

Annual Conference June 7th to 9th 2019



From the Personal to the Universal:

**Psychodrama, Sociodrama and Action Methods with Individuals,
Families and Groups**

Introduction

Welcome to the 2019 BPA conference! For the second year running, we are holding our conference at the Elim Centre, West Malvern, near the Malvern Hills. The Centre has acres of grounds with woods, a heated outdoor swimming pool, and is a short walk away from the Malvern Hills.

We also welcome you to our programme of planned events include a psychodrama research plenary, a wide variety of workshops, social gatherings, peer support groups and the Annual Conference Dinner. Chris Andrews, psychodrama psychotherapist and sociodrama trainer, will lead the opening plenary and Di Adderley, sociodrama trainer, will close the conference with Playback theatre.

The theme of the conference is 'From the Personal to the Universal: Psychodrama, Sociodrama and Action Methods with Individuals, Families And Groups'. As Moreno wrote in his 1934 book **Who Shall Survive**: "A true therapeutic procedure cannot have less an objective than the whole of mankind".

We hope that this conference will offer a safe and relaxing place where attendees can move from the personal to the collective, making new connections (as well as renewing old connections) with others and with the profound and ever relevant ideas of J.L. Moreno. As ever, the BPA are delighted to welcome newcomers as well as old returners. We look forward to welcoming you in person to the conference on 7th June 2019.

Lisle Scott, Gill Attwood and Peter Haworth (Conference committee)

The Venue

The venue for this year's conference is the Elim Conference Centre in West Malvern, located in an area of outstanding natural beauty. It used to be a girls' school but is now both a theological college and also a conference centre. All facilities are of a very high standard, including the accommodation and the teaching and workshop spaces.

The residential conference fees are inclusive of accommodation and meals from lunch on Friday until lunch on Sunday.

Conference participants will also have access to the open air, heated swimming pool, so don't forget to bring a swimming costume!

There is free car parking available on site.

Additional information

The sale of alcoholic drinks is not allowed at the centre. The conference will provide drinks and some wine for the drinks reception and Conference Dinner. Otherwise participants are encouraged to bring their own or adjourn to local pubs. The nearest pub to the conference venue is the Brewers Arms which is less than half a mile away. Founded early 1830s, it serves real ales, pub food and has free WiFi.

Smoking is not permitted within any part of the Elim Conference Centre, including all of the grounds. **Please note that any offending guests found smoking in their bedroom may be asked to leave immediately and will be liable for professional cleaning of room and outstanding balance for nights booked but not taken through early departure.**

There is a curfew on amplified music at 9pm each night.

Conference address

Elim Conference Centre, De Walden Rd., Malvern, Worcestershire,

WR14 4DF Tel: 01684 588967

Website: <https://www.elim.org.uk>



Photograph of the Malvern Hills is y David Martyn Hunt - <https://www.flickr.com/photos/davidchief/2765256316/> Uploaded by MrPanyGoff, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=18579080>

Travel Information

How to find us

elim
conference
centre

Worcester
A4440
M5
7
A449
Powick
Great Malvern
B4232

M5 – Junction 7	Go left at next roundabout onto A449 sign-posted Malvern	At the top of the hill follow the A449 round to the left and go straight over the traffic lights, after 200 yards take the first sharp right onto North Malvern Road (B4232) sign-posted West Malvern
From southbound turn right at roundabout onto A44	Follow signs for A449 Malvern through Powick	Stay on the B4232 for approximately 2 miles, Elim Conference Centre is at the crossroads of Croft Bank and Westminster Bank
From northbound turn left at roundabout onto A44	After approximately 4 miles, approach roundabout (Morrisons to the left) and go straight over. Continue through Malvern Link, up the hill with park on the left hand side	
Turn left at next roundabout onto A4440		
Go straight over the next 2 roundabouts (2nd exit)		

By road

The main entrance to Elim Conference Centre is located on Croft Bank. There is a car park outside the main entrance. Croft Bank is accessed from West Malvern Road (B4232).

Further parking is available - follow the signs for Elim International Centre when you arrive at Croft Bank. Overflow car parking may also be available at Regents Theological College off West Malvern Road - entrance opposite St Jame's Church.

By rail

The nearest stations are Great Malvern and Malvern Link. Taxi services are available from both stations to the Conference Centre. Trains run direct from Paddington in London.

By air

The nearest airport is Birmingham International. If you are flying to one of the London Airports there are rail and coach links. Please contact us with details of your arrival and we will give you further information.

Michael Watson Trust

The Michael Watson Trust is offering up to 10 bursaries of £150 for people resident in the UK or Ireland, which wish to attend the conference in 2019.

Applicants should contact nancy@ospip.co.uk for an application form.

In addition to the bursaries, there will be an auction on the Friday evening to raise money for the trust. Any donations to items, places in workshops, etc. will be welcome at the conference registration desk.

Conference programme

Friday 7th June

9.00 - 12.00 Registration

9.30 - 10.30 - Workshop leaders meeting

11.00 - 12.30pm - Opening plenary, 'From the Personal to the Universal: A group exploration', conducted by Chris Andrews

12.30 - 13.30 - Lunch in the dining room

13.30 - 15.00pm - Plenary: "Research in Psychodrama" conducted by Kate Saunders

15.00 - 15.30pm - Break. Coffee and tea is available.

15.30 - 17.30pm - Workshops A

17.30 - 17.45 - Break

17.45 - 18.45 - Peer support space for trainees, supervisors and trainers

19.00 - Dinner in the dining room

20.00 - Evening entertainment in the dining room, disco and open mic.

Saturday June 8th

8.00 - 9.00 - Breakfast in the dining room

9.30 - 12.30 - Workshops B

12.30 - 13.30 - Lunch in the dining room

13.30 - 15.30 - AGM

13.30 - 15.30 - Introduction to Sociodrama, Di Adderley.

16.00 - 17.30 – Consultation on Psychodrama Training Competencies

19.00 - Drinks reception in the dining room

19.30 - Conference dinner in the dining room

21.00 - Evening entertainment

Sunday 9th June

08.00 - 09.00am - Breakfast

09.30 - 11.30am - Workshops C

11.30 - 12.00 - Break.

12.00 - 13.30 - Closing Plenary. Playback Theatre, lead by Di Adderley.

13.30 - 14.30 - Lunch

Plenaries

The three plenaries help to set the framework for the whole conference.

Opening Plenary

This will provide a warm-up for the conference. **Chris Andrews**, a BPA registered Sociodrama Trainer and Psychodrama Practitioner will lead a large group exploration of the conference theme: from the personal to the universal.

Research Plenary

Dr. Kate Saunders, Associate Professor of Psychiatry from Oxford University will present an overview of psychodrama research and encourage further research in the field. This will be followed by an optional workshop: Research Forum, during the A stream of workshops run by trainers from OSPIP.

Closing Plenary

Di Adderley, BPA registered Sociodrama and Psychodrama Trainer will run a playback theatre session to end the conference. Participants will experience playback of some of the highlights from this year's conference.

Workshop stream A

A1. The impact of 'out there' on 'in here'

Anna Chesner

This workshop is an opportunity to explore how we respond to the socio-political climate, and what this means for our inner world and our relationships.

At a time of polarisation and splitting in the external world how do we respond internally, and how does this impact our relationship with ourselves, those around us and the world?

The workshop will be an action enquiry into these questions, using sociometry, action methods and psychodrama.

Anna Chesner is co-director of the **London Centre for Psychodrama Group and Individual Psychotherapy**. Her book *Psychodrama One to One, Applications and Techniques* is currently in press and due for publication by Routledge in summer 2019. Alongside her teaching work in psychodrama psychotherapy and supervision she runs a private practice in London as psychotherapist and supervisor.

A2. Dissociation and the Drama of Integration

Giles Lascelle

Dissociation is something we learn in early childhood to protect ourselves from threat or trauma. Parts of the self fragment and disconnect from one another in a way that mirrors both the underlying neuro-biological structures of the brain and the different role-relationships within the child's developing matrix of identity. These dissociated parts of the self develop strategies for relating with others in both the outer and inner world, which whilst they may once have been helpful to the child under threat, have over time have become maladaptive and even self-defeating for the adult survivor of trauma. This workshop combines structural models of dissociation with Psychodrama, to develop a framework to facilitate greater internal communication, cohesion and ultimately integration of the fragmented parts of the self.

Giles Lascelle qualified as a psychodrama psychotherapist in 1995. He has worked as a psychotherapist, group facilitator and coach, using psychodrama and action methods in a wide range of settings, including a Social Services group-work programme, a residential unit for emotionally and behaviourally disturbed adolescents, a Drug Advice and Treatment Service and an NHS unit supporting staff with mental health difficulties. Over the years he has gained a great deal of experience in working with adult survivors of childhood trauma and

abuse. He has also developed an interest in facilitating clients to explore their spirituality as part of the therapeutic journey, especially using meditation and mindfulness techniques. He currently leads Breakthrough; a charity which provides training, facilitation and supervision to churches and other organisations, enabling them to offer more effective support to survivors of childhood trauma, and others with complex needs.

A3. Systems within systems.

Jeni Goodfellow-Pemsel

An experiential workshop which uses some psychodramatic techniques for a space to reflect on our inner systems and how they are affected by the external systems we work in. The systemic quality of the work in which we engage with our client groups includes complex and multilayered understanding. There will be an opportunity to lay this out using objects and other people to experiment with dynamics and deepen our understanding of our work in a playful and insightful way.

Jeni Goodfellow-Pemsel is a qualified dramatherapist and psychodrama psychotherapist.

A4. Psychodrama Research Forum

This workshop will provide an opportunity for participants to think about and discuss a possible research project they may be considering. We will discuss scale, from small to medium size projects, possible methodology, participants etc. We hope to provide people with ongoing support after the workshop.

Run by Dr. Lisle Scott, psychiatrist and trainer with OSPIP. Peter Haworth, senior trainer with OSPIP. Supported by Dr. Kate Saunders, prof. and researcher from Oxford University.

Both Lisle and Peter obtained the MSc in psychodrama psychotherapy in a collaboration between OSPIP and the University of Worcester.

Workshop Steam B

B1 Who Looks After the Professionals? A Space To Explore Well Being & Safe Practice in our Professional Practice

Dr Maxine Daniels

The question we will explore in this workshop is: 'who looks after the professionals?' How do we, as professionals, take care of our own well being? Maxine has worked for 25 years in businesses, hospitals, prisons and education as a psychodrama/psychotherapist and has experienced the unrelenting staff sickness, absenteeism and stress in challenging situations. The good news is that some of these institutes and businesses are beginning to recognise the need for mental health awareness training and support for employees. However, 'mental health professionals' working in these environments are often unacknowledged and left to their own self-care and told 'that's your job'. So how do we take care of ourselves?

In this workshop we will explore the Model of Dynamic Adaptation (Clarke 2004) in relation to our personal and professional lives and what might influence our well being at any given time. It will include themes on transference and countertransference, (Daniels 2012) flexible supervision and reflective practice (Bager-Charleson 2010). We will work through experiential exercises and 'live' case studies as a way of sharing and exploring what keeps us safe in our professional practice.

Dr Maxine Daniels is a UKCP registered psychotherapist, supervisor and senior trainer. She holds a BSc (Hons) in psychology, a post graduate Diploma in Psychodrama Psychotherapy and a Doctorate in Psychotherapy. She has over 25 years experience working as an external consultant, trainer, supervisor and clinician with the prison service, high secure hospitals, including Broadmoor. She has worked in America, Finland, Hong Kong and presented at many international conferences such as ATSA and IATSO. She has been a senior trainer at the London Centre for Psychodrama since 2010. She currently delivers training and coaching for Petros, whose clients are diverse and include; General Medical Council, Cummins Engineering & Kier Construction Industry. Maxine is an Academic Advisor at Metanoia for the DPsych in Professional Studies and the Doctorate in Counselling Psychology. She is also a mother to two daughters and she has been enjoying travelling to far flung places with her husband of 38 years!

B2. How to Embrace Our Creativity and Spontaneity in Adapting Psychodrama for the Universal

Teresa Brown

“Fifteen years before developing psychodrama as a type of therapy, Moreno developed a type of socially activist improvisational drama in Vienna, his “Theater of Spontaneity”. His goals included a revitalisation of theatre itself as well as making the process of participating in theatre as either actor or audience member more interactive, involving, and authentic.” _- *Morenean Approaches: Recognising psychodrama’s many facets*_ - Adam Blatner

Many of us work outside the ideal situation where a classical psychodrama is simply impossible. We are forced to adapt to the individual needs of a given client/patient group and ask, “what can we do safely in one hour as opposed to two and a half hours with our psychodramatic skills?”

This workshop is an invitation to explore the use of psychodrama techniques outside of a clinical environment. We will look back at Moreno’s roots in his “Theatre of Spontaneity” to explore the activity of diversifying the classical method of psychodrama to appeal across the universal. On the day, this workshop will explore each individual’s creativity and spontaneity drawing from their own psychodramatic toolbox. Within the group we form, we shall organically find our way to sharing what is most pertinent in each other’s practice, given the time constraints and the boundaries necessary to practice in.

Using a Power Point presentation, I will be sharing my current work in this field, including the theoretical framework, which underpins it, alongside some of the other areas I am diversifying into, for example, how classical psychodrama can be adapted for use in the theatre with actors, directors, and writers, particularly in relation to character development and the world in which the character lives.

As I grow older in my own practice, I realise that Moreno’s work is far reaching and very modern. Freud, in his own way, also wished for his psychoanalytic ideas to move into the universal. In this way, both of these innovators wished to bring the unconscious to the attention of the individual, the group, and the outer world. Moreno famously said to Freud, "Professor Freud, your lecture was interesting; but while you interpret people's dreams, I plan to give them the courage to dream new dreams!"

Teresa Brown is a UKCP and BPA registered Psychodrama Psychotherapist, Trainer and Supervisor with over 30 years of training and experience. Teresa was the first qualified Psychodrama Psychotherapist in Scotland. She is currently a practicing Psychodrama Psychotherapist, External Examiner for the London Centre for Psychodrama, and a professional artist.

B3. The Nature of Addiction

Sarah Sargent

This workshop will explore the nature of addiction in relation to the brain and attachment. Looking at both theory and understanding of the interplay between brain chemistry and unmet childhood needs, we can see how the addiction becomes the primary care giver, in a destructive and abusive relationship. As a group we will walk through the eye's of the addict moving from addiction to recovery, experiencing how the internal mind of the addict works. This insight is significant for us as the therapist to know who is in the room, are we working with Dr Jekyll or Mr Hyde. As a psychodramatist we need to think about how to work with the addict, how do break down their walls of denial and bring them back into the reality of their life.

Sarah Sargent is a qualified dramatherapist and completed her training in psychodrama psychotherapy with the Birmingham Institute. She is a member of UKCP.

B4. Supervising Perspectives

Anna Chesner

Taking perspective is key to the process of supervision. Through understanding of role theory and action techniques based in the psychodramatic method the supervisee can take new perspectives on familiar situations.

In this workshop we will pay attention to the significance of the wider system on our client work and professional practice and explore supervisory interventions that can be used in group and individual supervision.

This workshop is open to supervisors, supervisees, and trainees not yet in clinical practice.

Anna Chesner is co-director of the **London Centre for Psychodrama Group and Individual Psychotherapy**. Her book *Psychodrama One to One, Applications and Techniques* is currently in press and due for publication by Routledge in summer 2019. Her book *Creative Supervision Across Modalities* (JKP 2014) underpins her one year cross professional supervision training.

Alongside her teaching work in psychodrama psychotherapy and supervision, she runs a private practice in London as psychotherapist and supervisor.

B5. Intimacy, Sexuality and Creativity

Virginie Boury and Niall Lenihan

In this experiential workshop, the workshop leaders will co-direct a psychodrama vignette. Building on the conference theme - from the personal to the universal - Virginie and Niall will seek to warm participants up to the relationship between intimacy, sexuality and creativity.

Once a protagonist has emerged from the group, the protagonist will go into action. The mirror technique will be used to help the protagonist gain a deeper insight into the subject. During the action the facilitators intend to deploy traditional techniques to promote safety, in order to facilitate healing and reparative interventions, such as the containing double, safe places, supportive people, inner strengths.

Following the action, group members will be invited to share their resonances with the protagonist's work, and their perspectives on any roles taken during the action.

Virginie Boury is a dramatherapist and psychodrama psychotherapist with experience working with groups and individuals on psychiatric units, day services, therapeutic communities and in private practice.

Niall Lenihan is a diploma trainee at the London Centre for Psychodrama (LCP). He is a lawyer by profession.

Workshop Steam C

C1. Using the Tree of Life to help children and young people talk about themselves.

Carl Dutton

This workshop will introduce the use of a narrative approach to helping children and young people talk about themselves through the use of the image and metaphors of a tree. We will look at the 4 aspects of the tree - Roots, Trunk, Branches and leaves, and fruit and bugs.

The session will be participatory and you will get the opportunity to create your own tree and share your own story. We will think together where and how you could use this method in your community and work place.

The Tree of Life is a program developed from the ideas from narrative therapy which is a form of family therapy. Narrative therapy seeks to be a respectful, non-blaming approach to counselling and community work, which centres people as the experts in their own lives. It views problems as separate from people and

assumes people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives. (What is narrative therapy? An easy to read introduction. Alice Morgan p2 Dulwich Centre Publication 2000).

Carl Dutton is a psychodrama psychotherapist who has worked in the area of children and young people's mental health and wellbeing for over twenty years. He co-ordinated a specific service for asylum and refugee children called The Haven Project in Liverpool and is involved in researching the use of Horticulture as Therapy with a number of schools. He has presented his work widely in United Kingdom and more widely in Europe on using different methods of therapy with children and young people. He has been involved in the re-production of Moreno key works with colleagues from North West Psychodrama Association and has been a past member of the executive of the BPA.

C2. Do We Need A Double?

Simon Thompson

Exploring and creating an improved understanding of the Doubling Technique in Psychodrama, using the latest neuroscience / psychology understanding of the brain.

A medium to large workshop designed to allow for the exploration of the Doubling Technique from it's origins, current use in current Psychodrama practice and possible new ways to understand the Doubling Technique and different ways of integrating this learning into practice.

Simon Thomson is a psychodrama psychotherapist currently working as a team therapist in the Oxfordshire and Buckinghamshire Complex Needs Service.

C3. Exploring Resistance to Psychodrama Psychotherapy amongst Mental Health

Professionals: A Qualitative Study.

Sally Brookes

This workshop will present and discuss the findings of an MSc dissertation which set out to identify and explore areas of ambivalence or resistance to psychodrama psychotherapy amongst mental health professionals. If resistance exists, as anecdotal evidence suggests, what is the nature of it? This qualitative study asked sixteen mental health professionals about their experience of psychodrama. Their responses arguably leave us with important questions about the further development and effective promotion of the method, as well as its

long term survival as a credible psychotherapeutic intervention.

Sally Brookes is a psychodrama practitioner working in an NHS service for individuals with a diagnosis of personality disorder.

C4. The Ecology of Power in Relationships.

Dr. Olivia Lousada Dpsch

Making peace with departing or departed loved ones. Nonverbal communication may assist the unfolding of hidden dramas within each person and the group.

Some meditation, music and movement may help the focus of this work. The aim is to go lightly towards a sense of being and membership that is essential for wellbeing in these uncertain times.

The people who have not been included may have a great influence on personal internal relationship networks as well as social networks in the community.

Olivia Lousada is a Senior Trainer who has worked in psychiatric hospitals, private practice, and supervision for over 30 years. After her research on opposite sex twins she rediscovered dance. This resulted in her choreographing a dance based on her research findings, taken from her book, *Hidden Twins* 2009.

She is focusing on the permaculture of networks between humans and the natural world. Hence the focus of this workshop is on the ecology of relationships.

Conference fees

Early bird rate (up to April 30th)		
Members	£320	
Non Members	£350	
Full cost (after April 30 th)		
Members	£370	
Non Members	£390	
Thursday night bed and breakfast	£51	
Day Rate (one day non-residential)	£70	
Non residential (full conference including tea, coffee and lunches)		
Early bird (until April 30 th)		
Members	£170	
Non Members	£200	
Full cost (after April 30 th)		
Members	£220	
Non Members	£240	
Conference Dinner (if non residential)	£40	

Bookings

Bookings can be made via the BPA website www.psychodrama.org.uk

Fees can be paid by debit or credit card by Paypal

Applicants can also pay by direct bank transfer. Please contact Natasha, BPA administrator for further details administrator@psychodrama.org.uk

Cancellation Policy: 30 days plus: 100% refund less £50 administrative fee, 14 days - 30 days: 50% refund less £50 administrative fee, Less than 14 days: No refund.