

bpa

British Psychodrama Association

The British Psychodrama Association Online Festival

September 3rd - 24th 2021

Festival Schedule, Programme of Events and Booking Information



**Psychodrama and Sociodrama-
From Roots to Shoots: Moreno
to the Future**

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The BPA annual conference in 2021 looks to the future of psychodrama and sociodrama in the UK and beyond.

This year, the event will take place online as a three-week festival of psychodrama and sociodrama. Delegates and presenters will explore the roots of psychodrama and sociodrama in the revolutionary work of Jacob L. Moreno. Equally, we will explore the 'shoots' that represent the potential future development of psychodrama and sociodrama across the many domains of human endeavour.



**Psychodrama and Sociodrama-
From Roots to Shoots: Moreno
to the Future**

2021 marks the 100th birthday of psychodrama and a hundred years since the publication of Moreno's *The Words of the Father*. In celebration, we will explore the theory and practice of psychodrama and sociodrama and what the core principles of spontaneity, creativity and encounter have to offer in the 21st century – especially important as we will be gathering online in the spirit of creative adaptation.

This programme provides essential information about how to book your place on workshops and makes suggestions about how to get the most from the experience. We have included the schedule and detailed information about each workshop and our presenters. We are excited to have a wide range of international presenters and a huge variety of topics.

We look forward to welcoming you to our online festival!

Best wishes from the BPA 2021 Festival Committee.

There are **two** types of ticket available for the BPA online festival:

A 'large group' ticket: This allows you entrance to the opening and closing plenaries, **plus** the four large group seminars and workshops led by Daniella Simmons, Leandra Perotta, Mick Cooper and Di Adderley (Playback).

It also gives access to the 20th anniversary remembrance session for 9/11, and **two** Friday evening 'chillout tent' sessions (see programme information). This adds up to as much as 20 hours of participation, depending on how much of the conference you wish to attend.

Large group tickets are £100 for BPA members and £150 for non-members.

'Individual workshop' ticket: The smaller workshops must be booked and paid for individually, and typically have a maximum of 15 - 25 people including facilitator(s) and support.

Booking onto a smaller group session **also** gives you access to the closing ceremony / plenary and the two Friday evening 'chillout tent' sessions (see programme information).

For the large workshop led by Daniella Simmons and the seminar led by Mick Cooper, individual tickets can be purchased (limited availability) without purchasing a large group ticket.

Individual workshops are generally priced at £10 per hour (e.g., £20 for a two-hour workshop) for BPA members and £15 per hour for non-members.

Exceptions to this pricing schedule will be specified on the booking form.

Making a Booking:

Booking is available online here: [BPA Conference: Roots & Shoots – From Moreno to the Future – British Psychodrama Association](#) Follow the instructions to book your large group tickets and / or individual workshop tickets.

You can use this programme as your guide when making decisions about what to book. After your booking is confirmed, you will receive a confirmation email, and nearer to the time of the festival, you will receive Zoom links to join the workshops and sessions you have booked.

Please note that most of the workshops have limited space, so it is advisable to **book early**.

Please only book workshops that are suited to your level of experience. The experience level required is listed with each workshop description.

Terms and conditions of booking:

All bookings are final and there are no refunds. In exceptional circumstances, and at the sole discretion of the conference organisers, partial refunds may be considered, minus a 25% administrative fee. No refunds will be considered after 1st August 2021.

Bookings are for one person only and are non-transferable. In the interests of privacy and confidentiality, only the person named on the ticket will be allowed in from the waiting room on Zoom.

Please ensure that **your Zoom display name** and **email address** match the name on your booking and the email address used to book your tickets. This will ensure your entry to the workshops as **entry is facilitated** by the Zoom host.

Getting the most from your online participation:

To get the most out of your participation in our online festival, we encourage you to ensure that you do the following:

- ❖ Arrange use of a computer or a tablet (not your phone).
- ❖ Download or update to the latest version of Zoom on your computer.
- ❖ Access sufficient Wi-Fi speed to use Zoom effectively.
- ❖ Practice with Zoom in advance. Ensure that you know how to turn on/off your audio and video, how to switch from speaker to gallery view, how to rename yourself and how to hide non-video participants.
- ❖ Organise a stable place to rest your laptop or tablet. This will minimise distracting other people with movement.
- ❖ Ensure that you have sufficient lighting on your face so that other people can see you clearly.
- ❖ Ensure that your device is plugged in, so that you do not run out of battery power!
- ❖ Turn off any alerts, notifications and other pop-ups on your computer that may distract you or others during workshops.
- ❖ Remain respectful of other people and do not distract other people in the session with unnecessary noise, camera movement, etc.
- ❖ Remember that comfort breaks will be included in the workshops and if you need to take a break outside of the organised breaks, please turn off your camera and put your mic on mute.

We will do our best to ensure that workshops start and finish on time. Latecomers will be admitted only at the discretion of the workshop leader. Please arrive a few minutes early to ensure that your link is working and that it gives you access to the waiting room for the workshop / session.

Confidentiality, safety and online courtesy

Please ensure that you are using a private space, free from interruptions and distractions, where you can maintain your own confidentiality and the confidentiality of participants.

Third-party electronic recording with any device – audio or visual – is **strictly prohibited**. The only exceptions to this are the PowerPoint presentations / lectures to large groups, which may be recorded by the conference organisers. In that event, any Q & A with participants will not be recorded.

Similarly, no photographs or screen shots are permitted **at any time**, unless with advance permission of everyone in a workshop, and with the option to opt-out provided. Again, this is to preserve confidentiality.

Where handouts or other material are provided, this material is not for distribution without written permission of the workshop leader.

Abusive behaviour will not be tolerated. People behaving abusively will be removed from workshops (i.e. removed from the Zoom call).

Michael Watson Trust Bursaries:

The Michael Watson Trust has ten bursaries available to BPA members for this year's festival. The Trust can offer 50% towards festival tickets (maximum bursary £100, when £200 is spent). Please email the Trust Secretary, Leila Frondigoun, at <leila_kirsten@hotmail.com> for an application form. Deadline for applications: 6th August 2021.

Contact Information:

In case of problems, questions, or technical issues during the festival, please contact:

Conference Co-Chair Leila Frondigoun: leila_kirsten@hotmail.com or mobile/cell: +44 (0) 7830 522 898

Conference email: conference@psychodrama.co.uk;

Conference Co-Chair Clark Baim: cbaim@hotmail.com or mobile/cell: +44 (0) 7961 517 135

BPA Administrator Natasha Campbell: administrator@psychodrama.org.uk

Festival Schedule

Week One: 3rd – 9th September

Date	Time (UK time)	Workshop Details
Friday 03/09/2021	6:30 – 9:30 pm (3 hours)	Opening Plenary (large group ticket)
Saturday 04/09/2021	9:30am – 12:30pm (3hrs)	<u>Anna Chesner:</u> <i>Tele, Transference and Countertransference in Supervision</i>
	1:30-3:30pm (2hrs)	<u>Martin Gill & Dr. Hannah Sherbersky:</u> <i>Four Chairs: Integrating Psychodrama in Family Therapy Supervision</i>
	5:00 – 9:00pm (4hrs)	<u>Daniela Simmons:</u> <i>Practical Applications for Directing Psychodrama and Sociometry via Zoom Video Conferencing* (large group ticket)</i>
Sunday 05/09/2021	9:30am-12:30pm (3hrs)	<u>Clark Baim & Leila Frondigoun:</u> <i>Introduction to Psychodrama</i>
	1:30 – 5:00pm (3.5hrs)	<u>Olivia Lousada & Di Adderley:</u> <i>Holding the Planet in Mind ('I don't know what to do').</i>
	6:00 - 9:30pm (3.5hrs)	<u>Leandra Perotta:</u> <i>Lights and Shadows of Transgenerational Wounds* (large group ticket)</i>
Monday 06/09/2021	6:00 - 7:30pm (1.5hrs)	<u>Mick Cooper:</u> <i>The Importance of Research in Counselling and Psychotherapy*</i> (large group ticket)
Tuesday 07/09/2021	6:30 - 9:30pm (3hrs)	<u>Zoli Figusch:</u> <i>The Theory and Practice of 'Internal Psychodrama'</i> (session 1 of 2 thematically linked sessions led by Zoli)
Wednesday 08/09/2021	11:00am - 2:30pm (3.5hrs)	<u>Pavel Kornienko:</u> <i>The Specificities of Conducting Online Therapy Groups</i>
	6:30-9:30pm (3hrs)	<u>Valerie Monti Holland & Sheila Dallas Katzman:</u> <i>Building an Anti-Racist World</i>
Thursday 09/09/2021	6:00 – 9:00pm (3hrs)	<u>Annual General Meeting (AGM) of the British Psychodrama Association (open to all BPA members)</u>

All Times are GMT + 1 (i.e. the time in the UK at the time of the conference)

Items in purple are included in the large group ticket

Festival Schedule

Week Two: 10th – 16th September

Date	Time (UK time)	Workshop Details
Friday 10/09/2021	9:30am-3pm (5.5hrs, with breaks)	<u>Kirsty Weedon:</u> <i>Nature Connectedness: A creative nature-based experiential workshop to connect with yourself and explore your relationship with nature</i> (15 people maximum)
	6:00 – 8:00pm (2hrs)	<u>Festival ‘chillout’ tent:</u> (large group) open to all conference participants. A chance to meet informally and interact with / give feedback to the conference organisers)
Saturday 11/09/2021	9:30am-12:30pm (3hrs)	<u>Zoli Figusch:</u> <i>The Theory and Practice of ‘Relationship Psychotherapy’</i> (Session 2 of 2 thematically linked workshops led by Zoli)
	1:30-2:30pm (1hr)	<u>Clark Baim:</u> 9/11: A 20 th Anniversary Commemoration (large group ticket)
Sunday 12/09/2021	9:30am-12:30pm (3hrs)	<u>Irina Stefanescu:</u> <i>Introduction to Sociodrama</i>
Monday 13/09/2021	6:00 - 9:00pm (3hrs)	<u>Lisle Scott:</u> <i>Spontaneity and Research: We can’t have one without the other</i>
Tuesday 14/09/2021	6:30 - 9:30 (3hrs)	<u>Cathy Nugent:</u> <i>Attached from the Start: Moreno and Attachment Theory</i> (session 1 of 2 thematically linked sessions led by Cathy)
Wednesday 15/09/2021	11:00am - 2:30pm (3.5hrs)	<u>Pavel Kornienko:</u> <i>Therapeutic Factors of Psychodramatic Work with Family History</i>
	6:00 – 9:00pm (3hrs)	<u>Judith Teszáry:</u> <i>You Are Not Your Symptoms: Bodily Symptoms as Metaphors</i> (The use of psychodrama in psychosomatic disease)
Thursday 16/09/2021	6:00 – 9:00pm (3hrs)	<u>Virginie Boury & Niall Lenihan:</u> <i>Psychodrama: The Soul in Action</i> (15 people maximum)

All Times are GMT + 1 (i.e. the time in the UK at the time of the conference)

Items in purple are included in the large group ticket

Festival Schedule

Week Three: 17th- 24th September

Date	Time (UK time)	Workshop Details
Friday 17/09/2021	10:00am - 12:30pm (2.5hrs)	<u>T.T. Srinath:</u> <i>Witnessing our Attitude Towards the World Through Role Play: Being able to watch ourselves in performance (the observer is observed).</i>
	6:00 – 8:00 pm (2hrs)	<u>Festival 'chillout' tent:</u> (large group, open to all conference participants. A chance to meet informally and interact with / give feedback to the conference organisers)
Saturday and Sunday 18- 19/09/2021		There are no sessions planned as part of the festival on this weekend. The UK-based psychodrama schools will each host an event on this weekend, independent of the festival.
Monday 20/09/2021	6:30 - 9:30pm (3hrs)	<u>Hannes Krall and Ana Cruz:</u> <i>Research in Psychodrama Psychotherapy – How can practitioners contribute?</i>
Tuesday 21/09/2021	6:30 - 9:30pm (3hrs)	<u>Cathy Nugent:</u> <i>Attached from the Start: Interventions for a Secure Base</i> (session 2 of 2 thematically linked sessions led by Cathy)
Wednesday 22/09/2021	6:00 – 9:00pm (3hrs)	<u>Lusijah Darrow:</u> <i>Experiential Action Methods and Tools for Healing Grief and Loss-Related Trauma: Life, Death, and Transformation</i>
Thursday 23/09/2021	6:00 – 9:00pm (3hrs)	<u>Di Adderley:</u> <i>A Sociodrama for our Time: An exploration of a topic of current interest and relevance</i>
Friday 24/09/2021	6:30 - 8:00pm (1.5hrs)	<u>Di Adderley and Playback performers:</u> <i>Playback Theatre (large group ticket)</i>
	8:00 - 9:30pm (1.5hrs)	Closing ceremony / Awards ceremony (large group)

All Times are GMT + 1 (i.e. the time in the UK at the time of the conference)

Items in purple are included in the large group ticket

Workshop Descriptions

The following pages describe each session in chronological order. You can use this information to decide what to book.

Friday 3rd September, 6:30 -9:30pm (3hrs)

Opening plenary (large group session)

The opening plenary is open to all conference participants who have booked a large group ticket, all workshop leaders and conference committee members.

Join us for a warm-up to the festival and a hearty welcome to participants and workshop leaders.

Members of the festival committee will lead large group and small group activities to help us join together at the start of the festival and to warm up to the theme of *'Psychodrama and Sociodrama: Roots and Shoots – From Moreno to the Future.'* During this opening plenary, we will also provide essential details about the festival schedule and practical information.

Please come prepared to participate. There may be some gentle (or even vigorous!) movement and sharing, at your own level of comfort.

Saturday 4th September, 9:30am-12:30pm (3hrs)

Tele, Transference and Countertransference in Supervision

Who is it for? This workshop is suitable for supervisors or supervisors in training.

Maximum 25 people (including workshop leader and support).

Anna Chesner: This workshop will be of particular interest to supervisors (for whom it will accrue supervision specific CPD hours) but is also open to supervisees and trainees who are interested to reflect on their use of supervision and the complexity of relationship that emerges in professional practice.

One of the foci of supervision is the therapeutic / professional relationship, whether between therapist and client or within collegial relationships. We can understand this space between ourselves and the other through the Morenian concept of Tele, and the psychodynamic concepts of Transference and Countertransference. We will explore these lenses on the relational field as they apply to supervision. There will also be an introduction to Bryn Jones' Seven Step Relationship Sequence, a projective image-based technique regularly taught on the London Centre for Psychodrama Creative Supervision Training, which Bryn Jones co-teaches. There will be an opportunity to learn and experience this technique, to evaluate it, and to relate it to Morenian philosophy, including the concept of Tele.

Note: As we are working online, all participants are requested to bring with them: A plain piece of cloth that can be folded to a size of approx. 80cm x 20cm. And a variety of images (postcards, image cards, etc.) – at least 20 images.

Anna Chesner is co-director of the London Centre for Psychodrama Group and Individual Psychotherapy. She is course director of the Creative Supervision Diploma Training, which is a HIPC recognised supervision training course. Anna is widely published. Her book *One to One Psychodrama Psychotherapy, Applications and Technique* (ed. A. Chesner) was launched at the 2019 BPA conference. Her book *Creative Supervision across Modalities* (eds. A. Chesner and L. Zografou) is a core text on several supervision trainings. Anna works in private practice in London as a psychotherapist and supervisor

Saturday 4th September, 1.30pm-3.30pm (2hrs)

Four Chairs: Integrating Psychodrama in Family Therapy Supervision Practice

*Who is it for? This workshop is suitable for people at all levels of experience.
Maximum 30 people (including workshop leaders and support)*

Martin Gill & Dr Hannah Sherbersky: Martin and Hannah have been delivering experiential workshops in creative action methods and their applied use in individual and group clinical supervision nationally for many years. In this challenging and rigorous era of evidence-based practice and treatment pathways, the pressure is on to maintain creative energy. Many clinicians work creatively in their clinical settings but may lose spontaneity in the supervisory process. This workshop encourages clinicians to develop their creative energy and innovation within their supervisory practice, even when working online.

The training presents several distinct supervisory action methods and draws on theoretical material from contemporary schools of supervision training. From our collaborative perspectives of systemic and psychodramatic psychotherapy, we encourage supervisors to explore the application of these models to their existing work context using the supervisory exercise The Four Chairs (Sherbersky, 2013; Sherbersky & Gill, 2020). The Four Chairs exercise is a purposeful and playful model that draws on a structured and spontaneous approach. The origins of our two modalities stem from shared systemic roots and philosophical principles and following an initial presentation of ideas, the experiential workshop will demonstrate how an understanding of aesthetic distance and role theory inform this innovative approach to individual and group supervision.

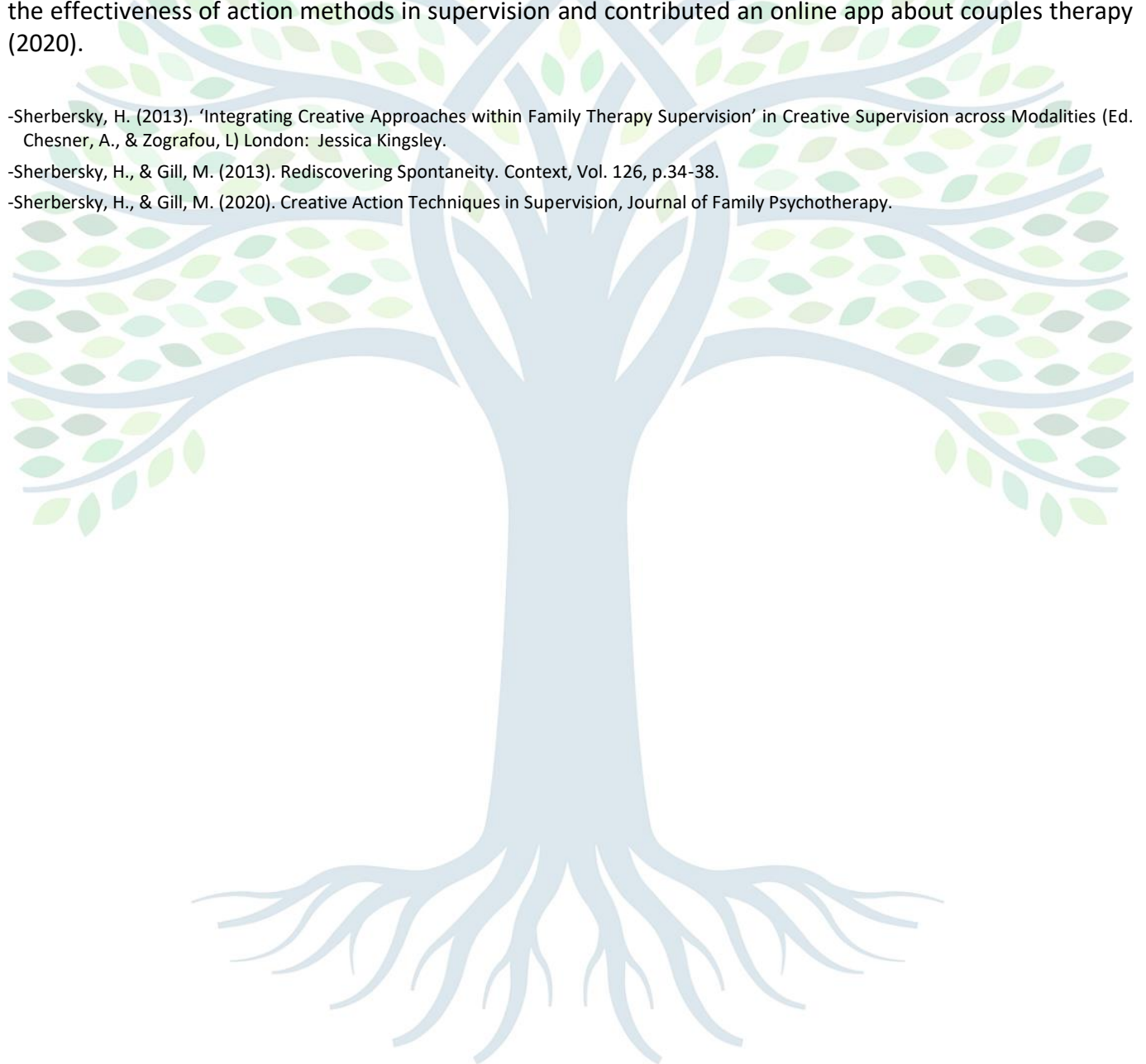
This training draws on material from the chapter 'Integrating Creative Approaches within Family Therapy Supervision' by Hannah from *Supervision across Modalities* (Chesner & Zografou, 2013) and the paper Creative Action Techniques in Supervision in the Journal of Family Psychotherapy (Sherbersky & Gill, 2020).

Dr Hannah Sherbersky is an accredited Systemic Family Psychotherapist and is Co-Director of the Systemic Portfolio at the University of Exeter. She holds several posts: Programme Lead for the Family Intervention for Psychosis Programme, the Systemic Supervision Course and the CAMHS Inpatient Training Programme. She is systemic lead for the Doctorate in Clinical Psychology, the MSc in Psychological Therapies, and the Child IAPT programme. Hannah has co-developed and manualised a model of couple therapy in a research-based couple clinic and in 2020 completed her Doctorate researching notions of 'home' within an inpatient context. Hannah regularly trains nationally within the NHS, is an Associate Editor for the Journal of Family Therapy, publishing across a range of areas. She is interested in innovative delivery of systemic ideas, recently featuring in *The New Psychotherapist*,

contributing to a BBC 3 documentary about family therapy (2019) and an online app about couples therapy (2020).

Martin Gill is a UKCP registered Psychodramatist and HCPC Dramatherapist. He was the first UK Psychodrama practitioner to receive an MSc for his research into comparative practice between Psychodrama and Family Therapy (*Beyond Moreno*, Martin Gill, 2014). Martin has helped to develop domestic violence programmes for the Ministry of Justice and has produced projects using psychodrama and film production as part of safer custody approaches in prisons in the South West of England. He has trained in the Exeter Model, an evidence-based model for working with couples, and is currently co-running Changetree, a busy psychotherapy practice for couples, individuals, and families. With Hannah he has produced several peer reviewed articles, chapters, and international conference workshops on the effectiveness of action methods in supervision and contributed an online app about couples therapy (2020).

- Sherbersky, H. (2013). 'Integrating Creative Approaches within Family Therapy Supervision' in *Creative Supervision across Modalities* (Ed. Chesner, A., & Zografou, L) London: Jessica Kingsley.
- Sherbersky, H., & Gill, M. (2013). Rediscovering Spontaneity. *Context*, Vol. 126, p.34-38.
- Sherbersky, H., & Gill, M. (2020). Creative Action Techniques in Supervision, *Journal of Family Psychotherapy*.



Saturday 4th September, 5:00 – 9:00pm (4hrs)

Practical Applications for directing Psychodrama & Sociometry via Zoom Video Conferencing (large group session)

Who is it for? This workshop is suited to people at all levels of experience.

Open to all conference participants who have booked a large group ticket, and also to people who have booked this session as an individual booking. Maximum participants: 100

Daniela Simmons: More than 60 years ago, Dr. J.L. Moreno explored 'Treatment at a Distance', 'Television Psychodrama'; 'Therapeutic Motion Pictures' and 'Telephone Therapy'. He wrote, "If the technologist can replace the 'audio telephone' with a 'video telephone', the patient and therapist could not only hear but also see each other in action" (J.L. Moreno, 1963). The presenter and a creator of the Tele'Drama method believes that offering psychodrama online is a way of fulfilling one of Moreno's dreams.

This session will offer both didactic and experiential application of directing psychodrama via Zoom Video Conferencing. Participants will be able to experience online sociometry, warm-ups, action and sharing; the implementation of various psychodrama techniques; and participate in various roles of their choice - protagonist, auxiliary or audience.

The session will demonstrate various encounters in the virtual space. Moreno was often visiting people's homes, directing psychodrama with the entire family and any visiting friends. The presenter will be leading the group through an imaginative process of perceiving the online meeting as visiting each other's homes and inviting participants to imagine 'stepping' into the screen and 'entering' the virtual space.

Moreno believed that psychodrama 'brings the entire cosmos into play'. This concept applies to the virtual reality of the online sessions, where the participants are physically located thousands of miles apart, but psychologically are together in the same meeting space, immersed simultaneously 'into (the) play'.

Participants will need to participate from a quiet and safe place with no other people present in their nearby physical space; having sufficient indirect lighting on their faces so they can be seen. All cameras need to be 'on' during the entire session, and, if possible, the participant should refrain from going on 'mute', for the best experience of spontaneity and creativity.

Daniela Simmons, PhD, TEP, is the creator of the Tele'Drama Method and the founder of the International Tele'Drama Institute and community. She is a Certified Trainer, Educator, Practitioner (TEP), Supervisor in Psychodrama, Sociometry and Group Psychotherapy through the American Board of

Examiners (ABE). Daniela is the President of the American Society of Group Psychotherapy and Psychodrama (ASGPP)

Her professional experience, both in Europe and the United States, is in education, research, and consultancy work in the social sciences, applied gerontology, and mental health. Her background includes serving as the leader of several large organizations and founding a professional journal for mental health. She was trained in psychoanalytic modules on group relations at the Tavistock Institute of Human Relations in London. She has been utilizing action methods since 1995 in Europe and since 2005 in the United States. She is the creator of the Tele'Drama method and the International Tele'Drama Institute (ITI), with thousands of trainees from 68+ countries. Email: zoomroom.international@teledrama.org



Sunday 5th September, 9:30am-12:30pm (3hrs)

Introduction to Psychodrama

Who is it for? This workshop is suitable for people at all levels of experience.

Maximum 25 people (including workshop leaders and support)

Clark Baim & Leila Frondigoun: This is an introductory workshop intended for people who would like to learn some of the basic theory, history, and practice of psychodrama. We will introduce participants to the five basic elements of psychodrama, to the essential theory and principles behind psychodrama, and to the structure of psychodrama sessions. We will use the principle of *learning by doing*, so please come prepared to participate in practical activities that introduce basic psychodrama techniques. There will be times for sharing, discussion, and questions and answers at the end of the session.

Leila Frondigoun is a Scottish Psychodramatist working in private practice offering regular psychodrama groups and individual sessions. She is a convert to online working, having embraced this way of working during the pandemic and choosing to complete a Certified Cyber Therapist training. She is an apprentice trainer with the Northern School of Psychodrama and is about to start a certificate in Creative Supervision. She joined the BPA executive in 2019 and led the website committee as well as co-chairing this year's Conference Committee. She is also a trustee for the Michael Watson Trust. She loves all things Psychodrama and thoroughly enjoys being part of Psychodrama community both in the UK and internationally.

Clark Baim, PhD (UKCP, BPA) is a Senior Trainer, Clinical and Training Supervisor and Psychodrama Psychotherapist. He is the Director of the Birmingham Institute for Psychodrama and Honorary President of the British Psychodrama Association. After touring as a performer with the original USA Geese Theatre Company, in 1987 he was the founding Director of Geese Theatre Company UK, using applied theatre in criminal justice and social welfare settings. With Susie Taylor, he established the Birmingham Institute for Psychodrama in 2009. Clark has published widely on psychodrama, criminal justice interventions, applied theatre and attachment-based practice. He does extensive international work and holds a PhD from the University of Exeter, UK.

Sunday 5th September, 1:30 - 5:00pm (3.5hrs)

Holding the planet in mind ('I don't know what to do')

Who is it for? This workshop is suitable for people with some previous experience of action methods.

Maximum 25 people (including workshop leaders and support)

Olivia Lousada & Di Adderley:

"...Anyone who does not think we are in a climate crisis is ... either a madman or an economist".

-David Attenborough.

"Humanity is waging war on nature."

- UN Secretary-General, Antonio Guterres.

This workshop sets out to focus our mindfulness toward the planet and how we live on it. If we knew what to do, there would be no workshop, so we will learn together – starting from what our imagination knows from deep feelings related to nature.

We will then contemplate how we encounter ourselves in the world; and finally, how do we understand the groups around us, and how we could contribute in our own particular style?

Creativity in non-aggressive action is perhaps our most hopeful route towards ameliorating despair in the face of the climate crisis.

Olivia Lousada is a senior trainer in psychodrama, a doctor of psychotherapy, and has a private and supervision practice. Having spent more than 30 years in clinical settings, she has recently moved to Bath. She is expanding her work in psycho/sociodrama, especially with regard to the care of the Planet.

Diane Adderley is a Senior Sociodrama Trainer (BPA Accredited), psychodramatist and APTT (Accredited Playback Theatre Trainer). With Ron Wiener, she co-directed the BPA's Sociodrama and Action Methods school from 2006-2012. In the last 18 months, she has been directing large and small scale sociodramas online for iSCAN International Sociodrama and Creative Action Network) with the wonderful global participant groups we have been able to access from our little black boxes.

Sunday 5th September, 6:00 - 9:30pm (3.5hrs)

Lights and Shadows of Transgenerational Wounds (large group session)

*Who is it for? This workshop is suitable for people at all levels of experience.
Open to all conference participants who have booked a large group ticket.
Maximum 75 people.*

Leandra Perrotta: What determines loyalty to an ancestor we have never known and the transgenerational repetition of painful events? What haunts are not the dead but the voids left within us by the secrets and unfinished business of our ancestors.

In her pioneer work on psychogenealogy, Anne Ancelin Schützenberger wrote that “as mere links in a chain of generations, we may have no choice in having the events and traumas experienced by our ancestors visited upon us in our own lifetime”. Transgenerational burdens and gifts are part of our genetic, epigenetic, psychological, and spiritual narratives.

Psychogenealogy and Transgenerational Psychodrama are a powerful means for clarifying patterns of invisible loyalty and hidden scripts. The ritualistic framework is protective and creates a safe space to focus on the lights and shadows in the relationship with our ancestors. Transformative rituals of reparation, gratitude and restitution have the power to sacralise not only time and space but the bonds between people as well. The re-enactment of ancestors’ secrets, unresolved traumas, and unfinished business, condensed into visual images on stage, creates awareness which enables the protagonist to interrupt unconscious identification with the ancestors to break the cycles of painful repetition, deal with unresolved legacies and heal emotional wounds

This online workshop is designed to give an opportunity for personal exploration and professional development in a safe and supportive environment. We will engage with relevant theories as well as understand and experience the transgenerational psychodrama method.

Leandra Perrotta is an Italo-Australian Clinical Psychologist, Psychotherapist, Psychodrama Trainer, Dance Movement Therapy Trainer and Transgenerational Therapy Trainer, living in Norway. She is a Trainer and Supervisor at the *Anne Ancelin Schützenberger International School of Transgenerational Therapy*, and a teacher at IPAP - *Post graduate Institute of Analytical Psychology and Jungian Psychodrama*. She is former President of FEPTO – the Federation of European Psychodrama Training Organisations. Her professional interests include Dreams, Psychogenealogy, Sexuality, and Trauma. Some of her published writings include: “Reconnecting with Ancestral Roots: Transgenerational Psychodrama in Brazil” in *Public Psychodrama in Contemporary Times*, Agora, 2016; “Transgenerational Echoes of Violence: Jungian psychodrama as a Path to Individuation” in *Daphne and the Centaurs – Overcoming Gender based Violence*, Barbara Budrich Publishers, 2013.

Monday, 6th September, 6:00 - 7:30pm (1.5hrs)

The Importance of Research in Counselling and Psychotherapy (large group session)

Who is it for? This talk is suited to people at all levels of experience, and is especially recommended for students.

Open to all conference participants who have booked a large group ticket, and to people who have booked this session as an individual booking.

Maximum participants: 150

Mick Cooper: Which is the most effective therapeutic approach? Does supervision lead to better client outcomes? Which clients seem to get the most out of therapy? In this talk, participants will have an opportunity to find out about the latest findings in the counselling and psychotherapy field.

There will also be opportunity to discuss its relationship to psychodrama theory and practice.

Mick Cooper is an internationally recognised author, trainer, and consultant in the field of humanistic, existential, and pluralistic therapies. He is a Chartered Psychologist, and Professor of Counselling Psychology at the University of Roehampton. Mick has facilitated workshops and lectures around the world, including New Zealand, Lithuania, and Florida. Mick's books include *Existential Therapies* (Sage, 2017), *Working at Relational Depth in Counselling and Psychotherapy* (Sage, 2018), and *The Handbook of Person-Centred Psychotherapy and Counselling* (Palgrave, 2013). His latest work is *Integrating Counselling and Psychotherapy: Directionality, Synergy, and Social Change* (Sage, 2019).

Mick's principal areas of research have been in shared decision-making/personalising therapy, and counselling for young people in schools. In 2014, Mick received the Carmi Harari Mid-Career Award from Division 32 of the American Psychological Association. He is a Fellow of the British Association for Counselling and Psychotherapy and the Academy of Social Sciences.

Tuesday, 7th September, 6:30-9:30pm (3hrs)

The Theory and Practice of 'Internal Psychodrama'

(This is session one of two thematically linked sessions facilitated by Zoli Figusch. The second linked session is on the morning of 11th September. A 20% discount applies if both workshops are booked together. You can attend either workshop independently of the other.)

Who is it for? This workshop is suitable for people with some previous experience of action methods.

Maximum 25 people (including workshop leader and support)

Zoli Figusch: J.L. Moreno defined spontaneity as our ability to find new responses to old situations, or adequate responses to novel situations. He also saw our ability to respond to situations with spontaneity as a measure of good mental health, while the inability to do so, as a sign of anxiety. His words could not be more relevant in the current world pandemic, a novel and unprecedented situation, which is highly anxiety provoking, yet demands of us to remain spontaneous and find adequate responses in continuing to deliver our work as psychotherapists.

These two experiential workshops (this one, and the thematically linked session I will lead on 11th September) emerged from my attempts to respond spontaneously to the challenges of the pandemic in my psychodrama work. My aim is to present, demonstrate and share one-to-one psychodrama techniques, which were initially developed for face-to-face work, but can be readily adapted to working with clients via online video platforms.

The sessions will be experiential, with demonstrations of these techniques, allowing participants to consider how to incorporate them into their own practice. We will also look at a wider theoretical framework for individual psychodrama work, and more specifically the theoretical underpinnings of 'internal psychodrama' (the focus of this workshop) and 'relationship psychotherapy' (the focus of the workshop on 11th September).

This technique works with internal and symbolic dramatization, with the client visualising and experiencing the action, but without physically executing it. Instead, the dramatic interaction with characters happens internally/mentally. It has been developed and furthered by psychodramatists such as Bustos, Dias, Godoy, and Fonseca.

Zoli Figusch is a psychodrama psychotherapist, supervisor and trainer, a member of the British Psychodrama Association (BPA) and the United Kingdom Council for Psychotherapy (UKCP). Zoli is a member of the BPA's Executive Committee and their representative to FEPTO. He is also a member of the North-West Psychodrama Association, and the series editor of the newly re-published series of J.L. Moreno's books. For his involvement with this work, in 2013 he received the ASGPP's 'Zerka T. Moreno' Award. Zoli is the editor of three psychodrama books: 'Sambadrama – The Arena of Brazilian Psychodrama'; 'From one-to-one psychodrama to large group socio-psychodrama'; and 'The J.L. Moreno memorial photo album'. Zoli works as a principal psychotherapist at a specialist psychotherapy service for clients with personality disorders in Maidstone, UK.

Wednesday, 8th September, 11:00am - 2:30pm (3.5hrs)

The Specificities of Conducting Online Therapy Groups

*Who is it for? This workshop is suitable for people with some previous experience of action methods.
Maximum 25 people (including workshop leader and support)*

Pavel Kornienko: This workshop will be focused on working with groups in an online environment. We will be looking for answers to the following questions: How are online groups different from face-to-face groups? How do I lead an online group? What should we do differently in online? What errors and problems are already known? How can an online group be conducted so that the therapeutic factors of group psychotherapy fully work? How do we adapt our skills to online work?

Pavel would like to inspire colleagues to work on the Internet and show the possibilities and beauty of this work. The therapeutic effects of group psychotherapy are too important for many people and we should look for opportunities to create them online. The main goal of this workshop is to highlight the most important factors that will allow participants to start working with groups online. Pavel will give a summary of his experience of working in the online environment. There will then be an opportunity for the group to experience some of the most important factors for themselves. And if we have time, we will talk about the basic principles of conducting psychodrama in an online environment.

Pavel Kornienko is a psychologist, psychodramatist, supervisor, IAGP member and psychodrama trainer from Moscow. He teaches Psychodrama in long-term courses in various cities in Russia and other post-soviet countries. In addition to classic Psychodrama, Pavel has two areas of expertise: working with trauma via the completion of psycho-physiological reactions, and with relationship problems by focusing on interpersonal communication. He is an author of articles about basic techniques and therapeutic aspects of psychodrama, the specificities of conducting online therapy groups and psychological work with trauma, loss, aggression, and shame. CV: <https://psy-education.ru/about/trainers/pavel-kornienko/eng>

Wednesday, 8th September, 6:30 - 9:30pm (3hrs)

Building an Anti-Racist World

Who is it for? This workshop is suitable for people at all levels of experience (see workshop description below for more information about who the workshop is suitable for).

Maximum 25 people (including workshop leaders and support)

Valerie Monti Holland & Sheila Dallas Katzman: This workshop provides a space of experimentation where, as a group, we explore real-life scenarios and our ingrained responses to them. We raise awareness by examining our behaviour regarding racism in a blame-free, creative environment.

Augusto Boal, founder of the Theatre of the Oppressed called it “rehearsing for life.” We call it “rehearsing for anti-racism.” We provide a place where it is entirely okay to be “not quite there yet.” Let us explore together so we can improve together.

Specifics of the full Anti-Racism course include:

- How micro expressions send messages
- How to define and rehearse accountability
- How to integrate anti-racist practices in our lives
- How to make reparations authentically
- How to manage multiple real-life scenarios and respond with lovingkindness

With only three hours for this workshop, we will focus on micro-aggressions, their impact and what actions might be taken to address them. This is a taster that we hope will give you a flavour of the scope of the full course.

This workshop is suitable for people at all levels of experience. We only ask that participants come with no/low expectations. We ask you to be open and to come prepared to share your vulnerability. Please know that we are professionals in what we do and that the work will be done by you as we facilitate with lovingkindness. We have tried and tested this becoming anti-racist work and the becoming anti-racist hunger has been overwhelming.

Valerie Monti Holland is a facilitator, trainer, and coach with over 25 years’ experience working through sticky issues and wicked problems with people in the UK, US, Europe, and Asia thanks to an M.A. in Applied Theatre (Manchester) and a Diploma in Sociodrama and Action Methods. She IS a founding member of iSCAN (the international Sociodrama and Creative Action Network). This workshop represents a point on her own journey to becoming an anti-racist, the work of a lifetime.

Sheila Dallas Katzman, M.A. is a theatre practitioner with over 30 years’ experience working in very highly charged conflict situations globally. She intersects with race and racism with astounding results. Sheila is a founding member of TLTT (Ten-Lanterns transformative Theatre) and iSCAN. She holds a M.A in Applied Theatre (Manchester), Teaching Certificate in Theatre Arts (Edna Manley School of Visual and Performing Arts), and over 300 credit hours towards psychodrama certification. Racism has been a critical element in her life. Working from social reform and legislative change, she now believes in focusing on individual responsibility. For over 20 years she has used theatre as a conduit for her activism. Now, using Theatre for Social Change, she has developed tools to help people understand their role in not only supporting racism but promoting racism. This is the shift from anti-racism to anti-racist.

Thursday, 9th September, 6:00 - 9:00pm (3hrs)

Annual General Meeting of the British Psychodrama Association

This meeting is open to all members of the BPA.

No booking is required.

All members of the BPA will be sent a link to join this meeting.



Friday 10th September, 9:30am – 3:00pm (5.5hrs, with breaks)

Nature Connectedness: A creative nature-based experiential workshop to connect with yourself and explore your relationship with nature

Who is it for? This workshop is suitable for people with some previous experience of doing personal work (see workshop description below for more information about who the workshop is suitable for).

Maximum 15 people (including workshop leader and support)

Kirsty Weedon: Being outside in nature enriches our wellbeing and benefits the natural world. This has been particularly evident during the pandemic, as nature became a resource, a source of comfort and inspiration for many people. Although our relationship with nature is nothing new, we have often been disconnected from nature in modern life. However, a growing amount of research, projects, and initiatives are recognising and advocating the importance of our nature connectedness. Indeed, many therapists and other professions are increasingly taking their practice outdoors, integrating the therapeutic value of connecting with nature.

This interactive workshop will be an opportunity for to explore your nature connectedness through a creative, nature-based experience online and outdoors. We will start by spending time connecting together online as a group and reflecting on our relationships with nature. We will then take some solo time (approximately two hours) to go outside and spend time in nature. I will suggest some creative ways to help you explore your nature connectedness and your self-connection in nature. There will be time to consider practicalities beforehand, and you may choose to spend time outside in a public or private place. This may be your garden, allotment, a local wood or nature reserve. I will be contactable throughout this solo experience. For the last part of the workshop, we will return together online. Here, there will be time to share our experiences, reflections and creativity.

This workshop is suited to people who have previous experience of doing personal work, e.g. in counselling, therapy or personal development workshops. Participants may be asked to provide the workshop facilitator with some information about themselves prior to the workshop.

Kirsty Weedon is passionate about the importance of our nature connectedness. She is an experienced group facilitator, having spent many years working in education, youth and community work, and the outdoors. She is a recognised professional in outdoor learning and will complete her psychodrama psychotherapy training in 2021. Kirsty currently offers indoor and outdoor therapy from her private practice in Nottingham, runs wellbeing workshops for professionals, and co-facilitates an outdoor therapy and working therapeutically outdoors practitioner discussion group.

Friday 10th September, 6:00 - 8:00pm (2hrs)

Festival 'chillout' tent

Open to all conference participants.

A chance to socialise, meet informally with other festival participants, and interact with / give feedback to the conference organisers.

A link will be sent to all conference participants. No need to book in advance.



Saturday, 11th September, 9:30am-12:30pm (3hrs)

The Theory and Practice of 'Relationship Psychotherapy'

(This is session two of two thematically linked sessions facilitated by Zoli Figusch. The first linked session is on the evening of 7th September. A 20% discount applies if both workshops are booked together. You can attend either workshop independently of the other.)

Who is it for? This workshop is suitable for people with some previous experience of action methods.

Maximum 25 people (including workshop leader and support)

Zoli Figusch: J.L. Moreno defined spontaneity as our ability to find new responses to old situations, or adequate responses to novel situations. He also saw our ability to respond to situations with spontaneity as a measure of good mental health, while the inability to do so, as a sign of anxiety. His words couldn't be more relevant in the current world pandemic, a novel and unprecedented situation, which is highly anxiety provoking, yet demands of us to remain spontaneous and find adequate responses in continuing to deliver our work as psychotherapists.

These two experiential workshops (this one, and the thematically linked session I will lead on 7th September) emerged from my attempts to respond spontaneously to the challenges of the pandemic in my psychodrama work. My aim is to present, demonstrate and share one-to-one psychodrama techniques, which were initially developed for face-to-face work, but can be readily adapted to working with clients via online video platforms.

The sessions will be experiential, with demonstrations of these techniques, allowing participants to consider how to incorporate them into their own practice. We will also look at a wider theoretical framework for individual psychodrama work, and more specifically the theoretical underpinnings of 'internal psychodrama' (the focus of the workshop on 7th September) and 'relationship psychotherapy' (the focus of this workshop).

This is a working modality developed by Jose Fonseca, a technique derived from analytical therapy and psychodrama, and described as a minimalist version of psychodrama. The expression 'relationship psychotherapy' emphasises the relational philosophy (Martin Buber) within the therapeutic work, and it deals with the client-therapist relationship (here and now), the client's external relationships, and the relationships from the client's internal world (the client's internal sociometry). Scenes are played out verbally; there is no external dramatic action, no stage or stage markings, and no physical interaction.

Zoli Figusch is a psychodrama psychotherapist, supervisor and trainer, a member of the British Psychodrama Association (BPA) and the United Kingdom Council for Psychotherapy (UKCP). Zoli is a member of the BPA's Executive Committee and their representative to FEPTO. He is also a member of the North-West Psychodrama Association, and the series editor of the newly re-published series of J.L. Moreno's books. Zoli is the editor of three psychodrama books: 'Sambadrama – The Arena of Brazilian Psychodrama'; 'From one-to-one psychodrama to large group socio-psychodrama'; and 'The J.L. Moreno memorial photo album'. Zoli works as a principal psychotherapist at a specialist psychotherapy service for clients with personality disorders, in Maidstone, UK.

Saturday, 11th September, 1.30-2.30pm (1hr)

9/11: A 20th Anniversary Commemoration (large group)

Who is it for? Open to all conference participants who have booked a large group ticket.

Clark Baim

This one-hour session will take place on the 20th anniversary of the 9/11 attacks on New York and Washington. Clark Baim will convene the session and will provide a light structure allowing people to mark the commemoration in the way they wish to, to share memories, to offer messages of solidarity, to reflect on the meaning and impact of the events of that day, or simply to be present together in witness.

Clark Baim, PhD (UKCP, BPA) is a Senior Trainer, Clinical and Training Supervisor and Psychodrama Psychotherapist. He is the Director of the Birmingham Institute for Psychodrama and Honorary President of the British Psychodrama Association. With Susie Taylor, he established the Birmingham Institute for Psychodrama in 2009. A native of Chicago, USA, he has lived in the UK since 1987.

Sunday 12th September 9.30am-12.30pm (3hrs)

Introduction to Sociodrama

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 25 people (including workshop leader and support)

Irina Stefanescu: Whenever an important hidden or overt story belongs to a group, then sociodrama is a resourceful way to make that story visible, to explore it for better understanding and for finding possible options to develop or change the story.

This involves warming up people to unleash their spontaneity, finding the story, finding the relevant actors and warming participants up for those roles, mapping the group's larger system, getting to action, zooming in and out, trying various perspectives, using specific instruments – role taking, role reversal, the so-called “double” which is role expansion in sociodrama, tagging, soliloquy, mirroring, sculpture, scenes – and then, sharing from role, from self and social learning.

When I started to apply multiple protagonists' psychodrama and sometimes group psychodrama in my practice of organisational development consultancy, I was fascinated with the results, the energy, the amount of spontaneity released in action. Adding sociodrama in my work meant adding more systemic learning for everybody, expanding perspective, increasing creativity and solution-focus. In the boardrooms, it meant clarifying visions, rehearsing options for strategies, clarifying the company's or the managerial team's identity, identifying patterns of behaviour and trying out new behaviour towards important stakeholders, mapping processes in action and identifying the possible problems, then how to prevent or solve them. With teachers, it meant finding new ways to connect with each other, with the children, adding energy and fun to their lessons which became memorable and encouraged children to engage and contribute. With doctors, it meant more interdisciplinary collaboration and teamwork around the chronic patient.

Let's meet for an introduction to sociodrama in a 3-hours workshop to experience this way of group storytelling in action and make the most out of this short encounter!

Please bring a post-it and prepare to contribute!

Irina Stefanescu: Passionate and experienced Learning & Development Partner for organizations and their people. Chemistry graduate (1992), Irina got accredited as trainer (1997), headhunter (1997), coach (2005), psychodramatist (2009) and sociodramatist (2012). Licensed to use LIFO® (1999), Thomas International Management System™ (2000) and Human Synergistics® (2005). Has founded FLUX Training and Consultancy (2004), accompanying people from healthcare, financial services, industry, oil & gas, automotive, IT&C, FMCG, construction, services, education, and management consultancy.

Founder of Sociodrama Centre Romania, Irina collaborates in Geneva with ODeF, contributing to the Swiss certificate course in French of sociodrama and action methods for consultants, coaches, trainers, managers, educators. She volunteers with youth, children, and their educators. Active member of the Romanian professional coaching community since 2008. Living in Bucharest, Romania, Irina is a supportive mother, wife, daughter, and friend, she loves to learn, travel, explore, read, laugh, dance, skate, listen to and play music, enjoying life every day.

Monday 13th September 6:00 – 9:00pm (3hrs)

Spontaneity and Research: We can't have one without the other

Who is it for? All are welcome – highly recommended for students.

While this workshop is particularly aimed at trainees, the contributions of any practitioner looking to challenge cultural conserves about research in psychodrama are very welcome.

Maximum 25 people (including workshop leader and support)

Lisle Scott: This workshop will aim to re-establish the links between spontaneity and research, so pivotal to Moreno's early work. Together, participants will seek to redefine core principles of Psychodrama psychotherapy concerned with understanding, qualifying and quantifying what, why, how of meaningful healthy relating between people as it relates to research in the broadest sense. We will also aim to explore how the process of research, experienced and examined through a lens of curiosity and creativity, such integral components of research, can contribute to a deeper appreciation and application of the therapeutic model.

There will also be space for participants to 'play' with research through testing ideas and developing potential projects to enhance their stages of learning and development.

The workshop will be facilitated using some didactic teaching methods however there will be a significant emphasis on action learning.

Lisle Scott is a BPA registered Psychodrama Psychotherapist and Trainer with a special interest in competency-based training and in the development of a robust tradition of research in Psychodrama training in the UK. She has been advancing this interest through engagement with the BPA Executive and Training and Accrediting Committees.

Lisle is employed as a consultant psychiatrist in the NHS with particular expertise in the treatment of personality disorders.

Tuesday 14th September, 6:30 - 9.30pm (3hrs)

Attached from the Start: Moreno and Attachment Theory

(This is one of two thematically linked sessions facilitated by Cathy Nugent. The other linked session is on the evening of 21st of September. A 20% discount applies if both workshops are booked together. You can attend either workshop independently of the other.)

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 25 people (including workshop leader and support)

Catherine D. Nugent: Secure environments and stimulating, engaging experiences help build the architecture of the brain and support mental health and wellness. Conversely, the absence of caring, stable relationships, especially in early childhood, can lead to a host of life-long problems that psychotherapists encounter in their clients, including shame, chronic depression, acting-out behaviors and self-harming, personality disorders, and inability to form close adult relationships.

When Moreno branded psychodrama as social atom repair, he was responding to the profound effects a person's early experiences with doubling, mirroring, and childhood connections play throughout the lifespan. Contemporary researchers of interpersonal neurobiology have confirmed the lasting impact early caregiving has on our psychological development, including our abilities to learn, to regulate emotions, and to form satisfying relationships (Badenoch, 2017; Siegel, 2012).

In this workshop we explore the basics of attachment theory as articulated by John Bowlby, Mary Ainsworth and Mary Main through presentations and discussion, sociodramatic role-play and a short vignette.

This workshop is suitable for people with all levels of experience. For those already familiar with attachment theory, these workshops offer a refresher and an opportunity to learn psychodramatic and other experiential interventions to apply in clinical practice.

Catherine D. Nugent, LCPC, TEP, Executive Director & Principal Trainer with Laurel Psychodrama Training Institute, is a licensed clinical professional counselor and Board-certified psychodrama trainer. From 2013-2019, Cathy taught in the Clinical Mental Health Counseling Program at Johns Hopkins University. In her private practice, she specializes in using integrative/experiential psychotherapy to help individuals, couples and groups heal from trauma and attachment injuries. Beyond her 30+ years of experience as a psychodramatist, Cathy's clinical practice and teaching are informed by her training in sensorimotor psychotherapy, Imago Relationship Therapy, mindfulness, and hatha yoga. Cathy is the recipient of the 2019 *J.L. Moreno Award for Lifetime Achievement in Psychodrama*.

Wednesday 15th September, 11:00am - 2.30pm (3.5hrs)

Therapeutic Factors of Psychodramatic Work with Family History

*Who is it for? This workshop is suitable for people with some previous experience of action methods.
Maximum 25 people (including workshop leader and support)*

Pavel Kornienko: Modern studies of the effectiveness of psychotherapy show that it is very important that a client understands how a psychotherapist works and a client has an inner agreement about the course of the treatment. All psychodramatists know that working with a family history has a great power. But some explanations of this type of work confuse some of our clients, as they do not fit in their image of the world. And if we have more different explanations for this work, it will help us to find the best explanation for each client.

At the workshop I will offer several ideas that I use to understand and explain the therapeutic mechanisms of working with a family history. All of them are connected with the natural science and psychophysiological view on the psyche. I will try to answer these questions:

- Why does psychodramatic healing of the ancestor role have a therapeutic effect for the protagonist? How can we explain this effect to our clients?
- If, for example, we create a new childhood for the mother in psychodramatic work, how can this affect the real relationship with her?
- Why can we sometimes carry other people's feelings in us? What is the mechanism of the way in which such feelings appear? How do we work with these feelings?

These ideas will allow us to see once again the power and the wisdom of classical psychodramatic techniques. And of course, after my explanation, after my explanations, the second part will explore this topic experientially using psychodrama.

Pavel Kornienko is a psychologist, psychodramatist, supervisor, IAGP member and psychodrama trainer from Moscow. He teaches Psychodrama in long-term courses in various cities in Russia and other post-soviet countries. In addition to classic Psychodrama, Pavel has two areas of expertise: working with trauma via the completion of psycho-physiological reactions, and with relationship problems by focusing on interpersonal communication. He is an author of articles about basic techniques and therapeutic aspects of psychodrama, the specificities of conducting online therapy groups and psychological work with trauma, loss, aggression and shame. CV: <https://psy-education.ru/about/trainers/pavel-kornienko/eng>

Wednesday, 15th September, 6pm - 9pm (3hrs)

You Are Not Your Symptoms: Bodily Symptoms as Metaphors (The use of psychodrama in psychosomatic disease)

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 25 people (including workshop leader and support)

Judith Teszáry: The hypothesis: The use of psychodrama with psychosomatic patients is more effective than verbal therapies. Psychosomatic states are characterized by the lack of ability to symbolize, the lack of spontaneity, low emotional expressiveness, and low stress tolerance. Very often the patient is not aware of the connection between the bodily symptoms and the psychosocial and environmental factors. In their daily life, the patients act within a reduced role repertoire where the overdeveloped psychosomatic roles dominate. The rationale is that psychodrama is effective in creating clear emotional states, providing symbols for experiences of emotional significance and providing tools to integrate repressed memories of early, often pre-verbal traumatization. A need for new methods, a new approach and above all a new way of thinking about stress-related diseases are necessary. Health psychology and in particular the contribution of Prof. Aaron Antonovsky, a medical social scientist is of utmost help for a better understanding of psychosomatic diseases.

The workshop is experiential. It gives an opportunity to explore and learn how to transform bodily symptoms into mental structures. The body is carrying both the despairs and the desires.

Judith Teszáry is a psychodrama and sociodrama trainer and supervisor, international lecturer, and founding member of FEPTO (Federation of European Psychodrama Training Organizations). She served as president of FEPTO for 6 years. She is a member of the Task Force for Peace and Conflict Transformation group using the method of sociodrama in conflict areas.

Judith has been working with psychosomatic patients, using psychodrama in a research and treatment project at the Karolinska Institute, Stress Research Department in Stockholm. She is the chair of the Swedish Association of Psychodramatists.

Thursday 16th September 6:00 - 9:00pm (3hrs)

Psychodrama: The Soul in Action

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 15 people (including workshop leaders and support)

Virginie Boury & Niall Lenihan: The etymology of the word psychodrama can be traced to the Greek terms for the soul ('psyche', from the ancient love story of the mortal Psyche and the immortal Eros) and action ('drama'). Psychodrama is the soul in action. The soul in action gives birth to spontaneity and creativity through an encounter with the self, others and the world.

In this workshop we will use these roots of psychodrama to invite participants to explore their personal relationship with the love story of Psyche and Eros. This story brings out many themes: the overriding power of love; being rescued by someone who loves you; a man not revealing himself to the woman he loves; abusive relationships; the power of a mother over her son; a father abandoning his daughter; the misuse of belief systems to justify wrongdoing; your way of dealing with authority; loneliness; secrecy; mistrust in a relationship; feeling betrayed, abandoned and heartbroken; the aging woman losing her power to a younger beauty; envy; bad-mouthing others; fear of losing your child; accidentally injuring another; overcoming hurdles; revelation and enlightenment; a woman's power of self-defence; receiving help; mercy; transformation; birth and new beginnings.

Following psychodramatic action and personal sharing, the workshop will take a look towards the future. The workshop will conclude with an action-based reflection on how psychodrama and sociodrama can be used as agents for change and transformation in our own lives, in the wider family, professional and local communities in which we live, and at the wider societal level at this time of ecological challenge and political uncertainty.

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. She is currently working at The Practice in Central London.

Niall Lenihan is a trainee psychodrama psychotherapist at the London Centre for Psychodrama. He has experience working as a trainee with groups in private practice.

Friday 17th September 10:00 - 12.30pm (2.5hrs)

Witnessing our Attitude Towards the World Through Role Play:
Being able to watch ourselves in performance (the observer is
observed).

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 25 people (including workshop leader and support)

T.T. Srinath: Perhaps one of Jacob Moreno's deep desires was to help each of us find the advantages of 'play' in whatever we pursued. This was his way of wanting to rehabilitate those needing mental strength and networks which he called 'roles', which sometimes we take on with awareness and sometimes without. The more aware, he emphasized, we are of the roles we take on, the effectiveness in execution of the role would be better.

To be able to know the role we take on, act out, the impact we create on those who experience us in the role and our ability to make the roles we take on functional, requires that we 'step' out of the role even as we are involved in 'acting' or playing it out, watch ourselves from a distance and see the role in its full form.

This concept of being in role yet being able to objectively view it simultaneously was very widely practiced in Indian folklore, where characters in role, time and again paused to examine the roles they were playing and comprehend its impact on those they were in contact with. The Sanskrit (probably one of the oldest languages in the world) term for this is '*Sakshi bhava*' which means, to have a witnessing attitude to the world, developed by practising awareness within oneself. *Sakshi Bhava* is a powerful meditative technique which also aids internal healing.

Over a two-and-half hour workshop each of us will have the opportunity to attempt such a process 'of seeing ourselves from the outside', helping us delve a little deeper into our being.

T.T. Srinath, PhD: I am a Personal Growth and Organisation Consultant and a qualified sensitivity trainer, qualified with the Indian Society for Applied Behavioural Science, the Indian arm of NTL, USA. I have a Post-Graduate degree in Human Resource from Xavier Labour Relations Institute, and a Ph.D. in 'Behaviour of the Small-Scale Entrepreneur', from Anna University, Chennai, India. I am a Certificate holder in Sociodrama & Action Methods, issued by MPV / SAM Sociodrama & Action Methods Training and accredited by the British Psychodrama Association. I am a stage actor, a student of Gestalt, trained by the Northern Rivers Institute of Gestalt, Australia. Over the last 27 years I have worked with CEOs, Managers, Middle level Managers, Executives and front-line staff, numbering more than 32,000 individuals across India, Sri Lanka, United Kingdom, Middle East, and Indonesia, ranging from manufacturing & service industries, educational institutions, government departments, public sector and the NGO sector.

Friday 17th September, 6:00 – 8:00pm (2hrs)

Festival 'chillout' tent

Open to all conference participants.

A chance to socialise, meet other festival participants informally, and interact with / give feedback to the conference organisers.

A link will be sent to all conference participants. No need to book in advance.



Monday 20th September, 6:00 - 7:30pm (1.5hrs)

Research in Psychodrama Psychotherapy – How can practitioners contribute?

Who is it for? This workshop is suitable for people with all levels of experience, and is especially recommended for students.

Students are particularly welcome.

Maximum 25 people (including workshop leaders and support)

Hannes Krall & Ana Cruz: Research in psychodrama is vital for the quality and further development of psychodrama, both in theory and practice. Research is not only an individual endeavour, but also as an essential part of a professional culture, which has to be fostered in training and practice. Therefore, psychodrama needs psychodrama psychotherapists, trainers and trainees who are interested in sharing about their practices and to engage as research practitioners in a collaborative research network. Apart from being a psychodrama director, the role as a researcher has to be developed and fostered. Several requirements are to be met to enhance practitioner research:

- To acknowledge research as important for psychodrama practice.
- To get information about current research from journals, books, symposia etc.
- To engage in research training and to improve knowledge and skills.
- To participate in research activities and projects.
- To create networks of research practitioners and institutions.
- To present, publish and share results and experiences of research.

In recent years, several attempts within the Federation of European and Mediterranean Psychodrama Training Organizations (FEPTO) have been undertaken in order to develop a practitioner research community. The presentation will give an overview about the work and developments within FEPTO and its practitioner research network. Furthermore, it will focus on the question, how practitioners can contribute to research by conducting practitioner research projects. A specific mixed method design for practitioner research will be introduced and discussed.

Johannes Krall, ao. Univ.-Prof. Dr., Alpen-Adria-University of Klagenfurt, Educational Sciences and Research; Psychologist, counsellor, psychotherapist, supervisor; Trainer for supervision at the Austrian Society of Groupdynamics and Grouptherapy and lecturer for psychodrama at the University of Innsbruck; Director of the psychodrama training programme at the Sigmund Freud Private University; Former president of FEPTO and current chair of the FEPTO Research Committee. Recipient of an Excellence Award granted by FEPTO. Key activities: Research in psychodrama training, supervision and psychodrama practice. Several publications about psychodrama, supervision, violence, trauma of children and young people. Email: hannes.krall@aau.at

Ana Cruz: PhD in Psychology, Psychodrama; Degree in Clinical Psychology and in Social Psychology; Director of Psychodrama (trainer of the Portuguese Psychodrama Society) and Director of Psychodance (founding member and trainer of the Iberian Psychodance Association Jaime G. Rojas Bermúdez); Former member of FEPTO council and Member of the Research Committee of the Federation of European Psychodrama Training Organizations (FEPTO-RC); Clinical Psychologist in the Psychiatry and Mental Health department of the Porto central hospital. Running Psychodrama and psychodance groups with adults in private practice.

Tuesday 21st September 6.30 - 9.30pm(3hrs)

Attached from the Start: Interventions for a Secure Base

(This is the second of two thematically linked sessions facilitated by Cathy Nugent. The first linked session is on the evening of 14th September. A 20% discount applies if both workshops are booked together. You can attend either workshop independently of the other.)

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 25 people (including workshop leader and support)

Catherine D. Nugent: In this second of two thematically linked workshops on attachment theory and psychodrama, we explore interventions that help us and those we serve become more securely attached. Findings from the contemporary field of interpersonal neurobiology (Badenoch, 2017; Siegel, 2012) explain why talk therapies alone are not always able to repair developmental wounding. This is especially the case when the attachment injury occurred before the child's capacity for language was formed. Experiential and body-based approaches offer effective non-verbal ways to engage clients with challenging attachment histories.

This workshop offers experiential interventions from psychodrama, sensorimotor psychotherapy and yoga-based therapy. You will be equipped with essential knowledge and skills to help create a safe haven for clients struggling to overcome the legacy of adverse attachment histories. For those already familiar with attachment theory, the workshop offers a good refresher and an opportunity to learn psychodramatic and other experiential interventions to apply in clinical practice.

This workshop is suitable for people with all levels of experience. For those already familiar with attachment theory, these workshops offer a refresher and an opportunity to learn psychodramatic and other experiential interventions to apply in clinical practice.

Catherine D. Nugent, LCPC, TEP, Executive Director & Principal Trainer with Laurel Psychodrama Training Institute, is a licensed clinical professional counselor and Board-certified psychodrama trainer. From 2013-2019, Cathy taught in the Clinical Mental Health Counseling Program at Johns Hopkins University. In her private practice, she specializes in using integrative/experiential psychotherapy to help individuals, couples and groups heal from trauma and attachment injuries. Beyond her 30+ years of experience as a psychodramatist, Cathy's clinical practice and teaching are informed by her training in sensorimotor psychotherapy, Imago Relationship Therapy, mindfulness, and hatha yoga. Cathy is the recipient of the 2019 *J.L. Moreno Award for Lifetime Achievement in Psychodrama*.

Wednesday 22nd September 6:00 - 9:00pm (3hrs)

Experiential Action Methods and Tools for Healing Grief and Loss-Related Trauma: Life, Death, and Transformation

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 25 people (including workshop leader and support)

Lusijah Sutherland Darrow: This workshop presents psychodrama methods and tools to work with universal aspects of primary and secondary grief. These issues include loneliness, sadness, guilt, anger, unfinished business, frozen trauma, finding a new normal and meaning in life. These tools, developed in grief groups at the Centre for Living with Dying, demonstrate the powerful and transformative impact of psychodrama as clients experience new insights and narratives about difficult and entrenched feelings that contribute to persistent grief. This work incorporates a spiritual perspective to help clients experience the timelessness of shared love and connection and to honour the gifts from the relationship with the loved one. The work supports integration of the deep sorrow of loss with knowing that the loved one will always be a part of the survivor's life.

The psychodrama approach for working with grief topics is consistent with contemporary grief theory about tasks of mourning (Worden) and healing: *loss orientation* and *restoration orientation* (Stroebe and Schut), *meaning reconstruction* (Neimeyer and Sands), and *continuing bond* (Klas). Psychodrama methods and tools bring life to these tasks.

This workshop will present material from the presenter's book, *Experiential Action Methods and Tools for Healing Grief and Loss-Related Trauma: Life, Death, and Transformation* (Routledge 2020). These tools and methods are immediately accessible and useful for psychologists and therapists, counselling centres, hospice programs, and ministers working with grief and trauma. The workshop will provide effective strategies toward working with difficult clinical aspects of complicated bereavement and for helping bereaved persons find a new normal that has life meaning.

Lusijah Darrow is passionate about using therapeutic approaches that engage body, heart, mind, and soul to support transformative change. She trained with the Bay Area Moreno Institute and the Hudson Valley Psychodrama Institute and was certified by the American Board of Examiners in Psychodrama, Sociometry, and Group Psychotherapy. Lusijah has used psychodrama and creative expression methods with groups and individuals working with grief and loss-related trauma. She has given presentations of this material to various groups in the US.

Lusijah currently works in private practice, meeting with individuals, couples, and families with diverse needs. Previously, she worked in the area of immunology research at Stanford University. She lives in La Selva Beach, CA, happily married to her husband, who is also a therapist and writer.

Thursday 23rd September 6:00 – 9:00pm (3hrs)

A Sociodrama for our Time: An exploration of a topic of current interest and relevance

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 25 people (including workshop leader and support)

Diane Adderley: Who knows what September 2021 will bring? The world is changing so fast in this pandemic and what particular colour the global 'reality of uncertainty' will be in the autumn is anyone's guess, though there is much speculation. This workshop will explore what is most current for participants at the time. We will spend a while in small groups on the day, looking at the topics that resonate for us and deciding on the theme(s) we wish to explore sociodramatically. Bring the headlines that capture your interest.

Diane Adderley is a Senior Sociodrama Trainer (BPA Accredited), psychodramatist and APTT (Accredited Playback Theatre Trainer). With Ron Wiener, she co-directed the BPA's Sociodrama and Action Methods school from 2006-2012. In the last 18 months, she has been directing large and small scale sociodramas online for iSCAN International Sociodrama and Creative Action Network) with the wonderful global participant groups we have been able to access from our little black boxes.

Friday 24th September, 6.30 - 8:00pm (1.5hrs)

Playback Theatre (large group session)

Open to all conference participants who have booked a large group ticket.

Who is it for? This workshop is suitable for people with all levels of experience.

Maximum 75 people.

Diane Adderley and Playback Performers: Playback Theatre is improvised real life stories told by audience members and enacted by trained playback performers. In the COVID era, we have, of course, needed to adapt our methods considerably from our usual live theatre performance style: it may be different to what you have been used to, but we will share our moments from the festival and beyond and see them in real time creative representation on the Zoom stage.

Diane Adderley, who will conduct the performance, is an accredited Playback Theatre Trainer, as well as being a sociodramatist and psychodramatist. Playback Theatre Manchester (who will hopefully perform) has been in existence continuously since 1992, with several of the original members still active in the company.

Friday, 24th September, 8:00 - 9:30pm (1.5hrs)

Closing ceremony / Awards ceremony* (large group session)

Open to all conference participants.

A link will be sent to all conference participants (large group and small group participants).

No need to book in advance.

A chance to gather for the closure of the BPA festival. This session will be led by the conference organisers.

This closing ceremony will include awards, recognition of milestones and achievements by BPA members, expressions of thanks to the workshop presenters and speakers, expressions of interest for future conference themes and formats, closing thoughts, and handing on the baton to next year's conference committee.