

**THE
BULLETIN
OF THE
BRITISH
PSYCHODRAMA
ASSOCIATION**

April 2007

from the chair

A new year brings plenty of new challenges, the first of which is the Quinquennial Review process. We were last scrutinised by UKCP and HIPs in 2000 and came out with a sound bill of health. The recommendations made in 2000 have been achieved and I believe our organisation is in good shape. The HIPs visit will be made to the Northern School in company with officers of the Association and representatives of the other training schools. HIPs would also like to see graduates of our training school. If you are a recent graduate and would like to contribute to the process in some way or other, please let me know.

Another challenge is the continuing one of our visibility as a therapeutic method. In this direction there is much good work being done in the world of therapeutic communities and also in the environment of child and adolescent mental health.

We have welcomed Sheila Foxgold as our new Treasurer. She took over in October and has been responsible for finalising the 2006 accounts. Once again sincere thanks go to Jane Edmunds who relinquished the Treasurer role after 4 years. Her innovations enabled us to know exactly what our financial position was at any given moment and her careful stewardship of our finances was much appreciated.

Details about Conference 2007 have been received and welcomed. This year promises more workshop choices available in a re-vamped and imaginative programme. The site at Langstone in Portsmouth is a delightful seaside location. If you were unable to attend last year, don't miss out this time.

On a personal front, I have been

much enthused by participation in the Psychodramatic Bodywork training programme. A second introductory and first intermediate level training was held in Derbyshire in January. Numbers were large and much valuable work was done. Professionally, using some of the principles of Psychodramatic Bodywork in groups and individual settings has helped liberate a lot of stuckness in clients. Advanced training begins in June.

2007 also sees the end of Chris Farmer's term of office as our President. It has been an enormous privilege to have worked with Chris at Executive level over the past 5 years. He has worked tirelessly and with wisdom in all our deliberations and his international standing with the IAGP has meant that the BPA and Psychodrama has had a voice in their deliberations.

(cont. on page 2)

INSIDE

Summer Schools	2-3
Ana Aguirregabiria	4-5
West Midlands Group	7
FEPTO Report	8-9
Bodywork Training	10-12
Playback Noticeboard	13
BPA Conference 2007	14
Training Schools	15-17
Workshops	16-21
Sandy Jay	22-23
New Book & DVDs	24

MPV/SAM Sociodrama & Action Methods Training

Presents the 8th International SAM Summer School

When: Monday 20th – Friday 24th August 2007

Where: The Lumbutts Centre, Todmorden, West Yorkshire

For further details, view the web site: www.lumbuttscentre.com

The School will be delivered in two streams:

Sociodrama & Creative Action

Methods of working with Groups

- led by Ron Wiener - sociodrama is concerned with social learning in a group. A sociodramatist will base their work around an understanding of the roles people play, the systems within which they work and the social forces which impinge on the situation being examined.

Playback Theatre:

- led by Di Adderley – real-life stories told by group members are given immediate dramatic form through improvisation. Playback may be used as a group intervention across a spectrum from public performance to many different personal and organisational settings, such as conferences. This course is recognized as equivalent to PT Core Training.

(from Page 1)

In 2002 it was agreed that the next BPA President would be the subject of an election process. The closing date for nominations was the end of February. Expect your ballot papers to appear with the AGM notification at the end of May.

Jonathan Salisbury

This is an opportunity for psychodrama trainees to experience other Morenian methods (on the sociodrama stream) or the closely-related method of playback theatre (created in 1975 by psychodramatist Jonathan Fox). Participants will be asked to choose one stream only at booking stage. Both streams will count as 30 hours of training.

Ron Wiener is a senior trainer in Sociodrama, founder and co-director of MPV/SAM, training consultant, team builder, mentor, coach and supervisor. Further details: www.ronwiener.co.uk

Di Adderley is a trainer in Sociodrama and co-director of MPV/SAM and regular performer with two playback theatre companies based in Manchester and York since 1992.

Both trainers work internationally, recently in Russia, China, Sweden, Norway and Germany. The Summer School has always attracted students from both the UK and abroad. Last year over 90% of participants rated the course as good or excellent.

Summer School fees: range from £365 - £550, depending on residential/non-residential status, who pays (organisation or individual), and when you pay (Early Bird discount is available to 1st July).



Full details on the web site:

www.mpv-sam.com

MPV/SAM is also recruiting for the ongoing Sociodrama & Action Methods course, based in Sheffield. The next intake is in September 2007. If you're interested, we offer the opportunity to come along for a 'taster' day between now and then, at a cost of £50.

Further details on the website

www.mpv-sam.com

Contacts:

Ron Wiener

Tel: 0113 266 7722

E-mail: ron@ronwiener.co.uk

or

Di Adderley

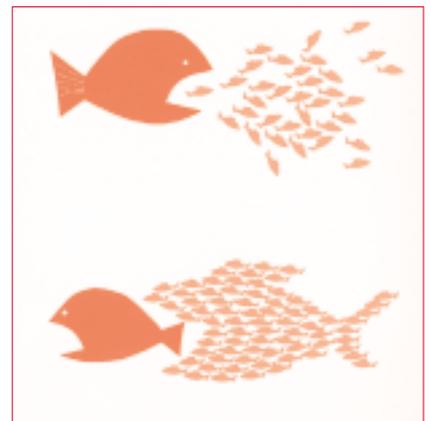
Tel: 0161 798 6044

diane@adderley.demon.co.uk

Our logo:

by Ken Sprague

Parable of the Fishes "*Energy and Co-operation*"



The London Centre of Psychodrama (Greece)

Residential Workshop

Venue: away from it all in traditional cottages on the coast of Greece

Dates: Thursday 23rd - Thursday 30th August 2007

Arrive August 23rd and depart August 30th or choose to extend your visit in a delightful nearby village close to the sea at Afitos Halkidiki.

Tutor: Jinnie Jefferies

For the 7th consecutive year the London Centre of Psychodrama & Group Psychotherapy offers an opportunity to work out in the open, to eat well, to swim and to enjoy each other's company. The day begins with breakfast, psychodrama under the trees until midday, lunch, a swim and then back at work at 5pm until 8pm, before a communal supper of home-prepared Greek food. Accommodation is in Greek traditional cottages right on the edge of the sea.

This is an opportunity to gain external



or CPD hours as well as to learn more about psychodrama, role analysis and process.

Travel Arrangements: Nearest airport: Thessalonica, Greece. Direct flights with Olympic Airways from Gatwick / British Airways flying out of Gatwick & Manchester / Malev Airlines via Budapest flying from Heathrow. Book online for a discount

Course Fee: £475 inclusive of food and accommodation - with a non-refundable deposit of £150

Jinnie Jefferies: is senior trainer at the London Centre of Psychodrama & Group Psychotherapy (London & Greece). She is well known for her work including founding and leading the psychodrama project at HM Prison Grendon

Bookings:

The London Centre of Psychodrama & Group Psychotherapy
15, Audley Road, Richmond, Surrey,
TW10 6EY

Further enquires:

Jinnie Jefferies
Tel: 020 8948 5595

E-mail: jinnefferies@aol.com

www.londoncentreforpsychodrama.org

Offer of a Large Prop for Therapy Group Work

John Casson offers a life size-dummy for use in therapy groups and individual work. It can be used especially with people who are very angry with someone: it was created for use with survivors of abuse. It might also be a dead body in grief work. Whilst a little battered (which is no bad thing, as a pristine figure might inhibit a protagonist from expressing their rage) it is nevertheless in working order and John can explain how to repair it after use.

It would suit a therapist working with adults or adolescents. It is life-size so needs a sizeable cupboard for storing it. It will be available after April 18th when it will have been used in a training weekend on Safe Anger in Psychodrama within the NSP training programme.

If more than one psychodramatist applies, it will go to the person who offers the larger donation to the Michael Watson Trust Fund. It must be collected by car from John Casson.

Interested? Apply to John on drjohncasson@gmail.com or ring 01457 877 161

Annual CPD Forms

As BPA Registrar, I have sent out forms to all psychodrama practitioners to complete details of their 2006 hours of CPD (Continuing Professional Development). The form was headed '2005' and I expect that you realised that it meant '2006'.

If you haven't yet returned your form to me, please complete the details soon.

Noelle Branagan

Profile of Ana Aguirregabiria

The editor asked Ana Aguirregabiria about her work



Ana Aguirregabiria qualified as a psychodramatist in the UK in 1993. She has almost 20 years' experience as a clinical psychologist and works as a trainer and supervisor.

Ana has developed in a variety of settings: Training & Facilitation, Research, and Cultural Differences:-

Training & Facilitation:

Ana has developed her role of clinical psychologist to encompass working as a trainer of clinical staff. This developed naturally out of the role by using action methods to explore the roles of therapist, co-therapist, referred client and their context.

Ana provides regular teaching and supervision for staff who run groups at a Hampshire NHS Trust. Moreover, she recently provided a one-off workshop presenting psychodrama to the South West Region of health professionals in Salisbury

In working with large groups, Ana has encouraged people to work in what

she calls 'the doughnut'. People form themselves into two concentric circles. The inner circle people speak whilst the outer circle people listen. Subsequently, the outer circle people move into the centre and reflect back by saying what came up for them whilst they were listening to the other group. She finds that using this technique has a profound effect. Moreover, it promotes healthy thinking in an institution where suspicion and blame might otherwise seed themselves.

Ana has worked in a pioneering hospital unit (Northgate) with in-patient adolescents. She describes what it was like working there:

The group room has a one-way mirror with TV screens and microphones installed throughout. When a group session is in progress, Ana stays out of sight behind the mirror and facilitates the group from there. The director can hear her voice and follow her instructions without her actually being part of the scene.

Whilst we may be used to the idea of more traditional therapy, there are many advantages to working in this way and this has become embedded into the culture of this institution.

From behind her mirror, Ana is able to spot things which the therapist has missed and be of significant assistance to them. She is able to prompt the therapist when they get stuck. It is like when you were training with a trainer standing beside you.

Furthermore, she can make direct interventions and move the

protagonist or an auxiliary in or out of role. Sometimes, the protagonist is actually the one doing the director's role, with the earpiece and following some suggestions by the team in the other room. Director and protagonist may well be reversing roles for the session. This is a very important experience for young people.

After each session, the staff meet together to process the session and go over what was left for them. Ana uses action methods here as well:

Example comments:

'I feel terrible about what happened at that moment'

'That moment ... show me'

This group of directors and trained auxiliary egos are committed to working psychodramatically and use the method to explore what the session may have brought them in action.

Ana describes her way of working in general terms as follows:

* 'We re-run parts of the director's work and part of the protagonist's work and move the action to what it is meaningful to the staff group. Sometimes, I suggest some reading to support the learning of a particular session.'

* 'In supervision, we do it together rather than ask what they did'

* 'Teaching is part of the work and I work as if it's happening in the room right now'

* 'I ask "What was your tone of voice?" and gently move them into it'

* 'Then later, I move them out of it. It's more of a dolphin swimming – a dipping in and out'

* She introduces action methods in her own manner. Instead of stating 'we'll do role-play now', she says 'let's try it out'. This makes it a seamless part of the session.

Research:

Ana has completed her PhD under the auspices of the Deusto University in Bilbao. Completing her PhD was 'the result of a long-standing commitment to myself' says Ana.

Her paper looks at people who have long-term problems such as personality disorder. She describes this work as 'outcomes for people who make little changes'. Such therapeutic work can sometimes be disregarded in the 'Value for Money' world of government policy. However, her paper draws attention to the impact of therapy that 'makes clinically significant changes rather than statistically significant changes'.

Furthermore, Ana has completed a 2-year project studying infant mental health. This was funded by the European Commission and sought to promote positive health in children. To achieve this, Ana proposed a set of indicators that would contribute to improved mental health for infants.

The project aims at finding indicators of positive mental health in early infancy. This can be breastfeeding, baby singing, music and drama groups for toddlers, quality education and peer groups for mothers and children, or easy access to parks and green areas. This is a general brief to clarify how all children, whatever their upbringing, can benefit from their immediate environment e.g. the



lifestyle that they lead.

This research is also interesting since Ana is working in a pan-European team with other colleagues working on other areas of the human development and their context. For example: working environments, city environments, leisure time and all the human life span.

In the future, she hopes that these indicators will be used by policy-makers to shape health policies. In this way, she wants to develop the thinking around public health.

Cultural Differences:

Ana has her roots firmly in the Basque Country culture. Her emigration to the UK and subsequent travel around the world have made her aware of issues of power and culture and their relevance in people's lives.

Her training started in Bilbao (Spain) and continued in the UK with Marcia Karp. Following this she continued her training with Monica Zuretti in Argentina. In addition, she also trained with Zerka Moreno herself as well as Shirley Barclay (from the USA) in psychodrama and cultural awareness, learning "the old ways" of the old native cultures of the Americas (both North and South). She has worked on trans-

generational psychodrama with Anne Ancelin Schutzenberger for some time. She has never lost her interest in learning.

Ana has worked with Enrique Stola both in Argentina and at the 2004 Oxford conference. Enrique works with abused

clients and with health professionals using a type of forum theatre – the 'Theatre of the Oppressed'.

In November 2005, Ana worked with whales in Patagonia with Monica Zuretti and her daughter Paula. She found this work 'beautiful and moving'. The photo with this article shows Ana standing inside a tree – part of the work of using drama in Nature. More details on this are to be published in an article in the BPA Journal in due course.

In the future, Ana plans to facilitate workshops in leadership for a regional health service. This will be in parallel with a similar exercise that Monica Zuretti is developing.

Ana's e-mail:
ana.aguirregabiria@nhs.net

Richard Oliver

The BPA web site:-

www.psychodrama.org.uk

Please provide text in Microsoft Word format and images in jpeg or gif format. Text is best provided without features (underline/italic) and a good font to use is Verdana.

Updates are welcome throughout the year and will be posted as and when time and space permit. See the website for details of where to submit contributions.



John Casson, giant puppeteer as a rainbow butterfly for Gay Pride, Manchester 2006

Accreditation Issues

We are printing recent changes in BPA policies

1. BPA Policy for the Maximum Time a trainee can take in completing a psychodrama or sociodrama training

The minimum time for a psychodrama training is four years (three years for sociodrama). Normally the time allowed for qualification is four to six years (three to six years for sociodrama). However we recognise that life events can mean trainees need to have periods out of training, for a wide variety of reasons. Nonetheless we consider that a training cannot be indefinitely prolonged. This policy is therefore to address the rare circumstances when a trainee has delayed completing their training beyond what may be considered reasonable.

Training Organisation's Discretion:

Extensions to training beyond the normal period of four to six years for psychodrama (three to six years for sociodrama) must be negotiated by the trainee with their training school. The trainers have the right to refuse any request for prolonging training if they do not consider this request justified or that prolonging training will not result in a satisfactory result.

Maximum Years:

Any BPA training should be completed within 8 years.

Exceptional Circumstances:

The Accreditation Committee will consider a request from a trainee, supported by their training

organisation, for a further extension beyond the 8-year maximum. Such an application will be in writing and supported by a separate letter from the trainee's tutor. The Committee may make such an arrangement conditional with further requirements of time limits, therapy, training, supervision, practice or other tasks as they shall see fit.

This policy is effective for new trainees from 2nd February 2007

Ratified by the Accreditation Committee February 2007

2. BPA Policy for Returning to Practice

Where a break in practice means that the requirements for re-registration are not met, the following procedure constitutes a mechanism for returning to practice:

The member contacts a mentor, who is a trainer or senior trainer with the BPA.

In consultation with the mentor an individual programme is designed. This may include refresher courses and supervision sessions and other interventions as appropriate.

The member contacts the Accreditation Committee with details of the mentor and with a copy of the agreed programme for returning to practice.

On conclusion of the programme, a short report confirming successful completion of the programme, signed by the member and the mentor is sent to the Accreditation Committee.

Ratified October 2004

Addendum

For those practitioners who have completed their training and are pursuing a return to practice, the Accreditation Committee and Registrar will hold a register of Qualified Practitioners Awaiting Registration. The intention of this register is to support such members in gaining honorary contracts and professional indemnity insurance whilst completing their return to practice programme. They would be removed from the register when they either successfully complete or withdraw from their return to practice programme.

Ratified by the Accreditation Committee February 2007

Announcement: Newly Qualified

As BPA Registrar, I am pleased to announce the following successes:

At the Newtown House Centre in Ireland, the following students have successfully completed their training:

Veronica Harris
Sheila O'Keeffe
Grainne Sheppard

On the Russian MPV/SAM course, Guzel Ahkmetova successfully completed the sociodrama course

Noelle Branagan

Northern School Announcement

Please note that Graham Prior has graduated from NSP and is now a practitioner of psychodrama

Celia Scanlan

West Midlands Psychodrama Group and 14 years of Psychodrama

In January 2007 the Committee of the West Midlands Psychodrama Group (WMPG) decided to end its work and fold the organisation. WMPG had been in existence for fourteen years and served the Midlands by sponsoring and organising workshops, mainly open weekends and weekly psychodrama groups.

The primary aim of WMPG was to promote awareness of psychodrama and opportunities for people to experience psychodrama in the West Midlands. There is now a Birmingham Institute for Psychodrama led by Susie Taylor and Clark Baim. Their events and workshops are listed elsewhere in this issue of Tele. Recently, with the formation of the Birmingham Institute, the committee of WMPG recognised that a significant aim had been achieved: to foster the development of trained psychodramatists in the West Midlands and to establish a foundation for a psychodrama training programme in the Midlands. The events and activities offered by WMPG will now be offered within the programmes and training offered by the Birmingham Institute.

The programmes hosted by WMPG since its inception were wide and varied, including psychodrama, sociodrama, playback, physical theatre, applied theatre, mask work, improvisation and related topics. The organisation was pleased to host events facilitated by a range of national and international trainers. WMPG benefited from a long-standing collaborative relationship with the Oxford Psychodrama Group, and Senior Trainer Susie Taylor played a key role by facilitating many of the workshops and weekly groups.

WMPG was established in 1993, with Roy Watson as the first Chair, Alyson Coupe as the Course Organiser for the first 6 years and Clark Baim as Treasurer throughout WMPG's existence. Pen Fitzgerald has been the Chair of WMPG for the past six years and, together with Sue Hanscombe and Huw Richards, was largely responsible for the success of the 2005 BPA annual conference in Worcester, which was hosted by WMPG and involved the efforts of the whole Committee. In recent years, active members of the WMPG Committee have also included Huw Richards, Nancy Piercy, Sally Brookes, Alun Mountford and Lesley Kynman. Other active members of the Committee over the years have included Mary Leyland and Sharon Tapsell-Smith.

The committee members of WMPG would like to thank all of the trainers and practitioners who have participated in the success of the organisation over the years. Of course, we also thank the many people who participated in the varied events offered by WMPG.

We are glad to see that there will continue to be a centre in the Midlands where people may continue to obtain experience and training in psychodrama, and we welcome and hope to see support for the new Birmingham Institute.

Submitted by the members of the WMPG Committee

International and National Conferences

- What's going on around the world?

Thur 26th April - Mon 30th April '07

ASGPP Conference

New York Marriott Hotel at the Brooklyn Bridge

'Give Peace a Chance: Community Consciousness, Inner Wisdom, & Social Change'

www.asgpp.org

Wed 2nd - Sat 5th May '07

Congreso Iberoamericano de Psicodrama

La Coruña, Spain

'Psicodrama en Síndromes y Conflictos Culturales'

Language: Spanish

www.fidp.net/vicip

Mon 4th - Fri 8th June '07

A week of workshops based on group analysis

Granada, Spain

'Creating a Dialogue of Peace'

Languages: Spanish, German, English

www.granada-academy.org

Thur 14th - Sun 17th June '07

EAP Congress

Florence, Italy

'Humour and other strategies to survive Emotional Crises'

Language: English

www.europsychyche.org

Fri 22nd - Sun 24th June '07

BPA Conference

University of Portsmouth

'Making a Difference'

www.psychodrama.org.uk

Sun 12th - Wed 15th October '08

World Congress for Psychotherapy

Beijing, China

www.worldpsyche.org

FEPTO and European Affairs

Celia Scanlan, our delegate to FEPTO, writes about her work in Europe

Since I am now into my third year as the BPA delegate to The Federation of European Training Organisations (FEPTO), I guess it is time to update you. My last report focussed on a farewell to Dorothy Langley who had served in this role since the inception of FEPTO. I had a sense then that I had a hard act to follow. Dorothy knew so much about the whole development of FEPTO having been a founder member.

What is FEPTO?

It was useful to remind myself of the purpose of FEPTO; “to support the wider recognition of psychodrama within Europe and the Mediterranean area through the development of competence in those who practice it.” For further information, search Google for ‘FEPTO’.

I would add to this that FEPTO embraces the encounter. It provides in its annual meeting a forum for encounter where similarities and differences can be explored. These encounters extend beyond the meeting to a European network with groups meeting to explore topics such as the use of the psychodrama in the promotion of peace.

What are we doing in FEPTO?

So then, what has been happening since I took over the role?

Initially the responsibility was not too onerous. Indeed I found attending the meetings informative, supportive and inclusive. In such a setting there is scope to explore the similarities and differences in training throughout Europe as we move steadily towards

European recognition. FEPTO has been a flagship for psychodrama in Europe and is now a member of The European Association of Psychotherapists (EAP) as a European-wide accrediting organisation.

I was happy to accept nomination in 2006 to the FEPTO Board and I now serve as joint vice president together with the octogenarian, Pierre Fontaine. I like to think this is a good balance of wisdom and youth. In addition, we share the Chair of training standards. It was in this latter role that I attended with our president Judith Tszary the joint UKCP/EAP conference in Cambridge in July 2006. This was an informative experience that gave me a much better understanding of the workings of these two organisations and how they interface with psychodrama.

When I am fulfilling a task, I like to get completely involved, so it will come as no surprise to learn that I took on the task of scrutinising a European Training organisation. I believe this experience will serve me well in my role as chair of TOAS (the BPA accreditation sub committee which undertakes the accreditation and re-accreditation of training organisations)

Going to Belgium

In addition I attended a 3-day meeting during November of the FEPTO council in Dave (Belgium) at the home of our treasurer Chantal Neve-Hanquet. In February I shall attend a 3-day meeting of the Executive board in Louvain (Belgium). On this occasion Pierre

Fontaine will play host. While it is pleasant to meet with my European colleagues, I must stress that this is not a social club. Among the agenda items is the ongoing work of pan-European training standards. Having established the minimum quantity standards, we are now addressing the complex issue of minimum quality standards. FEPTO has the responsibility of scrutinising applications for European certification (ECP). In the past year two BPA members, Catherine Murray and Pen Fitzgerald, have gained this certificate.

A typical working day begins at 9am with all of us around a large dining room table. By 9.30am dishes, apart from coffee cups, have been cleared and replaced by documents and laptops. Around 1pm the documents go under the table and food appears. Due to the smokers in the company, there is usually a short break to the garden. By 2pm the documents are back on top and remain there until 7pm when dinner is served. By 8pm dishes are cleared and, you’ve got it, the documents are back. I do not think I have ever worked so hard.

Incidentally it is a pleasant experience to hear the regard that our European colleagues have for British psychodramatists.

Moreno’s House in Austria

Of course FEPTO is concerned with more than training issues. As I said FEPTO has been a flagship for psychodrama in Europe, an example is that a group in Austria led by Michael Wieser is attempting to acquire the house at 4 Maithal Street,



Bad Voslau, where Moreno lived and practiced from 1919-25. This house could be used as an international resource for psychodrama. I hope to have more information by the Portsmouth Conference in case that you may want to support this project.

You're welcome in Glasgow in 2008

Before I close this report I would like to outline plans for 2008. Each year FEPTO holds its annual meeting in a member country. Generally this is a closed meeting. However as thanks to the host nation, there is a tradition of several European trainers staying on to deliver a two-day open event. They take no fee for this and this considerably reduces the cost of arranging the event. In 2008 the FEPTO meeting will take place at Bearsden, near Glasgow. The intention is that we will hold the post-meeting conference in the centre of Glasgow which will give ease of access to our BPA members. Exactly how big this event becomes will be driven by the membership of BPA. So I am appealing to you to get involved. We will need a small organising committee for the FEPTO meeting and again a committee for the post meeting conference. Please

contact me at celia@nspd.co.uk if you can help in any way.

Speaking the Language

Finally I must tell you that I have learnt a new language and I am now trilingual. There is my native Scots which I believe bears some resemblance to Queen's English but I now rarely use this professionally since mastering the second, though some may doubt that claim. Then came FEPTO English, nothing could have prepared me for that. The language of FEPTO is loosely called English with myself often as the only native English speaker. Now FEPTO English is a curiosity unto itself, maybe somewhat akin to Esperanto as it appears to be understood by most FEPTO members with the proviso that they are not native English speakers. This results in recognisable English phrases being used in a tangential way, not quite hitting the hammer on the head as it were. Oh dear, should that be the nail, see what I mean? By the end of a week spent with my European colleagues my head is "birling" as they say here in Scotland. It is from this unsteady position that I find that I speak fluent FEPTO English.

It remains for me to say how much of an honour I feel in holding this role for BPA. I hope I have conveyed a sense of who FEPTO are without bombarding you with too much detail. Please feel free to contact me if there are European issues you wish to have clarified or questions you would like me to put to FEPTO on your behalf.

Celia Scanlan
celia@nspd.co.uk

Introductory Level Training - Psychodramatic Bodywork

Facilitated by Susan Aaron

Dates: Fri 11th – Sun 13th May, '07

Venue: Atlow Mill Centre, Ashbourne, Derbyshire

Atlow Mill Centre is 12 miles west of Derby - see their website:

www.atlowmill.org

This training combines two forms of psychotherapy: psychodrama and bodywork involving 'safe' touch to help individuals connect with the messages that are held in the body as pain, numbness and/or illness. Susan works with a skilled team of assistants who perform demonstrations that help illustrate the theory and process of Psychodramatic Bodywork. The atmosphere is relaxed and fun and fosters learning in an easy, natural manner. A spiritual component that deepens the effectiveness of the work is incorporated into the training.

This course follows on from the successful trainings held at Portsmouth (June 2006) and Unstone Grange (January 2007)

Course Fee: £220 payable by 27th April plus £97 food and accommodation - 2 nights full-board at Atlow Mill Centre including home-cooked vegetarian food – with lower prices for non-residential students

Bookings may be made directly to the centre at:

Atlow Mill Centre, Hognaston, Nr Ashbourne, Derbyshire, DE6 1PX

Tel: 01335 370494

Cheques payable to 'Atlow Mill Centre'

(cont. on page 10)

Further Information on the Introductory Level Training may be obtained from:

Jeannie Thompson
Tel: 0115 920 0470
E-mail: jeanniejonathan@aol.com

or
 Jean Bond
Tel: 01335 370494
E-mail: info@atlowmill.org
More about Susan Aaron:
www.youremotions.com



'Psychodramatic Bodywork' is a registered trademark

Testimonial from Jeannie Thompson:

The intermediate Bodywork training has helped me enormously to identify and focus on the core underlying emotion in my clients and it has given me techniques to release that emotion safely. Moreover, the client can take away some techniques to use themselves, which is very empowering.

I have had remarkable results:-

A very depressed client with a bipolar diagnosis felt wonderful after releasing anger.

A very frightened client felt empowered after releasing anger towards the bully who terminated her job and threatened her home.

You do not always need content for a

release. A frightened client did not know why she was more frightened than she thought the situation demanded. She did a fear release, felt lots better, and then was able to identify the early fearful experience that the current situation was triggering.

A client with learning difficulties, who was not able to tell me much verbally, was able to release anger and this reduced their self-harm.

A young client who was angry and "badly behaved" with learning difficulties was able, in the first session, to be sad and tell me about his mother's cancer and then release some anger about this. He had told no-one about this huge worry.

This training has invigorated and deepened my group practice too, with less scene-setting and getting quickly to the emotional heart of the issue. In the opening check-in, we are doing some immediate anger/sadness/fear releases and this quickly moves people on.

I found the Intermediate training helpful as it works with blocking styles and identifies the emotion that the client needs help to release. For example, following the emotional smoke would normally lead me to help a sad client get into their sadness. However, if I assess their blocking style as suppressed anger, I now redirect them to that emotion.

You don't need to be a psychodramatist to appreciate this training. A lot of people who came were therapists and counsellors of different kinds. I recommend this to anyone working therapeutically or for your own benefit. So I invite colleagues, clients, supervisees and peers.

Jeannie Thompson

Why I Chose Susan Aaron's Psychodramatic Bodywork Training

Della Perrett discovered Bodywork training during the 2006 BPA Conference in Portsmouth and she thought that it might help her life

Ten years ago I was diagnosed with Myalgic Encephalomyelitis (ME). This chronic and debilitating illness developed after I contracted a particularly acute virus and during a period of extreme occupational stress.

During my long recovery I managed my illness around limited study over a long period to retrain as a registered psychotherapist. My clinical supervisor, whom I'd known for many years through my nurse training as a mentor, was a Cognitive Behavioural Therapist (CBT). With his help I not only treated clients using CBT with much success, but have also used CBT as a psychological approach to help me think differently. This has had a positive effect on my ME.

I progressively regained much of my former health within certain limits, gradually exposing my body to more activity and stimulation over the months and years but have, in more recent years, hit a 'glass ceiling' where despite my insightful and informed coping methods, I'd started to think I'd remain 'half well' with limitations for the rest of my life. This was a huge disappointment that didn't fit with my overall optimism and belief in my own recovery.

Over the last few years I became increasingly disillusioned in the opportunities offered for further



formal training in CBT for someone with a disability like mine. I was also disillusioned by the way the UK's political and economic climate has started to use CBT to manipulate individuals for the purposes of social policing. This evidence-based science has come to dominate all mental health services to the exclusion of creative therapies. What was most disturbing to me was the way in which I was hearing so many client experiences of its misuse. Even CBT, with its rational pragmatism and the transparency I so respected, had started to become arbitrary and contradictory when applied in the wrong hands. Ironically, primary health care trusts have been using counselling services often, in very non-evidence based ways. GP surgeries are employing over-stretched and under-qualified people as cost cutting measures. As a therapist, I regularly see clients who come to me after receiving or whilst still waiting for the largely inadequate, ineffective service that they describe.

During the summer of 2006 I signed up for a psychodrama convention in Portsmouth. This was something of a return for me as I have always used creative mediums with clients. I wanted to reclaim something that has spirit and soul. My ambivalence regarding the current status in society

between art and science, was reflected in one of the workshop choices I had made during the convention, which was to explore the role of CBT in psychodrama. This had sounded very interesting, but later, by chance after a brief chat with Susan Aaron, I then, at short notice decided to change to her body

workshop. It felt like I could stomach no more CBT. I was drawn by her enthusiasm and energy and found myself following a gut feeling that I wanted to reclaim a far more

'over-stretched and under-qualified people'

creative side to my practice in a world (certainly in the UK) that favoured CBT. After all, as a musician and artist I had always believed there was a place for

communication without any emphasis on words whatsoever and, as a musician, I had become accustomed to interpersonal transactions by sound and body gestures alone.

The title of the work intrigued me – 'Fear' – a concept always referred to or brushed over but never put under the microscope and looked at in all its strange and unrecognisable forms, right in the Here-and-Now. The words – 'Fear release' – sounded mighty yet pragmatic to me.

From that taster workshop in Psychodramatic Bodywork, I attended the 'Introductory training' then the 'Intermediate'.

The practice and theory of this style of orientation has been compelling. I do not yet want to describe the course's actual content, as it would take something of the experience away for me. It has to be experienced to be believed. I was not

'reclaim something that has spirit and soul'

only welcomed and included on the training with the remaining physical limitations I was experiencing, but was accepted with all my body's strange

idiosyncrasies in Toronto. I decided to attend the training in Toronto ... though Susan has brought the team across the Atlantic to run workshops in the UK.

'helped me to turn the volume up'

I have successfully resolved so many difficult things in my life, but felt my experiences with their related feelings were still locked into my muscles and organs and no amount of



Della plays her own songs in an acoustic band Sweetedge. They play in the Portsmouth area. The photographs were taken by Paul Windsor Further information and more pictures are available on: www.sweetedge.com

conventional therapeutic talking would help it actually leave my body safely. I had become pretty good at listening to my body, as that was the first thing I learned hard when struggling to managing a chaotic volatile chronic illness, in order that I achieve anything with relative success. The course and it's well informed and supportive assistant team helped me to turn the volume up. My body had something to say. It had messages I wasn't hearing clearly. It was sending messages outward that I hadn't been aware of. My body was literally starting to speak and I went along for the ride in amazement. On the course I was able to reclaim my senses.

Each member of the group was alternating between supporting each other in their own personal agenda and triggering each other's ghosts of the past. We erect these ghosts ourselves - as associations and perceptual filter to transfer unbearable feelings from overwhelming past situations on to safe subjects now. It was a very rich learning environment indeed and cleverly managed and facilitated.

'winter is often the toughest for many with ME'

As I make my way through this course so far, I have finally made unexpected headway at breaking through my glass ceiling to a deeper recovery. The winter is often the toughest for many with ME because of the level of viruses and infections going round. Since the last series of workshops, I have been in unusually good health. In fact, I have been well whilst watching everyone else getting bugs around me. When I did recently suffer a cold, it progressed in a far more 'normal' way and left my body far quicker. In fact during the middle, with temperature, aching muscles, depleted energy and compromised senses, I still managed a fairly high profile gig as a musician. My cold kindly waited until the gig was over and then sent mucous to fill my head.

Other notable successes include taking horse-riding lessons and swimming 50 lengths of a large community swimming pool most weeks. I have even taken on a personal trainer and I have been walking up to 6 miles each weekend. I have realised my goal of seeing 8 clients within two working days, so

that I can enjoy a more whole working day and feel satisfied, before involving myself in my ceramics and music for the rest of the week. I'm taking on more music projects, confident in the knowledge that my body can cope now with more rehearsals and gigs.

Many courses can be taken, enjoyed and largely forgotten later, however I feel in this unique addition to psychodrama, where Susan brings her former substantial experience in physiotherapy, massage and Shiatsu, the unique training creates ripples that travel with the attendee well after the workshop. I have met people I will never forget and this intensive and exciting work seems to bring the best out in everyone involved as well as realising one's own inherent gifts in relating well to help others.

Della Perrett
della@emotionalhelp.org

Della has a psychotherapy practice in Southsea, Portsmouth:
www.emotionalhelp.org

'Psychodramatic Bodywork' is a registered trademark

Featured Playback Group: True Heart Theatre

Veronica Needa is the founder and director of True Heart Theatre, which specialises in the practice and performance of Playback Theatre as a service to the Chinese community in the UK. On 27th November 2006, they performed at Asia House in London by invitation of the Chinese Mental Health Association.

The Chinese Mental Health Association was funded by the Heritage Lottery Fund to create an Oral History project. This encourages the Chinese community to make their stories visible through cross-generational enquiry and interaction.

The project was launched with an exhibition and a film documentary, after which the group offered Playback Theatre as a way for the audience to reflect on and fully integrate their experience. Further showings of this film documentary plus playback theatre took place at the National Portrait Gallery, London Film Centre, and City Hall in February and March 2007.

Related web sites: www.trueheart.org.uk / www.cmha.org.uk



Playback Theatre Bulletin Board

International Playback Theatre Network – www.playbacknet.org

Centre for Playback Theatre – www.playbackcentre.org

UK Playback Theatre Website – www.playbacktheatre.co.uk

International Festival Playback Theatre in Brazil – 16-19 August 2007
www.playbackfestival.com.br

The School of Playback Theatre (NY, USA) offers a programme of training in the UK, from beginners to advanced courses – www.playbackschool.org
Contact ukplaybackschool@gmail.com

Current UK group members of IPTN – February 2007:

Belfast Playback Theatre - c/o Orla McKeagney, BELFAST

Email: orlamckeagney@hotmail.com

Bristol Playback Theatre - c/o Tracy Cavalier, BRISTOL

Email: tsbcavalier@yahoo.co.uk

Findhorn Playback Theatre - c/o Jacqui Jones, FINDHORN

Email: jacquijones@onetel.com

Mirror Mirror - c/o Amanda Brown, DEVON

Email: amanda@stern.eclipse.co.uk - mirrormirrorplayback@yahoo.co.uk -
www.mirrormirrortheatre.co.uk

Playback AME - c/o Anna Chesner, LONDON -

Email: chesnera@aol.com - www.actionmethods.co.uk

Playback South - c/o Duncan Foster, LONDON

Email: info@playbacksouth.com – www.playbacksouth.com

Playback Theatre Manchester - c/o Diane Adderley, MANCHESTER

Email: mail@playbacktheatremanchester.co.uk
www.playbacktheatremanchester.co.uk

Playback Theatre York - c/o Nick Rowe, YORK

Email: n.rowe@yorks.ac.uk - www.playbackyork.org

Random Acts - c/o Tig Land, LONDON - Email: randomacts@freeuk.com

Email: tigland@freeuk.com - www.randomacts.freeuk.com

Replay Theatre - c/o Mary Dawson, EAST SUSSEX

Email: rainbowmary@btopenworld.com

True Heart Theatre - c/o Veronica Needa, LONDON

Email: vneeda@aol.com
www.trueheart.org.uk

Current UK practitioner members of IPTN – February 2007

Di Adderley - Manchester
diane@adderley.demon.co.uk
www.playbacktheatremanchester.co.uk

Amanda Brown - Devon
amanda@stern.eclipse.co.uk
www.mirrormirrortheatre.co.uk

Anna Chesner - London
chesnera@aol.com

www.playbackame.co.uk

Alison Fairlove - Devon
alisonfairlove@hotmail.com
www.mirrormirrortheatre.co.uk

Elanora Ferry - Bristol
lifeforce.storytelling@blueyonder.co.uk

Simon Floodgate - Reading
s.floodgate@reading.ac.uk
www.playbackame.co.uk

Agnes Law - London
acejunior76@gmail.com
www.trueheart.org.uk

Orla McKeagney - Belfast
orlamckeagney@hotmail.com

Veronica Needa - London
vneeda@aol.com
www.trueheart.org.uk

David Powley - York
davidpowley@phonecoop.coop
www.playbackyork.org

Nick Rowe - York
n.rowe@yorks.ac.uk
www.playbackyork.org

*Prepared by
Veronica Needa*



BPA Annual Conference

Fri 22nd – Sun 24th June 2007

**University of Portsmouth,
Langstone Campus**
*Furze Lane, Portsmouth PO4
8LW*

The conference venue is the University of Portsmouth, Langstone Campus, which is on the edge of Langstone Harbour. Portsmouth has extensive beaches and activities at Southsea and Hayling Island. Home of the Royal Navy, one of the major attractions is the historic dockyard (the Mary Rose, HMS Victory, HMS Warrior and the Royal Navy museum).

Chichester, Brighton and the New Forest are within easy reach for those who want to extend their stay. We include tourist maps and information with your conference packs.

Portsmouth has good rail links and is close to Southampton Airport.



A useful web site for the area is:

www.portsmouth-guide.co.uk

You will notice differences to the timetable, with an earlier start on Friday and ending with lunch on Sunday. The AGM has also moved to Friday afternoon. These changes will allow an extra selection of workshops for you to choose from, and enable more of you to stay so we can end the conference together. We will be having a “Visibility meeting” on Saturday, and invite you to come with your ideas and enthusiasm to move the BPA forward in its quest to raise the profile nationally.

Workshops Available:

Friday 1.00 – 3.00

- A1 “Am I the Leader of my Band?”
- A2 Making a Difference through Accepting Ourselves
- A3 Paying Attention to Transition
- A4 Psychodrama in Individual Therapy
- A5 Bio-Danza
- A6 Psychodrama as a Research Tool

Saturday 9.30 - 12.00

- B1 Barriers to Change
- B2 How to Have a Good Good-Bye
- B3 Trainees and beginners only Psychodrama group
- B4 Dramas In Illness
- B5 The Reverberations of Saga Characters within ourselves
- B6 Co-creating our sense of Self in Relationships
- B7 From Intimate Terrorism to Not Knowing Love

Saturday 1.00 - 4.00

- C1 Blind Rage vs Healthy Anger
- C2 A Psychodrama Group with Adolescent Survivors of Sexual



Abuse

- C3 Developing the Anti-Role
- C4 Transitions - what to Take and what to Leave
- C5 “Feast or Famine” – a sociodrama
- C6 Working Creatively using Psychodrama and Transactional Analysis
- C7 An Introduction to Sociodrama

Sunday 9.30 - 12.00

- D1 How Attachment Theory can assist Psychodramatists
- D2 Shakespeare, Twins and Sociometry
- D3 Leaving and Letting Go
- D4 Laughter and Tears
- D5 Maintaining the “right” relationship with challenging clients
- D6 “Authentic Self” Same stuff - different decades

Posters:

There is an opportunity to tell other delegates about your work by means of a poster presentation. People tend to browse the posters and pick up leaflets during the lunches and coffee



breaks. Details of posters are being collected by Patricia Williams:
patriciawilliams48@btinternet.com

Auction:

In the bar on Friday evening, there is an opportunity to contribute to the development of the BPA. We will be having an auction, just like the successful one last year. Bring along something to put in the auction – books, tickets, anything that is unusual and desirable. At the same time, please be ready to place your bids.



Bookings:

Bookings for a full residential place cost £335 for BPA members. Additional B&B accommodation is available at £27.50 per night. More details on: www.psychodrama.org.uk

We are trying a new offer for this year's conference. For 5 people from the same organisation, paying the same fee, and sending their forms as a block booking, there is an offer of 5 places for the price of 4 people.

Forms may be sent to James Scanlan, BPA Administrator. Payment methods for conference fees: we ask for UK Cheques made payable to 'BPA' and from abroad, we accept Sterling Drafts

The Conference Organisers:

Eve White, Patricia Williams, Jane Edmunds, Jenni Metcalf and Pat Brandwood

evewhite@fsmail.net

BPA Professional Conduct Committee

As part of maintaining ethical standards within our practice, the Professional Conduct Committee watches how the code of ethics is applied in practice. In the event that you need to contact the committee, the appropriate contact is the Chair as follows:

Alyson Coupe, Chair of PCC
 119 Murdock Road, Birmingham B21 9JR
 Tel: 0121 507 0595 or 0771 373 7083

The UKCP is creating a body to hear complaints in the future. This body is called the 'ICO' – the Independent Complaints Organisation. They will eventually deal with any cases of professional misconduct or breaches of our code of practice. The date for implementing the ICO procedure is awaited and is expected to be during 2007.

The BPA is monitoring the introduction of ICO and expects to clarify how this may effect UKCP members and non-UKCP members. We will keep you updated with an announcement about this in the next issue of Tele.

In the meantime, the committee continues to handle complaints against practitioners (if they arise) and they advise any practitioner who has received a complaint, is in any doubt on ethical practice, or wishes to discuss professional practice.

Alyson Coupe

Northern School of Psychodrama Calendar for 2007-2008

Metaphor in Psychodrama

Friday 27th – Sunday 29th April 2007

Newcastle with Jenny Biancardi
 A common concern in psychodrama is to ensure that the action does not re-traumatise the protagonist. Metaphor can be a powerful and safe way to release feelings and gain healing, while avoiding further trauma. In this workshop we will experiment with the power of symbols and allegory in action.

Befriending our Defences: Role Theory in Action

Friday 8th – Sunday 10th June 2007

Glasgow with Liz White (guest presenter)
 When challenged, we may revert to defensive manoeuvres learnt in early life. Over-developed reactions kick in before we can make a choice. We will clarify four common defences, identifying them and seek new responses.

The Elephant in the Room

Friday 9th – Sunday 11th November 2007

Newcastle with Jenny Biancardi
 Sensuality, Sexuality and Desire within the Therapeutic Relationship. A chance to look at what does not get expressed, "forbidden feelings", and how to deal with some of the complications of an intimate therapeutic relationship.

Exploring Cultural Identity

Friday 30th November - Sunday 2nd December 2007

Manchester with Julia Howell
 Culture affects all that we do and the way that we do it. Using creative action methods, participants will have

the opportunity to explore their own unique cultural identity and to learn about others.

In the Shoes of Another

*Friday 22nd – Sunday 24th
February 2008*

Glasgow with Celia Scanlan

This workshop will focus primarily on Role Reversal, the “engine” of psychodrama. We will explore when and when not to role reverse the protagonist. Participants will experience the different effect of brief reversals and of working with the protagonist in role reversal for a sustained period.

The Authentic Self

*Friday 14th – Sunday 16th March
2008*

Manchester with Marcia Karp (guest presenter)

Psychodrama Directing Master Class - a special opportunity to work with the international psychodramatist and trainer

Psychodrama in Miniature

*Friday 25th – Sunday 27th April
2008*

Manchester with John Casson

When there is insufficient physical space for larger scale dramas, or when clients may be overwhelmed or in individual therapy, miniaturisation offers a safe way of working. John will present new methods and provide theory to support this practice.

Fairy Tales in Our Lives

*Friday 30th May – Sunday 1st
June 2008*

Glasgow with Kate Kirk (guest presenter)

At times of conflict fairytales can be used to create emotional distance, enhance group safety and containment, and promote creative problem solving. This workshop will

demonstrate how fairytales and stories can be used in psychodrama to explore not only the struggles presented by individual protagonists but also the issues that arise from group dynamics.

Times for all weekends:

Fri 6pm-9pm; Sat 10am-5pm & Sun 10am-3pm

While therapeutic, these are training events constituting 15 hours training

From September 2007, each event costs £135 if paid in full 1 month in advance or £115 if paid in full 3 months in advance. Deposit (non-refundable) of £30 secures a place

Further information from:-

Celia Scanlan (NSP Registrar)

Flat 1/1, 105 Hyndland Road,
Glasgow G12 9JD

Tel: 0141 339 1077

E-mail: celia@nspd.co.uk

www.creativepsychotherapy.info

Oxford Psychodrama Group

Calendar of Events 2007-2008

*Facilitated by Peter Haworth
(also Susie Taylor until September
2007) (together with various guest
presenters – to be advised)*

I'm only Human – exploring Diversity

*Saturday 9th – Sunday 10th June
2007*

Cost: £100

Therapeutic Community Building,
Oxford

Residential Workshop focusing on Child Development

*Thursday 26th July – Monday 30th
July 2007*

Cost: £400

Fawley Court, Henley

Residential Workshop – Working with Perpetrators

*Thursday 6th – Sunday 9th
September 2007*

Cost: £300

Fawley Court, Henley

Working with Adolescents

*Saturday 12th – Sunday 13th
January 2008 (provisional)*

Therapeutic Community Building,
Oxford

Grief and Traumatic Loss

*Saturday 12th – Sunday 13th April
2008 (provisional)*

Therapeutic Community Building,
Oxford

Residential workshop run as an experiential Therapeutic Community experience

*Thursday 10th – Monday 14th July
2008 (provisional)*

Fawley Court, Henley

Exploring Sexuality

*Friday 15th – Saturday 16th August
2008 (provisional)*

Therapeutic Community Building,
Oxford

Costs for 2008: please enquire when making a booking

Bookings Contact:

Peter Haworth

Dept of Psychotherapy, Warneford
Hospital, Oxford, OX3 7JX

Tel: 01865 747604 or 0779 872
5545

E-mail:

peter.haworth@obmh.nhs.uk

Birmingham Institute for Psychodrama

Calendar of Events 2007-2008

The Birmingham Institute for Psychodrama (BIP) is a new centre for training in psychodrama. The Institute offers a variety of open workshops and also a Diploma in Psychodrama Psychotherapy. The course leaders are Susie Taylor and Clark Baim.

Psychodrama Techniques in Work with Offenders & Youth at Risk

Saturday 12th – Sunday 13th May 2007

With Clark Baim. Open to all. Many role-play, experiential and perspective-taking exercises that are commonly used on rehabilitative programmes for offenders and youth at risk derive from psychodrama techniques. In this workshop, participants will learn and/or deepen their understanding of the most effective and widely applied psychodramatic techniques in work with offenders and youth at risk.

Psychodrama ‘Taster’ Day

Saturday 30th June 2007

With Susie Taylor. Open to all. A one-day opportunity to explore the basic techniques and principles of psychodrama.

Putting Your Past in Front of You

Saturday 14th – 15th July 2007

With Susie Taylor. Open to all. Using psychodrama, we will explore the concept of ‘putting your past in front of you to inform your future’ - i.e. within clear sight and understanding - as an approach to psychological integration and wellness. This idea, which comes from Native American Indian traditions, runs counter to the commonly held view that ‘putting the

past behind you’ is the best strategy for psychological healing.

Psychodrama ‘Taster’ Day

Saturday 1st September 2007

With Clark Baim. Open to all. A one-day opportunity to explore the basic techniques and principles of psychodrama.

Relationships

Saturday 22nd – 23rd September 2007

With Susie Taylor and Clark Baim. Open to all. This weekend workshop will provide an opportunity for participants to explore their patterns of behaviour in relationships, whether with intimate partners, family members, friends, acquaintances or colleagues. Participants will be offered the opportunity to consider the function of their behaviour - the purpose it serves - and whether or not they need to make changes.

Psychodrama ‘Taster’ Day

Saturday 29th September 2007

With Susie Taylor. Open to all. A one-day opportunity to explore the basic techniques and principles of psychodrama.

Cross-Cultural Workshop

Thursday 11th – Sunday 14th

October 2007, with Susie Taylor, Clark Baim, Peter Haworth and international trainers.

Venue: Israel - location to be decided

Open to registered psychodrama trainees. Trainees can be from any registered psychodrama training organisation. This annually held cross-cultural event, hosted this year by psychodramatists in Israel, will provide participants with the opportunity to learn about and participate in psychodrama with people from many countries.

Residential Workshop

Thursday 8th – Monday 12th November 2007

With Susie Taylor & Clark Baim, in cooperation with the Oxford Psychodrama Group

Venue: Fawley Court, Henley-on-Thames, Oxfordshire.

Open to all psychodrama trainees and those seriously considering coming into training. This is a residential psychodrama training workshop with assessments.

The Roles We Play in Life

Saturday 2nd – 3rd February 2008

With Susie Taylor. Open to all. This workshop will offer participants the opportunity to explore the different roles they hold in their lives, and how they can sometimes be in conflict. Participants will have the opportunity to explore and practise new roles or new ways to carry out existing ones.

Times:

For weekend events: Saturday 9.30am - 6.30pm & Sunday 9.30am - 4.30pm (16 training hours)

Cost:

Weekends cost £145 including a non-refundable deposit of £50, or £125 if paid in full 3 months in advance. Weekend workshop rates are lower for registered BIP trainees. Weekend fees include lunches but not accommodation or other meals.

Venue: All events will be held in Birmingham unless otherwise noted.

For the Israel and Henley workshops: fees and particulars are available on request.

Diploma:

We are accepting applications for trainees on the full diploma course.

(cont. on page 18)

Manchester - two connected workshops

'Death, Dying, and the Individual: Private and Professional Perspectives on Loss'

1. Saturday 2nd June 2007
and
2. Sunday 3rd June 2007

Presented by Kate Kirk and Neil Jordan

Venue: The Creative Living Centre, Prestwich, North Manchester

Costs:

For 1 day: £80
For 2 days: £130 self-funded or non-profit making organisation (£160 organisation funded)

These experiential two-day workshops are open to those who have either a personal or a professional interest in death and dying and those who want to improve their skills in working with this client group. Participants can choose to attend the two days or just come to the first day.

The overall aim of day one is to explore the impact of death and loss on us, as individuals, in families and in communities and the aim day two is to develop skills and understanding, in order to support people who have experienced death and loss more

(from Page 17)

The course for the new psychodrama diploma starts on 27th October 2007.

Further information from Clark Baim and Susie Taylor
c/o The Birmingham Institute for Psychodrama, P.O. Box 13804, Birmingham B16 6EE
Tel: 0121 454 3871
E-mail: cbaim@hotmail.com

effectively. Kate and Neil have both worked in palliative care and hospice settings. They are interested to share their experience with others and to develop people's skills and understanding of dying and grief.



Kate Kirk is a UKCP reg psychodrama psychotherapist and psychodrama trainer. She works part-time

as a psychodrama psychotherapist for the Isle of Man Child and Adolescent Mental Health Service with young people aged from four to sixteen years who have a range of difficulties. She is particularly interested in paediatric liaison, the experience of children living with life limiting or life threatening illness. Prior to working on the Isle of Man, she

was a psychotherapist in the Salford Palliative Care Counselling Service.

Neil Jordan is a UKCP reg psychodrama psychotherapist and counsellor. He runs a private counselling/psychotherapy practice in Saddleworth, near Oldham taking referrals from the general public and from a range of employers who provide therapeutic support for their staff. He is also a part-time lecturer in the counselling section at Salford University. He worked a counsellor for two years at Wigan and Leigh Hospice.

Attending the two days represents 15 hours of external psychodrama training

Contact for further details:

Neil Jordan
E-mail: neiljordan123@aol.com
Tel: 0797 082 9391

Psychodrama in Cambridge

in association with Cambridge Group Work

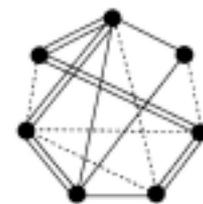
One-day workshops led by Barbara Tregear

Dates for each workshop – enquire to Hilary (below)

Time: 10am - 6pm

Venue: Cambridge Body Psychotherapy Centre, 28 Ditton Walk, Cambridge

No previous experience or acting ability is required in order to take part. There is no pre-ordained theme; psychodrama will emerge from the warm-ups and the concerns of the group and individuals.



Barbara Tregear is a UKCP registered psychodrama psychotherapist and trainer.

The fee for the day is £50, payable in advance - concessions are available

For information about arrangements and to book a place, or to be added to the mailing list for future workshops:

Hilary Taylor
Tel: 01223 573847
E-mail: hil.taylor@ntlworld.com

Workshop in Portsmouth

Liz White In Action - Interactive Workshops for Professional Development

'Belonging and Inclusion'

with Liz White

Venue: University of Portsmouth

Date: Thursday 21st June 2007

- just before the BPA conference

- B&B accommodation is available

This workshop will be of interest to people working with individuals and group members struggling to find their place in the world around them. We will demonstrate, experience and practice facilitating a number of

techniques that can develop individual spontaneity and can foster inclusion in a group during forming, storming and norming phases.



Cost: £80
(includes lunch and refreshments)

Limited to: 25 places

For information contact Liz at lizwhiteinaction@rogers.com

To register, contact Noelle Branagan at nbranagan@yahoo.com

Psychodrama Therapy Series in London

with Marcia Karp

'The Authentic Self'

Venue: Kilburn, near Kilburn station on the Jubilee line

Weekly group:

Monday nights

7pm - 9pm

£30 for each Monday session

or

Saturday Workshop:

Alternate Saturdays

1pm - 6pm

£60 for each Saturday session

or

Weekend Workshops:

1pm - 6pm

£120 for the weekend workshop

The theme will be 'the Authentic Self' in all three separate series

Contact for bookings and enquiries:

Marcia Karp

Tel: 0208 452 3448

E-mail: MKarp11444@aol.com

Institute of Action Methods, London

Experiential psychodrama weekends with Anna Chesner, Senior Trainer

Venue: Maudsley Hospital, Denmark Hill, SE5 8AZ

Friday - Sunday

11th - 13th May 2007

7th - 9th September 2007

9th - 11th November 2007

8th - 10th February 2008

9th - 11th May 2008

Attend as stand-alone weekends (cost: £160) or as a series of four, with a discount

For information contact:

chesnera@aol.com 0207 515 6342

www.londoncentreforpsychodrama.org

Residential Experiential Workshop in Glastonbury

with Anna Chesner and Chip Chimera

'Family Myths and Legends'

Friday 26th - Monday 29th October 2007

This workshop is being held at the Chalice Well Gardens - one of the

oldest continuously used holy wells in Britain.

Cost: £345 for a shared room or £385 for a single room includes food and accommodation

For information contact:

chesnera@aol.com 0207 515 6342

www.londoncentreforpsychodrama.org

Weekly therapy group at the Maudsley Hospital, Denmark Hill, SE5 8AZ with Anna Chesner on Wednesday evenings.

For information contact:

chesnera@aol.com 0207 515 6342

www.londoncentreforpsychodrama.org

'One Year Supervisors Training Course'

Commencing during 2007

For information contact:

chesnera@aol.com 0207 515 6342

www.londoncentreforpsychodrama.org



Phoenix Psychodrama Workshops in London

Phoenix Psychodrama: we are Maxine Daniels and John Murphy

‘We will show you how psychodrama can transform your life’

We offer a series of one-day workshops for individuals and groups in the therapeutic uses of action methods. We offer:

- self-development workshops
- professional workshops
- organisations’ workshops
- individual therapy workshops

using:

- dramatic re-enactment
- action insight
- creativity
- role analysis
- valuing each individual’s experience

Venue: MIC Hotel and Conference Centre, 81-103 Euston Street, London NW1 2EZ

Dates:
Spring Clean Your Life
Saturday 21st April 2007

Cost: £95

Losing Someone Close to You
Two-day workshop in June 2007
Cost: £150

Payment: We accept all major credit cards using our online payment system

There will be more workshops as we arrange them - see our new site below:

www.phoenixpsychodrama.com

Contact for enquiries:
Tel: 0776 596 8361

Director’s Day in Leatherhead

with Mario Cossa

Date: *Saturday 19th May 2007*
from 10am to 4.30pm

Venue: Leatherhead Institute, 67 High Street, Leatherhead, Surrey

As some of you will know, Mario Cossa, American psychodrama trainer and international teacher in action techniques, provided days for experienced psychodrama directors in April and October 2006. Both were a huge success and all of the participants asked for more.

Fortunately Mario is coming back to England for a short time in 2007 and is offering another chance for us to work with him and together. The agenda for the day will be set by participants. Last time we used it for our own personal growth which was wonderful. We might also want to explore in action specific issues with regard to directing, to develop our practice, or even just reconnect with old friends and make some new ones. The intention is to have fun, develop our spontaneity and practice our craft . . . it’s a space for us.

The cost for the day will be £50 and lunch will be provided.

Leatherhead: easily accessible from London Waterloo or Victoria and Junction 9 on the M25

This day is for qualified psychodrama practitioners.

Please send a cheque for £50 made out to ‘Mario Cossa’ to Chip Chimera, PO Box 230, Leatherhead, Surrey, KT22 8WZ

Call to register and get additional



details:

Tel: 0845 -166 1939 or 07711-731138

E-mail: chipchimera@btinternet.com

‘Encountering Dragons’ Workshop

An Experience of Personal and Professional Growth
with Mario Cossa

Dates: Saturday 26th – Sunday 27th May 2007

Venue: Lancaster Hall Hotel, 35, Craven Terrace, London W2 3EL

This workshop will be a variation of Mario’s internationally known ‘DragoDrama’, in which participants explore their personal and professional dragons as both obstacles to life’s goals as well as vehicles for growth. Whether dragons are quested, slain, befriended or simply acknowledged, the workshop promises discovery.

Mario will be offering this workshop with Chip Chimera. Mario and Chip have teamed as co-facilitators in the past in the UK, and in South Africa, and co-create an atmosphere of both safety and excitement.

Participants will:

- explore their personal dragons through graphic arts, movement, and drama

- explore life issues through the safety of metaphor
- gain experience in psychodramatic enactment



Who should attend?

Anyone with a spirit of adventure & play who wants to view life issues through fresh eyes and anyone interested in learning more about the method

Cost: £275 with £50 deposit upon registration and the balance 2 weeks prior to the workshop. Cheques payable to 'K Chimera' and sent to: Chip Chimera, PO Box 230, Leatherhead, Surrey, KT22 8WZ

The workshop will be residential and will count as accredited hours for BPA trainees. The Lancaster Hall Hotel offers reasonably priced accommodation in London.

To book:

Tel: 0845 -166 1939 or 07711-731138

E-mail: chipchimera@btinternet.com

'Inner Voyages'

- self-discovery and personal growth

Psychodrama Group in Leatherhead

This long running monthly group has recently relocated from Worthing to Leatherhead. We meet on the first Sunday of each month. The group provides therapy and personal growth for people who have a spirit of adventure and self-discovery and wish to explore their inner world in action.

Participants use art and dramatic methods to explore current and past issues in their lives. Group members come from a variety of backgrounds and walks of life.

The group leader is Chip Chimera. Chip is a UKCP-registered psychotherapist with extensive training in family and systemic therapy

as well as psychodrama and group psychotherapy.

After an initial meeting with Chip and agreement to join, members are asked to commit to a minimum of three consecutive sessions.

Venue: Leatherhead: easily accessible from London Waterloo or Victoria and Junction 9 on the M25

Cost: £40 per day

Time: Sundays 10am - 4pm

For more information please**contact:**

Chip Chimera

Tel: 0845 -166 1939 or 07711-731138

'All in the Family'

Presented by Dr Patricia M Crittenden

Dates: Tuesday 22nd and Wednesday 23rd May 2007

Time: 10am – 5pm

Venue: Birkbeck College, Malet Street, London WC1E 7HX

Cost: £170

This 2-day presentation by Dr Crittenden will propose a method of formulating and treating psychological and interpersonal problems that combines attachment and family systems theories. The approach addresses intra-personal, interpersonal (dyadic and familial), and cultural factors that affect adaptation. Day 1 will introduce the model and constructs with a focus on childhood. Day 2 will focus on adulthood, functional formulation and treatment. On both days, extensive video cases will be used to illustrate the concepts and approaches.

Dr Crittenden is well known as

an innovator and seminal thinker in attachment. She studied under Mary D Ainsworth, John Bowlby and E Mavis Hetherington. Among her many awards and recognitions is a career achievement award for "Outstanding Contributions to the Field of Child and Family Development" from the European Family Therapy Association in 2004. Her forthcoming works include a book written with Rudi Dallos 'All in the Family' that integrates family systems and attachment theories.

This is an event promoted by the Institute of Family Therapy. This is our 30th Anniversary event. For more information and to book a place, please visit our web site: www.ift.org.uk

or telephone the Institute for an application form: 020 7391 9150

'Befriending Your Inner Adolescent'

Date: Friday 23rd November 2007

Time: 10am – 4.30pm

Venue: Institute of Family Therapy

Cost: £110

A one-day workshop offered by the Centre for Child Studies at the Institute of Family Therapy, 24-32 Stephenson Way, London NW1 2HX

Mario Cossa: psychodramatist, drama therapist, and theatre educator specialising in work with adolescent groups and survivors of trauma in New Hampshire (USA).

Mario's book "Rebels with a Cause" (Jessica Kingsley, 2006), a useful tool for working with this client



(cont. on page 22)

population, will be available at the workshop.

Working with families in which the presenting problem revolves around adolescents can present a challenge for even the most experienced practitioners. In addition to negotiating the challenge of exploring relationships both within the family-systems and wider social-systems, the self of the worker is often re-stimulated in diverse and recognizable ways. As we learn to befriend our own inner adolescents, Mario can guide, encourage, and energise us in our work with adolescents and their families.

In a safe, confidential, and structured manner, this workshop will use both didactic teaching and action methods to explore the interaction of members of the family system from the point of view of our adolescent as well as adult self. Come prepared to be stimulated, have fun and learn about this specific application of your use of self. You will be encouraged to integrate new discoveries or changed perceptions into your practice.

This is an event promoted by the Institute of Family Therapy. Applications for this workshop will be welcomed up to 1st November 2007

For more information and to book a place, please visit our web site: www.ift.org.uk or telephone the Institute for an application form: 020 7391 9150



Sandy Jay and Decisive Change

Sandy Jay has called her practice 'Decisive Change'. To know more about Sandy's work, we have reproduced the wording from her flyer

My Biography

I have been working for many years in a therapeutic and supervisory capacity with individuals and groups. I run my own practice and work part-time as a psychological therapist within the NHS. Moreover, I facilitate training workshops in England and Europe.



I am UKCP-registered as a trainer and psychotherapist. I hold a post-graduate training qualification in process supervision. I have also had training in family therapy and group analysis.

I work with people experiencing a wide range of difficulties including relationship problems, sexual abuse, depression, anxiety, loss, addiction, life crises, low self-esteem, and those experiencing a loss of spiritual or self direction.

Individual Psychotherapy

I have worked with individuals in my private practice and within the NHS for many years.

There are a number of ways to address issues and during my career I have gained experience of working with many different models. The particular way in which we work together will depend upon a number of different factors, including the nature of the issues you want to address and the method that I think may be most suited to you, your personality, and your situation.

I believe that for change to occur, it is really important that you experience a safe, confidential, and trusting relationship. Without trust, it is very

difficult to talk about the things that affect you. I understand how difficult this can be and I will endeavour to go at a pace that you feel able to manage.

Depending on your life experiences, trusting someone may be very difficult (and may be the reason you have come to see me in the first place). However, once a

level of trust has been established, you will find it easier to discuss sensitive issues with me. I will then be in a much better position to help you make changes in your life.

My aim is to help you feel more in control, therefore enabling you to enrich and improve the quality of your life.

Clinical Supervision

Clinical supervision has been part of my private practice and NHS work for over 20 years. My post-graduate training qualification in process supervision is based on the model devised by Shohet & Hawkins.

My style of supervision focuses on empowering you to explore and understand the content and process of the therapeutic relationship. Being in a safe supervisory relationship is one of the essentials of good practice. Through trust, you can reflect on challenging your own work, whilst



also developing awareness of new areas of learning to enhance your continuing practice. This provides you with somewhere you can take your doubts and celebrate your achievements.

If you are looking for a supervisor, then please contact me for an initial meeting. We can then discuss your needs and see if our styles of working are complimentary.

I offer a Monthly Psychotherapy Group

This group will be of interest to you if you want to make changes in your life. You may have a specific problem that feels difficult, or you may simply want to understand more about the way you relate to others.

The group will provide a safe place for you to gain insight in to how you interact with other people and provide the time and opportunity to understand how others experience you. As a group member you will be able to address issues with which you struggle. At the same time the group will provide you with a reflective space to explore feelings that other people evoke in you.

Making the group dynamics conscious will enable you to develop positive strategies that you can carry into your everyday life. Looking at current issues and making connections with the past can help you to gain insight. These changes are achieved through challenging the negative beliefs that we hold about ourselves and about others.

Personal responsibility is seen as the key to change. I believe that change is best integrated when insights gained through personal work are explored through relationships within the group. Those attending will benefit from the rich mix of group

dynamics and the exploration of personal issues with the support that comes from being in a group.

The group meets one Saturday in every month from 1.30pm to 5.30pm at 'The Space Upstairs' in Ashburton, Devon. The cost is £40 for a 4-hour group. Each member is asked to commit to attending a minimum of 10 sessions.

Come to Devon for a Psychodrama Weekend

This weekend will give you the opportunity to look at areas in your life that stop you achieving your full potential. It will give you time to reflect in a safe supportive environment and provide a space to recharge your batteries. Furthermore, there will be time outside of the group to enjoy the beautiful grounds of Buckfast Abbey.

The group will benefit from the rich mix of focused exercises and use of action techniques to look at personal issues and exploration of the group dynamics as they unfold. Sandy and Nielsen will work at the group's pace and enable the group to create the safety needed for personal work.

The group will be held at The Grange which is a purpose built home owned by Buckfast Abbey (see the photo with this article) which is 5 minutes drive off the Exeter to Plymouth road (A38). It is situated in tranquil surroundings next to the river Dart on the very edge of Dartmoor National Park. There are many areas of outstanding natural beauty within easy reach. These include the stunning landscape of the moor and the coast. The area is also known for its fine eating establishments both old and new.

Dates:

Fri 7th – Sun 9th September 2007



Fri 5.30 - 7.30pm Sat 9.30 - 5pm
Sun 9.30 - 3pm

Fri 7th – Sun 9th March 2008
Fri 5.30 - 7.30pm Sat 9.30 - 5pm
Sun 9.30 - 3pm

Cost: Non-residential £150, Residential £195 with £50 non-refundable deposit and a £25 reduction if you book both weekends.

Fees for residential include refreshments, breakfast and accommodation. Lunch and dinner are not included in the price. Meals can be purchased in the Abbey's restaurant and at local venues. There are self-catering facilities at The Grange.

Each weekend represents 15 hours as psychodrama psychotherapy training.

The group will be facilitated by Sandy Jay and supported by Nielsen Leahy. Nielsen works with individuals and groups within the NHS as an Alcohol Specialist. He also runs his own private practice as a Dependency Consultant.

Bring only yourself, your aspirations and your desire to connect with others.

Contact Sandy for further information:

Tel: 01626 821400

E-mail: sandy@decisivechange.co.uk

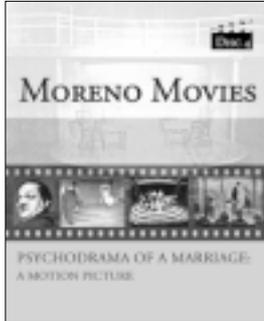
www.decisivechange.co.uk

Moreno DVDs

The editor reviewed 4 DVDs of archive film of Moreno provided by the web site:

www.psychotherapy.net

They include scenes from the 1930's - 1960's of Moreno's work. Each DVD starts with an introduction by Rene Marineau.



The action begins once Moreno is on the screen:-

Disk 1: early film from the Hudson School for Girls (around 1933-1942). Moreno is helping one of the students who is practising to work as a waitress with a difficult customer. She finds this hard, until Moreno helps her to expand her role repertoire.

Disk 2: psychodrama of a marriage (around 1948). The action moves to New York for a psychodrama of a marriage. We see Moreno asking them about what is not being said. Things seem hard to express until Zerka arrives on stage and helps by doubling.

Disk 3: psychodrama in action (1960's). This film takes place in a mental hospital in California. Moreno is demonstrating how he would assess a patient for discharge using psychodrama. In surplus reality, we see how he might relate to each of his

parents if he were discharged. This works as a training tool with frequent illustrations of role reversal.

Disk 4: psychodrama of a marriage (1964). We are in Paris for another psychodrama of a marriage. Zerka is on stage as an auxiliary. It's a lesson in auxiliary work and impressive to watch.

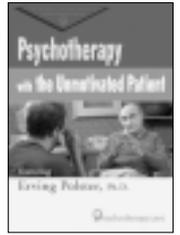
As a general comment, the sound is not always clear. However, I believe that this is compensated by the opportunity to watch both Jacob Moreno and Zerka Moreno in action.

These films may be purchased as individual DVDs or as a set of 4 DVDs from the website www.psychotherapy.net

There are many other DVDs available. I selected two to give a flavour of what is available:

Erving Polster: Psychotherapy with the Unmotivated Patient.

This depicts therapist Erving Polster plying his trade with Gerald: a client that we might struggle with - bright, cynical, emotionally detached and intellectual.



Irvin Yalom: Live Case Consultation.

This shows Dr Yalom as a supervisor helping his supervisees with the following cases: Sue – a woman struggling to find meaning in her life, Paul – an artist with a work inhibition, and Jeffrey – a man seeking help to control his angry outbursts.



Richard Oliver

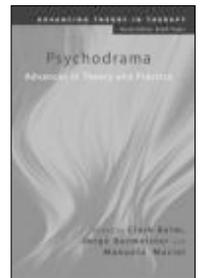
New Book to be Published: 'Psychodrama: Advances in Theory and Practice'

Editors: Clark Baim, Jorge Burmeister, Manuela Maciel

The editors of this volume bring together contributions from Europe, South America, Australia, Israel and the USA to explain and explore recent innovations. They look at how psychodrama has contributed to the development of psychotherapy, introducing concepts that have had a profound influence on other therapies. For example: role theory, enactment, the encounter, the co-unconscious, the social atom, sociometry, action research, group psychotherapy, and the cycle of spontaneity and creativity.

This book includes introductions from Grete Leutz and Zerka Moreno and contributions from: Ancelin-Schützenberger, Baim, Bannister, Blatner, Burmeister, Casson, Cukier, Daniel, Gasseau, Guerrero, Hudgins, Hug, Kellermann, Kipper, Knobel, Maciel, Miller, Oudijk, Villares-Oliveira, Pio –Abreu, Remer, Riding-Malon, Risques, Scategni, Schacht, Verhofstadt, Vieira, Wieser

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Text: as a file attachment or as part of the text in your e-mail
 Images: as a file attachment.

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