from the chair

By the time you read this the Conference bookings will be well under way for the BPA’s flagship event at the Royal Agricultural College in Cirencester at the end of June. Conferences are so important for the life and well being of our Association. The blend of workshops and social life and networking produce an atmosphere of enthusiasm which often gets translated into a desire to serve the BPA in a wide variety of volunteering activities.

At this time there is urgent need for new volunteers and new energy in key areas of BPA life. The Executive will be looking to fill vacancies, which have emerged during the year. In particular our editorial team is needing wholesale replacement. There is a need for a Journal editor. Your most recent Journal, which appeared in March was edited by Kate Kirk and Zoli Figusch. The next journal will be co-edited by Peter Haworth and Huw Richards. Do you feel drawn to this rewarding task?

In addition Richard Oliver who has for so long done such a splendid job in producing the material for ‘Tele’ has decided to stand down to spend more time in promoting the London Psychodrama Network. Kristina Hofberg has volunteered to take on the Tele editor role and Richard will support her to get started. Incidentally, the Tele editor is only responsible for finding the content for each edition not for the professional layout.

The website continues to be improved and adjusted to take account of our developing needs as an organisation. The evidence of increasing use is compelling. Are you making use of our website to promote yourself as a Psychodrama Psychotherapist? Is your profile on display? It is important to make the website work for you and the events and workshops you organise.

Those looking at the website will have noticed the invitation to nominate one of our members for a BPA Lifetime Achievement Award. The Executive is keen to make sure that a person’s contribution to the life and profile of the BPA is fully celebrated at the Gala Dinner at the Conference. If you have someone in mind it may be helpful to know of those who have been in receipt of the award. They are Anne Bannister, Francis Batten, Jenny Biancardi, Peter Haworth, Paul Holmes, Jinnie Jefferies, Marcia Karp, Dorothy Langley, Clive Ley, Susie Taylor and Ron Wiener. Who would you like to follow in these illustrious footsteps?

The Executive is also introducing the ‘Unsung Hero’ award to be known as ‘The Marcia’ since Marcia Karp has kindly agreed to have her name attached to the award. This will be

(continues on page 2)

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The issue of the statutory registration of Psychotherapists remains firmly on the agenda but the ramifications of the election of Andrew Samuels as the new UKCP chair continue to reverberate, particularly within the Humanistic and Integrative Psychotherapy College (HIPC). The dust will settle and normal service will inevitably be resumed. I shall keep you informed.

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**BPA Conference 2009 – Amanda Hardeman**

The editor asked Amanda Hardeman to describe her experience of her first BPA Conference.

I live and work in Huntingdonshire, that’s about 20 miles from Cambridge. I have a private practice in counselling and I am a teacher and group facilitator on counselling courses. So how did I find myself on a plane to Glasgow in June 2009 on my way to a BPA conference?

My connection with psychodrama started in 1999, when Maxine Daniels presented psychodrama at the prison service where I worked. We were to use action methods as part of the service delivery for a drug rehabilitation programme and I was hooked from the moment that Maxine walked in the door. Everyone in the room was involved and we got to the heart of things very quickly.

I liked the ‘show me’ aspect instantly, the encouragement from the director and the involvement of the group. Whilst this method seemed powerful, it also felt contained. I sensed Maxine was holding the group in more ways than one. It brought alive my counselling background and reminded me of the experiential work I had engaged in as a trainee counsellor.

In the prison, we called it Role Play not Psychodrama when we delivered it to the men. I was wary of the power of the method to start with, but then learnt to trust myself directing a role play besides trusting the protagonist and trusting the group. We spent about 8 weeks using the usual offending behaviour delivery methods (presentations, interactive activities, process groups etc) but when we engaged in the role plays, this was where things started to happen – the whole group came alive and engaged. They genuinely wanted to help, support and challenge each other. It was a job in itself controlling the volunteers for doubling. I found the group-sharing stage the most humbling and healing in many ways.

After leaving my role at the prison, I decided to persue my interest and I started going to the workshops that Barbara Tregear runs 2-3 times each year in Cambridge. I enjoyed the spontaneity and freedom of the group work and was able to engage in personal work as the protagonist, as well as play auxiliary roles. It amazed me how much I was affected even when I wasn’t the protagonist. This maintained my interest in Psychodrama and action methods and I promised myself that I would one day take it further.

Then I began studying my MSc in Psychotherapy. One on my fellow students is Maria Lumsden Rieder in Basel. We both use the electronic forum for the course and we communicate in this way. In one of her messages, Maria said ‘Watch out for the BPA conference coming up’. Then I looked at the BPA website and what excited me was how organised it was. There was a small profile about each facilitator and I wanted to go to all of the workshops.

This was the year I could attend, my youngest child being three years old.

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**Editor’s Note**

*Printed and Electronic versions*

For the November 2009 issue of TELE, we experimented with providing it as a pdf file on the BPA website under ‘Publications’. TELE was not printed to save money, with the agreement of the BPA Executive Committee.

For this issue, we have both provided TELE as printed copy and on the BPA website, with the agreement of the BPA Executive Committee.

Please note that we have repeated some articles from the November 2009 issue that some people may have missed and wish to read. We hope that you enjoy them.
and a willing husband armed with zoo tickets and chicken nuggets volunteered to look after our three children whilst I ventured away. The last weekend in June, I had the choice to go Glastonbury or Glasgow. I called Celia Scanlan and booked in an instant. Then in June, I was on a flight with Ryanair to Glasgow.

When I arrived at the conference, there were lots of people milling about in the coffee area and I knew no-one there. Within minutes Carl and Mark came over and said ‘We haven’t met you’ and it was OK from then on.

Then there was the opening plenary in that large room. I thought ‘What’s going to happen here?’ and, as I wondered, Maurizio started leading the exercises and I thought ‘This is great’. I felt self-conscious at first, then I realised that I was with a lot of people who were used to this. I remember one of the exercises where you walk around the room and connect with someone. I joined up with Liz, who is from Canada, and I was able to let go and get into it.

What were the people like? Well, to me, it was bit like a very large family and I was like the younger sister, a new addition. All these people obviously knew each other and it was very safe and connected. The sense of belonging was reassuring.

What were the workshops like? The organisation of the workshops was second to none. After the agonising decision of which one to choose, you booked in advance and each group was listed with the room and directions. I was amazed at how quickly each facilitator was able to warm up the group quickly and to close the group down safely. The facilitators were all so different from each other and each one had a unique style. I could see that the process was the same, but they all did it in their own way. I learnt so much more by being there rather than reading a book or being lectured at. I liked taking part. It was safe to laugh, cry and share. I appreciated the option of a process group at the end of each day, and attended it on the second day.

Has the conference been of any help in your work? I already use elementary action methods in the classroom as a trainer of counsellors and the conference complemented this. For example:

I use doubling in the classroom. I stand behind the trainee counsellor when they are practising listening skills. I say the things that the counsellor is censoring to encourage them to have an open dialogue with their client. I may say ‘I wonder if you are fed up with your father’. Then the counsellor may take this up with Fred (the client) in their own words.

Moreover I use role reversal in the classroom when the students are practising empathy skills. I invite the counsellor to sit in Fred’s seat and I ask ‘What’s that like?’ I encourage the counsellor to be Fred, feel like Fred does and think like Fred does. It puts into action the “as if” aspect of experiencing another persons viewpoint. Then I reverse them back to the counsellor seat and encourage them to convey their understanding to Fred.

How did I feel about the BPA conference as a whole? What stood out for me was how warm and welcoming people were. In some places, you go to a workshop or conference and you are the newcomer or the novice. At this conference, I found that all the way round, there was no hierarchy. I was able to do my thing and it was encouraged. I have the dates on the calendar ready for next year.

Amanda Hardeman
with support from Richard Oliver
amandalhardeman@aol.com
British Psychodrama Association Conference 2010

Conference theme: ‘Action Speaks Louder’

Friday 25th - Sunday 27th June 2010
Royal Agricultural College, Cirencester

- the lively market town of Cirencester is often referred to as “The Capital of the Cotswolds” and its origins date back to the Roman period when it was one of the regional capitals of Roman Britain. The Church of St. John the Baptist and the Roman amphitheatre are just some of the many sites that make the town unique.
- Cirencester has excellent transport links with, Cheltenham, Swindon, Bath and Oxford.

www.rac.ac.uk

The conference brochure is available on the BPA website
Book your place now on www.psychodrama.org.uk

Finding Psychodrama Books and DVDs

Where are Psychodrama Books and DVDs are readily available?
Read on …

www.ospip.co.uk (Oxford School of Psychodrama & Integrative Psychotherapy)
including
Psychodrama Since Moreno - innovations in theory and practice
The Handbook of Psychodrama
Prices include delivery

www.karnacbooks.com
including
Acting-in: Practical applications of psychodrama methods
Psychodrama Since Moreno - innovations in theory and practice
The handbook of Psychodrama

www.hawthornpress.com
including
Ken Sprague – People’s Artist
There is a discount for BPA members which is buy 2 get 3rd free and post and package is free within the UK.

www.jkp.com
including
Authors such as Anna Chesner, Nick Luxmoore, Mario Cossa, Zoltan Figusch, Madeline Andersen-Warren, Ron Wiener

wwwpsychotherapy.net
including
The Zerka T. Moreno Series (3 DVDs)

www.eurospanbookstore.com
including
Acting-in Practical Applications of Psychodramatic Methods – Adam Blatner
Foundations of Psychodrama
History, Theory, and Practice – Adam Blatner

BPA Membership Rates 2010

Scale of fees:
Ordinary Membership: £50
Trainee: £100 (£50 + £50)
Practitioner: £115 (£50 + £65)
Trader: £140 (£50 + £90)

Payment Methods for membership and conference fees:
Cheques made payable to ‘BPA’ or Online through the BPA website
Membership is administered by:
James Scanlan
BPA Administrator
8 Douglas Drive East,
Helensburgh,
G84 9BG

Tel/Fax: 07794 125602
E-mail: administrator@psychodrama.org.uk

Richard Oliver
My Ancestors in Mental Health

John Witham Casson

In 2009, I celebrated 25 years as a dramatherapist in adult mental health. In 2011, I will have been a psychodramatist for 20 years. The following is a wander through my ancestry in mental health and the treatment practices of a bygone era.

Recently my brother, Captain Eric Casson, researching the family, discovered a history of Private Lunatic Asylums of the East Riding (Bickford, 1976) and so revealed that our ancestors had been pioneers in mental health institutions in East Yorkshire. Most of this paper is based on a précis of sections of The Private Lunatic Asylums of the East Riding by J.A.R. and M.E. Bickford, published by the East Riding Local History Society in 1976.

My great, great, great grandfather was John Witham Casson. His father was a miller who settled in Hull. John had a brother, Richard, who was apprenticed to a Dr Fielding and married Mary Frances Wood in 1817. He became a surgeon in Hull and practised as a ‘man-midwife’. In 1822 Richard Casson began his work in adult mental health and succeeded W. S. Betty at the Sculcoates Asylum. He became joint owner with James Alderson from 1830 to 1838. In 1825 Richard had joined with James’ father, John Alderson, at Summergangs private asylum. James took his father’s place in 1829 and Summergangs closed in 1836 when the property was sold.

The two then set up the Marfleet Retreat which was open for 62 years from 1836-1898 (the longest lasting of all private asylums in the area). Casson and Alderson however moved on after only two years and built Hull and East Riding Refuge which later became Hull Borough Lunatic Asylum. Before the building was finished Dr. Alderson offered to sell his share to Mr. Casson for £1,995. The Cassons were not wealthy and the transaction was not completed until 1842, with Mr. Casson borrowing the money needed.

The Hull and East Riding Refuge

The Hull and East Riding Refuge was originally licensed for 100 patients, but the number was increased to 115 in 1843. Richard Casson was sole proprietor and his younger brother William was the resident surgeon. The refuge provided only part of Richard Casson’s income and he still had a busy practice in Hull. In January 1839 he was called to give evidence in the case of a man accused of having murdered a girl servant who he had previously seduced. Casson was a proprietor of the Hull Advertiser and he shared with his son an enlightened and humane feeling for the insane. On Twelfth Night 1842, he gave a ball for about 100 of the patients in the dining-hall of the new asylum. The visitors present were much impressed by this demonstration of the advantages of the ‘soothing system’.

The following year Mr. Casson sold the refuge to his eldest son, Francis Wood Casson (born 1818) and moved to London where he died in 1847. The Hull Advertiser described him as amiable, upright and benevolent, with a steady attachment to Liberal principles, and a friend of the poor.

Warm baths and Purgatives

The nature of the ‘psychiatry’ practised can be judged by Francis Wood Casson’s statement that he considered warm baths and purgatives to be efficacious in almost every case of insanity. However, the fact of removal to an atmosphere of encouragement, a reasonable diet and a settled regime could be seen as important factors in recovery. Casson’s publicity stated: “The situation is healthy and retired, being four miles from Hull, and about a mile from the Hessle Station on the Hull and Selby branch of permitted. Notes were not kept up-to-date, premises were not clean, but the commissioners concluded that “on the whole we have no reason to be dissatisfied with the general condition and management”. Eventually Francis sold the asylum to Hull Council. The refuge closed on 2 July 1849, opening immediately as Hull Borough Lunatic Asylum. Ten of its patients went to Field House, Anlaby, Francis Casson’s new private asylum, which was open for 6 years until 1855. It was run by his mother, the widow of the Richard Casson, with the help of her younger son Edward.
the York and North Midland Railway. Every attention will be paid to the comfort of the lunatics: billiards, books, gardening and other amusements being provided. The medical treatment will comprise all the recent improvement in psychological science.”

However when the commissioners made their first visit to Field House, they were not happy about Mr. Casson’s attitude to the regulations. He was reminded that his licence did not cover paupers. Moreover, he was sole proprietor and not resident and this was now contrary to the law. Francis protested and eventually moved his brother Edward in as resident superintendent. However when the commissioners visited again they found Edward had yet to obtain his medical qualifications. In 1852 he did get his diploma. The commissioners continued to be critical of standards including the lack of correct, up-to-date records. However standards of care were considered good.

The apartments were clean and tidy; beds and bedding were of reasonable quality; and patients could have fires in their bedrooms. Some rooms were carpeted, and there were blinds at the windows. Suggestions with regard to improved ventilation, and a better supply of reading matter, were quickly acted upon by Edward Casson. The diet of the pauper patients was satisfactory, and all the patients had access to the grounds. A variety of occupations and amusements were available to them. The ladies enjoyed skipping, playing with balls and hoops, and helped with the gardening.

**Cricket and Bowls could be played**

In July 1850 they complained of the heat out of doors. “Trees must be planted to provide shade,” the commissioners noted. There were no seats in the garden, but these had been produced by March 1852. Cricket and bowls could be played; and indoors a billiard table attracted the attention of a man who would otherwise keep to his bed. Another man, very violent and excitable, who had tried to run away, was found to enjoy draughts as well as billiards. A female patient had “burnt a good draught board” in 1850.

Some admissions were attributed to railway ‘mania’, precipitated by loss of money in railway investments. Telegraph wires were in use and one patient said that the sparrows listened to the messages they were transmitting, and flew to his window to repeat them to him.

**Cold baths and Cold compresses**

From the medical casebook, it can be seen that Casson fulfilled his promise to provide the most up-to-date treatment. Cold baths and cold compresses to the head were used for excited patients; and warm baths for the weaker ones, with hot bottles or mustard poultices applied to the feet. Bleeding was not so common by 1850 as it had been, but small amounts of blood were often taken by dry or wet ‘cupping’; and ‘blistering’ was often ordered.

An eighteen-year-old girl admitted in 1853 in a violently excited state had her hair kept wet with ‘aqui-acermum’; it was cut short soon after. ‘Antimony ornate’ was then rubbed into her neck until blisters were produced seven days later. These disappeared too quickly, so after three days the treatment was repeated. She was luckier than others who had their heads shaved and the ointment rubbed into the scalp as well as down the back. These treatments cannot have been easy to administer in view of the extreme violence of some of the patients. Such drugs as were available were given with great freedom. Mr. Casson believed in the efficacy of purgatives for all forms of insanity. Those most commonly used were croton oil, magnesium sulphate and castor oil, which were prescribed alike for constipation and mental disorder.

Great attention was paid to the diet; when patients did not eat readily, eggs were given in soup, beef tea, rum and milk, or brandy. Infusion of gentian and peppermint water, or quinine added to a tonic, were used to stimulate appetite. Morphia acetate and various other drugs were given, including digitalis to control violent patients.

There were two refractory rooms at Field House, one being remembered as ‘the padded room’ a century later. Restraint was, however, employed only when all else failed. Seclusion was used for short periods, perhaps two hours at a time. The straight-waistcoat and ‘muffles’ were in use until 1853 at least. Visitors and commissioners agreed that as a rule the patients were treated with great kindness.

Edward Casson left Field House in May 1853. In 1855 Francis sold the house and the asylum closed within a month.

**Dr John Casson**

drjohn casson@gmail.com
Letter from Nick Luxmoore

Nick Luxmoore has written to the editor about ‘actions speak louder than words’

Dear Richard,

It’s been bothering me…. Since I first heard it at last year’s BPA conference, I can’t get my head around the line advertising this year’s conference, “Psychodramatists believe that actions speak louder than words’.

As a psychodramatist, I don’t believe that. Of course, actions matter but so do words. I think it’s disrespectful to therapists working more exclusively through words to imply that our actions are necessarily more effective than their words.

Over the last 26 years, the BPA has moved away from its evangelical beginnings when we spoke as if we’d found the therapeutic grail and Psychodrama would save the world. I know there are political pressures at the moment to be territorial and make claims for ourselves in the face of competition from other disciplines. But we don’t have the grail any more than they do. Psychodrama will not save the world and to make grandiose claims for ourselves does little for our development as a sensible organisation, sensibly reaching out to other organisations.

Besides, it’s a silly cliché to adopt. As therapists know well, people often act when they can no longer bear to think. Under threat, we typically resort to actions to bully and suppress other people’s words. When one country refuses to talk any longer and drops its bombs on another, its actions are certainly speaking louder.

Best wishes,

Nick Luxmoore

‘Gravel’

by Christina Hagelthorn

Outside the window, the autumn sky arches high and blue. Still, the tree on the other side of the street has most of its leaves left. The wind moves the branches softly. A bird passes by flying.

You were born in a country where women are nothing and daughters even less. Your father left your mother to do as well as she could for herself and her children. You married a man with the same stunted brain and heart. Unfortunately, you gave birth to sons, and he wanted them but not you when you began to mature into a person. You watch the tree and the sky, while your life and your loneliness aches in your body. At last comes the howl.

You say that I am the only one who cares. All the others, officials, social workers, coordinators, job centres have the intention to give you the worst, the crumbs, the worthless pennies together with the demands. How did I become good for you? I am present in the moment and in the room and I accept you just the way you happen to be. Yet, you don’t know how angry you are with the others.

Your first important others had their hands full to survive in a country in disintegration and demanded from you to stop being a living child and become perfect. Through meeting me with all that unconditional love I can manage, you can at last accept the living child.

You were not much more than Sweet Sixteen, when the soldiers came and took you to the army. This was in a country in the middle of Europe. As a soldier among soldiers you had to see and participate in the most detestable, until you managed to escape. Now you are haunted day and night by recollections that incinerate your body.

You come from a country that I have never even heard the name of, squeezed between two trouble spots. Not only was your family exposed to ethnic cleansing for two generations, but you also grew up with honour killings and hatred of women. In spite of all this, you managed to educate yourself to become a medical doctor, but in your country you never could practice your profession.

You go around waiting in a no man’s land for a possibility to live and to work here in our country where there is a shortage of doctors and the lack of initiative is spreading behind the TV sofas.

(cont. on page 8)
You sigh and cry and your tears flow; your son has died in a foreign country while seeking freedom. At night you don’t sleep and instead you doze away your days. Perhaps you could go for an evening walk with your dog? I suggest. But you have no dog. Then maybe you could walk a piece of string? And assure the people you meet that your dog is so nice and can safely be patted. Suddenly we both laugh until our tears flow.

Christina Hagelthorn lives and works in Sweden with vulnerable people, including refugees. She is a regular presenter at BPA Conferences.

‘Gravel’ is a long poem. We have published the first 5 verses. The full text is due to be published soon in Sweden as a book of 58 poems called ‘Grus’ ie ‘Gravel’ in Swedish.

christinahagelthorn@tele2.se

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**Working with Women Victims of War**

Peter Haworth has invited Lidija Vasiljevic and Jana Damjanov to travel from Serbia and present a workshop in Oxford on 3rd - 4th July

The workshop title is ‘Working with Women Victims of War’ and it covers the use of expressive and action methods in working with trauma and crisis intervention using an integrative therapeutic approach.

Numerous studies have shown that women in the Balkan region (Serbia, Croatia, Bosnia and Herzegovina, Montenegro, Kosovo etc) were among the most vulnerable population at the last decade of the 20th Century. Their exposure to war and migration, constant struggle with poverty and loss was frequently followed by the experience of domestic violence.

While working with traumatized women for more than a decade in the Balkans, the use of various action methods and expressive therapies has shown to be successful and effective. During recent years we have created a unique, integrative approach and a system of work with severe trauma.

This training workshop will focus on the integration of methods that were applied in our therapy work, and were shown to be highly successful. It will combine theoretical presentation and practical experience of the method.

Lidija Vasiljevic, BA, MA works and lives in Belgrade. She is a Psychodrama psychotherapist and candidate for BPA psychodrama trainer and holder of the European Certificate of Psychotherapy. She has over 10 years experience with groups and individuals using psychodrama and other action methods. She runs training psychodrama groups, therapy group with victims of sexual abuse and sex trafficking and uses a gender inclusive approach in her work.

Jana Damjanov, BA, MA works and lives in Novi Sad. She is a psychodrama psychotherapist, combining psychodrama with art therapy and playback theatre. She is co-founder of the Centre for Psychodrama – Telos and Regional Association of Integrative Psychotherapy and Psychodrama Application (RAIP is OSPIP partner). She works in individual and group settings using an integrative approach with a focus on psychodrama.

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**Workshop Details:**

**Dates:** Saturday July 3rd and Sunday July 4th 2010

**Venue:** Oxford Therapeutic Community Building, Manzil Way, Oxford

**Course fee:** £160 (includes tea coffee and lunches on both days)

Bookings to OSPIP (Oxford School of Psychodrama and Integrative Psychotherapy)
- this is a popular workshop so apply early
- see our website www.ospip.co.uk
Moreno’s Ark

Jorge Brusca from Argentina attended the BPA International Conference in Oxford on 31st July to 5th August 1994. He wrote his impressions at the time and we have included them in this issue of Tele.

God ordered Noah to build an ark and load it with a couple of animals of every living species in order to save them from the Universal Flood. And thus it was that almost all species, including our own, go on living however well we can manage, at least until today, 20th August 1994.

And here I am, sitting at my typewriter in Buenos Aires pondering about the news on our planet Earth: Rwanda, Bosnia, Mid Orient, Belfast, Madrid, Haiti, New York, Buenos Aires…one could trace an Atlas with the geography of violence, environmental pollution and degrading of human life.

This is no news, nor does it occur one place. But here, today, surrounded by the photos of Wadham College and re-reading the programme of the Oxford Conference ‘The Way Forward’, I close my eyes and listening to Puccini, I can recall as in a pleasant dream, my recent trip on board Moreno’s Ark.

Why the metaphor of the Ark? I figured it there. We were two hundred colleagues from different parts of the world living together and sharing experiences, which I feel and think might help to rescue our world from the flood of dehumanization of our species. What was rescued in Moreno’s Ark were the ideas discussed in each workshop coordinated by a crew coming from places on the planet.

On my trip, I couldn’t manage to get acquainted with each and every one of them, but the wonder of the experience of getting to know each other in small groups on the Monday warm up was more than enough. How it would suit our world if we could always meet thus, overcoming language barriers and idiosyncrasies of peoples and families. Expressing our intimacy without fear of feeling rejected. What a lovely way of feeling accepted just as we are, sharing our differences as something to enrich us instead of severing us. Introducing ourselves knowing that we all have a place of our own and for others.

And so the trip went on with the passing of time: Marcia Karp’s workshop rescuing humour, creativity and the freedom of using our own life experience to learn to help ourselves and others.

Zerka Morenos’s and Anne Schutzenberger’s experience directing psychodramas in a climate of such trust, enable us to share our deepest feelings…

Ken Spague’s genius and energy to deal with “Stepping into the cosmos with our feet on the ground”, following Moreno’s ideas.

Chris Farmer’s tenderness to understand a family through psychodrama…

Remembering with gratitude a dead friend in the Memorial of Michael Watson…

Rescuing the unconscious dimension and the spiritual vision in Monica Zuretti’s and Enrique Stola’s workshops.

Drama, music, dance, meditation, myths and religion were tools, which helped us widen our capacity to understand the several channels of human dimension.

But I also want to rescue – as Ark treasures – the richness of our informal encounters for breakfast, lunch, dancing and moonlight serenades.

In casual talks during breaks or brief meetings along the roads in Wadham College we – the Ark crew – had warm spontaneous gatherings, which would help preserve our world from floods.

On Sunday midday I climbed the Ark gangplank dragging my bag, and a few steps further I received the warmest greetings from other crew-members who were also coming from their often remote countries. We had never met before, but the greetings willed us to begin the trip.

Friday afternoon in the college’s quad, we held hands in a big circle and bid good-bye as loudly as we could in our different languages, which we all understood, translated by our hearts. Thus we went down the Ark and each of us took our way home.

Now, while I´m finishing this sketch, I feel that if we could share Moreno’s Ark experiences with others, it might happen that floods could turn into mild showers to help us grow in good company.

Thanks for inviting me, Marcia. I would be delighted to reserve tickets for next time, perhaps from other ports. In the meanwhile, the mere fact of recalling and sharing what we went through, all of us, is in itself a prize.

Jorge Brusca
jorgebrusca@infovia.com.ar
Earlier this year I had the good fortune to be invited to run a three-day workshop in Vaasa, Finland. It was the culmination of a fruitful and spontaneous encounter with Heidi Torkko who attended the BPA Conference in Liverpool in 2008. We both had a shared interest in using psychodrama and other creative methods with children and young people, especially in a school setting.

Eventually it happened and a program was put together and we waited for people to respond to the invitation to look at using creative methods with school-aged children. We were successful in getting 17 people together who wanted to participate in the workshop which included teachers, occupational therapists, social workers, and some psychodrama practitioners.

Vaasa is a really beautiful place and I would recommend it for a visit. It is small enough to walk around and there are plenty of places to visit. I travelled via Helsinki and then got an internal flight up to Vaasa.

The event was hosted by the University of Applied Sciences in Vaasa who provided the wonderful venue and support in terms of administration. The welcome I received from Heidi and her husband Manu was warm and helped me feel relaxed as I prepared for the opening session the following day. The event started off in a most wonderful way by local school children who came along and sang and played instruments which showed how with encouragement these young people could expand themselves in a beautiful way. What stuck me most of all were the references within the songs to the landscape and animals that were a part of it.

It was May and the theme of the landscape, the animals, and the seasons resonated throughout the workshop. I think that the energy of the group was like the time we were in - namely early spring - with plants and people emerging from the darkness of a long winter. Furthermore, we had the pleasure of visiting the great Finish artist Pekka Halonen, whose art is deeply connected with Finnish working life in the fields and farms, the seasons that influence everyone, and the myths and legends of Finland. I felt extremely privileged to see these paintings for the first time and especially his paintings of tomatoes - something I was surprised could grow in Finland.

The three-day workshop contained many deep connections to the land and stories passed on from grandparent and parent. These contained such wisdom and lessons about our hopes and fears.

Outside of the venue, Vaasa really did provide us with some wonderful spring sunshine which was gently encouraging the buds on the trees and woodland flowers to open up.

On the final day I showed a film about the work done in Liverpool using art, music, story-telling, psychodrama, and gardening in one inner city school. The group were most enthusiastic about the idea of developing gardening and therapy in schools.

The final part of the session involved a group exploration of connections and waking up in the forest which culminated in a collective childhood song. We ended with a story from Africa which was told twice in English and Finnish and brought us to a close.

The connections continue and we are hopeful to arrange another workshop in 2011.

I am most thankful to Heidi Torkko for her warmth and generosity, Ulla Ollinkoski for her organisation and reassuring emails, and to all those who attended in Vaasa who created such a warm environment adding to the Spring time sun.

Carl Dutton
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Hidden Twins
A review of Dr Olivia Lousada’s book: ‘Hidden Twins – What adult opposite sex twins have to teach us’

Dr Lousada’s book is the product of her doctorate research into the psychology of adult opposite sex twins.

I found the book to be rich in detailed descriptions of the research methods that she used, and I learnt from this. The research was carried out with 3 pairs of opposite sex twins. These 6 people were invited to describe their twin relationships in the context of their lives.

The research used action methods as well as talking to explore the subject. The main methods used were building sociograms, making paintings, and telling their family stories. For example:

‘They painted three pictures, one of which was painted blindfolded or with eyes closed, the second was with the left hand, and the third was with the right hand. The theme was “how they feel as a twin”.’ (page 50)

I also found the book gave me a lot of insight into family dynamics. Each of the opposite sex twins related differently to their mother or father. This was different from same sex twins or siblings relating to their parents. There were differences also in whether either of them were favourites in the family.

Most striking of all was the identity that the twins felt they had in the family. Were they to be regarded as a united pair or as two separate individuals? This lack of clear identity often left them feeling pulled together and pulled apart. For example:

‘In the workshops, the opposite sex twins kept their eye on their twin and spoke to the researcher at the same time. For these opposite sex twins, attachment was in threes. It was a panoramic relationship view of the world. They were coupled in a three.’ (pages 125-126)

‘Hidden Twins’ adds to the academic works written by psychodrama psychotherapists. As it says on the back cover in a quote by Barry Mason: ‘A thought-provoking and sensitive book - a welcome addition to the literature’.

‘Hidden Twins’ is published by Karnac Books and is available at www.karnacbooks.com

One-day seminar in London

‘Attachment Theory and Psychodrama: the Connection’

Advanced Notice – save the date: Saturday 23rd October 2010

London Psychodrama Network Presents:

Marcia Karp and Mario Marrone in a day-long seminar

Times: 9.45am - 4.00pm

Venue: in London, details to be announced

The day will include a plenary and workshops around the general theme of Attachment and Psychodrama.

The plenary will be run by Marcia Karp, MA, TEP, well-known senior trainer and presenter. She was the first Honorary President of the British Psychodrama Association, a founder member of FEPTO, a former Board member of IAGP, and co-editor of “The Handbook of Psychodrama”.

She is on the board of the International Attachment Network. Marcia works with borderline and personality disorder patients in East London NHS.

Mario Marrone, MD, Frc.Psych, is an Argentinian group analyst, and trained in psychodrama in South America. He was supervised by Attachment theorist and author John Bowlby for 12 years. Mario has written widely on attachment theory and its applications, including three books. He works part time in Spain and has a private practice in London. He is Chair of the International Attachment Network.

Other workshop leaders will be qualified psychodramatists with an interest in attachment.

More information will follow in due course and is available from the London Psychodrama Network:

chipchimera@btinternet.com
Workshop with Jose Fonseca

Zoli Figusch and the North-West Psychodrama Association have invited Jose Fonseca to travel from Brazil and give a workshop in Manchester on 22nd – 24th October

BPA members may know that Zoli Figusch has strong links with Brazil and has written the book ‘Sambadrama’. Now he has invited Jose Fonseca to give a workshop on the theme of ‘Relationship Psychotherapy’.

Relationship Psychotherapy is a minimalist version of classical psychodrama. It adapts classical group psychodrama techniques to shorter individual psychotherapy sessions. It creates a playful space for therapeutic work, allowing connections to be made between the client’s internal and external world.

This workshop will present the theoretical principles behind Relationship Psychotherapy as well as demonstrate its techniques and practice.

Jose Fonseca, MD, PhD is a leading international psychodramatist; a senior psychodrama trainer at the São Paulo Psychodrama Society and a coordinator of the Daimon Centre for Relationship Studies (São Paulo). He is one of the pioneers of the Brazilian psychodrama movement and founder of the Brazilian Psychodrama Federation and a former editor of the International Forum of Group Psychotherapy.

He is the author of the books: Relationship Psychotherapy (2000) in Portuguese, Psychodrama of Madness (2008) in Portuguese, and Contemporary Psychodrama: New Approaches to Theory and Technique in English (Brunner-Routledge, 2004). His contributions to the development of psychodrama theory and practice include, among many others, the adaptation of techniques originally intended for groupwork to individual psychodramatic psychotherapy, and the furthering of Moreno’s developmental theory, the ‘Matrix of Identity’ theory.

Workshop Details:

Dates: Friday 22nd – Sunday 24th October 2010

Venue: Manchester Youth Hostel, Potato Wharf, Castlefield, Manchester, M3 4NB

Cost: £150 payable one month in advance (£50 deposit secures a place)

Bookings:
Zoli Figusch
Tel: 0793 178 4456 or 0161 707 2532
E-mail: figusch@hotmail.com

One-Day Training in the Therapeutic Spiral Model in Cirencester

Dr Kate Hudgins, PhD, TEP will be presenting a post-conference event for the BPA on Monday 28th June 2010

Activate presents…

‘The Trauma Survivor’s Intrapsychic Role Atom’

This one-day workshop presents the opportunity to learn or relearn an overview of the Therapeutic Spiral Model™ to treat Post-Traumatic Stress Disorder. TSM, as it is commonly called, has become the most recognized system of clinical psychodrama around the world to treat trauma.

You will learn how to use Role Theory to assess a protagonist or client’s personality structure for containment, strengths, and trauma roles, promoting safety at all levels of psychodramatic enactment. You will learn Prescriptive Roles that can be used in individual, couples, family and group psychotherapy. You can also join in the experience of a like-minded community seeking a method of healing trauma.

Furthermore we will be defining spontaneity through the enactment of the Prescriptive Roles as we all stay in the here and now. We will combine clinical psychodrama with shamanic energy medicine and mindfulness training for a thoroughly healing day.

Dr Kate is an internationally known expert on PTSD, having worked in over a dozen countries in the last 20 years teaching people about experiential therapy using The Therapeutic Spiral Model. Dr Kate

Page 12
received the Scholar’s Award from ASGPP in 2009. Her edited book ‘Stories at the Frontlines: Clinical and Community Actions Around the World Using the Therapeutic Spiral Model’ (2010) showcases two authors from the UK, Chip Chimera and Clark Baim. She is the founder of Therapeutic Spiral International and holds regular training groups in the USA, Canada, Taiwan, China, and Japan.

Dr Kate returns to the UK after a long absence. We welcome her back and hope you will join us in this first workshop of 2010 … stay on after the Conference.

Kate will be assisted by Chip Chimera and Enid MacNeill.

Cost: £87 qualified, £77 for students, including lunch.

Venue: BPA Conference venue, Royal Agricultural College, Cirencester.

Date & Time: Monday 28th June, from 9.30 am to 4 pm.

Booking and more information from: chipchimera@btinternet.com Tel: Chip 0845 166 1939

One-Day Workshop in London
Dr Kate Hudgins, PhD, TEP will be presenting this workshop on Friday 2nd July 2010

London Psychodrama Network presents …

‘The Containing Double: The Key to Safety in Psychodrama’

Today, most therapists know the importance of safety and containment in working with trauma and PTSD. The Therapeutic Spiral Model™ is a system of clinically modified psychodrama dedicated to making this action method safe for all participants. It is now used in over 14 countries around the world. Across many cultures the Containing Double is seen as a valuable technique for group psychodrama, as well as in individual, couples and family therapy. The Containing Double is directly tied to the advances in neurobiology. It is a crucial tool for keeping the brain from being overwhelmed by too much intense emotion that can happen when working with unresolved trauma.

This one-day workshop demonstrates the Containing Double in action. Participants will receive practical support under live supervision to gain action skills. Moreover the day includes a full TSM Prescriptive Role drama and processing so participants will see and understand it’s use in psychodrama. Come join us in a like-minded community seeking personal healing and professional development using state of the art interventions.

Dr Kate is an internationally known expert on PTSD, having worked in over a dozen countries in the last 20 years teaching people about experiential therapy using the Therapeutic Spiral Model. She is the founder of Therapeutic Spiral International and holds regular training groups in the USA, Canada, Taiwan, China, and Japan. She returns to the UK after a long absence. We welcome her back and hope you will join us in this first workshop of 2010.

Who should come: This workshop is open to all psychodrama practitioners, trainers and students. It is also open to practitioners from other modalities who would like to explore ways to establish safety and containment in action.

Venue: Institute of Family Therapy
24 – 32 Stephenson Way, London Nw1 2HX
Near Euston Station and Euston Square Underground

Date: Friday 2nd July 2010

Times: 9.30am registration for a 10am start and 3.45pm closure to finish at 4pm

Cost: £75 per person, £65 for students.

Booking and more information from:
chipchimera@btinternet.com
Tel: Chip 0845 166 1939
Greetings to the Psychodrama community.

Some of you are already familiar with Playback Theatre and may sometimes be using it in your therapeutic practice. As a Playbacker I value my warm connections with the Psychodrama world. Jonathan Fox, founder/director of the first Playback Theatre Company (circa 1975), of course has a deep affiliation to Psychodrama; and has written about the distinctions between these two approaches.

Last year, Anna Chesner and I ran a 5-day workshop/training, which explores the interface of these two modalities. It was such a fruitful experience that we feel it should happen annually. In 2010 we offer it again from Friday 30th July to Tuesday 3rd August (five days/four nights residential)

The venue is ‘The Abbey’ in Sutton Courtenay, Oxfordshire OX14 4AF. Their website is www.theabbey.uk.com

Our theme is ‘The interplay of Psychodrama & Playback Theatre: a celebration of creativity & therapeutic depth’.

For Psychodrama trainees, this residential is an excellent training opportunity to experience both modalities of therapeutic action. For Playbackers, it’s a way to have a deep experience of Psychodrama for personal work and to enrich our practice of Playback Theatre. We have sessions each day of both methods, with evenings of processing, and discussions of theoretical & ethical considerations. This course counts as 50 residential hours for BPA purposes, and as 50 hours of Psychodrama experience towards the School of Playback Theatre prerequisites for Leadership Training.

We welcome Psychodramatists and Psychodrama trainees, with or without playback experience. We expect Playbackers to have a minimum of 6 months experience with an active Playback group or have already completed foundation training in Playback Theatre.

Warm wishes
Veronica Needa

Workshop Details:

The Fees: £675 (inclusive of all meals, shared accommodation & training; bursaries are available for students)

The Venue: The Abbey is a unique medieval building, set in extensive grounds, tucked away in the small village of Sutton Courtenay. It is surrounded by 4 acres of land, which include beautiful old trees, a woodland path, a labyrinth and tranquil seating areas. Sutton Courtenay is 30 minutes from the M4 J13 and M40 J7; just 10 miles south of Oxford, and 4 miles from Abingdon. Didcot Parkway is the nearest rail station, on the main line to London Paddington.

The Trainers are:
Anna Chesner, well known as a Senior Trainer in Psychodrama with the BPA. She has been involved in professional training, coaching and consulting for over 20 years, and is widely published in the field of action methods. A core member of London Playback Theatre, she has training and mentoring links with a number of playback companies in Europe

Veronica Needa, who has been a playback practitioner since 1991 and a graduate of the School of Playback Theatre in 1995. She was President of the International Playback Theatre Network (1997-2003). She is currently actively involved with True Heart Theatre, London Playback Theatre, and coordinates the School of Playback Theatre (UK).

Further details are on: www.playbackschooluk.org

Bookings:
Veronica Needa
Tel: 020 7221 2694
E-mail: ukplaybackschool@gmail.com
Two-Day Workshop in Cirencester

Liz White will be presenting a workshop on 23\textsuperscript{rd}-24\textsuperscript{th} June leading up to the BPA Conference

‘A Gathering of Ghosts’

Our theme comes from our ancestors.

Interwoven into the fabric of our daily life is the world of our ancestors, much of the time unrecognized. At other times those who have died become more real to us, as we consider and shape how we live with them. Some we knew and lost, leaving legacies of joyful memory or of bitterness and recrimination. Some ancestors we have heard about through the family stories; others are lost in the common histories of migration and suffering, of pioneering and vision.

In this workshop we will let our spirits reach out to rejoin and enliven those we carry within us. We will lay some to rest, reclaim those who can feed our spirit, and strengthen our roots in lives that have gone before.

Liz White is well-known as a regular presenter at BPA Conferences. Her workshops are very popular. She has pioneered psychodrama training in Canada, first in Toronto and now in Saskatchewan. She is highly regarded internationally as a lively and seasoned trainer.

Join us to dance with the family skeletons.

Workshop Details:

\textbf{Dates:} Wednesday 23\textsuperscript{rd} – Thursday 24\textsuperscript{th} June 2010

\textbf{Times:} 9:30 am to 4:30 pm

\textbf{Venue:} BPA Conference venue, Royal Agricultural College, Cirencester

\textbf{Fee:} £125 (includes morning coffee and lunch both days)

Suggestions for local accommodation are available.

For more information or to register:
Call Siobhan O’connell at the Tumblewood community
Tel: 01373 824466 ext 228

British Psychodrama Association
Conference 2011

Early announcement – more details throughout 2010-2011

Theme: ‘Embodiment of Change: the Magic of Psychodrama and Sociodrama’

Dates: 30\textsuperscript{th} June – 3\textsuperscript{rd} July 2011

St Mary’s University College,
Twickenham
- situated in a leafy area close to Teddington, Richmond Upon Thames and Kingston Upon Thames - and within easy reach of Heathrow Airport and central London

\texttt{www.smuc.ac.uk}

This 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.

\textit{Alyson Coupe}

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 code of ethics for practitioners is the ‘Ethics for Practice Document 2008’. This is available on the BPA website in the section ‘About BPA’. Though labelled as a ‘Draft’, it is a comprehensive code of practice and is the correct code for members to adhere to.
Training Schools and CPD

Finished training and qualified now?

Our psychodrama training schools have each developed workshops that count for CPD hours. Details are on their websites as follows:

**London Centre of Psychodrama Group and Individual Psychotherapy**

www.londoncentreforpsychodrama.org

**Oxford School of Psychodrama & Integrative Psychotherapy**

www.ospip.co.uk

**Northern School of Psychodrama**

www.psychodramansp.co.uk

**Birmingham Institute of Psychodrama**

www.birminghampsychodrama.co.uk

**MPV/SAM School in Sociodrama and Action Methods**

www.mpv-sam.com

Richard Oliver

Announcements

**Practitioners Support Group in Oxford**

In January we held the first Support meeting of psychodrama practitioners, which was held in Manzil Way, Oxford. We met from 10am to 4pm and brought lunch to share.

The morning was spent checking in and we warmed up to some action in the afternoon. There were 9 people who intended to come, however it ended up with 3 of us. Sadly we missed someone who turned up at lunch-time as we didn’t hear the door.

The group is in its infancy and hopefully will grow. I am inviting practitioners who want to join us to let me know. The plan is to meet on alternate months. The venue is free of charge and has excellent facilities.

I look forward to hearing from you.

Nancy Piercy
E-mail: nancy.piercy@glos.nhs.uk
Tel: 01684 560011.

Richard Oliver

The Northern School of Psychodrama is proud to announce the award of psychodrama diplomas to Sarah Morley and Bernie Hammond. They are both very able practitioners and we wish to congratulate them on their achievement in completing their training.

**Dr John Casson**

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MPV/SAM School in Sociodrama and Action Methods are now running certificate courses in Sociodrama and Action Methods in Roumania, Greece and Norway.

**Ron Wiener**

The British Journal of Psychodrama and Sociodrama

This is published twice a year: Spring/Summer and Autumn/Winter issues.

Contributions are accepted throughout the year as 3 copies on A4 paper with double spacing. Contributions are peer-reviewed and then published (if accepted) in the next immediate journal.

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editorele@psychodrama.org.uk

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