

EMBODIMENT OF CHANGE PSYCHODRAMA AND SOCIODRAMA CONFERENCE

1st – 3rd July 2011

St Mary's University College
Strawberry Hill, London



bpa

British Psychodrama Association

Venue Information

Please join us for the *British Psychodrama Association Annual Conference 2011 Embodiment of Change* in the atmospheric and historic surroundings of *Strawberry Hill* in west London. *St Mary's* sits in beautiful tranquil grounds close to the River Thames. It provides a variety of spaces for workshops and presentations, dining and entertainment and relaxing areas for reflection and networking. Just 40 minutes from Central London main railway stations and 10 miles from London Heathrow airport, *St Mary's* is easily accessible from anywhere on the globe. We hope you will join us to explore *Embodiment of Change* across therapies and communities through our diverse programme of workshops, presentations and social events.



ADDRESS

St Mary's University College
Waldegrave Road, Strawberry Hill
Twickenham, TW1 4SX

DIRECTIONS AND LOCATION MAPS

Please see www.smuc.ac.uk/contact/directions.htm for directions and location maps.



Welcome to The British Psychodrama Association Annual Conference 2011 **Embodiment of Change** 1st–3rd July 2011 St Mary's University College, Strawberry Hill, London



The Conference Committee warmly welcomes you to this exciting conference. We have brought together a variety of contributions on the important theme of *Embodiment of Change*. As this theme is at the heart of the developing understanding of how the body and mind interact and heal, psychodrama is both challenged and strongly positioned to contribute to the creative and scholarly dialogue that is emerging in the whole field of psychology, psychotherapy, and education.

In addition we have integrated new influences to the *Embodiment of Change*. These include *5 Rhythms* dance, a physical form of dance and movement meditation, playback theatre and embodied story work, as well as ways in which psychodrama is used in different organisations and settings.

We are delighted that this is the first conference for the *BPA* in London. This will bring attention to psychodrama training, open sessions and other events that London hosts, all of which can be accessed on the *BPA* website. For the first time, we are undertaking qualitative research on the conference events. This will be met by the description of focus written by each contributor and the description of the experience by those that attend each event.

Marcia Karp will open the conference with a plenary on *Moreno's Concept of the Godhead*. *Marcia* is internationally renowned psychodramatist, trainer, and educator. She brought psychodrama to the UK and pioneered the first qualifying training here.

Jinnie Jefferies, who founded the *London Centre for Psychodrama, Individual and Group Psychotherapy*, will conduct the final plenary on our theme of *Embodiment of Change*.

They will head the rich mix of contributors from across the country and the world who we are privileged to have with us.

Dr Kate Hudgins is offering a two day pre conference workshop: *Healing the body and the brain – Neurobiology as the Foundation of the Therapeutic Spiral Model*. Contact *ACTIVATE* by emailing chipchimera@btinternet.com

Sue Daniels will be running a post conference event on 4th July 2011, on *Concretisation Through Psychodrama*. Apply via theresa.speller@btinternet.com

St Mary's is set in a beautiful part of London. The River Thames forms a backdrop to the diverse range of presentations and entertainments brought to this event.

This year we are also introducing an early bird fee: book by 15th April 2011 and save up to 13%.

We very much hope you enjoy your time at the conference. For further information or should you need help of any kind, please get in touch with the Conference Committee on conference@psychodrama.org.uk

Anna Napier (Chair), Barbara Abis, Adela Cambell, Anna Chesner, Chip Chimera, and Olivia Lousada.

General Informations

ACCOMMODATION

The bedrooms are located in four storey modern blocks at the back of the campus with lift access. There is parking adjacent to the blocks. Rooms are single ensuite. Towels and linen are supplied. Each floor has a kitchen which contains a fridge, an iron and ironing board, tea and coffee making facilities with long life milk, and plastic cups. There are no hairdryers supplied, so be sure to bring your own.

CHAPEL AND MULTI FAITH PRAYER ROOM

There is a Chapel and a multi faith prayer room on the St Mary's campus. Further details are available at the following links:

- www.smuc.ac.uk/student-life/chaplaincy/masses-and-liturgies.htm
- www.smuc.ac.uk/student-life/chaplaincy/wider-christian-community.htm

BURSARIES

The Michael Watson Trust is a charitable trust to raise funds towards the education and promotion of psychodrama and sociodrama in the UK and Northern Ireland. This year the Trust has eight bursaries of £150 available to enable BPA members with limited financial means to attend the conference. To apply send a short typed statement, indicating your present involvement in psychodrama and what you believe to be the financial grounds for a bursary award, by 31st March 2011.

By mail Nancy Piercy, Secretary, Michael Watson Trust, 8 Benton Close, Upper Welland, Malvern, Worcestershire, WR14 4LL

By email nancy_piercy@yahoo.co.uk

Telephone (enquiries only) 01684 560011

SATURDAY EVENING

The gala dinner will be served in the historic 19th Century Waldegrave drawing room. Following BPA awards and *The Michael Watson Trust auction* there will be dancing in the Senior Common Room to *The Severed Limb*, a skiffle band and DJ.

BPA ANNUAL GENERAL MEETING

In accordance with this year's conference theme of *Embodiment of Change*, this years AGM will include elements of participation in action. It will also be an occasion to mark changes of professional status and transitions within the BPA. It will be held 'in the round'. Non members of the BPA are welcome to attend.

BOOK STALL

A book stall will be available. £1 from every book sale goes to the *Michael Watson Trust*.

VISUAL DISPLAY

Loud and Proud – What are you proud of that you would like to share and show? Create a visual display, for example design a poster, present photographs, drawings or text.

- Write an abstract about your presentation for the conference pack
- Be available during breaks to discuss your presentation with other delegates
- Send details including your abstract by email to conference@psychodrama.org.uk by 31 May 2011.

Conference programme

FRIDAY, 1ST JULY

10:00–12:00 Registration
11:00–12:00 **Workshop leaders warm-up with Olivia Lousada**
12:00–13:00 Lunch
13:00–14:30 Welcome to conference and Opening Plenary with *Marcia Karp*
14:45–16:15 **Workshops A**
16:15–16:45 Tea / Coffee
16:45–19:00 **AGM in action**
19:30–20:30 Dinner
21:00–22:30 Embodiment as change: 5 Rhythms

SATURDAY, 2ND JULY

07:45–08:30 Sunrise activity: Wake Up Your Dancing Soul, *Gemma Cowell*
08:00–09:30 Breakfast
09:30–12:30 **Workshops B**
12:45–14:00 Lunch
14:00–15:00 **Presentations of Practice**
15:00–15:30 Tea / Coffee
15:30–17:30 **Workshops C**
17:40–18:40 Reflective space, *Chris Andrews & Ali Simmons*
19:00–21:00 Celebration dinner
21:00 Evening entertainment with *The Severed Limb* and DJ

SUNDAY, 3RD JULY

07:45–08:30 Sunrise activity: Moving stillness with *Sandra Reeve*
08:00–09:30 Breakfast
09:30–12:30 **Workshops D**
12:45–14:00 Lunch
14:00–15:15 Closing plenary with *Jinnie Jefferies*



Friday, 13:00 – 14:30
Opening Plenary

“Am I Nothing or Am I God?” – Moreno’s Concept of the Godhead *Marcia Karp*

When I was a child, my father told us the following Jewish joke:

The Rabbi finished the Synagogue service and walked down the stairs, stood in the sunshine, raised his hands to God and said, ‘God, in your eyes, I am nothing, I’m nobody.’ The cantor, who sang the service, came out of the Synagogue and stood next to the Rabbi in the sunshine, raised his hands to God and said, ‘God, in your eyes, I’m nothing, I’m nobody.’ They prayed. The janitor finished cleaning the Synagogue, brought his mop and bucket, locked the synagogue, wiped the sweat from his brow, looked at the rabbi and cantor, energetically stood next to the them, raised his arms to God and said, ‘God, In your eyes, I’m nothing, I’m nobody.’ The rabbi poked the cantor, laughed out loud and said, ‘Look who thinks he’s nobody.’

Often we wonder if we are good enough, how we are seen by the other and if we can embody change. Moreno role reversed with God. He felt what it’s like to be at the brink of creation and suggested each group, each encounter, each person should live with the breathless surprise of taking responsibility for what is created at the beginning of each moment. ‘I cannot be God unless you are God. Everyone could be their own God ‘If God ever comes back, he’ll come back as a group.’

In the plenary, participants will role reverse with God, experience their own power and ability to empower others. The choice to feel ‘important’ enough to be nothing and/or to be God is ours. The power to be oneself is a birthright. All is possible.

Marcia Karp pioneered psychodrama in Great Britain, having brought it from New York in 1973. She was Honorary President of the *British Psychodrama Association* for 11 years. Marcia works in the *NHS* with out-patient personality disorder and borderline individuals. Co-editor of three books on psychodrama, including ‘*The Handbook of Psychodrama*’, a founder member of the *Federation of European Psychodrama Training Organizations (FEPTO)*. Marcia is also a founder member of *London Psychodrama Network*. She is the recipient of a *Lifetime Achievement Award in Britain (BPA)* and *USA (ASGPP)*. She runs psychodrama training internationally with on-going programmes in Geneva, Athens, Kiev and Turkey. Board member of the *International Association of Group Psychotherapy (IAGP)* for 6 years. She has two private practices in London (South Kensington and Brentford) for groups and individuals.

www.marciakarp.org

Friday, 14:45 – 16:15
Workshops A

A1 The Embodiment of Memory: Psychodrama, Life Narratives and the Re-Integration of Forbidden Affect *Clark Baim*

This experiential workshop will introduce participants to contemporary attachment theory and how the *Adult Attachment Interview* is used to focus on key life episodes and the client’s ideas about those episodes. Such attachment-based interviewing can be used to help target psychodrama at the client’s most crucial issues and problems. In addition, we will explore how psychodrama and action method scan aid multi-sensory and spatial recall, and recall of memories held ‘in the body,’ in order to promote the re-integration of forbidden affect and ‘censored’ parts of one’s life story.

Participants will have the opportunity to respond in pairs and small groups to several questions from the *Adult Attachment Interview*. These questions mainly relate to early life relationships and the sense we make of them. After a brief introduction to memory systems and the *Dynamic Maturational Model of Attachment* (Crittenden), there will be time for one or more short psychodramas that emerge from the warm-up. Please come prepared to participate. Relevant to all levels of experience.

Clark Baim (*UKCP* registered psychodrama psychotherapist and *BPA* accredited senior trainer) is the co-director of the *Birmingham Institute for Psychodrama* (www.birminghampsychodrama.co.uk). He trained with the *Oxford Psychodrama Group* (now *OSPPI*) and qualified as a psychodrama psychotherapist in 1999. Since 1987, Clark has facilitated groups and provided supervision and training for criminal justice and mental health practitioners across the UK and Ireland. He has also led workshops and training events in Sweden, Greece, South Africa, Australia, Latvia and the USA. In addition to his other work, Clark is a lead national trainer for the *Probation Service’s* sexual offending programmes. A native of Chicago, Clark settled in the UK in the 1980s, where he established and served as the first director of *Geese Theatre UK*, a company specialising in rehabilitative drama with offenders. In 2008, Clark was the recipient of the *David Kipper Scholar’s Award* from the *American Society for Group Psychotherapy and Psychodrama*. In recent years, he has studied extensively with Dr Patricia Crittenden, creator of the *Dynamic Maturational Model of Attachment*.



A2

Sociodrama Meets Global Recession
Rex Davies & Valerie Monti Holland

This workshop will explore the use of sociodrama and action methods as a means to address the current climate of change and unease. It will examine the similarities and differences between the public or voluntary sector where the need to make cuts is the primary change issue and the commercial sector where the need to make costs savings and/or generate competitive advantage is the key driver. Both facilitators have experience of working in all three sectors and are familiar with the particular challenges that they present and the ways in which sociodrama can uniquely engage participants and enable future planning.

Rex Davies works in many business sectors such as finance, retail, engineering and renewable energy where he builds teams and teaches management and communication skills. He has a master's degree in *Organisation Development* and is the author of three books on learning organisations, right-brain thinking and presentation skills. For the past four years he has been studying *Sociodrama and Action Methods* with Ron Wiener, Di Adderly and Kate Kirk. He is a founder member of the *Derbyshire Playback Theatre Company*.

Valerie Monti Holland MA should be finished with her *Sociodrama and Action Methods* diploma any day now. She works across the three sectors with a particular focus on criminal justice, public health and regeneration. Recently she has been using sociodrama to coach creative entrepreneurs as well as establishing a *Playback Theatre Company* in Sheffield.

A3

A Phenomenological Research Study: What do Supervisees Experience When Role Reversing with Their Clients in the Supervision Session?
Maxine Daniels

The *UKCP* and *BACP* are actively encouraging practitioners to engage in research. How difficult is this? This workshop sets out to dispel some of the myths around research and to encourage exploration of the possibilities as practitioners to become researchers.

The workshop is in two parts. The first stage will explore the role of Practitioner-Researcher using phenomenological research methods through action learning.

The second stage of the workshop explores the emergent themes of the research project, when supervisees role reversed with their clients; Doubts about Therapist Competency, Experiencing Emotion of Client in Role, Role Reversal as a Mechanism for Change, Understanding the Client-Therapist Relationship. This will be conducted through experiential exercises.

Participants are welcome to bring their own ideas for research projects.

Maxine Daniels is a registered *BPA* trainer and has worked with criminal justice agencies and businesses as a consultant, trainer and practitioner for the last 25 years. She is currently enrolled on a doctorate programme with *Metanoia Institute of Psychotherapy*.

A4

Therapy as a Theatre of Possibilities: Movement, Imagination and Collaboration in Family Therapy
Jim Wilson

Practice is enhanced by critically appraising ideas taken from theories about psychotherapy whilst also leaving breathing space for spontaneity and improvisation. This includes moments when we find ourselves doing something that can not be readily or adequately explained by a theoretical construct or protocol for practice.

Creativity is not only a characteristic of an individual, it is more accurately, a relational context. The metaphor of therapy as a 'Theatre of Possibilities' considers the therapist's repertoire as a continually developing skill centred on tapping the imagination and creativity latent in the children and adults we meet as clients.

Based on a systemic orientation, a number of practice modes or 'Transitional Performances' will be described to provide discussion about therapeutic possibilities and the restrictions of overly reverential attitudes to approaches and explanatory theories about 'what is the matter'.

Examples may include:

- Therapist as Child's Inner talk
- Therapist as Personification of a family theme
- Characterizing aspects of therapist style
- Clients as co-consultants
- Playing with time; re-imagining and future imaging

Jim Wilson is a UKCP registered *Systemic Psychotherapist and Consultant Family Therapist* with the *Child and Family Psychological Therapy Service (NHS)* Caerleon, south Wales. He is co-director of *Partners for Collaborative Solutions* and past chairperson of *The Family Institute Cardiff*, and *Centre for Child Studies at The Institute of Family Therapy, London*.

Jim teaches, consults and trains Mental Health and Social Care professionals in the UK and Europe where his publications have been translated into Swedish German, Finnish Portuguese and Romanian.

These include; *Child Focused Practice: A Collaborative Systemic Approach* (Karnac 1998) and *The Performance of Practice; Enhancing the repertoire of therapy with children and families* (Karnac 2007)



Friday, 14:45 – 16:15, Workshops A

A5
Encounter as Embodiment of Change
Dr Dusan Potkonjak

At the root of Moreno's philosophy is encounter. In this workshop we will look at encounter as *Embodiment of Change*.

The first part of the workshop will be an invitation to encounter each other in the group. We will follow spontaneous development in the group process leading to an exploration of encounters on psychodrama stage. In the second part of the workshop we will reflect on encounters in our life and work and we may also explore some examples in action.

Encounters in one group can mirror encounters in other group. For instance a group of staff in a ward round in hospital can mirror the inpatient group and vice versa. Groups can be embodiment of change. So let us abandon our pseudotherapeutic poker faces and open ourselves to the Morenian encounter.

Dr Dusan Potkonjak is MD, associate specialist in psychiatry. He currently works at *Goodmayes Hospital NHS* in East London. He trained with Marcia Karp in *Holwell Centre*. He is a *BPA* trainer and a leading trainer of *The Serbian Psychodrama Association*. He pioneered psychodrama in former Yugoslavia. He has 32 years experience in psychiatry and 23 years experience of leading groups in psychodrama and group analysis. He completed the introductory and diploma course with *The London Institute of Group Analysis*.

A6
Moreno and Boal: Between Theatre and Therapy
Frances Rifkin

As a long standing practitioner and teacher of Augusto Boal's *Theatre of the Oppressed*, I will look at the theory and practice using a set of his games and exercises to explore the centrality of spontaneous physical image in his work. The notion of *Embodiment of Change* is embedded in his structures. In Boal's work, the Image is at the threshold of the Aesthetic Space within which change and transformation are explored: the process, as he described it, is to make an image of reality and then to work with the reality of the image. The final section of the workshop will be to reflect on the relationship between Moreno's and Boal's work.

Frances Rifkin artistic director of *Utopia Arts*, is a theatre director, workshop leader and lecturer. She trained extensively with Augusto Boal, originator of *Forum Theatre*. Director of *Banner Theatre*, Birmingham from 1979–1988, she has since worked freelance in a wide variety of situations in theatre and has lectured at Warwick, Lancaster and Queen Mary Universities. Recently directed *Changing the Wheel* with the poetry of Bertolt Brecht seen Edinburgh Festival 2009. *Palatine* has funded her to develop an ethical framework for teaching and learning participatory theatre in Higher Education (www.palatine.ac.uk) development-awards. *ACE* has funded her for further Ethics work with professional theatre practitioners. At present working extensively in diverse settings in East London with *Social Action for Health and Red Earth consultancy*.

Friday, 21:00 – 22:30
Evening activity

No booking necessary
Embodiment as Change: 5 Rhythms
Cathy Ryan

The *5 Rhythms™* is a dynamic moving meditation. Moving through this map is an invitation again and again to land in the ever present emotional intelligence of who we are as living, loving, creative human beings.

Everything moves and changes all the time and by engaging with the movement of who we are in our bodies we find our feet, our breath and our potential to move in balance with change. Each rhythm, Flowing, Staccato, Chaos, Lyrical and Still is a gateway to exploring a different aspect of ourselves.

No experience is necessary, just a willingness to turn up and move.

Cathy Ryan has been dancing and studying the *5 Rhythms™* map for over 12 years and has been teaching extensively in the UK and abroad, both the waves and heartbeat level of the work. She also works and plays with theatre, shamanic practice, writing, travel and living, bringing it all to the *5 Rhythms™* pot.



Saturday, 07:45 – 08:30
Sunrise activity

No booking necessary
Wake Up Your Dancing Soul
Gemma Cowell

Dance, especially, is a way to exercise the body but also release tension, allowing you to express yourself without the restrictions of rigorous technique or conformity, which other exercise classes dictate. Everyone can dance because everyone can move, we are all born with natural rhythm, our heartbeat, our breathing. When we dance we can realize the true extent of our physicality: we can outgrow our everyday movement and are free to break away from our perceived limitations. When you dance, the trick is to trust your body, let go of your inhibitions, let the music ride with you and you with the music and enjoy it!

Gemma Cowell has been in the fitness industry for almost ten years, teaching group exercise. After studying performing arts at college, Gemma started out as an actress, appearing in independent films and stage productions. With a passion for physical theatre in particular and a need for stamina during long touring productions, Gemma found herself attending a gym, participating in classes and then very quickly qualifying as an instructor herself.

Saturday, 09:30 – 12:30
Workshops B

B1
To the Point Playfully:
Playback Theatre,
Psychodrama and Sociodrama
Anna Chesner & Di Adderley

How can participation in playback theatre inform and deepen our psychodrama and sociodrama practice? In this workshop we explore the multi-verse of meanings that emerge through playback theatre; through its elements of play, its ritual and structure, its focus on brevity and physical action, spontaneity, creativity and ensemble. In this workshop there will be a chance to play and to reflect on where playback theatre sits on the spectrum of creative action methods, and how it may contribute to our impact on the individual, the group, community and cosmos.

Anna Chesner MA, UKCP registered psychotherapist, BPA registered senior trainer, HPC registered dramatherapist. Anna is co-director of the *London Centre for Psychodrama Group and Individual Psychotherapy* and runs a private therapy, supervision and consultation practice in London. Anna's roots are in drama and theatre and she trained for a number of years in mindfulness practice. She is a founder member of *London Playback Theatre* and mentors *Gehdicht Playback Theatre Company* in Switzerland.

Di Adderley is jointly qualified in psychodrama and sociodrama (senior trainer in the latter), co-director of *MPV/SAM (Sociodrama and Action Methods Training)* and leadership graduate of the *Centre for Playback Theatre, USA*. She has been a member of two playback companies since 1992 (Manchester and York). Di has a private psychotherapy practice, is an organisational trainer and leads a team of actors for work in the corporate field. Di's first career was as a professional actor in theatre and television.

B2
Staying with the Not Knowing
Teresa M. Brown

Staying with the Not Knowing for a psychodrama/psychotherapist is about the integration of mind, body and spirit within which the individual is enabled to make informed life choices. It's about being able to wait with the client while being alongside them not encumbered by our formal knowledge and preconceived notions, but being open to the spontaneity, tele, and opportunity for catharsis. It is important for the therapist to wait alongside the client while remaining actively focused on the task of creating a containing space in which the individual and the group consider the idea of change at their own pace.

This workshop will address how Staying with the Not Knowing is related to the business of change. Most of us imagine that of course we want to change and make our lives better, but in reality, we resist like mad because we are more comfortable in the worn, known paths that we have. We will explore what it is that gets in the way of our own embodiment of change.

Teresa M. Brown was the first qualified psychodrama psychotherapist in Scotland with over 30 years of training and experience. Teresa is a UKCP registered psychodrama psychotherapist, trainer and supervisor. She is the external examiner for *The London Centre for Psychodrama, Group and Individual Psychotherapy* and has examined for the *Northern School of Psychodrama*. She was the course director for the *Human Relations and Counseling Course* at the *Scottish Institute of Human Relations* (in which she is currently a member) and is on staff at the *University of Glasgow*. Her life's work has been in the field of mental health, initially as an occupational therapist then as a psychodrama psychotherapist in the NHS. She has completed over 10 years of personal psychoanalysis. Currently she is providing supervision and therapy for art, drama and psychodrama psychotherapists and counselors. She is also a practicing artist and holds a BA (Hons) in *Fine Art Drawing and Painting* from the *Glasgow School of Art*. She also created and runs *Studio 15* an independent art studio in the West End of Glasgow.





B3
The Function of Mask in Catharsis and Role Training in Psychodrama
Mike Chase

The mask is a very effective tool to access roles in a spontaneous energized and creative manner. The most effective application of mask is in intra-psychic role development, for dramatizing parts of the self, and transpersonal role development through the poetics of authentic stillness. Masks require charge, body architecture, gesture and voice, whether in theatre education or therapy, strengthening role portrayal; and acting as a catalyst in identifying roles and by-passing the ego in the head. For this reason the mask requires clear preparation of use, both artistically and for containment. It can become clear using masks, how the self emerges in the activity of managing the internal roles.

Mike Chase has been working internationally with masks since 1988, and is artistic director of *Glasshouse Arts Centre* where he has been doing *Hero's Journey* work using masks and action methods with young adults with learning difficulties for 10 years. He is a third year trainee with *Birmingham Institute of Psychodrama*.

B4
Happiness
Gillian Woodward

Angels fly because they take themselves lightly. Scientists, psychologists, economists, philosophers and others from different disciplines are taking a fresh look at happiness. There will be a brief input about some current thinking, such as different definitions of happiness and well-being, observable neuro-responses, the relationship between happiness and wealth, ingredients of happier societies. Then, through warm-ups, sculptures and vignettes we shall explore what happiness means to each of us. We will address questions like: Who taught you the most about happiness? When do you experience it? Where in the body do we feel it? How might we limit it, or increase our capacity for it?

Gillian Woodward is a psychodrama psychotherapist, integrative psychotherapist, *NHS Staff Support Facilitator* and travel mentor. During her three and a half year world travel she ran introductory psychodrama workshops in Cuba and China. She has worked as an individual and group psychotherapist for many years and has a small private practice. She contributed a chapter on psychodrama in the book *Group Psychotherapy and Addiction* (Whurr 2004) and is a founder member of the *London Psychodrama Network*. Her workshop *Happiness* was christened at the *Moreno Days Conference* in Lithuania in August, then in Latvia, December 2010.

B5
The Dreaded Appraisal Revisited; Embodiment of the Appraisal Process
Ioanna Psalti

From childhood to employment, appraising has undoubtedly become part of modern life. Appraisals however are more than a basis for rewards or disciplinary actions; they provide a base for deciding whether changing anything – attitudes, practices, skills – is actually worthwhile.

Highly interactive, this workshop is designed to give an opportunity for personal exploration of the roles involved in the appraisal process and the factors affecting its success. The workshop uses sociodrama action methods that include enactment of case studies. Participants are encouraged to bring along real life situations to explore while developing new perspectives and generate new ideas.

Ioanna Psalti's professional development spans a journey from science to community adult education, to social therapy and to training in team building for international mergers. She has used theatre and various forms of visual art to encourage audience interaction and exploration of topical issues. She is currently training in sociodrama.

B6
Reclaiming the Ultimate Authority of Your Life
Dr Kate Hudgins & Chip Chimera

Evolving over 20 years, the *Therapeutic Spiral Model* recently defined a final role of transcendence – the *Ultimate Authority*. Integrating this role enables one to take charge and live a spontaneous life beyond trauma. This role advances *Moreno's* dictum: "A truly therapeutic procedure cannot have less an objective than the whole of (hu)man-kind." Through the drama, trauma's despair is transformed into the power and capacity to share healing with the world.

This workshop puts into action the embodiment of change as life experiences are utilised as resources for transformation.

Kate Hudgins PhD, TEP, is an *American Clinical Psychologist and Board Certified Trainer*, educator and practitioner in *Psychodrama, Sociodrama and Group Psychotherapy*. She is the developer of the *Therapeutic Spiral Model* of clinical psychodrama to treat people with *PTSD* safely and effectively. Dr Hudgins received the 2009 *Scholars Award* from the *American Society of Psychodrama and Group Psychotherapy* for her 5 books and 19 peer reviewed articles on psychodrama.

Chip Chimera is a *Systemic Family Psychotherapist* and a psychodrama psychotherapist with many years' experience in working with families, individuals, and groups. Chip teaches at the *Institute of Family Therapy* where she is the director of the *Centre for Child Studies*. She is a founder member of *London Psychodrama Network* and has been working with TSM since 1998.



B7

The Life of Bees: The Actualizing Tendency in Action

Lynette Green & Sandra Grieve

This is the swarming season, the time of year when new life emerges from the body of bees and a new colony of bees is formed.

A beekeeper needs to be watchful of changes in the weather and in the hive, carefully noticing the signs of 'act hunger', the formation of queen cells, which reveal the colony's ripeness to swarm. What parallels could there be between this growthful surge and that which happens in the life of a group?

This workshop is a chance to encounter the honeybee, our oldest ally, using psychodrama.

Lynette Green is a person-centred psychodramatist and is working towards trainer status as an apprentice with the *Northern School of Psychodrama*. She has been a beekeeper for four years.

Sandra Grieve is a person-centred therapist, psychodramatist, supervisor and trainer. She is a staff trainer with the *Northern School of Psychodrama*, works with *Strathclyde University* on the postgraduate diploma in counselling and has a private practice as a therapist, supervisor and trainer. She is passionate about groups and group process.

Presentations of Practice

P1

Mentalisation, Psychoeducation and Psychodrama: A Treatment Approach for People with Borderline Personality Disorder

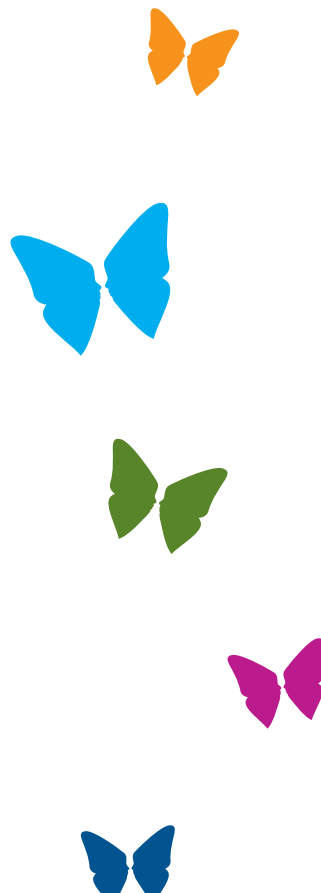
Mike Forrester & Emma Barclay

We aim to describe a treatment approach for *Borderline Personality Disorder* (BPD). This service has been developed for people who might not otherwise be able to access treatment, either due to practical considerations or, as is often the case, the nature of their condition makes other treatment options such as therapeutic community or out-patient psychodynamic psychotherapy unlikely to succeed. This process could be viewed as the beginning of the embodiment of change for people ambivalent about help.

We will describe details of the programme, with a particular focus on the integration of psychodrama. We will host a discussion of the various modifications and adaptations to psychodrama technique that we feel are useful in working with this group of people.

Mike Forrester is a psychiatric nurse and psychodrama psychotherapist. He has worked for the *NHS* for over 25 years, much of that in a day therapeutic community setting. He began training in psychodrama with Marcia Karp in the UK and later joined Ken Sprague in Norway. The initial invitation to the Norwegian group said "You must come to Norway because you are a Viking also". Following Ken's death he completed training under the auspices of the London centre, in Greece. He considers himself an *Ambassador for the Cosmos* and when not at work can be found extending his ambassadorial duties to the mountains of Scotland and abroad.

Emma Barclay ran away after leaving school to work in the music industry in London. After a couple of hedonistic years she decided to get serious and trained as a psychiatric nurse. She has enjoyed a varied career mostly in acute psychiatry and has an interest in therapeutic group work. The pinnacle of her career to date is working with Mike in psychodrama groups. She also considers herself an *Ambassador for the Cosmos* and enjoys psychodrama so much that she had a cocktail named after her at the last conference. She is training as a group analyst. She has two children and runs the occasional Marathon.



P2

Therapy Across Linguistic Borderlands: How Do We Bear Witness to What We Cannot Understand? *Beverley Costa*

This paper explores the way in which therapy can be delivered across languages so that a growing number of our population who do not share their therapist's language is not excluded from accessing therapy. It is clear that not to be able to speak your language brings with it a sense of loss, infantilisation and inadequacy. The music and timbre of a language, particularly one's native language, can carry specific emotional meanings and memories.

The paper refers to research on second language acquisition which demonstrates that people are able to access emotions in a second language that have been repressed in the client's native culture and language. Traumatic scenes experienced in one's native language may be explored more readily initially by switching to a second or other language in order to gain sufficient emotional distance in order to approach the material.

Implications for effective practice are considered as part of the paper. The session draws on examples from interviews with bi/multilingual counsellors working at Mothertongue and elsewhere, about their experiences of working across languages and beyond words by paying attention to other forms of non verbal and embodied forms of communication. It includes a case example of a psychodrama vignette conducted across languages. Published material and a reading list are provided.

Beverley Costa is the founder and director of *Mothertongue* multi-ethnic counselling and listening service, a charity based in Reading since 2000. Mothertongue provides professional, culturally and linguistically sensitive therapy to people from black and minority ethnic communities in their preferred language. Since its inception, it became the first counselling service in Reading to be accredited by the *BACP*; it has won the *National Charities Award* and the *Regional NHS Health and Social Care Award*, the *BACP Award for Excellence* and the *Queen's Award for Volunteering*. Beverley is a *UKCP* registered psychotherapist and psychodramatist, a *Fellow of the Royal Society of Art* and has over 20 years' experience of training, facilitating groups and providing individual and group therapy.

www.mothertongue.org.uk

P3

To Touch or Not to Touch *Doris Prügel-Bennett*

These days physical touch is being more embraced and more acceptable within the psychotherapeutic community than ever before – particularly in psychodrama. However, both amongst therapists and clients physical touch is controversial. Presenting parts of her dissertation towards her diploma in psychodrama psychotherapy, Doris will reflect on different theories and practices as well as different qualities of touch. She will invite participants to discover their awareness of touch with psychodramatic methods and to contribute to the debate about touch in psychodrama. Doris will demonstrate the *Alexander Technique's* principle of 'Non-doing' contact work.

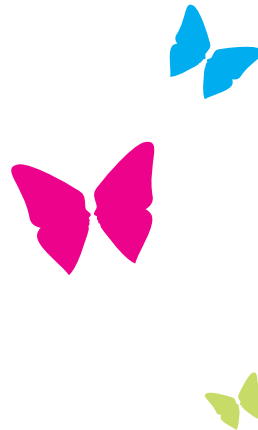
Doris Prügel-Bennett (*MSTAT*), BA (Hons) is working towards her diploma in psychodrama at *OSPIP*. She has been living and working with the *Alexander Technique* for 18 years in various settings: Higher and Adult Education, Performing Arts, music and (physical and mental) health, and self-development with groups and individuals.

P4

Bridging Paradigms: Psychodrama Meta-Theory and Other Epistemologies *Dr Mark Farrall*

Psychodramatic theory often appears to stand isolated from other theoretical bodies of knowledge: This presentation will attempt to link psychodramatic concepts to other theoretical domains such as psychology and sociology, and consider parallel ways of conceptualising issues such as role, personality, the self, and the unconscious, within a general framework of social constructionism. The aim will be to consider the 'meta theory' of psychodrama, exploring links to these parallel theoretical domains.

Dr Mark Farrall is a forensic psychologist and chartered psychologist specialising in the field of domestic violence and abuse work and has acted as a consultant to the *National Offender Management Service*, the *NSPCC* and *RELATE* on domestic abuse work with convicted and non-convicted men. He is the director of *Ignition*, a company providing specialist training and consultancy and has led the development and provision of several innovative group and one-to-one motivational and treatment programmes for domestically abusive men. Dr Farrall provides an expert witness service to family courts where domestic violence and abuse is an issue; he holds the *Cardiff University* accredited *Certificate in Expert Witness Work* for both civil and family law.



P5

In the Blink of an Eye: Psychodrama and Film Martin Gill

We are the directors and editors of our own lives. Choosing which scenes, set design, costume and make up lighting and scripts. We sometimes retain dramatic scenes and play them over again to ourselves in our minds. The director Francis Ford Coppola noticed that Marlon Brando blinked at key editorial moments in his performance and realised that the eye acts like the cutting room in a process similar to film editing.

In this practice presentation I will show video examples of psychodrama and film with and for male and prisoners in South West of England. I will also present clinical evidence gathered during projects providing evidence of the beneficial effects of the work. There will be an opportunity for discussion of the ethical and therapeutic considerations of using film and psychodrama as an intervention.

Martin Gill is a HPC dramatherapist and UKCP psychodramatist and supervisor. He is CEO and therapeutic director of a film charity, *Positive Images*. The company works directly with the *Ministry of Justice* producing therapeutic and educational films used in training and in the treatment of a range of offenders. The work has been recognised as a contribution to reducing self harm and promoting safer custody. The therapeutic film work presented has recently won a human rights award, recognition from the college of medicine and the *Princes Foundation for Integrated health*.

Martin has been working with life sentence prisoners in the South West of England inviting them to think 'filmically' about their lives, looking at ways of using role reversal, sculpting and mirroring in a psychodramatic approach to film making and therapy. Some of the work with prison staff has been done in cooperation with Professor Philip Zimbardo looking at the effects of film production on prison staff attitudes to human rights.



P6

London Psychodrama Network: Cultural Crossroads in Public Sessions LPN Members

This action presentation will give a taster of the wide variety of participants and interventions that embody change through our monthly open psychodrama sessions in the heart of London for the past four years. We invite others to share the process.

Active members of the network are Chip Chimera, Marcia Karp, Olivia Lousada, Maxine Daniels, Edna Davis, Richard Oliver, Dusan Potonjak and Gillian Woodward.

Workshops C

C1

Assessment in Action Celia Scanlan

How to assess clients? I remember a time when I sat with a prospective client gathering information. Useful, but why was I sitting in a chair, usually when I work I am on my feet? One day I woke up to the embodiment of the method. There was no looking back, I was in action and so was my prospective client. No need to sit waiting for an appropriate moment to do some action, nor spend time explaining what we would do. Just do it! This workshop offers an opportunity to learn and share our experiences of assessing in action.

Celia Scanlan is a senior trainer of psychodrama and founder member of *NSP* (now retired). Celia worked for many years in a psychotherapy unit that was grounded in the psychoanalytic model, assessing clients in a conventional manner, sitting face to face gathering a detailed history. This did not sit well with the psychodramatist in Celia who wanted to combine action with analysis. She pioneered the introduction to the course curriculum at *NSP*, the teaching of assessment and individual work in psychodramatic action. This has now been adopted as a course requirement by *BPA*. Celia has presented variations of this workshop at both *BPA & IAGP* conferences. She currently works in private practice in her home city of Glasgow.

C2

The Body and the Mind Work Together: Changing Old Patterns and Encouraging the Growth of New Ones Through Psychodrama Sue Daniel

Psychodrama as an action method is what we will focus on in this session. The physical activities of the psychodrama assist in bringing us to a place where something new can happen with old scenarios. Action brings 'talk' to life. New pathways are forged, new relationships develop, both within ourselves and with others. Inspired by the work of Norman Doidge, 'The Brain that Changes Itself', I will explore the ability of psychodrama to effect positive and significant change.

Sue Daniel is the director of the *Psychodrama Institute of Melbourne*. She is a trainer, educator and practitioner of psychodrama and a psychotherapist in private practice. She conducts workshops and seminars worldwide working with communities, institutes, hospitals, and universities and consults to a range of organizations. She is interested and involved in the development of the psychodrama method and is active on a number of boards and associations.

suedan@netspace.net.au
www.psychodrama-institute-melbourne.com



C3
Enacting Stories of Physical Illness to Support Healing
Dr Kate Kirk

Young people, who have a diagnosis of physical illness, whether acute, chronic or life-limiting, find themselves in the passive role of 'patient'. Adults around them 'do' things to them in the name of treatment. The *Six-Part Story Making (6PSM)* process is a good way of enabling young people to explore their thoughts and feelings in response to their illness and, more importantly, to find an active role within their own healing. As well as being a useful therapeutic tool, this intervention communicates important information during the assessment process. This workshop explores the use of *6PSM* when working with young people with a physical illness.

Kate Kirk is a psychodrama psychotherapist who has worked in the *Isle of Man Child and Adolescent Mental Service (CAMHS)* for the past 9 years. Her work is predominantly in paediatric liaison with children who have life threatening or life limiting illness or somatising disorders. She is a *BPA* accredited psychodrama trainer, the *BPA* vice-chairperson and was editor of the *British Journal of Psychodrama and Sociodrama* for seven years.

C4
The Embodiment of Change in the Story of Cinderella ...
Nellie Visantiadou

We all know what the fairy gifted to Cinderella and made her change so she would be able to visit the ball and meet her prince. What we might not know is whether she had really embodied the change or not. Did she really leave behind the pumpkin and the fireplace or not? Did she really believe that due to her beautiful dress and the amazing coach, she was good enough for the prince? How does this story connect with your own personal story? Do you really disclose your weaknesses or strengths when you meet somebody? Do you force yourself to make a shift or do you ask your own fairy to help you?

This experiential workshop will focus on your own relationship with the embodiment of change around your sexuality and self confidence.

Nellie Visantiadou is a research psychologist with an MSc in Counseling and Vocational Guidance; she is a registered as a psychodrama psychotherapist, supervisor and trainer with the *BPA*. She works as a freelance psychotherapist and she has a rich clinical experience as a clinical worker in various psychiatric settings. She uses fairytales both in clinical and training settings and she has trained and supervised many pre-school teachers as an external co-worker of the *Ministry of Education* in Greece.

C5
Using Action Techniques in Evaluation and Supervision – “Making Change Visible”
Lidija Vasiljevic & Jana Damjanov

A vital aspect of any sort of evaluation is its effect on the person being evaluated. Feedback is essential for people to know how they are progressing, and also, evaluation is crucial to the learner's confidence too. And since people's commitment to learning relies so heavily on confidence and a belief that the learning is achievable, it is important to be transparent and visible. That is a very important part of the learning and development process.

Within our practice we used mostly psychodramatic action methods, combining it with techniques from art therapy and transactional analysis theoretical model in evaluation and supervision process. We found that this combination makes change mostly visible, which is very important for learners. These techniques were used both in supervision process but also in evaluation of NGO projects, in organizational and educational setting, etc. So it is always important to remember - evaluation is not just for the trainer or teacher or organization - evaluation is absolutely vital for the learner too.

Lidija Vasiljevic MA psychologist, Ms Gender and Politics, lives in Belgrade. Psychodrama therapist, candidate for psychodrama trainer in *BPA* and holder of *European Certificate of Psychotherapy*. She has over 10 years experience with groups and individuals using psychodrama and other action methods. Runs training psychodrama groups, therapy group with victims of sexual abuse and sex trafficking. Uses a gender inclusive approach in her work. She is an associate trainer of the *Oxford School*

of Integrative Application of Psychodrama and Psychotherapy as well as co-founder of the *Regional Agency for the Implementation of the Integrative Psychotherapy*. Focus of interests: work with trauma, marginalized groups, prevention and raising social awareness. One of the founders and therapists in *Regional Association of Integrative Psychotherapy and Psychodrama Application (RAIP is OSPPIP partner)*.

Jana Damjanov is a graduate psychologist and master's degree attendant, with specialization in clinical psychology (*Faculty of Philosophy, Novi Sad*). She possesses a *National Certificate for Psychotherapy* as well as *Psychotherapeutic Certificate of the Psychodrama Institute* (graduate psychodrama psychotherapist). She also has a *European Certificate for Psychotherapy*. She is a member and associate of the *Oxford School of Integrative Application of Psychodrama and Psychotherapy* as well as co-founder of the *Regional Agency for the Implementation of the Integrative Psychotherapy*. She possesses the certificate of the advanced course in *Playback Theatre and Art therapy*. She completed the training in transactional analysis, cognitive-behavioral therapy (within MA studies). She is also trained in *EMDR* method, the elementary level. She deals both with individual and group psychotherapy, as well as with psychodiagnostics within her private practice. Some of the specific areas of interest for her are: health psychology, working with terminally ill patients, psycho oncology, working with marginalized groups, gender equality, wide application of different drama methods, integration of different therapeutic modalities, psychodrama.



Saturday, 15:30 – 17:30, Workshops C

C6

The Replenishing Dance of Body, Stories and Words *Dr Alida Gersie*

Embodied story-work to heal disturbances in a child's or adult's narrative development in order to increase resilience. This workshop explores the embodied aspects of the child's growing capacity to make and tell stories. First we will playfully examine how stories emerge in the space between people and how narrative skills and styles effect this space. This exploration forms the basis for an experiential journey through the core stages of narrative development. This journey is designed to clarify how and why the successful negotiation of these trajectories underpins our sense of well-being in the world. The discussion focuses on the clinical application of this approach with clients who are not yet resilient.

Alida Gersie PhD, (dramatherapist) is an international consultant in planned change. She works with individuals and non-profit organisations. During the 1970's she pioneered the therapeutic storymaking method to promote the resilient integration of complex loss. Following senior positions in community development and family social work, she became a principal lecturer in the *Graduate Arts Therapies*. She has trained change professionals in many countries, is a frequent keynote speaker and has written acclaimed, translated books, including *Storymaking in Education and Therapy* (with Nancy King), *Storymaking in Bereavement*, *Reflections on Therapeutic Storymaking: the use of stories in groups and Earthtales*, *Storytelling in times of change*. Her story-based planned change method is widely applied in the arts-therapies, palliative care and bereavement counselling, sustainable development, nature-education and community work.

C7

Thinking About Psychodrama through a Psychoanalytic Lens: Keeping the Body in Mind. How Can We Use Psychoanalytic Theory to Think About What Happens in a Psychodrama Session *Maxine Daniels & John Murphy*

Recently a client posed a question by asking; 'Can I interview you about psychodrama as a therapy and the use or non use of psychoanalysis?' Psychodrama as a therapeutic method integrates different modalities into the framework and we would like to explore this further in relation to psychodrama and psychoanalytic theory. Come and help us explore how to keep the body in mind using psychoanalytic theories in our psychodrama practice in order to promote change. This workshop will explore the use of psychoanalytic theory in relation to psychodrama through experiential exercises and 'live' psychodramas and then process the structure in relation to psychoanalytic theory.

Maxine Daniels is a registered *BPA* trainer and has worked with criminal justice agencies and businesses as a consultant, trainer and practitioner for the last 25 years. She is currently enrolled on a doctorate programme with *Metanoia Institute of Psychotherapy*.

John Murphy is a *UKCP* registered psychodramatist who runs a psychodrama group in a London teaching hospital, works with and runs outpatients groups, supervision groups and training workshops in all aspects of mental health. He also teaches on mental health issues, is a professional trainer, works part time in a London teaching hospital as a psychiatric liaison nurse specialising in the assessment of deliberate self harm, and part time as a specialist mental health nurse adviser for the parliamentary health service ombudsman. John is currently studying for his MA at the *Tavistock in Group Organisation and Consultation*.

Saturday, 17:40 – 18:40

No booking necessary

Reflective space *Chris Andrews & Ali Simmons*

The reflective space is an opportunity for participants to explore in action feelings and thoughts that have emerged for them during their experience at the conference. The space is open to everybody and all issues will be kept confidential and explored in a safe environment.

Chris Andrews has been an active socialist, trade unionist and political campaigner. He trained as a mental health nurse, as a sociodramatist and is currently a psychodrama psychotherapist trainee at *BIP*. He has been running groups in mental health services for many years, co-facilitating psychodrama groups since 1997. He has worked as a day therapy co-ordinator for the eating disorders service in Bristol and is currently working as a group co-ordinator for *South Bristol NHS Mental Health Services*, where he uses action methods in treatment, training and supervision.

Ali Simmons has been a qualified psychodramatist for 17 years. She has also worked as a psychiatric nurse, drama teacher and is also a qualified counsellor. She has worked in a range of mental health settings but has specialised in eating disorders, addictions and working with adults who have suffered childhood trauma. She is committed to using action methods in workshops, one to one and training sessions. She has been running workshops in Bristol for 17 years and has worked with Chris for the past 13 years.



Sunday, 07:45–08:30
Sunrise activity

No booking necessary
Moving Stillness
Dr Sandra Reeve

A gentle approach to the day, taking a step, unfurling curling, stretching, breathing, turning, unfurling, curling ... Inspired by movement and stillness in the natural environment.

Dr Sandra Reeve Honorary Fellow, *University of Exeter*, lectures in *Performance and Ecology*. She is the founder of *Move into Life*® practice, which offers training in movement skills, embodiment and awareness based on Buddhist principles, including the notion of change as the only constant in life. She is a *Senior Registered Dance Movement Psychotherapist and Supervisor ADMP*, currently working in private practice.

Sunday, 09:30–12:30
Workshops D

D1
Sociometry as an Embodiment of Change: A Master Class
Olivia Lousada

This workshop will allow people to experience the beautiful tool of sociometry that Moreno invented to help groups resolve tension through the use of Tele. Sociometry is often used as a selection method for individuals in a group to clarify their choices, such as who would they ask to share their desk, or who would they turn to for advice, or support and so forth. I will demonstrate the use I make of sociometry as the *Embodiment of Change*, in my clinical practice with slow open groups. This process initially happens without words and is a quick way of helping a group come together through the following processes:

- Each individual's mindfulness towards themselves.
- The choice of emotion/sense or thought that they bring to the moment.
- The way in which they use their perception, imagination and Tele.
- The way their choices do or do not reflect their lived experiences.
- How the pattern of the group reflects their relationship experience.
- How the pattern of the group may say something that is more individual.

Dr Olivia Lousada DPsych, is a senior trainer of psychodrama. For 25 years she has worked in a psychiatric hospital with a wide variety of patients. She supervises psychodrama psychotherapists in the *NHS*, *MIND* and the *London Centre for Psychodrama* as well as counsellors working in schools. Her doctoral inquiry (2007) into relationship experiences of adult opposite sex twins led to her book, *Hidden Twins* (www.hiddentwins.com) and a *Lifetime Achievement Award*. She is a founding member of the *London Psychodrama Network*.



D2
Body in Change – Daily Life Movement
Dr Sandra Reeve

Movement precedes and underpins cognition, language and creative art. It is inextricably linked to the body, to the environment, to change and to the expression of life or being alive.

As a deconstruction of the notion of 'change', we shall work through movement to understand the dynamics of Transition/Position, Going/Staying and Arriving/Leaving. As we 'go' or 'stay', we shall become aware of our embedded attitudes and embodied habits; for example, how do we react or respond somatically to being left or to leaving?

This approach defines transformation as a release from conditioned behaviours through awareness and acceptance, thus permitting fresh choices rather than compulsive actions.

Dr Sandra Reeve Honorary Fellow, *University of Exeter*, lectures in *Performance and Ecology*. She is the founder of *Move into Life*® practice, which offers training in movement skills, embodiment and awareness based on Buddhist principles, including the notion of change as the only constant in life. She is a *Senior Registered Dance Movement Psychotherapist and Supervisor ADMP*, currently working in private practice.

D3
Action for Change: Experiential methods in working with domestic violence and abuse perpetrators
Dr Mark Farrall

The workshop will be a mixture of theoretical presentation and demonstrations of experiential methods in use with men attending a group work programme for domestic abuse. It will not focus on psychodrama specifically, but on a wider range of associated methods from Theatre in Education and Drama in Education. Participants should be prepared to be asked to take the role of men within the group, in order to demonstrate the techniques.

Dr Mark Farrall is a forensic psychologist and chartered psychologist specialising in the field of domestic violence and abuse work and has acted as a consultant to the *National Offender Management Service*, the *NSPCC* and *RELATE* on domestic abuse work with convicted and non-convicted men. He is the director of *Ignition*, a company providing specialist training and consultancy and has led the development and provision of several innovative group and one-to-one motivational and treatment programmes for domestically abusive men. Dr Farrall provides an expert witness service to family courts where domestic violence and abuse is an issue; he holds the *Cardiff University* accredited *Certificate in Expert Witness Work* for both civil and family law.



D4

The Land of childhood in the World of Psychodrama and Dramatherapy

Jeni Goodfellow-Pemsel & Katherine Sloane

This workshop will explore the impact of trauma in childhood and illustrate creative ways dramatherapy and psychodrama can support children and young people to release internal struggles and make sense of their internal worlds. As part of this process we aim to illustrate the importance of structure, intuition and spontaneity. Theory on attachment, defence mechanisms and distancing techniques will be considered. Participants will be provided with an opportunity to let their inner child play and reconsider childhood memories using experiential learning through roles, drama, stories and fairytales.

Kathryn Sloane state registered dramatherapist, trainee psychodrama psychotherapist and psychodramatic bodywork graduate. Has worked therapeutically for the last 5 years for a children's charity on post abuse, trauma and attachment difficulties.

Jeni Goodfellow-Pemsel state registered dramatherapist, trainee psychodrama psychotherapist and psychodramatic bodywork graduate. Has worked in Education for 7 years as a further education counsellor, currently lectures at *Nottingham University* on the *MA Counselling and Psychotherapy programme*, has a private practice in Nottingham, delivering individual and group work and is also employed in Derby as part of a dramatherapy team working with young offenders and traumatised children and young people.

D5

A pocket full of change: Inviting the Body to Catch Up

Liz White

Sometimes the commitment to personal growth feels like work in mind and heart. We look for new insights and sign up for life changing experiences to ensure that we leave no stone unturned in the search for the perfect life and the most evolved therapist. Today we will stop, breathe, give time for our spirit to catch up, and for our bodies to gently reflect the rewards of the growth we have experienced. We will join a community of travellers and content ourselves swapping stories about our pockets full of change. We will acknowledge our hard won wisdom and celebrate the ways in which we lead richer lives than once we did. We may even suggest that we not plan any change at the moment, that we are enough for today. Now there's a change! Use this design to surprise yourself and your clients!

Elizabeth White M.Ed., T.E.P., a Canadian, has been a psychodrama therapist, trainer, consultant, supervisor and weaver of workshops through decades of change. She has just finished writing a book, the working title of which was *Change: Over my Dead Body*. She is coasting at the moment, letting any further change bubble up effortlessly.

D6

Body, Mind and Spirit

Peter Haworth & Nancy Piercy

In this workshop, we will explore the relationship between body, mind and spirit. We will begin with Moreno's theory of child development, moving into exploration of the importance of the development of body, mind and spirit and their relationship with emotional development, particularly using the concepts of emotional blocking styles developed by Susan Aaron in *Psychodramatic Bodywork™*. This workshop will include some didactic teaching and discussion but will be mainly in action; using participants own experience, bodies and spirituality.

The outcome of the workshop is to begin to discover new ways to look at how we could unblock some of our old responses and to become more with ourselves. This idea is typically Morenian, to deal with an old situation in a new way and a new situation in an adequate way.



Peter Haworth is registered as a senior trainer of psychodrama with the *British Psychodrama Association*. He is retired from the *National Health Service* and is now in private practice. He is a director of *Oxford School of Psychodrama* which is at present in negotiation to develop an MSc in *Psychodrama Psychotherapy* with *Worcester University*. He is a founder member and Honorary President of the *British Psychodrama Association*. He currently represents the *BPA* at the *United Kingdom Council for Psychotherapy*.

Nancy Piercy works as a clinical nurse specialist at the *Child and Adolescent Mental Health Service* in Gloucestershire. She is registered as a *Trainer of Psychodrama* with the *British Psychodrama Association* and is a member of its executive committee. She is also a director of *OSPIP*. She co-facilitates a psychodrama group for adults in private practice and also works as a supervisor.

Embodiment of Change Jinnie Jefferies

The closing plenary will show with the support of conference members how psychodrama and sociodrama have embodied change since their inception as treatment, educational & social models, and how they inform current theoretical perspectives. There will also be an opportunity for participants to reflect on the meaning of their own personal journey during the past three days, what they have embodied and what has changed for them in thought and in action. This plenary symposium will be part theory and part action.



Jinnie Jefferies is a senior trainer and founder of the *London Centre for Psychodrama*. She is also a counselling psychologist and supervisor and has a private individual practice in West London. As well as heading up the *Psychodrama Department* at *HMP Grendon Underwood* she trains all prison staff working in forensic therapeutic communities as well as the staff at *Millfield NHS* forensic therapeutic community. She has recently been given the *Terry Waite Major Award* for 'outstanding work with long term prisoners'. This was awarded by the *Butler Trust*.

Jinnie has pioneered psychodrama training in Greece, Ireland and London and has written and lectured widely on psychodrama, in particular its use in treating eating and personality disorders and the forensic patient.

Over the past decade she has made television and radio programmes for the *BBC* and *Channel 4* using psychodrama and action methods. In 1996 she was invited to be a member of a scientific committee financed by the *European Union* and subsequently directly organised a psychodrama programme focusing on youth at risk in Greece, Southern Ireland and England and in 2008 organised a major conference at *HMP Grendon* on *Transformation Through Confinement*.

Workshops and presentations overview and reminder

WORKSHOPS A

FRIDAY, 14:45 – 16:15

A1 The Embodiment of Memory: Psychodrama, Life Narratives and the Re-Integration of Forbidden Affect *Clark Baim*

A2 Sociodrama Meets Global Recession *Rex Davies & Valerie Monti Holland*

A3 A Phenomenological Research Study: What do Supervisees Experience When Role Reversing with Their Clients in the Supervision Session? *Maxine Daniels*

A4 Therapy as a Theatre of Possibilities: Movement, Imagination and Collaboration in Family Therapy *Jim Wilson*

A5 Encounter as Embodiment of Change *Dr Dusan Potkonjak*

A6 Moreno and Boal: Between Theatre and Therapy *Frances Rifkin*

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 1st 2nd 3rd choice

WORKSHOPS B

SATURDAY, 9:30 – 12:30

B1 To the Point Playfully: Playback Theatre, Psychodrama and Sociodrama *Anna Chesner & Di Adderley*

B2 Staying with the Not Knowing *Teresa M. Brown*

B3 The Function of Mask in Catharsis and Role Training in Psychodrama *Mike Chase*

B4 Happiness *Gillian Woodward*

B5 The Dreaded Appraisal Revisited; Embodiment of the Appraisal Process *Ioanna Psalti*

B6 Reclaiming the Ultimate Authority of Your Life *Dr Kate Hudgins & Chip Chimera*

B7 The Life of Bees: The Actualizing Tendency in Action *Lynette Green & Sandra Grieve*

.....
 1st 2nd 3rd choice

PRESENTATIONS OF PRACTICE

SATURDAY, 14:00 – 15:00

P1 Mentalisation, Psychoeducation and Psychodrama: A Treatment Approach for People with Borderline Personality Disorder *Mike Forrester & Emma Barclay*

P2 Therapy Across Linguistic Borderlands: How Do We Bear Witness to What We Cannot Understand? *Beverley Costa*

P3 To Touch or Not to Touch *Doris Prügel-Bennett*

P4 Bridging Paradigms: Psychodrama Meta-Theory and Other Epistemologies *Dr Mark Farrall*

P5 In the Blink of an Eye: Psychodrama and Film *Martin Gill*

P6 London Psychodrama Network: Cultural Crossroads in Public Sessions *LPN Members*

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 1st 2nd 3rd choice

WORKSHOPS C

SATURDAY, 15:30 – 17:30

C1 Assessment in Action *Celia Scanlan*

C2 The Body and the Mind Work Together: Changing Old Patterns and Encouraging the Growth of New Ones Through Psychodrama *Sue Daniel*

C3 Enacting Stories of Physical Illness to Support Healing *Dr Kate Kirk*

C4 The Embodiment of Change in the Story of Cinderella ... *Nellie Visantiadou*

C5 Using Action Techniques in Evaluation and Supervision – "Making Change Visible" *Lidija Vasiljevic & Jana Damjanov*

C6 The Replenishing Dance of Body, Stories and Words *Dr Alida Gersie*

C7 Thinking About Psychodrama through a Psychoanalytic Lens: Keeping the Body in Mind How Can We Use Psychoanalytic Theory to Think About What Happens in a Psychodrama Session *Maxine Daniels & John Murphy*

.....
 1st 2nd 3rd choice

WORKSHOPS D

SUNDAY, 9:30 – 12:30

D1 Sociometry as an Embodiment of Change: A Master Class *Olivia Lousada*

D2 Body in Change – Daily Life Movement *Dr Sandra Reeve*

D3 Action for Change: Experiential methods in working with domestic violence and abuse perpetrators *Dr Mark Farrall*

D4 The Land of childhood in the World of Psychodrama and Dramatherapy *Jeni Goodfellow-Pemsel & Katherine Sloane*

D5 A pocket full of change: Inviting the Body to Catch Up *Liz White*

D6 Body, Mind and Spirit *Peter Haworth & Nancy Piercy*

.....
 1st 2nd 3rd choice

YOUR CELEBRATION MENU CHOICE

SATURDAY, 19:00 – 21:00

Meat Fish Vegetarian

Booking form
 The British Psychodrama Association
 Annual Conference 2011
Embodiment of Change
 1st–3rd July 2011
 St Mary's University College,
 Strawberry Hill, London

Name

Address

City Postcode

Country

Telephone

Email

BPA Member? Yes No Do you wish to join? Yes No

Any dietary requirements?

Vegan Vegetarian Dairy free Gluten free

Other

Do you have any other requirements or access needs that we may be able to support? (Including accommodation)

.....

.....

If you have childcare requirements, please contact the conference committee at conference@psychodrama.org.uk

Gala menu choice Meat Fish Vegetarian

Please return this booking form to: Natasha Campbell,
 BPA Administrator, 33 Princes Road, Cheltenham,
 Gloucestershire GL50 2TX, conference@psychodrama.org.uk

Workshops and presentations choices

Please make three choices in order of preference, using the workshop and presentations of practice codes, as given in the programme.

	A	B	C	D	P
1st choice
2nd choice
3rd choice

Conference fees

This year we are introducing an early bird fee: book by 15th April 2011 and save up to 13%.
 Please indicate what you are paying below.

Full residential place

Incl. two nights accommodation, three days conference, all meals, refreshments and gala dinner.

	Full fee After 15th April	Early bird fee Up to 15th April only	£
BPA members	£370	£320	£
Non-members	£420	£370	£

Non-residential place

Incl. costs of workshops, lunch and refreshments.

BPA members	£240	£210	£
Non-members	£290	£260	£

Day rate

Incl. costs of workshops, lunch and refreshments.

BPA members	£115	£99	£
Non-members	£145	£125	£

Optional extra for gala dinner (either day attendees or guests) £40 £

Extra night bed & breakfast (Single room)

Thursday	£45	£
Sunday	£45	£

Total payment £

Payments can be made online at www.psychodrama.org.uk or direct to the BPA by cheque.

Cancellation policy

30 days: 100% refund less £50 administration fee; 2 weeks: 50% refund less £50 administration fee; less than 2 weeks: no refund



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