

bpa

British Psychodrama Association

Innovation and Integration

British Psychodrama Association conference

Saturday 23rd – Monday 25th June 2012
Royal Agricultural College, Cirencester





Welcome to the 2012 BPA conference

Here, on the outskirts of the Roman town of Cirencester, a stone's throw from the beautiful Cotswold Hills, our venue is the Royal Agricultural College with its stunning Victorian mansion, and ultra-modern educational facilities, its magnificent tree-lined avenue, and amazing architectural features. This promises to be one of the most relaxing and nourishing conference environments. All the food is sourced as locally and ecologically as possible, with the vegetables coming from the college's own gardens. This reflects the committee's commitment to reduce the carbon footprint of this conference.

We also welcome you to our wonderful programme of planned events. These include a wide variety of workshops from local and international presenters, including a special full-conference workshop from one of the finest theorists of psychodrama, Adam Blatner. We include quiet reflective spaces, relaxing walks, and social gatherings, culminating in the Annual Conference dinner. The conference starts with the opening plenary, this year run by the organising team, who will lead us into action of a specific sort – sociometry – to warm us up for the weekend ahead.

As ever, the BPA are delighted to welcome newcomers, as well as old returners, and offer an opportunity to experience an introduction to psychodrama and sociodrama.

We look forward to welcoming you in person on the 23rd June 2012.

Peter Haworth (chair), Nancy Piercy, Kate Kirk, Sue Owen, Donna Hope, and Huw Richards.



The venue for the BPA's 2012 conference.

Royal Agricultural College,
Stroud Road,
Cirencester,
Gloucestershire,
GL7 6JS



The Michael Watson Trust

The Michael Watson Trust is a charitable trust to raise funds towards the education and promotion of psychodrama in the UK and Northern Ireland. It offers bursaries (to BPA members) for attendance at the BPA conference or to assist in the promotion of Psychodrama and Sociodrama.

The Michael Watson Trust is offering seven bursaries of £150. Applications should be made to Donna Hope, trust secretary by email to:

Donna.Hope@glos.nhs.uk



Saturday Programme

- 11.00 – 13.00 **Registration**
- 11.00 – 12.00 **Workshop Presenters Warm-up leader** – Celia Scanlan
- 11.00 – **BPA Executive meeting**
- 13.00 – 14.00 **Lunch**
- 14.00 – 15.30 **Opening plenary**
- 15.30 – 16.00 **Tea and Coffee**
- 16.00 – 19.00 **Workshops (Group A)**
- 19.30 – 20.30 **Dinner / Evening Entertainment** (with Rapid Tranx)



Sunday Programme

8.00 – 9.00 **Breakfast**

9.30 – 12.00 **BPA Annual General Meeting and Graduation Ceremony**

Or

Parallel Workshops –

A: **Introduction to Psychodrama** – Noelle Branagan

Or

B: **Introduction to Sociodrama** – Sue Orton

10.30 **Tea and Coffee**

12.30 – 13.30 **Lunch**

14.00 – 17.30 **Innovation and Integration** – Adam Blatner

Open Space

19.00 – 22.00 **Gala Dinner and Celebrations**

21.00 – 1.00 **Entertainment** (with Johnny and the Jivemen)



Monday Programme

8.00 – 9.00 **Breakfast**

9.15 – 12.15 **Workshops (Group B)**

10.30 **Tea and Coffee**

12.30 – 13.15 **Closing Plenary** and handover to Dublin 2013

13.15 **Lunch and Departures** (post conference executive meeting)



Saturday Programme Workshops Group A

16.00 – 19.00

A1

The Rise and Fall of a Sociodrama Training School. By Ron Wiener and SAM

This workshop intends to celebrate the achievements of MPV/SAM as a sociodrama training school and to chart its progress as a sociodrama training innovation in the UK, its relationship with the BPA and the rest of the psychodrama universe. It will explore the reasons for its decline.

Di Adderley and **Ron Wiener** are senior sociodrama trainers. **Chris Andrews** and **Noelle Branagan** are sociodrama practitioners. **Valerie Monti Holland** works as a sociodramatist and, amongst other things, is a social researcher, facilitator and business trainer. **Jos Razzel** is a sociodramatist, working in teacher-training and CPD, and a musician and Druid celebrant.

They are all proud graduates of MPV/SAM and looks forward to being a part of the sociodrama movement in the UK. **Sue Orton** is a sociodrama trainee and weaver.



A2

The A & C in U: What are you? Who are you? A sociometric exploration of attachment styles and personality. Chip Chimera and Paul Holmes

Attachment theory provides a coherent explanation for the development from infancy of an individual's adult personality with all its inherent strengths and weaknesses. Classical attachment theory, first discussed in detail by John Bowlby, considers people to have either 'secure' or 'insecure' attachment styles. Insecure styles have been subdivided into 'avoidant' or 'dismissing' (A) and 'ambivalent' or 'preoccupied' (C). Some of us may even be lucky and have 'secure' or 'balanced' (B) attachments. Dr Patricia Crittenden (a student of Bowlby's colleague Mary Ainsworth) has developed the Dynamic Maturational Model (DMM) which elegantly describes how all attachment types (A, B & C) may be considered to fall within the same developmental continuum from 'normality' to severe psychopathology. This workshop will start with a Power Point theoretical presentation of an outline of the DMM. We will then move on to use sociometric and psychodramatic processes to allow participants to explore and discuss their own attachment styles. The group's responses will then be considered within the theoretical frame-work of the DMM. The workshop will integrate cognitive based theory (A style) with a more emotionally connected (C style) responses to life. Come along and all may become clear.

Paul Holmes is a child psychiatrist and a former Chair of the BPA Executive. He is the author of 'The Inner World Outside' and editor of three other classic psychodrama books and the applications of other psychological theories to psychodrama. He has a long-standing interest in issues of attachment and their importance in child development, parenting and relationships. He is a student of Dr Patricia Crittenden.

Chip Chimera is the director of the Centre for Child Studies at the Institute of Family Therapy. She works primarily with families who have experienced major trauma and loss. She is a founder member of the London Psychodrama Network and has had substantial training with Dr Crittenden in the Dynamic Maturational Model of Attachment (DMM). She has also worked with the Therapeutic Spiral Model. Chip is currently undertaking doctoral studies in how family therapists use action.



A3

Future-Oriented Psychodrama: Active Exploration of Your Best Possible Self. Hod Orkibi

It has been asserted that the effective psychotherapist helps clients rework disruptive expectations, anticipations, and intentions in order to develop realistic, adaptable, and achievable visions of the future. Unlike the past and present, the future offers the chance to change things – to make them different and better. The workshop will introduce the practice of future-oriented psychodrama (FOPD). This psychodramatic method (originated by Dr. Orkibi) is situated within the theoretical framework of Positive Psychology – a relatively new branch of psychology that focuses on human strengths, optimal functioning, well-being, and flourishing. FOPD is designed to cultivate self-efficacy, optimism, and hope through dramatic exploration of one's best possible self, using the psychodramatic future-projection technique. Whereas a mere possible self is a representation of the self in the future, a best possible future self is the imagined realization of one's life dreams and own best potentials. Through FOPD, participants will have the opportunity to explore and clarify expectations, goals, and possibilities in three life domains: personal, relational, and professional.

Hod Orkibi, PhD is a qualified psychodramatist, International Coordinator and Head of the Field Training at the Graduate School of Creative Arts Therapies, University of Haifa, Israel. His practice involves psychodrama with at-risk children and youth, teaching, and administration. Hod is a registered member of the Israeli Association of Psychodrama and the Israeli Association of Creative and Expressive Therapists. Research interests include psychodrama and positive psychology; professional identity development, supervision and training; teach-treat boundaries in experiential learning; mixed methods research; and validation of drama-based assessment.



A4

The Space Between. Mike Forrester and Teresa Brown

In this workshop we aim to explore something of what happens in the space between people – to investigate the encounter. We will attempt to understand what influences come to colour and shape the space between and also those forces from within and outside ourselves that can enrich or limit these encounters. We aim to creatively integrate concepts such as projective identification, narcissism and ‘not knowing’ with methods and techniques of psychodrama as we examine these applications in practice and in relation to the world.

Mike Forrester is a psychodrama psychotherapist and has worked in this role in the NHS for a long time. He has a lot of experience of the hazards, pitfalls and inhibiting factors in therapeutic relationships as well as an appreciation of their power in helping and healing processes. Recently he has developed an interest in narcissism, to the extent that he is struggling to write any more for this biography.

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 serves as external examiner for The London Centre for Psychodrama, Group and Individual Psychotherapy and the Northern School of Psychodrama. Currently she is providing supervision and therapy for art, drama and psychodrama psychotherapists and counsellors.



A5

A Gathering of Ghosts: A psychodrama workshop. Liz White

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. Join us to dance with the family skeletons!

Liz White has combined her focus on letting go, choosing what is life-giving, and finding stillness, the themes of her new book *Still Life: A Therapist's Responses to the Challenge of Change*. This workshop is about cleaning up our sociometry with the ghosts that people our lives.



A6

Violence/Sexual Abuse/Victim/Perpetrator: Who are the victims?

Edna Davis and Susie Taylor

“People who become sex offenders have often experienced severe trauma, child abuse, neglect, and exploitation themselves” ... writes Clark Baim in Kellermann and Hudgins’ Psychodrama with Trauma Survivors (p.156). He later continues “The abusive behaviour of offenders may be understood as a distorted mirror image of early traumatic experience that remains unprocessed in their mind, too painful to look at or work through”. Some children are hurt and harmed by adults who are supposed to protect them and meet their needs. The child is trapped and has to find a way to survive and cope with abuse that is ongoing. Children do this in many ways; they may tell themselves that what is happening is OK or that they are bad and to blame or they may cut off from the abuse and dissociate. Children need to be heard, taken seriously and re-gain a sense of control, a sense of self that is not so locked in with the perpetrator. Many children are not heard and have to find a way to cope and carry on living. Some of these children later in life may find themselves in treatment or in prison because they have gone on to hurt other children. These early traumatic experiences remain unprocessed in their mind. This workshop will explore how psychodrama has been integrated into work with men and women who have perpetrated Child Sexual Abuse. We will explore how psychodrama can give their child a voice and in so doing help raise self esteem and therefore help reduce the risk of re-offending.

Edna Davis is a qualified Psychodrama Psychotherapist. She has worked in child protection with men, women, children and families for over 20 years. She has run groups for Women’s Health, The Rape Crisis Centre, The Probation Service, The Sexual Behaviour Unit, The Prison Service as well as Community Groups. She has an MA in Humanistic Counselling and is registered with the BPA, the BACP and UKCP.

Susie Taylor is a Senior Trainer and Psychodrama Psychotherapist registered with the UKCP and BPA. She co-founded the Oxford Psychodrama Group – now OSPIP – and the Birmingham Institute for Psychodrama. She has run psychodrama training groups internationally as well as in this country. Since qualifying in 1983, she has been in continuous practice as a therapist working with groups and individuals. This work has included working with those who have experienced abuse as well as perpetrators of abuse presently at Grendon prison.



A7

Harnessing Potency - Innovation and Integration in Role Theory. Sara Crane

One aspect of the work of a psychodramatist is to understand the context and value system of unattractive and antisocial roles; and to then ensure that they are adequately doubled, mirrored and harnessed to the progressive system. Innovation and steadfastness are required. In this workshop we will trace the origins of some life giving roles and their genesis. We will reflect on how some early experiences may not have built us up in the ways we might have hoped. We will become clearer about the motivation that elicits problem functioning and become more appreciative of the unique identity of each individual. This workshop will draw from the article which Sara wrote for the ANZPA Journal #19 2010.

Sara Crane is a psychodramatist and TEP. She lives in Christchurch, New Zealand and is a trainer in the Christchurch and Dunedin Psychodrama Training Institutes. She works in private practice as a psychotherapist and supervisor. She farms a small herd of llamas and is currently the president of ANZPA.

A8

Am I the God of My Life, ... Is it Reality or Illusion?

Küllike Lillestik and Kaia Kapsta

This workshop is about Pregnancy Crisis – its conception and its target group. Pregnancy Crisis Counselling is offered to support families at the time of baby-planning, pregnancy and up to one year after the birth of a child or miscarriage or death of the baby. Pregnancy Crises encompass developmental crises (changes in roles, in relationship with partner) and also traumatic crises. This workshop explores the possibilities for using psychodrama in pregnancy crisis work with individual clients, families and in group setting.

Küllike Lillestik is a psychodramatist, and a Certified Practitioner (CP) since 2010. She studied in Tallinn Psychodrama Institute. Since 2006 she has worked as a Pregnancy Crisis Counsellor in Väärtustades Elu (Valuing the Life) Foundation and is an executive of the Pregnancy Crisis Centre of Tallinn and project manager since 2007.

Kaia Kapsta is studying psychodrama in Tallinn Psychodrama Institute. She is the founder of Valuing the Life Foundation and works as a pregnancy counsellor at the Pregnancy Crisis Centre of Tallinn.



A9

Art of the Moment: on Dramatic Improvisation. Christina Hagelthorn

What is improvisation? Is improvisation an art form? How do I start to act without thinking and planning? How can improvisational skills enhance my work as a psychotherapist, as a Playback practitioner, and in my life as a human being? In this workshop, we will practise improvisational communication with sound and movement. We will also have a look at additional structures that can be used in Playback Theatre, developed by the workshop leader.

Christina Hagelthorn is a Swedish authorized psychotherapist and a Certified Psychodrama Director. She works in private practice and at present, in a centre for traumatised refugees. After studying with the Playback Theatre company in New York, in 1983, she formed a company in Gothenburg, called “The Theatre of the Moment”. In 1990 she formed an International company, called “The Theatre of Spontaneity International”; this existed until 1999. She has led courses on the Theatre of Spontaneity in Europe and in Latin America.



Sunday Programme

09.30 – 12.00

BPA Annual General Meeting and Graduation Ceremony

Or

Parallel Workshops

09.30 – 12.00

A

Introduction to Psychodrama. By Noelle Branagan

Or

B

Introduction to Sociodrama. By Sue Orton

14.00 – 17.30

Innovation and Integration. By Adam Blatner and Allee Blatner

Adam Blatner M.D., TEP, is a retired doubly-Board Certified child and adult psychiatrist and a Life Fellow of the American Psychiatric Association – chiefly based on his work pioneering the use of psychodramatic methods in psychotherapy. He has written several books, many chapters in books, and scores of papers on our field and related approaches. You can read many of his writings on his website: www.blatner.com/adam/
In August, 2004, Adam was honoured for his service to the field at the International Psychodrama Conference we held in Oxford.

Allee Blatner has decades of experience in psychodrama and the arts. She was trained at the University of Texas in Austin and Carnegie-Mellon University in Pittsburgh, Pennsylvania. With her husband Adam, she is co-author of their method of spontaneity development 'The Art of Play'.



Monday Programme Workshops Group B

09.15 — 12.15

B1

Applying Psychodrama to Contemporary Themes. Richard Oliver

This workshop will take the format of small pieces of personal work (vignettes) chosen by the participants and facilitated by Richard Oliver. Some examples of contemporary themes might be: 'Do I need my mobile phone?' How much do I need my phone? Could I let go of it for a day? Is it part of me or a transitional object? What other things are attached to me? We will explore this and in the process we will demonstrate the psychodrama technique of concretisation. 'Having it all now' I don't want to prepare a meal; I'll get a take-away. I don't want to wait whilst things bake in the oven. I want to have it now. We will explore our desire for immediate satisfaction. 'Where are my roots?' Where have I come from? What were my dreams when I came to live in the UK? What do I share with people here in the UK? What have I left behind elsewhere?

Richard Oliver is a psychodrama psychotherapist accredited with the BPA and has five years' post qualification experience. Living and working in London, he facilitates two groups at Mind in Camden using psychodrama. Richard was trained at Oxford with Peter Haworth and Susie Taylor and he brings the wealth of their approach to his work.



B2

What if...? Zoli Figusch

This workshop will look at choices and decisions we made at significant crossroads in our personal, family or professional lives, and more specifically the choices that we discarded in favour of others, but which we still might find ourselves thinking about years later, pondering 'What if I had taken that option?' Using the means of surplus reality, participants will be able to psychodramatically re-visit such decisions, experiment with the choices they haven't taken and explore their feelings of curiosity, regret, relief, loss, irreversibility, etc. they may have in relation to these 'lost options', aiming to integrate them with the actual choices that have been made.

Zoli Figusch is a clinical and educational psychologist and certified psychodrama psychotherapist and trainer registered with the British Psychodrama Association (BPA) and the United Kingdom Council for Psychotherapy (UKCP). He is also a certified supervisor and has a certificate in group analysis. Zoli is an associate of the Birmingham Institute for Psychodrama and currently serves on the Executive Committee of the British Psychodrama Association. Zoli is the recipient of the ASGPP's 2012 'Zerka T. Moreno Award'.



B3

Emotional Mapping in Love Relationships. Jana Damjanov

"I didn't know what hate felt like, not the hate that comes after love. It's huge and desperate and it longs to be proved wrong, and every day it's proved right it grows little more monstrous. If the love was passion, the hate will be obsession. A need to see the once-loved weak and cowed and beneath pity. Disgust is close and dignity is far away. The hate is not only for the once loved, it's for you too, how could you ever have loved this?" (from Jeanette Winterson's book 'Passion'). When passion is mentioned in professional psychological literature, it is most frequently pointed out as the derivative of emotion, that can be encountered as a side element of our emotional reactions. In dealing with clients we mainly encounter problems when the passion in a love relationship turns into an obsessive neurotic action. In order to understand and comprehend passion and transform it into a creative and positive potential, it is necessary to understand its negative aspects that hinder constructive functioning. In order for passion to stop being destructive it must be deconstructed. Emotional mapping represents an integrative approach to understanding emotional reactions within love relationships. It consists of an exercise that combines techniques from art therapy, transactional analysis and psychodrama. The most important element is the use of action techniques to gain insight and create resolution. In this workshop I will describe the exercises and methodology, offer theoretical models of emotions that have proved to be of use in diagnostic, therapeutic and in the evaluation of therapeutic work with clients.

Jana Damjanov is a graduate psychologist and master's degree attendant, specialising in clinical psychology (Faculty of Philosophy, Novi Sad). She possesses a National Certificate for Psychotherapy as well as European Certificate for Psychotherapy. She is an associate member of the Oxford School of Psychodrama and Integrative Psychotherapy (OSPIP) and co-founder of the Regional Association for the Implementation of Integrative Psychotherapy (RAIIP). She has an advanced certificate in Playback Theatre and Art therapy. She is trained in transactional analysis, cognitive-behavioral therapy (within MA studies) and has introductory level training in EMDR. She works with individuals and groups, as well as with psychodiagnostics in private practice. Her specific areas of interest are: health psychology, working with terminally ill patients, psycho-oncology, working with marginalized groups, and gender equality. She enjoys the wide application of different action methods, especially Psychodrama and the integration of different therapeutic modalities.



B4

The Social, Role and Cultural Atoms on the Communiwell. John Casson

As a diagnostic test, an assessment and therapeutic tool, Moreno's linked social, role and cultural atoms can be a warm-up to psychodrama. In the past these were paper and pencil exercises, diagrams that the client or therapist drew. The Communiwell with its five levels and three concentric circles (recalling the original psychodrama stage with its five levels and integrating this with the social atom diagram) offers a three dimensional structure to facilitate warm-up, integration, insight and action. Invented by John Casson during his doctoral research with people who hear voices, the structure (along with the square communicube) has both diagnostic and therapeutic potential for safe work in miniature. Roles are symbolised by buttons and small objects, and once these are placed within the structure, miniature dramas can be enacted. Used widely in individual therapy, these innovative structures facilitate exploration and integration of diverse aspects of self in relation to the other. They can also be used as a containing process in group therapy or supervision to explore the issues people need to work on, roles, relationships and strengths.

John Casson PhD is a dramatherapist, psychodrama psychotherapist, supervisor and trainer. He is a founder member of the Northern School of Psychodrama. He is the inventor of the Communicube and Communiwell. (see www.communicube.co.uk) His book, *Drama, Psychotherapy and Psychosis, dramatherapy and psychodrama with people who hear voices* was published by Routledge in 2004. For more details see: www.creativepsychotherapy.info



B5

Assessing Changes in Psychological Functioning Within an Adolescent Girls' Therapeutic Community. John Kearney

This Therapeutic Community receives referrals from across the UK of girls between the ages of eight to sixteen. Girls referred typically have a long history of repeated “In Care” placement breakdowns after being separated from their parents at an early age due to problems of abuse and neglect and early developmental trauma. By the time they arrive at the Community the girls have a long history of often severe behavioural, emotional and psychological problems which have caused repeated breakdowns of care placements. This community provides an environment within which a variety of focal therapeutic activities take place aimed at fostering stable attachment experiences. These include individual counselling; various group therapies, directive and non-directive treatment and activities aimed at helping the girls develop daily living skills, recreational activities and employment skills. This Community also provides a full educational curriculum through on site school.

This presentation explores the range of assessment tools used to profile the girls during the first three months of their arrival at Tumblewood and how these measures are used to identify strengths and needs, treatment targets and measure treatment change. The presentation will consider the range of domains covered by such measures and how they have informed decision making within the therapeutic community. We will also consider some of the theoretical and practical issues of employing such measures in a therapeutic setting. It will provide an overview as to the psychological profile of girls referred to the therapeutic community, the range of treatments/approaches used and the impact of interventions as measured by the tests employed. Finally we will look at how experiential interventions impact on outcome.

John Kearney is a qualified social worker of many years. He is a founder director of a therapeutic community and school for female children and adolescents who have experienced early developmental trauma compounded by sexual abuse, with whom he has worked for the last fifteen years. He is a qualified counsellor responsible for the individual and group treatment programme, and perpetual student of psychodrama.



B6

When Negotiation met Psychodrama ... Nelli Visantiadou-Parintas

We all find ourselves in relationships with others and are involved in negotiations to deal with practical or emotional issues. Negotiation is usually based on bargaining and each part wants to maximise its gains and minimise its losses. However we don't always get the desired results when we negotiate with a significant other or with an authority figure. What's your experience in everyday negotiations? Do you believe in its effectiveness? Are you satisfied with yourself or would you like to improve some skills? Join this psychodrama workshop and work experientially through the use of psychodrama techniques on basic negotiation skills and integrate the basic philosophy of negotiation.

Nellie Visantiadou-Parintas is a psychodrama psychotherapist, supervisor and trainer registered within BPA as well as a systemic couple therapist. She works with individual clients, couples and groups and she runs many experiential psychodrama workshops. She has ten years of clinical experience as a psychologist in psychiatric settings and has participated in many research programmes as a research psychologist. She has written two books on negotiation and a third one which includes 101 psychodrama warm-up ideas for professionals who work with children and teenagers. She integrates many psychodrama techniques in the process of negotiation and in her presentations around this topic.

B7

Warming Up to Worship Meredith Evans

This workshop session is based on recent work introducing Moreno's Canon of Creativity to leaders of Christian worship from a variety of outlooks and traditions. 'Worship' potentially offers opportunities to express creativity in an incredible number of ways yet the churches are often experienced as totally constrained and constricted by the conserves they have inherited! By attending to the Warm Up process those who lead worship (or other forms of ritual or spiritual practice) facilitate the 'group' towards realising creative and meaningful experiences and growth. Integration of individuals into the community increases and cohesion is enhanced.

Meredith Evans is a Methodist Deacon working in Yorkshire. In addition to Church Ministry he has been a Chaplain in the Prison Service and the NHS. He has a special interest in running groups in church and community for education, training, and support and has delivered regular 'Service-Users Perspective' training to staff in NHS Mental Health Services and voluntary organisations since 2004. He is a member of Sheffield Playback Theatre and holds a certificate in Sociodrama and Action Methods.



B8

Design Thinking, Sociodramatic Action Valerie Monti Holland

Sociodrama and Action Methods (S&AM) have the potential to be used more widely in the areas of Design and Innovation. Mapping out the system and expanding it enables organisations and businesses to create processes through which they can identify and meet their clients' needs. Role taking and engaging in feedback, analysis and dialogue connects the organisation to the service user/customer/client in a meaningful way and can act as a catalyst for change. This workshop demonstrates the ways in which I have employed S&AM in the areas of design and innovation with organisations, teams and businesses to encourage sustainability and growth.

Valerie Monti Holland works as a sociodramatist, social researcher, facilitator, business trainer, participatory designer, theatre director and coach. She is a proud graduate of MPV/SAM and looks forward to being a part of the sociodrama movement in the UK. Valerie is a member of the Sheffield Playback Theatre Company and is also devising a community musical covering 200 years of social history in Sheffield. Her consultancy, Left Luggage Creative Training and Facilitation, focuses chiefly on public health, criminal justice and creative entrepreneurship.

B9

Calatonia: A Body Method for Awareness and Consciousness

Fernando Cortese and Ana Paula Figueiredo

Calatonia is a method created by a Hungarian medical doctor and psychologist who lived in Brazil, called Dr Petho Sándor. It consists of hand touches which promote physical relaxation, body awareness and increases the development of consciousness, facilitating the contact between ego and self, and the attention to one's unconscious dynamic. The aim of this workshop is to introduce this technique which will enable participants to experience increasing the perception of unconscious process, facilitate the integration of ego and the performance of the psychotherapist role. Calatonia can be a powerful tool in the psychotherapy field.

Fernando Cortese is a Brazilian psychologist and professor. He has worked as a Jungian psychotherapist since 1977, and teaches at the Catholic University and the Sedes Sapientiae Institute in Sao Paulo. Cortese teaches workshops in Brazil, United Kingdom and USA. He is the author of the book *Calatonia and Physiopsychic Integration*.

Ana Paula Figueiredo is an Occupational Therapist; she has worked for 28 years in Sao Paulo in rehabilitation field, using Calatonia and the Self-Healing method of Meir Schneider. She is an instructor of this method with the School from San Francisco-USA. She works with Fernando Cortese in workshops and lectures.



Booking form

BPA Conference 23rd to 25th June 2012

Name

Address

Postcode

Country

Tel:

email:

BPA Member?

 Yes No

If 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)

Have you been to a BPA Conference before?

 Yes No

How did you hear about this Conference?

Celebration menu choice

 Meat Fish Vegetarian



Workshop choices

Please make three choices in order of preference, using the workshop code, as given in the programme.

Workshop A	_____	_____	_____
	1st choice	2nd choice	3rd choice
Workshop B	_____	_____	_____
	1st choice	2nd choice	3rd choice
Parallel Workshops	_____	_____	
	1st choice	2nd choice	

Workshops

Saturday

- A1** The rise and Fall of a Sociodrama Training School.
- A2** The A & C in U: What are you? Who are you? A sociometric exploration of attachment styles and personality.
- A3** Future-oriented Psychodrama: Active Exploration of Your Best Possible Self.
- A4** The Space Between.
- A5** A Gathering of Ghosts: A psychodrama workshop.
- A6** Violence/Sexual Abuse/Victim/Perpetrator: Who are the victims?
- A7** Harnessing Potency – Innovation and Integration in Role Theory.
- A8** Am I the God of My Life, ... Is it Reality or Illusion?
- A9** Art of the Moment: on Dramatic Improvisation.

Sunday

Parallel Workshops

- A** Introduction to Psychodrama.
- B** Introduction to Sociodrama and Action Methods

Monday

- B1** Applying Psychodrama to Contemporary Themes.
- B2** What if ...?
- B3** Emotional Mapping in Love Relationships.
- B4** The social, Role and Cultural Atoms on the Communiwell.
- B5** Assessing Changes in Psychological Functioning Within an Adolescent Girls' Therapeutic Community.
- B6** When Negotiation met Psychodrama ...
- B7** Warming Up to Worship.
- B8** Design Thinking, Sociodramatic Action
- B9** Calatonia: A Body Method for Awareness and Consciousness.

Please make a note of your choices to remind you when you attend the conference.



Conference fees

Please indicate what you are paying below:

Full residential rate		Full residential fee includes two night's accommodation, three days conference, all meals and coffee breaks.	
BPA members	£350	£	_____
Non-members	£375	£	_____
Non-resident rate		The non-resident fee covers the cost of the workshops, tea/ coffee and lunch.	
BPA members	£245	£	_____
Non-members	£275	£	_____
Day rate			
BPA members	£90	£	_____
Non-members	£100	£	_____
Extra night bed & breakfast	£40 single room	£60 twin room	£ _____
Gala dinner optional extra	£25		£ _____
	(all delegates)		_____
Total payment			£ <input style="width: 150px; height: 20px;" type="text"/>



Full residential rate – BPA members £310 • Non-members £355
Non-resident rate – BPA members £215 • Non-members £235

Please return this booking form to:
 Natasha Campbell (BPA Administrator)
 33 Princes Road, Cheltenham, Gloucester GL50 2TX

e: administrator@psychodrama.org.uk

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

e: conference@psychodrama.org.uk



Thank you for booking a place to the BPA conference, and we look forward to seeing you there. If you require any further information please do not hesitate in contacting Natasha Campbell, the BPA administrator.

We hope you enjoy the whole conference experience.

The conference committee

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