baltic Moreno Conference is held every second year in one of the Baltic countries. Now it returns to Estonia again to explore the many faces of TIME—past, present, future and cosmic time.

**Time I** (2000, Estonia) launched our shared journey.

**Time II** (2014, Estonia) carried us through new decades of change.

**Time III** (2026) invites you to reflect on where we've been and to create the next chapter together.

#### **During this conference**

1. we give the stage over to the new generation (Saturday workshops)
2. and honour our teachers who have helped to develop psychodrama in Estonia (Sunday workshops)

Join psychodramatists, sociometrists, educators, and creative souls from across the Baltics and beyond for three inspiring days of action methods, learning, and connection.



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### Tickets:

- **Early bird:** €250 (until **28.02.2026**, inclusive)
- **Standard:** €275 (**01.03.2026–31.07.2026**)
- **Late:** €300 (from **01.08.2026** onward)

*Ticket includes coffee breaks, lunch and dinner with party on Saturday.*

Early Registration is officially open. [LINK](#)

WEB:

## ACCOMMODATION

### Special Offer for Participants

Make the most of your stay in Tallinn with our exclusive promo code: **MORENO26**

- Save 30 % off the daily rate when booking directly through [Hestia Hotels](#).
- Use the code for any of these partner hotels:
  - **Hotel Europa** – the main conference venue
  - **Seaport Hotel** – cosy harbour location
  - **Hotel Barons** – in the heart of Tallinn's Old Town
  - **Hotel Ilmarine** – just behind the Creative Hub (Kultuurikatel), a 10-minute walk to Hotel Europa

Simply enter **MORENO26** when booking on the Hestia website to secure your discount.

The special rate is valid 21–23 August 2026.



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### *Programme of Events and Timetable*

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#### **Friday, 21 August – TIME**

14:00–15:00 Registration & Gathering

15:00–15:30 Grand Opening

15:30–18:30 Sociodramatic happening: Time-Travellers

**Evening:** *Informal meet-ups around Tallinn ((additional activities))*

#### **Saturday, 22 August – Baltic Day**

Celebrating the new generation of psychodramatists

09:30–10:00 Morning Opening

10:00–13:00 Parallel Workshops by Estonian psychodrama leaders

14:30–17:30 Parallel Workshops by Latvian & Lithuanian psychodrama leaders

17:30–18.00 Closing the day

19:00–24:00 Dinner and Party with Playback Theatre **"Big Men"** (Estonia/Finland)

#### **Sunday, 23 August – Europa Day**

Honouring our psychodrama teachers

09:30–10:00 Morning Opening

Video greetings from our first teachers Sirkku Aitolehti, Ruuda Palmquist and Mark Tredwell

10:00–13:00 Workshops led by psychodrama teachers

Inara Erdmanis, Reijo Kauppila, Urban Norlander, Eduardo Verdu, Norbert Apter, Kate Bradshaw Tavon

13:00–14:00 Conference Closing

14:00–15:00 Farewell Coffee



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### WORKSHOPS

**SATURDAY /22.08.2026/**

#### **1. Traces of Time Within Me**

How do we cope with the changes that come with the passage of time? The axiodrama “Traces of Time Within Me” offers an opportunity to explore the tension that arises from conflicting societal expectations. The workshop is led by Sirle Roots and Kaia Lainola, Moreno Center, Estonia

**Sirle Roots** – I believe that individuals and teams already possess the wisdom needed to create change. I support this process through awareness, encouragement, and inspiration, enabling questions and dilemmas to move through co-creation toward clarity and ease. I work as a trainer and supervisor (Psychodrama CP), am a mental health collaboration partner of Meliva, and a board member of the Estonian Association for Supervision and Coaching.

**Kaia Lainola** is a psychodrama director (CP), certified supervisor and coach (ANSE), MA in Educational Sciences and studied PhD in Psychology. Psychodrama and image therapist. Adult educator, Playback theater actor, illustrator and Italian language learner.

#### **2. Time in the Belly of a Whale**

In an attempt to escape his calling, Jonah awakens great storm. Recognizing that it is of his own making, Jonah offers himself to be thrown into the sea, where a great fish swallows him up and Jonah descends into darkness. Here, in the belly of the whale, ordinary reality ceases to exist. Time slows. Creating an opportunity to inhabit the experience fully, and to discover where it may lead. From this depth, Jonah reaches for the grace of God and is returned to the world of the living — reborn, willing to follow his calling, yet still wrestling with ambiguity. What is it like to be in the belly of a whale? What is it like to enter, and be delivered from the abyss? What is the source of deliverance? The workshop is led by Ethel Kings and Kaia Kapsta-Forrester, Moreno Center, Estonia



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**Ethel Kings** is a psychodrama CP, certified coach and supervisor (ANSE) with an MA in Creative Arts Therapy, preceded by studies of Theology and Anthropology of Religion. Her special interest lies in the exploration of liminal spaces and existential themes through experiential methods and artistic expression.

**Kaia Kapsta-Forrester** is a psychodrama CP, certified family and couple's therapist, with an MA in psychotherapy, BA in drama with the background in performance arts and Diploma in theology. She is interested in exploration of developmental transformations through creativity and spontaneity.

### 3. Time in Art/Art in Time. MY TIME

Art created in the PAST holds time in suspension. René Magritte's locomotive is frozen mid-charge as it bursts through a fireplace; Dalí's clocks are eternally paused in their melting... How do I behold this with the eyes of TODAY? Art has the power to awaken forgotten memories, to invite us to journey inward—to our hidden emotions—and to see our lives from a different vantage point. Through the prism of art, we perceive our PRESENT, gaining fresh insight into values that reality often conceals or allows us to forget: HOW PRECIOUS IS TIME TO ME? HOW PRECIOUS IS MY TIME? What happens when a work of art comes alive? I step inside it, reshaping the artwork and, in doing so, reshaping myself. In this space, healing can emerge, and answers to the challenges of the PRESENT may be found. And from this encounter is born the promise of a gentler, more hopeful relationship with the FUTURE. The workshop is led by Sandra Konstante and Jolanta Mote, Latvian Moreno Institute

**Sandra Konstante**, CP - Certified Practitioner in Training, Artist, Art Teacher

**Jolanta Mote**, CP, Psychodrama, Sociometry and Group Therapy specialist

### 4. Life after Life – Exploring the Next Chapters of Living

What happens after “a big chapter” of your life is over – after a project, a relationship, a role, a country, a life season? In this experiential psychodrama workshop we will explore “life after life” not as an abstract afterlife, but as the next living chapter that follows important endings, transitions, and turning points. Using sociometry, future projections and surplus reality, participants will have the chance to step into dialogue



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with their future selves, encounter roles that want to be born, and say goodbye to parts of life that are ready to end. The focus is on time as lived experience – Time 3.0 – where past, present and possible futures can meet on the stage at the same moment. The experimental workshop is suitable for participants with different levels of psychodrama experience. A basic willingness to work experientially, move, and share from one's own life is essential. Sensitive topics such as endings and loss may arise; the work will be held in a contained, respectful and collegial atmosphere.

The workshop is led by **Endel Hango**. T.E.P. , Estonian Psychodrama Institute

### 5. Time Travel with Living Color Time Cards: A Psychodramatic Labyrinth of Past, Present and Future

This experiential psychodrama workshop invites participants to explore time not as linear chronology, but as a living, relational process that unfolds through action. Grounded in Morenian psychodrama, the workshop integrates symbolic object mediation, color as role, and a three-path labyrinth representing past, present, and future. Participants begin with a structured warm-up, creating Living Color Time Cards that embody their intuitive, embodied relationship with different time dimensions. Color is used not as a system of predefined meanings, but as a psychodynamic container and symbolic role carrier. The cards are then placed within a large floor labyrinth, which becomes the shared psychodramatic stage. Through sociometric choices, role reversal, doubling, and surplus reality, participants step into and give voice to time roles beyond personal narratives, allowing Time itself to emerge as the collective protagonist. The work is held without interpretation or analysis, maintaining psychodramatic ethics and making it suitable for large professional groups. This advanced experiential workshop offers psychodrama practitioners a clear, action-based method for working with time, symbolism, and collective fields, while supporting integration, containment, and professional depth.

The workshop is led by **Rūta Janulevičienė**, a psychodrama psychotherapist, certified practitioner in training, Lithuanian Psychodrama Association



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### AFTERNOON WORKSHOPS

#### 1. Meeting the Lord of Time and shop for Your Time

Just stop and be in the moment. Where do you want to go at this moment? We invite you to travel through time to a place where you can choose your own time zone and timeline, actually shop for it. Take a step beyond linear chronology to explore how past, present, and future coexist within you. The experience unfolds as a journey where inner tempo, memory, and anticipation begin to speak, revealing how time has shaped you and how you, in turn, relate to it now. In this journey we'll experience how our individual time is a part of the collective and vice versa.

The workshop is led by Ineta Vanaga and Aiga Ūdre, Latvian Moreno Institute

**Ineta Vanaga** is a public health specialist, psychodrama psychotherapist, certified practitioner in training **Aiga Ūdre** is a psychodrama psychotherapist, certified practitioner in training.

#### 2. Travelling in time - hop on, hop off

Welcome to our classical psychodrama workshop where we will explore our personal timelines and focus on Morenian concept of surplus reality. This enables us to use the power of the imagination to release energy and notice the possibility to change. Nowhere else can you truly experience the magic of time travel. See you in the workshop!

The workshop is led by **Anu Parts** (C.P, psychodrama trainer and supervisor) and **Kati-Riin Siimisker** (C.P, psychiatrist, trainer of adults), Estonian Psychodrama Institute

#### 3. If This Life Repeats

This workshop looks at time not as something that simply passes, but as something we actively waste, shape, or avoid. Against the backdrop of finitude, freedom, isolation, and meaninglessness, one question remains: would we choose this use of time again?

The workshop is led by Jaan Väärt, Moreno Center, Estonia



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**Jaan Väärt** is a Certified Psychodramatist (CP), trainer at the Moreno Center, and addiction counsellor, whose work is driven by a deep interest in how people use—and often quietly collaborate with—the limits of their own lives. His approach weaves existential inquiry with experiential practice, focusing on repetition, responsibility, and the willingness to stay with difficult questions rather than resolve them too quickly.

### 4. Time to Play: Psychodrama with Children

We invite you to meet the child within — the source of spontaneity and creativity across time. Participants will experience playful techniques used with children and discover how these same processes can foster growth, renewal, and creativity in adults. The workshop is led by **Kadi Künnapuu**, Psychodrama with Children Practitioner, CP and **Marju Velström-Loorits**, Psychodrama with Children Therapist, CP in Training, Estonian Psychodrama Institute

### 5. Sociodrama "2026. Time CET+"

What is the time for our continent today? What is happening to us and the world right now? What are we facing, what are we looking into, what are we relying on, and what do we not want to see and feel? Let us experience in the safe space of the group an encounter with reality as it is, let us look at it from different angles, let us encounter what is present in it and look for other ways of responding to it. The workshop is led by Olena Stupak and Valentyna Skliar, Ukraine

**Olena Stupak**, registered psychodrama therapist, teaching therapist and supervisor of the Ukrainian Umbrella Association of Psychotherapists (UUAP), head of the UUAP psychodrama section. She is a member of the UUAP Secretariat, a member of the UUAP-EAP working group on the implementation of joint symposia. <https://www.uasymposium.online>. As a therapist, I work with adults, individually and in groups, and I also conduct sociometric and socio-dramatic research with organizations and collectives. I live and work in Kyiv, Ukraine.

**Valentyna Skliar** - psychologist, psychodrama therapist, teaching trainer of the initial level of psycho-drama. Member of the board of the Institute of Psychodrama, Modern Psychology and Psychotherapy (Ukraine), member of the board Psychodrama



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Association for Europe e.V. Have a private psychological practice, experience as an actress and host of playback theater, experience of volunteer work with internal refugees, social workers and veterans. Live and work in Kyiv, Ukraine.

### SUNDAY/23.08.2026/

#### 1. To Experience First and Last Times — In Cosmos of Shared Experience

Step into a workshop where time unfolds beyond the clock. Together, we'll explore cairos of endings and beginnings — time as a living, breathing experience. Through guided reflection and embodied practice, we'll connect with both shared and deeply personal dimensions of time. We often encounter “firsts” and “lasts” without noticing — fleeting yet powerful moments that mark our lived journey. Through relational and even transcendental encounters, where the sense of self dissolves, we'll discover how moments of “first” and “last” can reshape our perception of life itself. By awakening these experiences, we will feel time as it stretches, expands, and transforms. This is more than a workshop — it's an invitation to experience time as co-creation, connection, and renewal. The workshop is led by Reijo Kauppila (Finnish Psychodrama Institute) and Urban Norlander (Swedish Moreno Institute)

**Reijo Kauppila**, Psychodrama Trainer T.E.P., M.Ed. (Adult Education), Certified Organisational Counsellor and Supervisor, Certified Business Coach. Reijo Kauppila is a trainer in Finnish Psychodrama Institute (Finland). He is a co-creator of Evidence Based Trauma Stabilisation for trauma affected families. His specialities are axiodrama and adult learning in and with psychodrama. He is the board member of NBBE and has trained axiodrama and Morenian methods in coaching for psychodramatists in Estonia and Latvia.

**Urban Norlander**, Psychodrama Director TEP (Trainer, Educator, Practitioner by NBBE), Coach (ICF) With long experience as an actor, director and theatre teacher. Urban is the chairman and main trainer of Swedish Moreno institute and has also conducted trainings on psychodrama at Karlstad University. He is a board member of the NBBE and During the last three years he has been conducting trainings in sociometry in Estonia and Latvia.



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### 2. What kind of time?

Time wears many faces: sacred and empty, social and solitary, creative and chaotic, biological and eternal — a tapestry woven of past and future, of present and absent. In our workshop we will journey through how diverse cultures feel and shape time. Yet beneath every tradition lies a deeper pulse: what do we do when we awaken to the truth that time is limited? The workshop is led by Inara Erdmanis, Latvian Moreno Institute

**Inara Erdmanis**, TEP certified psychotherapist and supervisor. Inara is born in Riga and now living in Stockholm. She started to travel back to Latvia in 1989 to teach and supervise in different disciplines mainly addiction also giving seminars in the other Baltic States. Inara founded the Latvian Moreno Institute with permission from Zerka Moreno, also main PD teacher. She started PD education in 1975.

### 3. Building a Fruitful Future

Exploring the many faces of TIME toward the end of these Moreno Days 2026, we see it's time to go! So I invite us to explore what we will let go of, and in moving forward, look at what we will keep, take, and cherish to build our fruitful future. The workshop is led by Kate Bradshaw Tuvon,

**Kate Bradshaw Tuvon** (TEP), is an NBBE teacher and supervisor, an Occupational Therapist, reg. Group Analyst, EMDR Europe cert. Consultant, IAGP Past President and IAGP Fellow. Founder and Director of The Genuine Encounters Centre for Psychodrama, Sociometry and Group Psychotherapy (GECP).

### 4. Time Is Not Innocent

Time is often spoken of as something neutral, something that passes, something we manage. In lived experience, time is never innocent. It shapes us, wounds us, ripens us, and brings us, sooner or later, to places where something must be faced. In psychodrama, time does not always behave. It may fold, hesitate, or return with force. In moments of true Encounter, the past can appear without invitation, the future can press close, and something essential may be said that cannot be taken back. These



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moments carry risk and therefore meaning. They require care. This work stays close to time as lived and relational reality. Aging is not softened or bypassed, but recognized as a source of depth, authority, and responsibility. When generations meet in the psychodramatic space, what is transmitted is not symbolic, it is binding. The work is precise and carefully held. Participants are invited to remain present when something matters, without rushing to resolution or comfort. What has been carried for a long time may finally be met. The workshop honours those who have shaped psychodrama and speaks directly to those who are now stepping into responsibility for what comes next. Time is not innocent. Neither is Encounter.

**Eduardo Verdú**, T.E.P., MSc., is a psychodramatist with over 30 years of expertise in supporting change in lives through psychodrama, sociometry, and group psychotherapy. He is the director of the Norwegian Moreno House in Oslo and a sought-after workshop leader, trainer, and supervisor across Europe. In November 2024, Eduardo's article, "Embracing the Inner Stage: Unveiling the Spiritual Dimensions of One-to-One Psychodrama," was published by Springer, offering new and expanding insights into the intersection of psychodrama and spirituality. Eduardo has held numerous leadership positions, including President of the Nordic Baltic Board of Examiners (NBBE) and FEPTO (Federation of European Psychodrama Training Organisations), and Vice President of PAFE (Psychodrama Association for Europe). He has also led key committees on training, supervision, and membership, contributing to the future of psychodrama education and practice. As a founding member of the Norwegian Psychotherapy Association, Eduardo's passion for psychodrama continues to inspire therapists confirming his legacy as a significant figure in the field.

### 5. Ease tensions where they arise

It's time here and now, without delay, to address tensions. Identify and welcome conflicts as relational signals to be taken into account as soon as possible. Begin to bring their dynamics into play and to work through them with action. Through shared experience, rediscover connection, relational balance, and collective movement. The workshop is led by Norbert Apter



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**Norbert Apter** (Harvard M.Ed) is a pioneer of humanistic Psychodrama and collective intelligence through Action Methods in French-speaking Switzerland. A psychologist and international trainer, he has worked in more than 25 countries. For over 35 years, he has been supporting professionals, teams, and organizations in developing their relationships, collaborative skills, and conflict transformation. After having run a FEPTO Thinktank in 2014, Norbert ran a number of workshops in Tallinn e.g.: on Conflict resolution, Delayed Dialogue Technique, Mediation, Handling difficult personalities, Diagnosis and treatment plans, Professional role boundaries etc