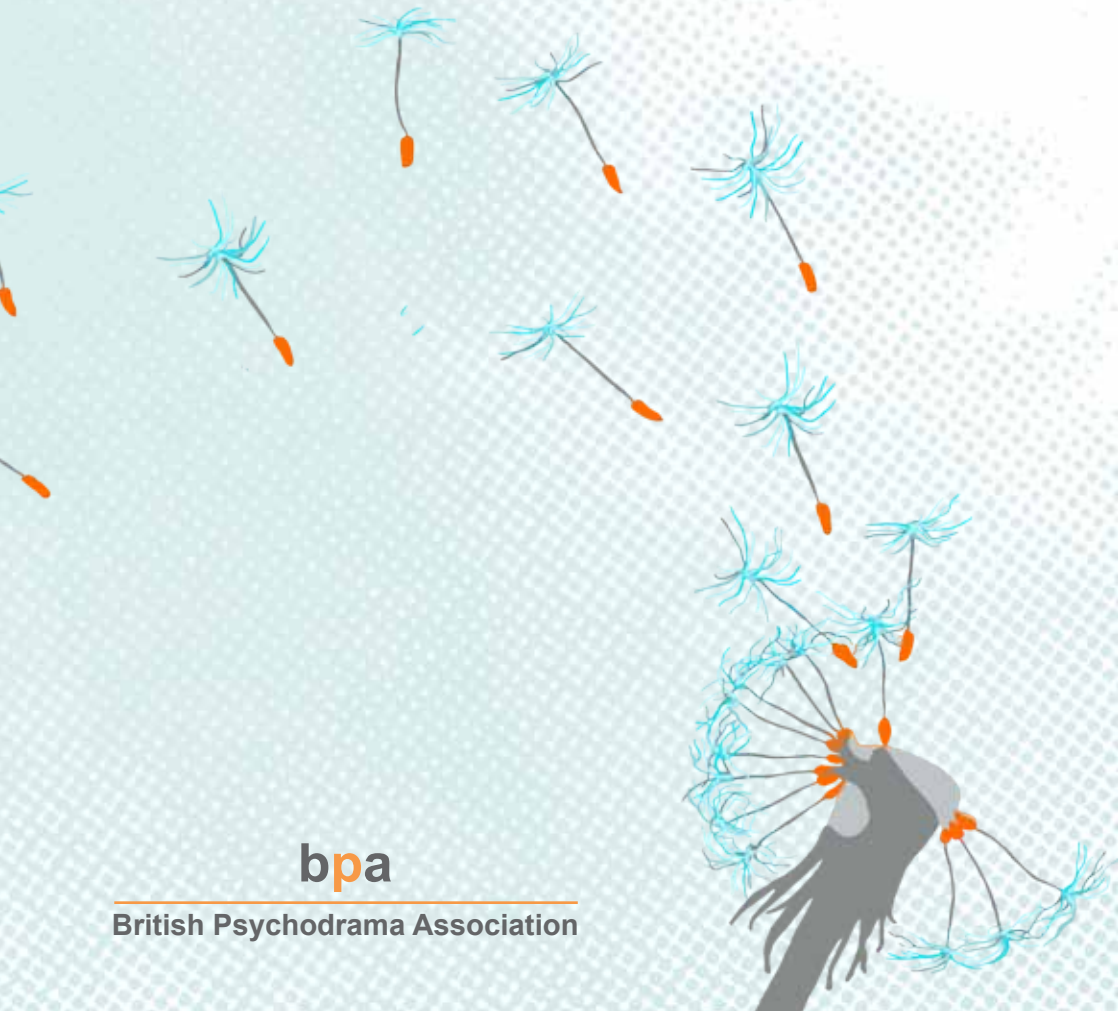


# BEING IN ACTION PSYCHODRAMA AND SOCIODRAMA CONFERENCE

The British Psychodrama Association (BPA)  
30<sup>th</sup> Annual Conference 2013

21<sup>st</sup>-23<sup>rd</sup> June 2013  
Dublin City University (DCU)  
Glasnevin, Dublin.



**bpa**

British Psychodrama Association

## Venue Information

Dublin City University is a young university, situated on an 85 acre campus three miles north of the River Liffey in the city centre and just a 15-minute drive from Dublin airport. With the city just a 10-minute bus drive away the committee have arranged an open bus tour of Dublin city for interested delegates after the closing plenary on Sunday afternoon. The campus offers access to fitness and swimming facilities as well as the Inter-Faith Centre for quiet time, for those delegates who may be interested.

### Address

Dublin City University,  
Glasnevin,  
Dublin 9,  
Ireland

### Directions & location Maps

Please see  
[www4.dcu.ie/info/get\\_to.shtml](http://www4.dcu.ie/info/get_to.shtml)  
for directions and location maps

### As conference organisers we would like to thank

Rob & Tanya Harris for their design of flyer and brochure.

Lion Print for bringing our flyer and brochure into being!

Dave Doyle and All at DCU for their collaboration with us in making this BPA conference happen.



# Being in Action

## The British Psychodrama Association (BPA)

### 30<sup>th</sup> Annual Conference 2013

21<sup>st</sup>-23<sup>rd</sup> June 2013  
Dublin City University (DCU)  
Glasnevin, Dublin.

## Welcome

We warmly welcome you to join us at our Annual BPA Conference being held, for the first time, in Dublin.

Psychodrama training in Ireland came into being 20 years ago with Catherine Murray at Newtown House, Doneraile, Cork. This resulted in 'home grown' Irish trained psychodramatists, a number of whom are serving on the 2013 Conference committee.

Our Conference theme **Being In Action** links and integrates mindful awareness with the practice of Action Methods, helping us find a tuned balance between our 'internal' and 'external' worlds and those of our clients.

As ever in BPA conferences we are delighted to have a rich blend of workshops and presentations reflecting a wide area of expertise across the therapeutic, educational, organisational and community sectors. We welcome workshop leaders and presenters from far and near offering a truly international experience throughout the weekend.

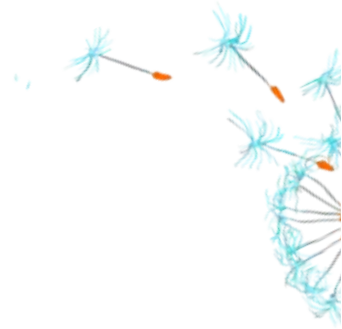
Catherine Murray, Angela Bracken and Orla McKeagney, three pioneers in Ireland of Psychodrama, Dramatherapy and Playback Theatre respectively, will facilitate the opening plenary and warm us up to the Conference theme of Being in Action.

Our theme will also be explored by Caitríona Nic Ghiollaphádraig with a 5 Rhythms session on Saturday. Caitríona trained with Gabrielle Roth and pioneered 5 Rhythms in Ireland.

Finally, we will conclude our Conference with a closing plenary led by Jinnie Jefferies. Jinnie is a senior trainer and founder of the London Centre for Psychodrama. With Catherine Murray, she led psychodrama training in Cork.

We hope you enjoy your time at the conference and for further information please contact us on [conference@psychodrama.org.uk](mailto:conference@psychodrama.org.uk).

*Your conference committee:  
Joni Crone, Noelle Branagan,  
Veronica Harris, Sheila O'Keefe  
and Lorraine Shortt*



## General Information

### How to book

You can book online at [www.psychodrama.org.uk](http://www.psychodrama.org.uk) or download booking form, complete and post with a cheque payment, or from the brochure using the booking form on the back page and post to the BPA Administrator.

**Please note this year's early bird fee date: book by midnight 31<sup>st</sup> March to get reduced rate.**

### Accommodation

The rooms are single en-suite. Also available to delegates are a few rooms that are wheelchair accessible and a few double rooms. Each floor has a kitchen with tea and coffee making facilities, fridge and iron and ironing board.

### Bursaries

The Michael Watson Trust is a charitable fund raising trust which helps promote psychodrama and sociodrama in the UK and Ireland. This year the Trust has eight bursaries of £150 available for BPA members who have limited financial means to attend the conference. For information re criteria, deadline [**30<sup>th</sup> April 2013**] and application form please go online to [www.psychodrama.org.uk](http://www.psychodrama.org.uk) or contact the secretary Nancy Piercy on [nancy\\_piercy@yahoo.co.uk](mailto:nancy_piercy@yahoo.co.uk) or by mail at Nancy Piercy, Secretary, Mike Watson Trust, 8 Benton Close, Upper Welland, Malvern, Worcestershire, WR14 4LL.

### Entertainment

Relax and enjoy an evening of Playback Theatre followed by some 'ceol agus craic' on Friday night in the bar. Then on Saturday night following the Gala Dinner we have the 'This and That' band to entertain us, with quieter areas for those who may wish to sit and chat and sip a little!

### Your Time space

This year we have set a Your Time space on Saturday, at the same time as our 5 Rhythms session, which we hope offers a blend of possibilities to meet the needs of all our delegates.

### Reflective space

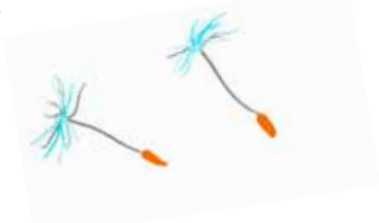
A facilitated supportive reflective space for delegates who may wish to process their experiences of the conference. The committee members are also available for delegates, should they need/want support.

### Interfaith Centre

There is a quiet room which is available for delegates to visit.

### Leisure facilities

The swimming pool and fitness centre are on site and available for use for the delegates at a cost of €5 a visit.

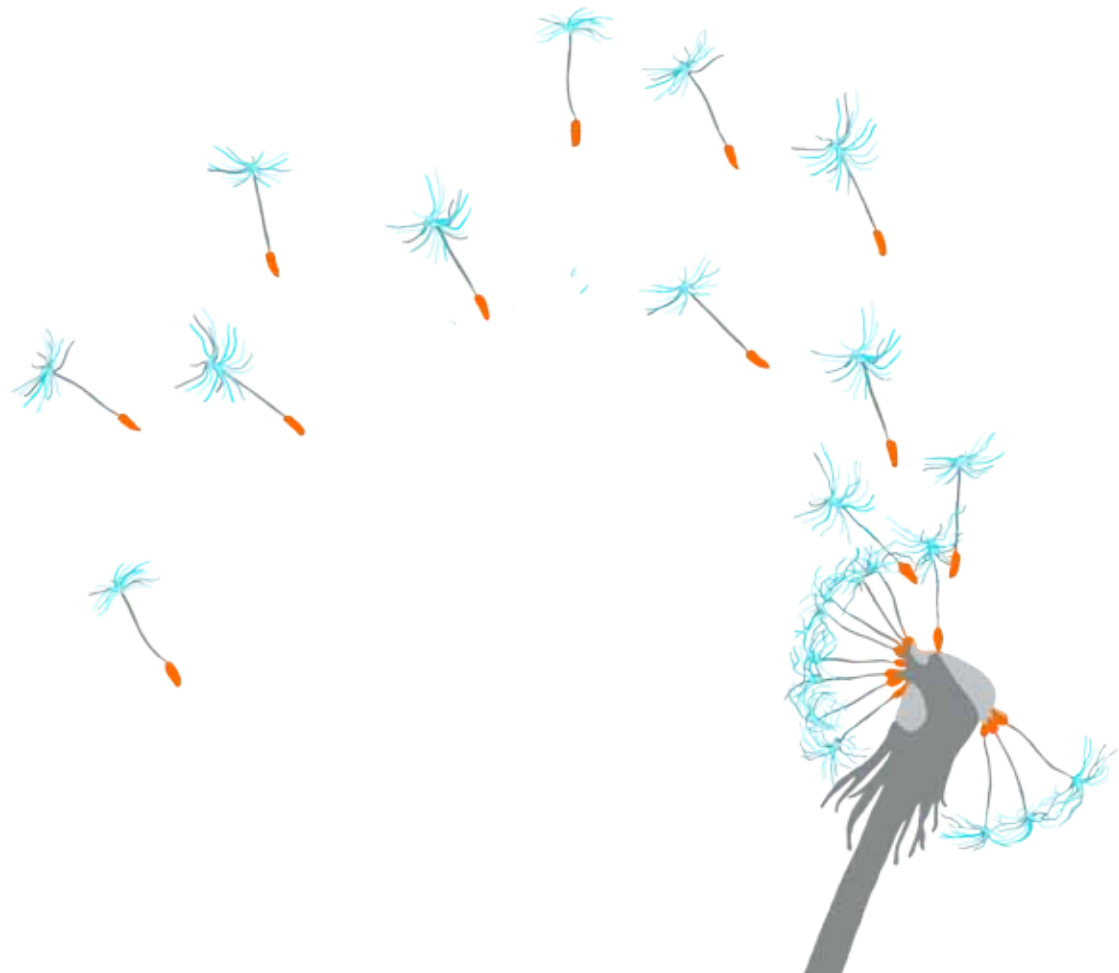


## Morning Activities

Early risers may like to engage in morning activities. On Saturday morning there is a facilitated Mindfulness meditation, and on Sunday morning there is T'ai Chi.

## BPA Annual General Meeting:

The AGM will take place on Friday afternoon, non-members are welcome, and there will also be Introduction workshops to Psychodrama and Sociodrama running concurrently.



# Conference Programme

## Friday 21<sup>st</sup> June

- 10.00-12.00 Registration  
11.00- 12.00 Workshop leaders warm-up with *Gráinne Sheppard*  
12.00 -12.45 Lunch  
13.00-14.00 Welcome and Opening Plenary  
14.15-16.15 Workshops A  
16.15-16.45 Refreshments  
16.45-19.00 AGM  
16.45-18.15 Introduction to Psychodrama with *Nellie Visantiadou*  
Introduction to Sociodrama with *Chris Andrews*  
19.30-20.30 Dinner  
21.00 Full Circle Playback Theatre followed by Irish Music session with *Mary O'Sullivan & Clare Sawtell*

## Saturday 22<sup>nd</sup> June

- 07.45-08.30 Mindfulness Meditation with *Eve Doyle*  
08.00-09.00 Breakfast  
09.00-11.00 Workshops B  
11.00-11:15 Refreshments  
11.15-12:30 Presentations of Practice  
12.30 -13.30 Lunch  
13.45-16.15 Workshops C  
16.15-16.30 Refreshments  
16.30-18.30 5 Rhythms session with *Caitríona Nic Ghiollaphádraig*  
**Or** Your time to network/go for a swim  
18.30-19.00 Reflective space with *Teresa Brown & Mike Forrester.*  
19.30-21.00 Gala Dinner  
21.00 'This and That' Band

## Sunday 23<sup>rd</sup> June

- 07.45-08.30 T'ai Chi with *Pen Fitzgerald*  
08.00-09.00 Breakfast  
09.00-12.00 Workshops D  
12.15 -13.15 Closing Plenary  
13.30-14.30 Lunch  
15.00 Dublin City bus tour



**Friday, 13:00 – 14:00**  
**Opening Plenary**

**Being in Action**

*Catherine Murray, Angela Bracken and  
Orla McKeagney*

On this longest day and shortest night of the year, this opening plenary invites you into the art of being

- being in the moment
- being in the body
- being in the senses
- being fully present to our inner experience
- being fully present to our external experience
- being in action mindfully

as we co-create together our conference community.

In the spirit of co-creativity, this opening plenary is conducted by 3 pioneers of Action Methods in Ireland:-

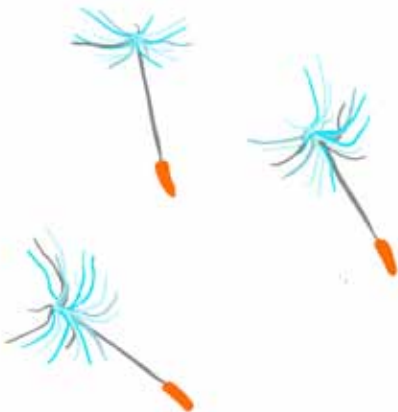
Catherine Murray who set up psychodrama training in 1993,  
Angela Bracken who set up a Masters in Dramatherapy in 2002  
and  
Orla McKeagney who set up Playback Theatre in 1996.



**Catherine Murray** is a psychodrama psychotherapist and senior trainer who pioneered the use of psychodrama in Ireland by setting up Ireland's first psychodrama training school in the early 1990's. For over a decade she has worked in a HSE (Health Service Executive) service where she runs a group and works individually with clients. She has an interest in integrating various energy field modalities within her psychodrama practice.

**Angela Bracken** has a background in education, drama, theatre studies and music. Her fields of special interest are therapeutic story-making and dramatherapy in the treatment of children with autism. She established a Masters in Dramatherapy programme at the National University of Ireland, Maynooth.

**Orla McKeagney** is a psychodrama psychotherapist with a background in theatre who pioneered Playback Theatre in Belfast in 1996, qualifying as a trainer in 1998. After 4 years of adult clinical experience at The Centre for Psychotherapy in Belfast, she is now employed as a therapist for New Life Counselling working with groups and individuals in primary schools in North Belfast. She is also a part-time trainer and facilitator for the Drama department of Queen's University and directs children and adult projects for The Lyric Theatre.



Friday, 14:15 – 16:15

## Workshops A

### A1

#### **EFT (Emotional Freedom Technique) a powerful addition to the toolbox**

*Di Adderly*

Einstein concluded that everything is energy. EFT, or 'Tapping' as it is more commonly known, is one method of working with clients which has emerged from the many methods collectively called 'Energy Psychology'.

Often referred to as 'acupuncture without the needles', EFT uses a combination of 'tapping on the points' on the face and upper body while stating the issue (or a positive intention) and attaching it to a personal affirmation.

Closely connected to NLP and hypnotherapy, it can be used simply as a 'take-away' stress management tool for clients to use themselves, or used in session with a therapist for deeper, more specifically targeted work, clearing distressing emotion patterns arising from old memories, current situations, chronic pain, phobias, anxieties etc.

One of the tenets of EFT is "try it on anything" and results can be astonishingly quick and longlasting.

**Di Adderley** is a psychodramatist and sociodramatist, organisational trainer, NLP practitioner and playback theatre leader. With a thirst for new learning, Di has in recent years added NLP and now EFT to her toolbox of skills. Co-director of MPV/SAM (Sociodrama and Action Methods) from 2005-2012.



Di works freelance in three areas: 1:1 personal development (therapy, coaching, supervision); organisational training (in communication skills, change resilience and stress management); and acting (playback theatre and corporate role-play).

### A2

#### **A Sociodramatic Exploration of 'Being': the roles you lose or gain as you grow older**

*Ron Wiener*

As you age you hopefully gain wisdom and maturity and develop roles such as 'wise old friend' and 'experienced mentor' but there are other roles you might lose such as 'courageous explorer' whether through the ageing process or increasing family responsibilities. This workshop will explore sociodramatically how one's roles change through life's path.

**Ron Wiener** is a senior sociodrama trainer with a worldwide practice. He was awarded a lifetime achievement award in 2008. He is the author of 'Creative Training' and 'Let's Imagine' as well as co-editor of 'Sociodrama in a Changing World'. Further info at [www.ronwiener.co.uk](http://www.ronwiener.co.uk).



### A3

#### The Body in Psychodramatic Work

*Emma Hagen and Doris Prügel-Bennett*

This workshop explores the dimension of the body as the main player in a Psychodrama, without which no action could take place. This workshop explores theoretically and practically the role of the body in psychodramatic work. Participants will be invited to engage in a dialogue with their bodies and explore what has not been said or not been heard. We will investigate the significance of the body's communication and see how insights might need to be reflected further in current psychodramatic theory and practice.

**Emma Hagen** is a Psychodrama Psychotherapist and drama artist working in a number of settings: Therapeutic Theatre and Living Theatre. Emma has embarked on her apprenticeship towards psychodrama trainer status and is passionate about promoting the wide use and application of the psychodrama method across Scotland.

**Doris Prügel-Bennett** works as a Psychodrama Psychotherapist and teacher of the Alexander Technique (MSTAT) in private practice and in Higher Education. She is studying for an MSc.



### A4

#### Action in the 'Space Between'

*Teresa M. Brown and Mike Forrester*

In this workshop we aim to explore through psychodrama something of what happens in the active space between ourselves and the other. We will examine what role spontaneity holds in this encounter and what influences come to colour and shape our actions. Staying with the 'Not Knowing' of the 'Space Between' in action allows us to be present to the other in ourselves and others in a different qualitative way.

This workshop aims to creatively integrate concepts such as projective identification, narcissism and 'not knowing' with methods and techniques of psychodrama as we examine these applications in practice and in relation to the world.

**Teresa M. Brown** was the first qualified psychodrama psychotherapist in Scotland with over 30 years of training and experience. Teresa is a UKCP registered psychodrama psychotherapist, trainer and supervisor. She serves as external examiner for the London Centre for Psychodrama, Group and Individual Psychotherapy and the Northern School.

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

## A5

### From the Outside In

*Lynette Green and Kirstin Hubert*

In this workshop we will explore our own sense of being an outsider and attempt to understand the forces both inside and outside ourselves that can influence this.

Using the themes and issues of participants, we will work in action providing an opportunity to deepen both our own and our clients understanding of this role. We can take risks, be bold and have fun whilst being mindful of the potential to reawaken feelings of alienation and shame.

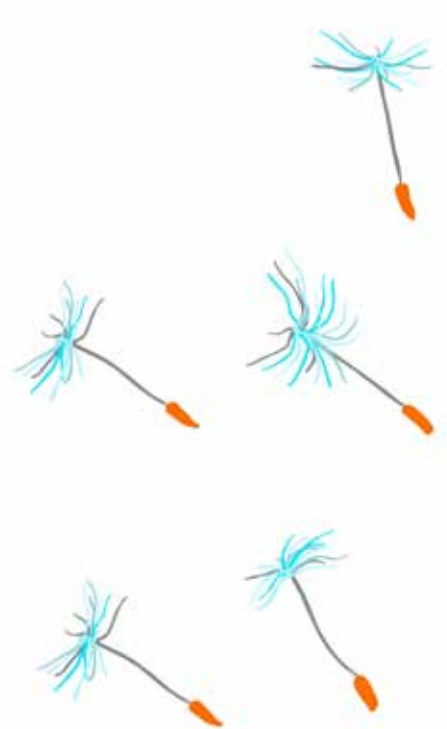
We aim to honour the role of the outsider and use the method of psychodrama to explore other ways/possibilities of being.

**Lynette Green** is a UKCP registered Psychotherapist. She is a Psychodramatist, a Person Centred Therapist and Supervisor and BPA registered Trainer. She has worked within the voluntary sector for over 20 years managing a counselling service for young people at risk and involved in developing new provision for marginalised young people.

An enthusiasm for psychodrama and the potential and the capacity that groups and individuals have for self directed change underpins her work.

**Kirstin Hubert** has experiences regarding the theme 'From the Outside In' in relation to being too English in Germany and too German in England, both countries where she grew up. To not break the habit of a life time, she is now married to a Malaysian, and continues to be interested in issues around cultural identity and international lives.

She is a Psychodrama Psychotherapist for individuals and groups and has worked in the NHS and private health care settings, mainly with people diagnosed with personality disorder.



Friday, 16:45 – 18:15

## Introduction Workshops

### Introduction to Psychodrama

**Nellie Visantiadou-Parintas** is a BPA registered psychodrama psychotherapist, supervisor and trainer. She runs her own private practice and works with adults, couples and families. She loves psychodrama and follows its philosophy trying to make 'tele' choices and being creative and spontaneous in her everyday life.

She is moving towards her senior trainer status mentored by the London Centre for Psychodrama.

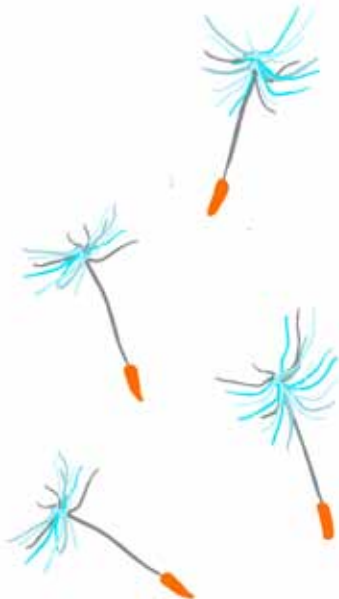
She has written 3 books and also puts her passion into lecturing and running psychodrama workshops.

### Introduction to Sociodrama

**Chris Andrews** is a BPA registered sociodramatist and psychodrama psychotherapist, a socialist, trade unionist and political campaigner, a mental health nurse and author.

He has used Sociodrama and action methods as a supervision tool for staff teams and professional groups within the National Health Service, in team building and service development in the NHS, local councils, Universities, and the non-statutory sector. He has facilitated workshops across the UK and internationally, from Belfast to Belgrade. He believes in the importance of both the individual and the group, and the inextricable links between personal, collective and social health and wellbeing.

He has a history of active involvement in social campaigns, which has also informed his experiences and understanding of groups and organisations. He is passionate and optimistic about the eternal potential for human beings to make creative changes whether it is in the therapy room or the workplace.



**Saturday, 07.45 – 08.30**  
**Sunrise Activity**

**Mindful Meditation**

*Eve Doyle*

Being able to be present, fully present for each moment as it unfolds, is a real challenge in this busy world.

Starting the day with a short meditation practice can help to gently and enjoyably really “arrive” in the moment.

Meditation can allow us to notice what is there, right now, and encourages us to resist leaning forward into the next moment, or ruminating on what has already gone. It can help us set our intention for the day, how we intend to “be” rather than what we intend to “do.” How about trying this gentle way to start the day?

**Eve Doyle** has a post-graduate diploma in MBCT – Mindfulness-Based Cognitive Therapy and uses it in her work with clients and staff groups.

**Saturday, 09:00 – 11:00**  
**Workshops B**

**B1**

**‘There is No Script: The integration of psychodrama with narrative and mindfulness techniques in the treatment of offenders’**

*Clark Baim*

This workshop will introduce an integration of psychodrama, attachment-based narrative techniques and mindfulness principles in working with offenders in the community, in prisons and in forensic hospital settings. A theme common to the 3 approaches is the notion that ‘there is no script’ i.e. each human being can be the author of their own life.

Participants will have the chance to try out several techniques, to integrate the learning, practise skills and apply the process to their own work setting and client group. This approach is equally relevant to private practice, health, social care, business, community, supervision and educational settings.

**Clark Baim** M.Ed., Dip. Psychodrama Psychotherapy, is a Senior Trainer in Psychodrama Psychotherapy and Co-Director of the Birmingham Institute for Psychodrama, UK. He has 25 years of experience as a facilitator and trainer in criminal justice, community, educational, health, business and social care settings.

He has visited Ireland many times and facilitated training events and workshops for professionals in prisons, probation, health, social care and related settings.



## B2

### The Bottle, the Syringe, the Needle and the Foil

*Ali Simmons and John Kearney*

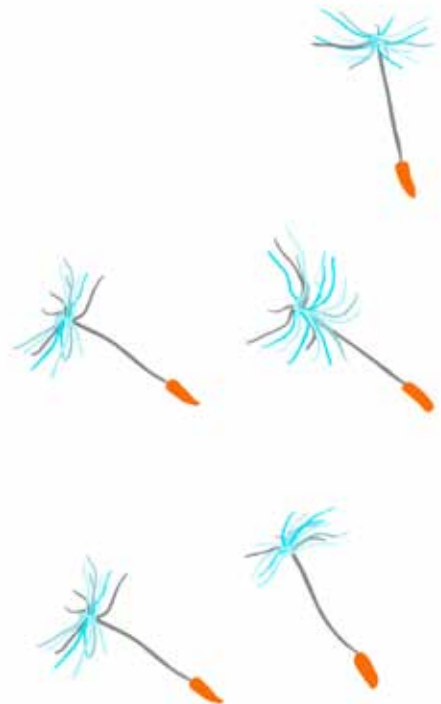
An experiential workshop to help participants gain an understanding of working in the field of addictions. This workshop will explore a variety of approaches and applications in using Action Methods and Psychodrama with this client group.

The workshop will offer an 'inside-outside' opportunity to further learning, understanding and practical application of Action Methods and endeavour to bridge the connections of trauma, life experiences and preservation of self. We will work to seek a shared understanding of how motivation and external events may or may not contribute to relapse. We will actively contribute to the debate of whether, in the field of addictions, full psychodramas are an impossibility and gain some insight into the polarities of reality and fantasy in working with addictions.

**Ali Simmons** is a trained Counsellor and Psychodrama psychotherapist and has a passion for Psychodrama. She believes 'action' in the work is the most touching and moving gift we can offer clients. The Psychodramatic approach gives strength, empowerment, mutuality and creativity and offers opportunities for clients and participants to make a journey of change.

Ali has been practising since her training in the early 90's. She emphasizes the importance of spontaneity and change in the moment. She has experience of Therapeutic Community at the Cassel and has worked at depth in the fields of addiction, mental health and eating disorders.

**John Kearney** is Director of an Adolescent Therapeutic Community, Social worker, Counsellor and works individually and within a group with clients who experience and live with addiction.



### B3

#### **Calatonia: Preparing for Action**

*Fernando Cortese and Ana Paula Figueiredo*

Calatonia is a body method created by a Hungarian medical doctor and psychologist who lived in Brazil called Dr Petho Sándor. It consists in hand touches which promote physical relaxation, body awareness and increases the development of consciousness, facilitating inner contact with one's unconscious dynamic, and also interpersonal contact.

The aim of this workshop is to introduce this technique and allow participants experience an increasing perception of the body and the unconscious process, integration of the ego and the relationships and performance of the psychotherapist role.

Calatonia can be a powerful tool in the psychotherapy field.

**Fernando Cortese** is a Brazilian psychologist and professor working in Jungian psychotherapy since 1977. He teaches at the Catholic University, Sedes Sapientiae Institute in Sao Paulo, and presents workshops in Brazil and Europe. He wrote the book 'Calatonia and Physiopsychic Integration'.

**Ana Paula Figueiredo** is an Occupational Therapist working for 28 years in Sao Paulo in the rehabilitation field, using Calatonia and the Self-Healing method of Meir Schneider. She is an instructor of this method in USA and Brazil.

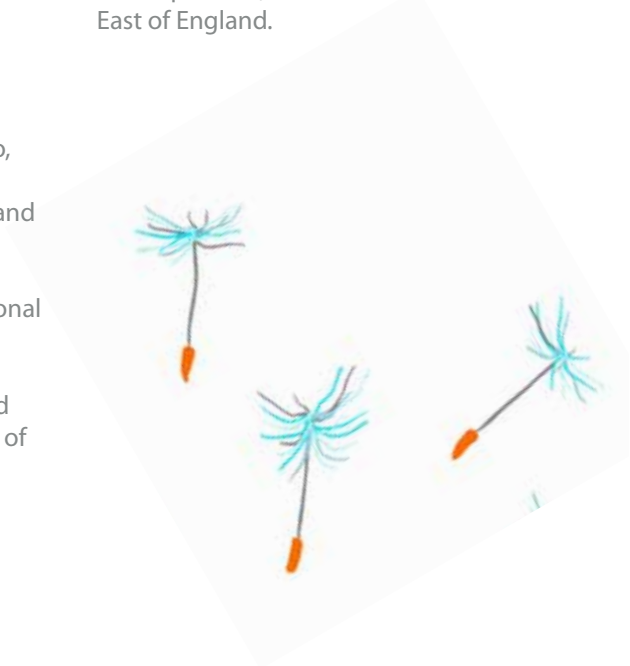
### B4

#### **Meeting at the Margins**

*Margaret Bird*

Where are the margins in our society? Who might find themselves there? Using action methods and focussing on issues facing people seeking asylum, this workshop offers a chance to explore what happens to us when we move towards the edges – of our experience, of our socio-political positioning, of our cultural comfort zone. If we are attempting to really meet with other human beings who are marginalised, how might this happen? What might being in action feel like? Can we really meet at the margins?

**Margaret Bird** is a UKCP registered psychodrama psychotherapist and a counsellor; she works with people who have experienced torture and other politicised violence – and who have fled their home countries to seek sanctuary in the UK. She is also a groupworker, trainer and supervisor, and is based in the North East of England.



## B5

### Supporting Contact & Development in Adolescent Psychotherapy through Creative Process

*Bronagh Starrs*

Adolescents sometimes find themselves polarised at either the interpersonal or intrapsychic levels of experience. Operating within a projective framework of experience, awareness is often focused “out there” on problems and frustrations with others: parents, peers, teachers etc. Intrapsychic process is powerfully shaping their experience, but is firmly bounded off from awareness. Similarly, adolescents who are polarised at the intrapsychic boundary develop a heightened sensitivity to internal experience and experience difficulty perceiving issues at the interpersonal boundary. Using creative process we will explore ways to understand and support this process of polarisation, and find ways to move our adolescent clients into a developmentally more evolved posture.

**Bronagh Starrs** MIAHIP maintains a private practice in Omagh, Northern Ireland, as a psychotherapist, supervisor, writer and trainer, specialising in working with children, adolescents and their families. She teaches and presents internationally on the developmental implication of trauma on the adolescent journey. She has authored various articles and chapters on the subject and has contributed to the collected volume: *Relational Child, Relational Brain* (Routledge, Taylor & Francis Group/Gestalt Press). She is course director of a 2 Year Post-Graduate Diploma in Adolescent Psychotherapy in Ireland.

## B6

### Learning is a lifelong process

*Peter Haworth and Lidija Vasiljević*

Participants in this workshop will be offered illustrations of the wide range of action methods and psychodrama techniques that have been used in a broad range of educational settings, with a specific focus on adult education. These techniques can enhance and add both educational and enjoyment value to events and lead to a better experience for both facilitators and students.

Participants will learn about the use and educational value of a range of action methods including spectrograms, action sociograms, group warm ups as well as specific topics and emotional learning exercises.

**Peter Haworth** is a founder member and former Honorary President of the BPA. In addition to his clinical work as a consultant psychotherapist, he has considerable experience using action methods in a variety of educational settings, particularly in higher and further education. His current research interests include the use of action methods in improving student retention amongst nursing students.

**Lidija Vasiljević** is a graduate psychologist with an MSc in Gender and Politics and is currently working on her PhD thesis on anti-discriminative and gender inclusive politics within mental health in Belgrade, Serbia. She has over 10 years of international experience in working with marginalised groups and individuals using psychodrama and other action methods in both clinical and educational contexts.

Saturday, 11:15 – 12:30

## Presentations of Practice

### P1

#### **“Transformative Actions in the Shadows & ..... Being in the Light”**

*Catherine Murray, Dr Philip Moore, Helen O'Malley & Dr Heward Wilkinson*

We aim to present in action the epic journey into being of a slow open, long term, psychodynamic psychodrama group. The group in question is run within HSE (Health Service Executive) service for adults who have experienced childhood trauma including institutional abuse.

The co-therapists, together with their supervisor will co-creatively present their reflections and learning in action, incorporating the voice of the client. The workshop will explore both the co-therapy relationship and contextual unconscious processes manifested. Clinical examples will be used throughout. Audience participation is invited through action and discussion.

**Catherine Murray** is a psychodrama psychotherapist and senior trainer. She pioneered the use of psychodrama in Ireland, setting up Ireland's first psychodrama training school in the early 1990's. For over a decade she has worked in a HSE service where she runs a group and works individually with clients. She has an interest in integrating various energy field modalities within her psychodrama practice.

**Dr Philip Moore** is a trained clinical psychologist in the UK and has over 20 years experience. Currently he is Director of Counselling in the National

Counselling Service (NCS), HSE South. He has a special interest in working with people who have experienced childhood abuse/trauma. He has worked with individuals and groups. His current practice interest is in the integration of psychodynamic psychotherapy with elements of Buddhist psychology and drama and movement therapy.

**Helen O'Malley** trained as a nurse and midwife initially before becoming interested in holistic health therapies. She qualified as a homeopath and later trained as a counsellor/psychotherapist. Her main interest is Attachment and Child Development and how that influences adult interpersonal relationships. She has worked with HSE South at Harbour Counselling Services for over a decade, working with individuals and couples as well as short-term and longer term groups.

**Dr Heward Wilkinson** is an integrative psychotherapist, philosophical practitioner practicing in London, Chair of the Humanistic and Integrative Psychotherapy College, UKCP, author of 'The Muse as Therapist: a New Poetic Paradigm for Psychotherapy (Karnac/UKCP), and senior editor of International Journal of Psychotherapy 1994-2004. From 1993-2009 he led the Story Space weekend experiential-symbolic workshop for the Higher Diploma in Integrative Psychotherapy at University College, Cork. He led integrative psychotherapy trainings at Scarborough Psychotherapy Training Institute and Minster Centre, London.



## P2

### **'Mentalizing action'- From 'being in action' to 'taking action': Working with 'pretend modes' in people with personality disorder**

*Anna Napier*

Mentalization theory highlights a common pitfall in working with people with 'personality disorder' where the illusion of real work is created in therapy, without change taking place in real life. Fonagy and Bateman (2006) refer to this as 'pretend mode', a pre-reflective developmental mode of functioning where thoughts, feelings, beliefs and desires have no relationship with reality.

This session will present an approach within a Mentalization service for people with 'personality disorder' that aims to bring pretend modes of relating into relationship with authentic real life experience. This involves the integration of psychotherapy sessions (including psychodrama) and practical occupational therapy interventions. Participants will be invited to engage in a theoretical and experiential exploration of pretend modes within Mentalization theory, the value of practical interventions and implications for psychodrama practice.

**Anna Napier** is a clinical specialist occupational therapist and psychodrama psychotherapist at an MBT service at The Maudsley Hospital in London. Her background is in theatre. In 1998 she obtained a post graduate diploma in occupational therapy at The Royal London and St Bartholemew's School of Medicine and Dentistry. She qualified as a psychodrama practitioner at the London Centre for Psychodrama in 2009.

## P3

### **Being a Better Man: Psychodrama-informed Treatment with Domestically Abusive Men**

*Dr Mark Farrall*

This presentation will focus on the 'Strength to Change' a 12 week motivational and treatment programme in use with men from families where Child Protection plans are in place as a result of domestic abuse.

We will consider the gender-inclusive research base behind the programme, exploring typological data and cross-overs with attachment style and personality disorder pathology, linking to treatment needs for this client group.

There will be demonstrations of the psychodrama-informed techniques in use on the programme which sit within a broad cognitive-behavioural basis, and attempt to help 'perpetrators' actualise their potential non-abusive selves.

**Dr Mark Farrall** BA, BSc., MSc., PhD., CPsychol (Forensic), Dip. Psychodrama is a Chartered and Forensic psychologist specialising in domestic abuse work. He has developed several innovative intervention programmes for this field, combining Motivational Interviewing as a core engagement technique, with psychodramatically-informed experiential methods for use by non-therapists. His research PhD focused on para-therapeutic work with incarcerated violent offenders.

#### P4

### **If Not Me, Who? If Not Now, When?**

*Sandra Grieve and Lucia Berdondini*

We will present our collaborative 3 year project run in Afghanistan where groups of practitioners have been trained in therapeutic skills for a total of 120 hours of teaching contact. Taking a person centred approach and engaging with both psychodrama and gestalt therapies, we co-created the course with the students, in order to respect and respond to cultural and local social needs in Afghanistan. During the presentation we will explore working non verbally, the impact on Afghan people, creative approaches to training and the challenges of working in a country at war.

**Sandra Grieve** is a BPA accredited senior trainer, person centred psychotherapist and psychodramatist. She has many years experience of working with a whole variety of groups, nationally and internationally in particular in Portugal and Afghanistan. She is a tutor on the PG Diploma in Counselling at Strathclyde University and senior trainer with NSP (Northern School of Psychodrama). She is also a therapist and supervisor in private practice.

**Lucia Berdondini** is a psychotherapist. She has a diploma in gestalt therapy and a PhD in psychology and counselling. She is director of the PG Diploma in Counselling at the University of Strathclyde, Glasgow. She has worked internationally and been running intercultural projects in Afghanistan since 2008. Currently, she is involved in a collaborative project with the University of Herat where she trains Afghan practitioners in counselling skills.

#### P5

### **Daughters and Mothers: an exploration of a complex relationship**

*Valerie Monti Holland*

The opportunity to start an ongoing sociodrama group for women arose in an AHRC (Arts & Humanities Research Council) funded project bid about community groups. This heralded the birth of Daughters and Mothers, a group open and free to any woman 18 or over, where women could share their feelings, thoughts, memories and stories about being daughters, mothers and/or grandmothers in an often irreverent but always respectful space using sociodrama and action methods.

This presentation will revisit the work of the group through artefacts and broadcast as well as offering a space for participants to explore their social roles as women.

**Valerie Monti Holland** is a sociodramatist who functions in the world as a social researcher, facilitator, business trainer, participatory designer and coach. She is a proud graduate of MPV/SAM (Sociodrama and Action Methods) and a coordinating member of SCAN (Sociodrama and Creative Action Network). Her consultancy, Left Luggage Creative Training and Facilitation, focuses chiefly on public health, criminal justice and creative entrepreneurship. She is also a daughter and the mother of a daughter (and a son!).

## P6

### Being Safe in the so called “Caring Organisations”

*Gerry Farrell*

Organisations such as hospitals, schools, treatment centres, Residential Child Care units as well as voluntary and counselling organisations accommodate clients who often “act out” negative emotions/energies sometimes overtly and sometimes subtly. Staff absorb these emotions and “act out” towards colleagues. The result is that the way of being or energy in the organisation becomes wholly unsuited to healing, therapeutic growth or education. This presentation will explore the best research in the field of organisational behaviour as well as the visceral responses of care/education workers in particular situations and how a more empowering way of being that becomes spontaneous might be achieved.

**Gerry Farrell** MIACP was a tutor on the Diploma in Counselling at Trinity College, Dublin. He has worked in general psychiatry and eating disorders at the Maudsley Hospital, London. He has also worked in residential child care and addiction treatment centres. At Sligo IT (Institute of Technology) he facilitated workshops for social studies students. Using psychodrama to explore students’ experiences on difficult work placements and find ways of empowering their way of being in challenging working environments. He is a psychotherapist in private practice.

## Poster Presentation

(In Registration area)

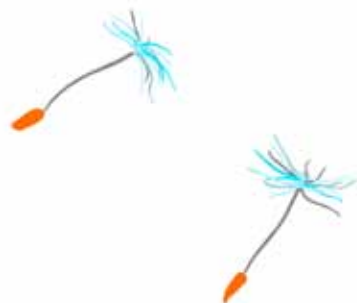
### Research on action: Interim Presentations on Psychodrama-based Research Projects

*Dr Mark Farrall and contributors*

The first MSc Psychodrama Psychotherapy qualification in the UK commenced in October 2012. A cohort of Diploma-qualified psychodrama practitioners are currently beginning the research dissertation process, and will be undertaking research on various aspects of psychodrama over the next 18 months.

This presentation will display interim reports on these Masters-level research projects and will be of relevance to any practitioner interested in expanding the theoretical basis of psychodrama practice and related issues.

**Dr Mark Farrall** is the course leader for the MSc Psychodrama Psychotherapy research dissertation module at the University of Worcester. He is a qualified psychodramatist whose research PhD focussed on psychodramatically-informed para-therapeutic work with violent offenders. Dr Farrall is also co-editor of a book to be launched in conjunction with the 2014 conference concerning psychodrama and its integration with other therapeutic modalities.



Saturday, 13:45 – 16:15

## Workshops C

C1

### Breaking the Silence Through Psychodrama

*Yaacov Naor*

This workshop is about all of us. It deals with the inter-relation between two forces within us: the need to use my voice in order to tell the truth and express feelings, and the silencing part which wants to repress and control the secrets, the hidden stories, the difficult memories. We learn these two roles in our families and our communities and they become engrained in the body, the mind and the heart.

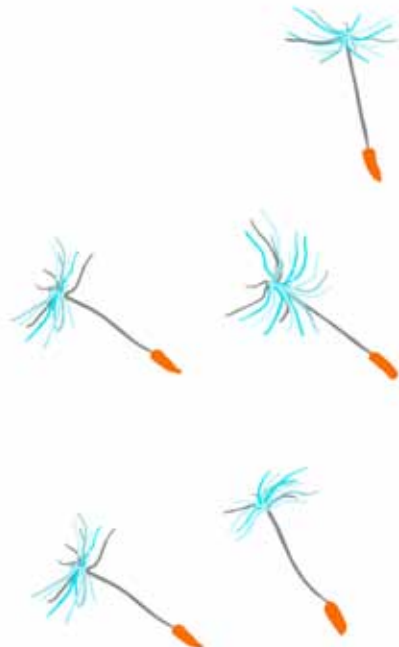
We live in a conflicted world with emotional trauma passing from generation to generation. Facing this, many of us are speechless and unwillingly choose the rescue of silence.

In this workshop we will explore psychodramatic and other expressive ways to regain our lost and unheard voices, to unmask and break the tradition of silence and share our untold stories.

**Yaacov Naor**, MA, CAGS, TEP is the Founder and Director of ISIS ISRAEL: a Psychodrama and Intermodal Expressive Arts Therapy Center in Tel Aviv. He is a certified therapist and trainer in these fields. He has been teaching in these areas in Europe, USA, Canada, Australia and Israel for the last 35 years.



Since 1986 he has been leading special psychodrama dialogue groups for second and third generation Holocaust survivors together with young Germans, and between Palestinians and Israelis. He serves on the council of FEPTO- Federation of European Psychodrama Training Organization as Chair of the Network Committee. He also serves on the board of IAGP-International Association of Group Psychotherapy and Group Processes as Chair of the Psychodrama section.



## C2

### Healing Eating Disorders in Action

*Linda Ciotola*

Participants in this experiential workshop will learn action structures for assessment and treatment of anorexia, bulimia, and binge-eating disorder and related body image issues. Using concretization of both strengths and defences, doubling, mirroring, role reversal and other psychodramatic techniques, participants will learn how to help clients connect the troubles with food and body to feelings and relationships. We will discover the power of action insight to uncover the hidden roles that the eating disorder is holding and the transformational potency of psychodrama.

**Linda Ciotola**, M.Ed., CETIII, TEP is a certified trainer-educator-practitioner of psychodrama, group psychotherapy, and sociometry, and a certified trainer and team leader in The Therapeutic Spiral Model™ – a clinically modified method of psychodrama for safety in working with trauma survivors. She is a Fellow of the ASGPP and the 2008 recipient of the Zerka Moreno Award and co-author with Karen Carnabucci of *Healing Eating Disorders with Psychodrama and Other Action Methods – Beyond the Silence and the Fury* (in Press), Jessica Kinglsey pub.

## C3

### Assessment in Action – The First Encounter

*Celia Scanlan*

This experiential workshop will demonstrate psychodrama as an assessment tool. Celia will outline her progression from assessing clients in dialogue between client and therapist, through some action at poignant moments, to her current practice of action from the outset. She will dialogue with the group comparing and contrasting the benefits and potential deficits of assessment through action.

Celia believes working in action gives greater autonomy as the client has more freedom as to what they do or do not reveal.

**Celia Scanlan** works freelance as therapist, trainer and supervisor. She has developed this way of working in action over many years and was instrumental in individual client work being incorporated into the BPA accredited diploma training.

She has presented this workshop both at BPA conferences and internationally at IAGP and EAP Congresses. She offers the workshop both as conference events and weekend training opportunities. She has presented in UK, Belgium, Italy, Romania, Spain and Bulgaria.



## C4

### Localizing energy in myself and others

*Olivia Lousada*

This workshop looks at the fulcrum of our anxiety and spontaneity and how these are affected by our internal roles, social roles, political and ecological roles.

Spontaneity tends to arise from a place of stillness, of being in the present moment, of belonging. The outcome of anxiety is that we get over stimulated, out of tune, skid through experiences and feel dispossessed. For all problem-solving, political world leaders would have us agree that happiness is created by financial growth. The 'Economics of Happiness' points out that since 1956 the world has got richer but people have become increasingly depressed! It argues that the way forward is through local community, sustainability and spontaneity. How does this impact on you and yours? Let us explore this together. This will be an exciting socio/psychodrama workshop.

**Olivia Lousada** D.Psych has worked in mental health for 30 years in hospitals and private practice. She is a founder member of the London Psychodrama Network and has a role as a senior trainer. Her book 'Hidden Twins' about adult opposite sex twins emerged from her doctorate that she continues to explore around the themes of shared space. She has a growing concern to find a way to focus on ecological issues for the future of all children, grand children and great grand children....

## C5

### Adam and the End of Eden

*Liz White*

From the moment Eve bit into the apple, Adam's life was never the same. From now on he would know turbulence, unpredictability, joy, risk and death.

When someone we love is suddenly stricken with a life-threatening diagnosis, we are pulled inexorably into the river of their experience. We find ourselves in the undertow of another's life and death struggle, and at the same time more deeply into the turbulence of our own. The current takes us on our parallel yet different journeys through the valley of the shadow of death.

When are we called to act? To surrender? To join? To separate?

Where are the still pools and where the sunlit shallows? What does it mean to be with?

**Liz White** M.Ed., T.E.P is a Canadian psychodramatist who has experience living with those with cancer, including a son who died of it and others who are living with it. Her practice has deepened with the many clients who have lived in the shadow of their diagnosis. Liz has authored two books: The Action Manual and Still Life: A Therapist's Responses to the Challenge of Change.

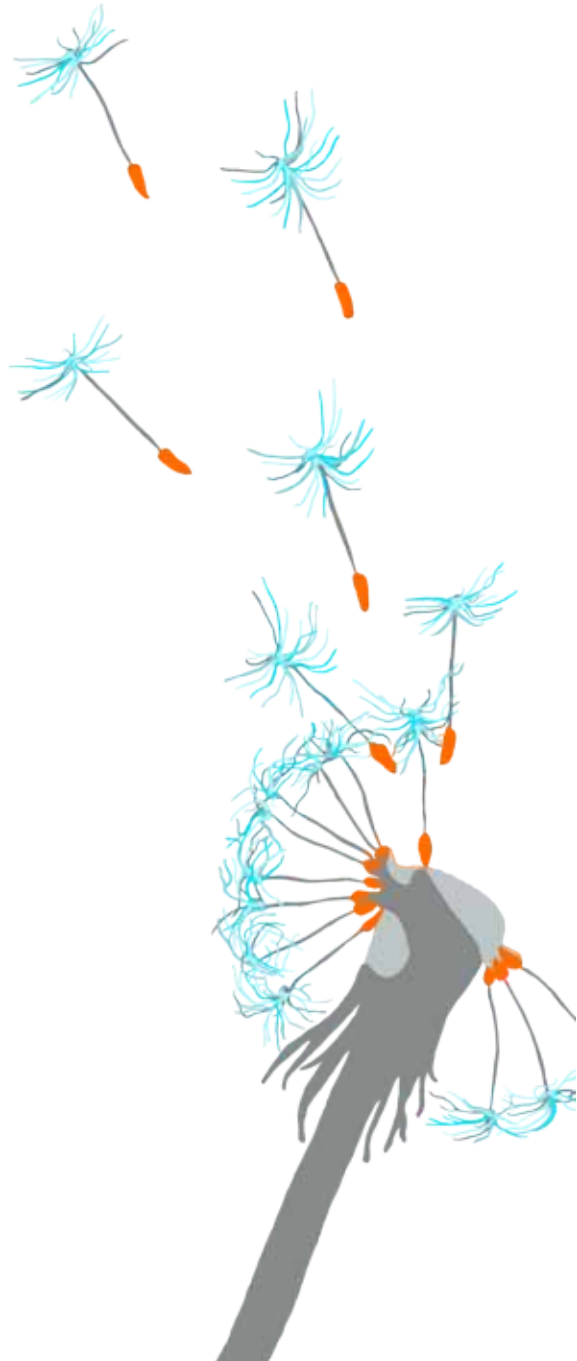
## C6

### Reflecting on Action, Reflecting in Action – Supervision theory and practice

*Anna Chesner*

How do we approach supervision as reflexive and action-oriented practitioners? This workshop will explore the concepts of reflection on action and reflection in action as a framework for exploring formal supervision and the development of the 'internal' supervisor. The workshop is open to supervisors, practitioners and trainees, as we can all benefit from reflecting on how we reflect on what we do.

**Anna Chesner** is co-director of the London Centre for Psychodrama and runs a BPA accredited Diploma in Creative Supervision. She has been actively involved in the development of a BPA register of supervisors and training supervisors, in line with current UKCP guidelines. She is currently co-writing *Creative Supervision Across Modalities* due for publication by Jessica Kingsley in 2013.



**Saturday, 16.30 -18.30**

## **5 Rhythms Movement Meditation Practice**

*Caitriona Nic Ghiollaphádraig*

Movement is life and life is movement. Most experts in health related disciplines agree that movement, with mindfulness awareness, is central to our health and continued well being.

The 5 Rhythms® are a simple, powerful meditation practice based on movement. A dancing body when moving freely passes through 5 distinct rhythmic patterns which continuously repeat themselves in a wave of motion just like light, sound or the ocean.

The 5 Rhythms® are – Flowing, Staccato, Chaos, Lyrical, and Stillness.

Anyone can practice the 5 Rhythms® regardless of age, size or physical ability. The only requirement is a body that is breathing, a heart that is beating and a mind that is curious!

Caitriona has been teaching the 5 rhythms® in Ireland for the past 20 years. She trained with Gabrielle Roth the founder of the work. Her style of teaching is warm, compassionate and full of humour. Teaching participants to become comfortable in being in their bodies in order to implement action from a wholehearted perspective has been one of the cornerstones of her work to date. She lives in Connemara, Co. Galway.



**Saturday, 18.30 -19.00**

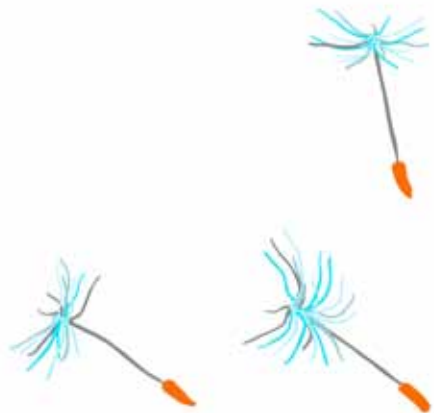
## **Reflective Space**

*Teresa Brown & Mike Forrester*

This facilitated supportive reflective space provides an opportunity for delegates who may wish to process their experiences of the conference thus far.

**Teresa M. Brown** was the first qualified psychodrama psychotherapist in Scotland with over 30 years of training and experience. Teresa is a UKCP registered psychodrama psychotherapist, trainer and supervisor. She serves as external examiner for the London Centre for Psychodrama, Group and Individual Psychotherapy and the Northern School.

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





**Sunday, 07.45 - 08.30**  
**Sunrise Activity**

**T'ai Chi and Chinese exercises for health**

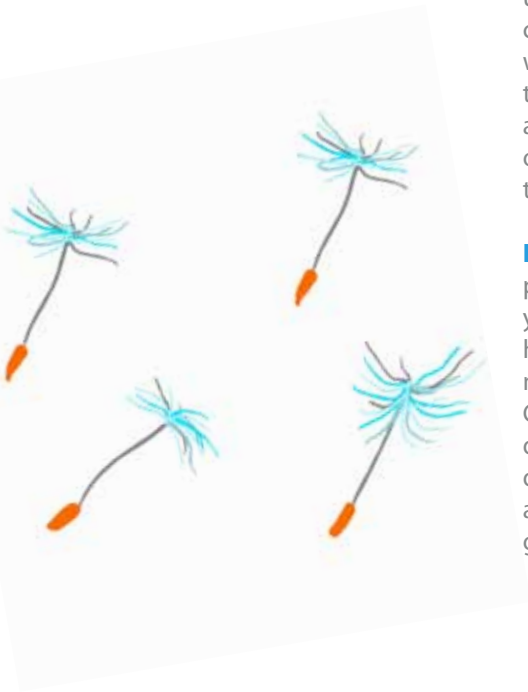
*Pen FitzGerald*

In Chinese Medicine both body and mind are connected.

Start the day with some gentle breathing, stretching and healing exercises. We will work in pairs and individually.

Whatever your energy or fitness level, you are welcome, as we will work to our own individual strengths and limits.

**Pen FitzGerald** is a psychodrama practitioner living in Ireland and working as a social worker with children. She has been practising T'ai Chi and Chinese Exercises for her own health and well-being for over 20 years.



**Sunday, 09:00 - 12:00**  
**Workshops D**

**D1**

**Being fully present in action**

*Eve Doyle*

There is a natural tension between “being” and “doing”. Particularly in a culture which is so intrinsically dissatisfied with the present, the drive to succeed and make things “better” makes the idea of simply being with ourselves feel difficult, unacceptable or just plain impossible. This resistance to being fully present with our experience, moment by moment, often goes unnoticed, out of our awareness.

Using action methods effectively requires a gathering of information to inform both the group and the director. Weaving mindfulness into the action process, with deliberate pauses to “be” and using silence to help us connect more completely, creates new possibilities. This workshop will have frequent invitations to weave mindfulness into different action methods, so participants can find out for themselves the difference it makes to be fully present.

**Eve Doyle** (formerly White) has been a psychodrama psychotherapist for many years. She has also trained as a nurse, and has post-graduate diplomas in CBT and most recently MBCT (Mindfulness-Based Cognitive Therapy). She is currently developing an MBCT group for the eating disordered clients with whom she works and has future plans to deliver MBCT groups for staff and carers.

## D2

### Changing therapeutic roles: Moving from “patient” to “ex-patient”- from striving to satisfied

*Elaine Ades Sachnoff*

We spend much of our twenties and thirties trying to change behaviours and attitudes that are perceived as destructive to ourselves and our loved ones. To that end we spend time and money in therapy.

In later life the goal changes to acceptance, learning to live as who and what we are.

The goal of the workshop is for participants to label the former and learn techniques to attain the latter.

**Elaine Ades Sachnoff** PhD, TEP is the Founder and Director of the Psychodrama Training Institute of Chicago (1981 to present), the 2005 recipient of the J.L. Moreno Lifetime Achievement in Psychodrama Award, has taught all over the world, published ‘The Warm Up Book’ and numerous articles on Psychodrama training. She has served on the American Board of Examiners and the Executive Council of ASGPP and was a founding member of the Federation of Trainers and Training Programs in the USA.

## D3

### Sitting on the fence: Action-In-Inaction

*Ioanna Psalti*

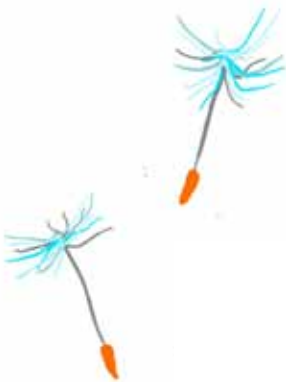
Choosing is an everyday activity and we all love to have options whether for cakes, friends or jobs.

‘Sitting on the fence’, the English expression for not choosing, is often perceived as hesitation, inability to decide, fear of ‘getting it wrong’ relinquishing of responsibility and definitely NOT ACTION. It is rarely seen as a decision in itself, one that is about to “choose not”.

This workshop will challenge perceptions of choosing (or not!) and our capacity to stand still as an action in the here and now.

Come and embrace the fence using Sociodrama. No tool is more appropriate to explore this theme other than the one that is based on making choices!

**Ioanna Psalti** is an organisational consultant for European membership societies and she integrates creative action methods to manage diversity and identity issues surfacing in such multinational organisations. Her professional development spans a journey from science to community adult education and social therapy. She has used theatre and various forms of visual art to encourage audience interaction and exploration of topical issues. In the lobbying world, sitting on the fence is often an advantage that creates unparalleled opportunities.



## D4

### Embodied Transformation

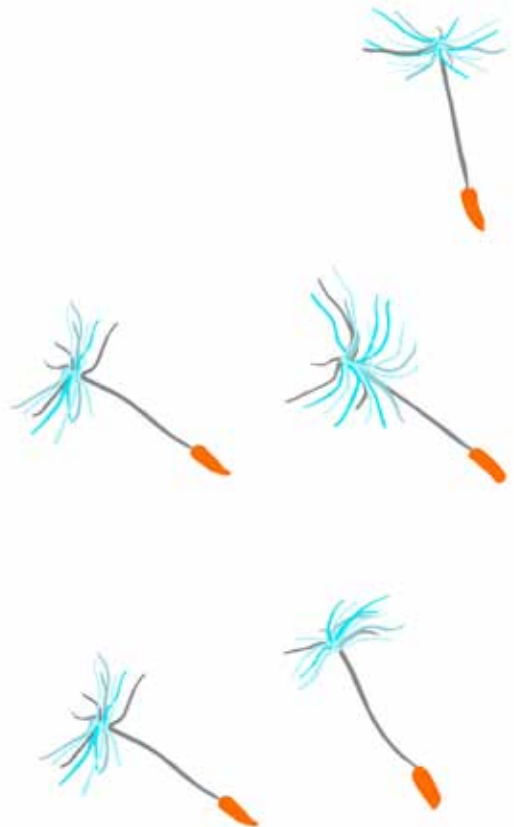
*Juanita Puddifoot and Biggi Hofmann*

This 3 hour workshop offers participants an introduction to Deep Memory Process by demonstrating its commonalities and differences to psychodrama when working with trauma. Deep Memory Process (DMP) developed by Roger Woolger, combines Jungian active imagination with Reichian body awareness in a vivid psychodramatic replay of internal unconscious issues that need resolution. He stipulates that DMP broke regression therapy out of the narrow confines of hypnotherapy and talk therapy, giving it embodiment and lived experience through psychodrama and bodywork. When, according to Moreno, act hunger is repeatedly unfulfilled it results in an open tension system and stuck residues. The workshop aims to provide a safe learning space in which we will engage in experiential exercises to demonstrate the overlapping and differentiation of both approaches.

**Juanita Puddifoot** lives in the UK and runs a private counselling practice, with a foundation in psychodynamic psychology and a specialist interest in transpersonal psychology. She is a Deep Memory Process practitioner and senior trainer for Woolger Training International and runs international training programmes in the UK, Turkey and Greece.

**Biggi Hofmann** is originally from Germany and living in Northern Ireland since 1980. She is a psychodrama psychotherapist and has been working in the field of counselling for the past 14 years. Within a transpersonal framework her approach is humanistic integrative.

She works for a community counselling service in North Belfast and has a private practice in Belfast and Warrenpoint.



## D5

### Action speaks for itself

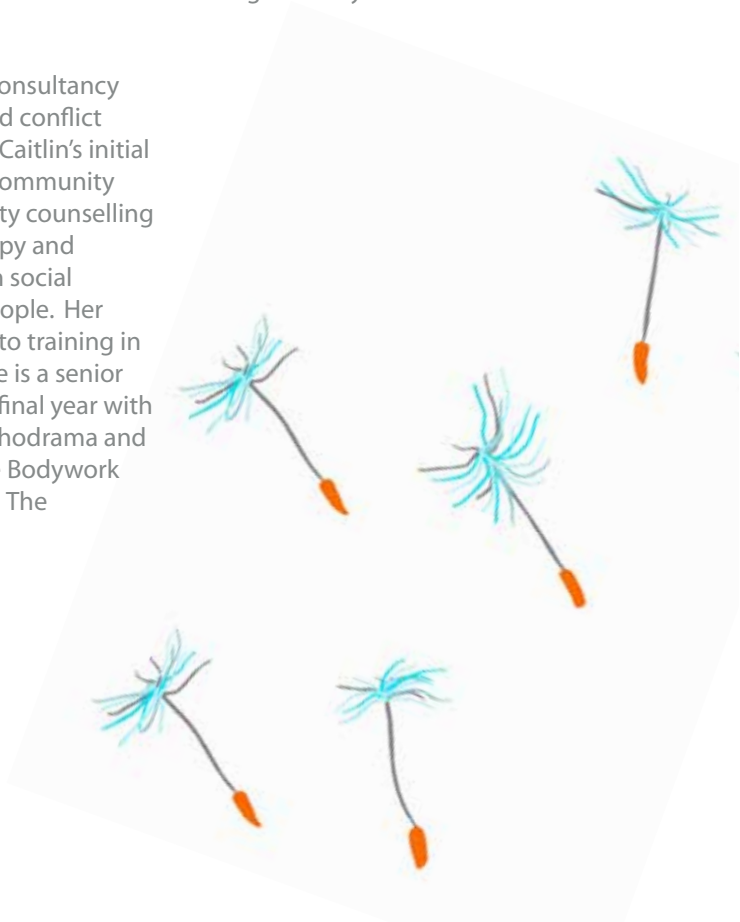
*Caitlin Buon and Raphael Lopez de Soto*

Moreno stated, 'Action speaks for itself'. How do we perceive 'the action' and where does 'the action' come from and, whose action is speaking for itself? The director, protagonist and group are in action that reveals aspects of their respective assumptive worlds.

This workshop will explore the emergence of 'being' resulting from the encounter between the director, protagonist and group members. The concept of 'being' will be explored as a phenomenological embodied state that bridges the intrapsychic and the interpersonal.

**Caitlin Buon** has a private consultancy specializing in mediation and conflict resolution in organisations. Caitlin's initial training in Australia was in community development and community counselling (addictions), Narrative Therapy and Family Mediation working in social justice with marginalised people. Her BSc in Stress Physiology led to training in somatic trauma therapy. She is a senior Psychodrama trainee in her final year with the Northern School of Psychodrama and is also training in Integrative Bodywork and Movement Therapy and The Therapeutic Spiral Model™.

**Raphael Lopez de Soto** is a qualified UKCP registered Adult, Child, Adolescent Psychotherapist, forensic psychotherapist and Clinical Supervisor. He has experience of working in primary care, education, specialist in-patient environments and family centres. He works with adults and young people who are involved in criminal justice and with adoptive families and children in foster care who have experienced early life trauma and abuse. Raphael is a senior trainee in his final year with the Northern School of Psychodrama and a trainee Jungian Analyst at the BAP.



**Sunday, 12:15 – 13:15**  
**Closing Plenary**

**Being in Action**  
*Jinnie Jefferies*

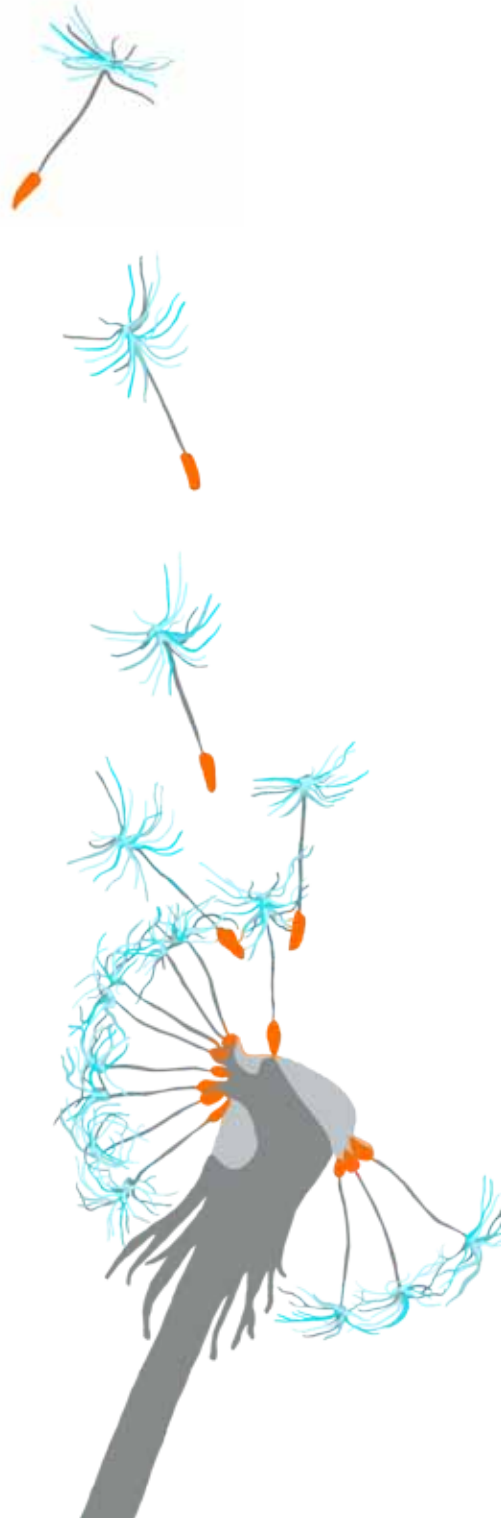
The closing plenary will give us the space and time to explore our combined experiences of Being in Action together during the life of the conference.

This will be an opportunity for delegates to also reflect on their journey going forward beyond the conference.

**Jinnie Jefferies** has pioneered psychodrama training in Ireland, Greece and London. She is a senior trainer and founder of the London Centre for Psychodrama. She is also a counselling psychologist and supervisor. As well as heading up the Psychodrama Department at HMP Grendon Underwood she has trained all prison staff working in forensic therapeutic communities as well as the staff at Millfield NHS forensic therapeutic community.

She was given the Terry Waite Major Award for 'outstanding work with long term prisoners' by The Butler Trust in 2008.

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



Notes .....



# Choices Reminder

## WORKSHOPS A

Friday, 14.15-16.15

.....  
1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>

## WORKSHOPS B

Saturday, 09.00-11.00

.....  
1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>

## PRESENTATIONS OF PRACTICE

Saturday, 11.15-12.30

.....  
1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>

## WORKSHOPS C

Saturday, 13.45-16.15

.....  
1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>

## WORKSHOPS D

Sunday, 09.00-12.00

.....  
1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>

## 5 RHYTHMS

Saturday, 16.30 - 18.30

Yes       No

## INTRO PSYCHODRAMA

Friday, 16.45 - 18.15

Yes       No

## INTRO SOCIODRAMA

Friday, 16.45 - 18.15

Yes       No

## DUBLIN CITY BUS TOUR

Sunday, 15.00 -

Yes       No

## YOUR GALA DINNER CHOICE

Saturday, 19.30 - 21.00

- Meat  
 Fish  
 Vegetarian



**Natasha Campbell**  
**BPA Administrator**  
**33 Princes Road**  
**Cheltenham**

**Gloucestershire GL50 2TX**

**T +44 (0)7582 842231**

**E [conference@psychodrama.org.uk](mailto:conference@psychodrama.org.uk)**

**W [www.psychodrama.org.uk](http://www.psychodrama.org.uk)**



## Conference Fees

**Early Bird fee** – Book by midnight March 31<sup>st</sup> for reduced fee

**Full residential place** - incl 2 nights accommodation, 3 days conference, all meals, refreshments & gala dinner.

	<b>Full Fee</b>	<b>Early Bird</b>	
Sterling	£380	£330	£ _____
Euro	€470	€410	€ _____

**Non-residential place** – incl costs of workshops lunches and refreshments.

Sterling	£250	£220	£ _____
Euro	€310	€275	€ _____

**Day Rate** – incl costs of workshops lunch and refreshments.

Sterling	£115	£100	£ _____
Euro	€145	€125	€ _____

**Optional extra for Gala dinner** – for day attenders or guests

Sterling	£40		£ _____
Euro	€45		€ _____

### Extra night B&B

	Thursday	Sunday	
Sterling	£40	£40	£ _____
Euro	€45	€45	€ _____

**Total Payment**      £ \_\_\_\_\_  
   € \_\_\_\_\_

**Sterling payments:** by cheque payable to The BPA.

Online at [www.psychodrama.org.uk](http://www.psychodrama.org.uk)

**Euro Payments:** by cheque payable to Sheila O'Keefe.

Unfortunately online facility not available.

Please return this booking form and all cheques to:

Natasha Campbell  
Administrator (BPA)  
33 Princes Road  
Cheltenham  
Gloucestershire  
GL50 2TX

[conference@psychodrama.org.uk](mailto:conference@psychodrama.org.uk)

### Cancellation Policy:

30 days plus: 100% refund less £50/€65 administrative fee,

14 days - 30 days: 50% refund less £50/€65 administrative fee,

Less than 14 days: No refund.

# Booking form

## BPA Conference 2013

### 'Being in Action' 21<sup>st</sup>-23<sup>rd</sup> June

Name .....

Address .....

.....

City .....

Postcode .....

Country .....

Telephone .....

Email .....

#### BPA member

*do you wish to join*

- Yes     No  
 Yes     No

#### Any dietary requirements?

- Vegan     Vegetarian     Dairy free     Gluten free  
 Other .....

#### Do you have access needs that we may be able to support?

.....  
.....

#### Gala dinner menu choice:

- Meat     Fish     Vegetarian

#### I wish to go on the Dublin City bus tour

- Yes     No

### Workshops and presentations choices

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

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

#### Please tick your choices of the following

- Intro Psychodrama     Yes     No  
Intro Sociodrama     Yes     No  
5 Rhythms session     Yes     No