

2025 BPA Annual Conference and Pre-conference Programme of Events and Timetable



The **British Psychodrama Association annual conference** will take place **11th – 13th July 2025**, with an additional **two-day pre-conference workshop** facilitated by Ina Hogenboom and Jacomien Ilbrink-de Visser on **9th – 10th July**.

We are delighted to return to the **Sedgebrook Hotel and Conference Centre** for this year's conference. **Sedgebrook Hall** is in the picturesque village of Chapel Brampton, in the heart of the beautiful Northampton countryside, one hour by train north of London. The centre contains all the modern amenities necessary to hold conferences in a 4-star full-service spa hotel, with 13 acres of idyllic country gardens, good rooms, free wi-fi, free parking and great staff. There is an indoor pool, sauna and small gym.

Sedgebrook Hall,
Pitsford Road,
Chapel Brampton,
Northampton,
NN6 8BD
+44 1604 821 666



The theme of the conference is: ***Being in Action: Psychodrama and Sociodrama in Clinical and Non-clinical Settings***. The theme is intentionally wide, to include the use of psychodrama, sociodrama and action methods in a variety of settings, both clinical and non-clinical. This will be a conference exploring the practice of psychodrama, sociodrama and sociometry in clinical, education, business, charity, and community settings.

This programme provides an overview of the schedule and the workshops on offer. This programme is subject to change due to unforeseen circumstances. We look forward to welcoming you to the conference and the pre-conference workshop!

We look forward to seeing you in July! Best wishes from the BPA Conference Committee: Clark Baim and Sarah Cvjetan, Co-Chairs. Committee members: Dorothy Ho, Peter Haworth, Szekan Cheung, Suki Cheung, Sarah Miller, Pen Fitzgerald, Evie Bamigbade, Netalie Shloim and Paul Marriott.

Website: www.psychodrama.org.uk **Email:** conference@psychodrama.org.uk

Quick-reference timetable for the BPA 2025 conference Sedgebrook Hall, Northamptonshire

(Timetable subject to change)

Wednesday 9th July 2025 – Day one of the two-day Pre-Conference Workshop

8:00 - 9:00am – Breakfast for people who stayed the previous evening.

Registration for pre-conference workshop opens from 10:00am.

10:30am – 6:30pm - Pre-conference workshop, led by Ina Hogenboom and Jacomien Ilbrink-de Visser. (Lunch ca: 1:30pm)

7:00pm – Dinner for people staying overnight

Thursday 10th July 2025 – Day two of the two-day Pre-Conference Workshop

8:00 - 9:00am – Breakfast for people who stayed the previous evening.

10:00am – 6pm - Pre-conference workshop continues. (Lunch ca: 12:30pm)

7:00pm – Dinner for people staying overnight

7:00 - 8:00pm – Pre-conference BPA Executive Committee meeting, to plan the AGM. In person and online.

Friday 11th July – Day One of the Conference

8:00 - 9:00am – **Breakfast** for people who stayed the previous evening.

10:00am Conference registration opens

11:00am - 12 noon: Workshop leaders' warm-up. Facilitated by conference committee members Pen Fitzgerald and Sze Kan Cheung. This is a warm-up and orientation session for all workshop presenters and facilitators.

12:00 – 1:00pm - **Lunch**

1:00 – 2:15pm - **Opening Plenary** – with special focus on welcoming and integrating people who are attending for the first time, and warming up to the theme of the conference. Facilitated by Jacomien Ilbrink-de Visser.

2:15 – 2:30pm – **Coffee Break**

2:30 – 5:00pm – **Workshops Session A (2.5 hours).**

5:00-5:15pm – **Coffee Break**

5:15-7:15pm – **Introductory workshops / AGM Session B (2 hours): BPA AGM – Plus:** At the same time as the AGM: Two parallel workshops: **Intro to Sociodrama** (led by T T Srinath and **Intro to Psychodrama** (led by Leila Frondigoun and Kirsty Weedon).

7:15 – 8:15pm – **Dinner**

8:00pm - 9:00pm – **Optional processing group:** A support / debriefing group, for newcomers, trainees and experienced delegates to meet, share, process, de-brief and discuss the day. The main purpose of this session (to be repeated on Saturday late afternoon) is to help and support people to process and integrate thoughts and feelings from the day. Facilitated by conference committee members Sarah Cvjetan and Evie Bamigbade.

8:15pm - 10:30pm – Social time / open mic / pub quiz / silent auction / recreational facilities, including pool.

Saturday 12th July – Day Two of the Conference

8:00 - 9:00am – **Breakfast**

9:00am - 12 noon – **Workshops Session C (3 hours).**

12 noon – 1:00pm – **Lunch**

1:00 – 1:50pm – **Optional post-lunch 'TELE talk' presentations: Irina Stefanescu and Divya Doshi**

1:50pm – 2:15pm – **Coffee Break**

2:15 – 4:45pm – **Workshops Session D (2.5 hours).**

4:45-5:15pm – **Coffee break**

5:15pm to 6:15pm - **Optional processing group.** Second and final meeting of this session.

5:15 to 7:00pm - Open time – Playback rehearsal time, side meetings / interest groups, informal time.

(Note: For people who do not attend the optional processing group or Playback rehearsal, they will have from 4:45pm to 7pm as free time / open time – or time for special interest group meetings - before the gala dinner).

7:00pm – 10:00pm (dinner served at 7:30pm) – **Gala dinner**, awards, thanks, recognition of presenters, marking milestones and achievements, honouring new graduates and recent retirees. And of course, dancing! DJ Peter Haworth will provide the music and lights.

Sunday 13th July – Final Day of the Conference

8:00am - 9:00am – Breakfast

9:00am – 11:00am – Workshops Session E – (2 hours)

11-11:30 – Coffee break

11:30am – 12:45pm - Playback performance. Conducted by **Diane Adderley**. Performed by conference volunteers.

12:45-1:15pm – Conference closing plenary, and presentation of thanks to the Playback performers, workshop / pre-conference presenters, conference committee members, BPA Executive and committees, and hotel staff. Announcements. Ceremony passing the baton to the next conference committee.

1:15pm – 2:15pm – Lunch

Conference ends.

BPA Conference 2025 – Workshops and Tele-Talks

Friday early afternoon, 1-2:15 pm

Opening Plenary for the conference, facilitated by Jacomien Ilbrink-de Visser.

Friday afternoon, Workshop Session A: 11th July 2025, 2:30pm-5:00pm, 2.5 hours

A1 Szekan Cheung and Eddie Yu

A2 Nóra Pecszenka and Keira Lee-Botos

A3 Pen Fitzgerald and Sheila Katzman, BPA Equality and Diversity in Action Group

A4 Sarah Morley

A5 Joshua Lee

A6 Craig Stevens

Friday late afternoon, AGM and introductory Workshops Session B: 5:15 - 7:15pm, 2 hours

B1 AGM

B2 Intro to sociodrama with T T Srinath

B3 Intro to psychodrama with Leila Frondigoun and Kirsty Weedon

Saturday morning, Workshop Session C: 12th July, 9am – 12noon, 3 hours

C1 June Hare

C2 Diane Adderley and Mark Wentworth

C3 Teresa Brown

C4 Marcia Karp

C5 Ron Wiener

C6 Ina Hogenboom

Saturday, 1-1:50pm - After lunch – optional choice for Tele-Talk presentation (choice of two parallel sessions)

Tele-Talk 1: Irina Ștefănescu

Tele-Talk 2: Divya Doshi

Saturday afternoon, Workshop Session D: 12th July, 2:15-4:45pm, 2.5 hours

D1 Peter Haworth

D2 Anna Chesner

D3 Martin Gill and Hannah Sherbersky

D4 Leila Frondigoun and Paula Davies

D5 Alina Danevich

D6 Jacomien Ilbrink-de Visser

Sunday morning, Workshop Session E: 9:00-11:00, 2 hours

E1 Sarah Miller

E2 Trausti Ólafsson

E3 TT Srinath

E4 Jeni Goodfellow-Pemsel

E5 Laura Panetta and Donna Tonkinson

E6 Alisa Priemysheva

Sunday late morning: Playback and Closing Plenary

Playback theatre, 11:30am-12:45pm

Closing plenary, 12:45pm-1:15pm

BPA pre-conference workshop led by Ina Hogenboom and Jacomien Ilbrink-de Visser

Wednesday and Thursday, 9th and 10th July 2023, at Sedgebrook Hall.

(Times: 10:30am – 6:30pm Wednesday, 10am-6pm Thursday)

Title: Trauma-Informed Healing: Integrating the Therapeutic Spiral Model and Sociometry.

This pre-conference workshop is not a part of the main conference programme and needs to be booked separately. It takes place on the two days before the main conference begins.

In this engaging two-day workshop, we will explore the Therapeutic Spiral Model (TSM) (created by Dr Kate Hudgins) and sociometric techniques. We will offer participants both practical skills and experiential knowledge to integrate into their (therapeutic) practice.

Day 1 focuses on group work, starting with warm-up exercises specifically designed to ensure safety and build group cohesion through TSM's safety structures. Participants will be introduced to TSM techniques such as the Observing Ego, identifying inner strengths, and applying the Body Double to support self-regulation.

Sociometric exercises will be used to explore group dynamics, roles, and themes, while fostering a safe and connected environment.

The TSIRA model (Trauma Survivor's Internal Role Atom) will be introduced to help participants understand the different internal roles involved in trauma and healing.

The day concludes with a full TSM psychodrama, emphasising the application of TSM as a solo director in a group setting.

On **Day 2**, the focus will shift to one-to-one work, with hands-on practice of the Containing Double technique. We will cover combined TSM principles and sociometry for safely facilitating TSM psychodrama in one-to-one sessions.

Key topics include:

- Establishing a safety contract;
- Applying TSM's safety structures such as the Observing Ego, Circle of Safety as well as sociometric exercises.
- Combining techniques like the Body Double and Containing Double;
- Self-care for the director;
- Using projective techniques, including the mini-stage.

Participants will have the opportunity to practise in pairs with the one-to-one sessions. These days provide therapists with valuable tools to safely and effectively guide clients using TSM principles and techniques as solo practitioners.

The workshop is ideal for professionals looking to expand their psychodrama and sociometry skills and integrate the transformative method of TSM into their practice to offer their clients a trauma-informed, creative, and transformative therapeutic experience.



Ina Hogenboom is a registered NIP psychologist and psychodrama trainer (TEP), working at her own institute and with the NBES institute, which provides education for Certified Practitioners and Trainers in Psychodrama in the Netherlands.

Ina is an expert in the Therapeutic Spiral Model (TSM), an experiential method that uses psychodrama to address trauma by fostering safety, emotional integration, and a sense of community. It provides both clients and therapists with a structured framework for navigating trauma recovery.

A key aspect of her work is the innovative use of projective identification within TSM, which helps clients safely externalise and explore unconscious roles, promoting deeper insight and healing.

With extensive experience working with trauma survivors and professionals seeking personal growth, Ina has refined her ability to guide individuals through complex emotional transitions.

Ina integrates psychodrama, sociodrama, and sociometry with therapeutic approaches like ACT, EMDR, IFS, and CBT, ensuring each client with a personalised treatment approach. Her expertise lies in integrating creativity and playfulness into therapy to inspire freedom, openness, and deeper emotional healing.



Jacomien Ilbrink-de Visser is a creative arts therapist, psychodramatist (CP) and trainer, and nonviolent communication practitioner. She has been serving as the Chair of the Psychodrama Association for Europe (e.V.) since 2017.

Jacomien has Dutch nationality and was trained in creative arts therapies, psychodrama and sociometry while living in New York City from 1998 - 2005. Now she lives in the Netherlands.

Jacomien's expertise lies in teaching developmental sociometry, a structured approach she created to enhance psychological safety within groups whilst working with sociometry. Through this approach, she guides groups in dismantling projections, building trust, and fostering deeper authenticity. In her work, Jacomien also integrates the principles of nonviolent communication, offering a compassionate framework for exploring group dynamics.

Additionally, she incorporates elements of the Therapeutic Spiral Model (TSM) in her teaching of sociometry and psychodrama, and has been assisting Ina Hogenboom in delivering TSM training.

Jacomien is known for her intuition and her ability to creatively apply theoretical principles to practical contexts. Her approach not only supports individual healing but also helps to cultivate environments where groups can thrive, communicate openly, and achieve deeper levels of understanding and cooperation.

FRIDAY AFTERNOON, 2:30-5:00pm

Workshop Session A

A1: Sze Kan Cheung and Eddie Yu

Whispering Thoughts: Playback Theatre Workshop

We invite you to begin the conference with a unique and interactive taster session in Playback Theatre, designed to transition you from the preoccupations of daily life into a space of self-growth, exploration, and connection.

Playback Theatre is an improvisational and action-based approach where personal stories are shared and reflected through performance. In this workshop, you'll engage in guided activities that encourage connection, foster self-awareness, and bring the group into the present moment. Through storytelling and action, participants will explore their own experiences while connecting meaningfully with others.

This session is an energising and grounding way to prepare for the conference ahead, offering participants the opportunity to step into a dynamic environment for creativity and self-discovery. Whether you are new to Playback Theatre or familiar with its methods, this workshop welcomes all to start the conference journey with reflection, connection, and inspiration.

NOTE: This workshop is open to everyone, at all levels of experience.



Eddie Yu is an Accredited Playback Theatre Trainer who has been fortunate to teach Playback internationally for people with different levels and experiences. He used to be a member of London Playback Theatre and True Heart Theatre in 2006-2009. He returned to Hong Kong in 2009 and co-founded Encounter Playback Theatre.

Eddie is a 'slasher': Drama Therapist/Psychodrama Psychotherapist/Social Worker/ Trainer/ Supervisor/ Consultant/ Applied Theatre Practitioner/ Playback Theatre Trainer/ Forum Theatre Practitioner/ University Honorary Lecturer. He has a special interest in working with people with trauma, bereavement, criminal and mental health issues. He is a co-author of 'Whispering Thoughts', a creative card set about belief systems.



Sze Kan Aemiliana Cheung is a registered psychodrama psychotherapist with the UK Council for Psychotherapy (UKCP), an accredited trainer with the Centre for Playback Theatre (CPT), and a passionate applied theatre facilitator. With a background in theatre design and over a decade of experience in Playback Theatre, Sze Kan combines creativity and spontaneity to foster meaningful connections across diverse communities.

Sze Kan became the Artistic Director of True Heart Theatre in 2022. Her work emphasizes storytelling as a transformative tool for education, corporate growth, and personal development.

As a psychotherapist and theatre professional, Sze Kan specializes in empowering individuals and groups to explore themes such as resilience, inclusion, and personal growth. Her expertise extends to working with schools, NGOs, and private organizations, offering tailored workshops, performances, and training programs.

In addition to her leadership at True Heart Theatre, Sze Kan continues her psychotherapy practice and artistic explorations. Learn more about her approach and work at www.szekancheung.com.

A2: Nóra Pecsenska & Keira Lee-Botos

Exploring Integration: BW Nondual Dance Therapy and Psychodrama

In this session, we will share two decades of hands-on experience in combining the BW Nondual Dance Therapy method with Psychodrama. BW Dance Therapy, a unique Hungarian creation, is the only perinatal-focused nondual dance therapy method in the world. Like Sociodrama, BW Nondual Dance Therapy also focuses on group relationships and can extend into transpersonal realms while also being adaptable for individual work. Drawing on our experience from Hungarian group leader training, we will share practical tips and techniques through live demonstrations. This integrated approach has proven highly effective in non-clinical settings, despite dance therapy's origins in clinical contexts.

Thanks to its somatic approach, the method can quickly and effectively engage participants, fostering a strong appetite for action in a psychodrama group, and can be used as a warm-up sequence.

During this session, you'll experience how the combined movement and psychodrama techniques can create profound, transformative group processes.

Open to practitioners of all experience levels, this workshop highlights the flexibility of the method to meet emerging needs on the spot. We intend to show you how this integrated group process works in action. Join us to explore the dynamic potential of this unique integration firsthand.



Nóra Pecsenska (Noor) is the founder of BW Nondual Dance Therapy, a method integrating perinatal experiences, transpersonal growth, and nondual philosophy into everyday life. As a psychologist, she combines dance therapy, psychodrama, ego-state therapy, meditation, and inner imagery to guide clients toward reconnecting with their bodies and authentic selves. Over the past decades, Noor has developed and taught her method extensively, establishing an association of 80 trained group leaders. These leaders facilitate 150 groups annually, reaching thousands of participants. Noor's work bridges personal development and nondual understanding, offering a transformative approach to healing and self-discovery.



Keira Lee-Botos is a dedicated therapist and restorative conflict managing professional based in London. She offers a range of integrative therapeutic services, including hypnotherapy, psychodrama, and spiritual counselling tailored to individual and group needs. She leads travelling retreats, offering immersive experiences for deeper self-discovery. Keira also works in the youth criminal justice system supporting victims and young people at Brent Council. She sits on the Restorative Justice Council's board as a trustee. She also has qualifications and experience in education and pastoral work. Keira believes in the healing power of connection, guiding clients through their journeys with empathy and respect.

A3: Pen Fitzgerald and Sheila Katzman of the BPA Equality and Diversity in Action Group

More than One Story

We all have more than one story of our lives, more than one role we play in family, work or friend groups, in the community and in society. For those on the edge or in marginalised groups, we are not just poor, neurodivergent, an ethnic minority or a list of other labels. We are also clever, creative, talented, human and alive.

When Chimamanda Ngozi Adichie went to study in the USA, her roommate was amazed at how well she spoke English, asked to listen to her 'tribal music' and assumed she didn't know how to use a stove. Her roommate had a single story of Africa: a story of catastrophe. In this single story there was no possibility of Africans being like her in any way, no possibility of feelings more complex than pity, no possibility of connection as human equals. (From: 'The Danger of a Single Story' - A TED Talk by Chimamanda Ngozi Adichie.)

This experiential workshop will explore our intersectionality using action methods such as Sociodrama and Theatre of the Oppressed techniques. We will ask, Who shares this story? How are stories different? What social learning might we draw from this? How can we use this in our practice?

This workshop will provide a warmup to these issues at the beginning of the conference, so that our intersectionality can permeate the conference theme and be worked on at greater depth in later workshops.

Note: Everyone is welcome to attend this workshop, whatever their experience of psychodrama or sociodrama.

The Equality and Diversity in Action Group started to meet following the BPA conference in 2022. We meet on Zoom as a creative, supportive group within the British Psychodrama Association (BPA) where we can explore and learn about issues of equality, diversity and intersectionality with the intention of sharing our learning with the wider BPA membership.

We facilitated workshops at the 2023 and 2024 BPA conferences and adapted one of these workshops Stepping on Cracks to run online and hope to adapt and offer another online soon.

The group members include Valerie Monti Holland, Donna Tonkinson, Pen Fitzgerald, Sarah Cvjetan, Sheila Katzman and Susie Taylor. We welcome other members of the BPA joining us at any time. **Sheila Katzman and Pen Fitzgerald** will facilitate this workshop on behalf of the Equality and Diversity in Action Group.



Sheila Katzman, M.A., is an accomplished applied theatre practitioner with over 20 years of experience. As co-founder of Ten Lanterns Transformative Theatre, she utilizes theatrical arts and drama-based processes to address critical issues, including social justice, anti-racism, and violence against women. Sheila is the founder of United Nations "Voices of Children," using radio and action methods with former child combatants.



Pen Fitzgerald qualified as a psychodrama psychotherapist in 1996 and has been running groups incorporating Psychodrama and Sociodrama in many different settings since then. Most recently she has been facilitating workshops using Action Methods to help people understand the experience of being displaced from their homes as refugees.

A4: Sarah Morley

Being a 'non-directive' Director: Exploring the power of person-centred psychodrama

A central tenet of person-centred philosophy is that all living organisms tend to actualise. This tendency is innate and does not need external instruction. In the same way that flowers do not need the gardener to tell them how to grow, people do not need to be instructed in 'how to grow' by their therapist. In the same way a 'canny' gardener may choose the right soil and conditions for their plants to reach optimum growth, if Rogers is right, the job of a therapist is to cultivate the right therapeutic conditions for change to occur. What that change is will often be a surprise to both client and therapist alike.

In this workshop, we will explore in action how person-centred philosophy can inform the psychodramatic process.

The job of the director will be to facilitate and offer the core conditions to the group on the day. What the group chooses to explore and actualise within those conditions cannot be written yet in this blurb!

Note: This workshop is suitable for people with all levels of experience of psychodrama, from beginner to advanced.



Sarah Morley is a person-centred psychodrama psychotherapist and supervisor. She worked for ten years at Sheffield Rape Crisis as group co-ordinator and individual counsellor. Since 2020 she has worked in private practice (and with some organisations) with both groups and individuals. Her cultivation of people generally goes better than her gardening.

A5: Joshua Lee

Being ALL-IN: The Game Plan Performance Coaching®

The Game Plan for Better Living is a trauma-informed coaching model that uses the language and metaphor of sports to help participants identify where there's a loss of power, freedom, peace of mind, or full self-expression — that is, a loss of spontaneity that adversely impacts their creativity. This strengths-based model will use its ALL-IN (Assess, Leverage, Locate - Integrate & New) process to help participants navigate winning their game. The player bolsters their strengths and inner resources to overcome their identified opponents in the game. The goal is to confront their performance gaps in old and new situations with a variable amount of novelty and adequacy, resulting in an optimal level of performance. Participants will learn several action techniques to use within their coaching and clinical practice as they experience the model.

Note: This workshop is suitable for people with all levels of experience of psychodrama and sociodrama – from beginner to advanced.



Joshua Lee, MSW, is a U.S. board-certified psychodrama trainer and a certified Systemic Team Coach (EMCC). Working in the areas of mentoring, team building, communication and restorative practices for over 20 years, he uses action-learning tools to enhance the learning experience. His experiential life coaching model, *The Game Plan*, coaches people to embody their strengths and resources to overcome life's opponents. In his newly published book, *The Game Plan for Better Living Performance Coaching*, outlines this multi-dimensional experiential model with inspiring and funny client stories. He has presented and trained nationally and internationally in the areas of psychodrama and sociodrama.

A6: Craig Stevens

Connecting with Adolescents in Psychodrama Practice

This experiential workshop is for those who currently work with adolescents or who are interested in doing so. The modality in focus will be psychodrama, but the ideas and techniques discussed can be used and adapted to other settings.

In adult psychodrama groups, the participants are most often self-selecting, but with young people, the opposite can be true. At best, they may agree to try a form of therapy with which they are completely unfamiliar and may be even more guarded than in an individual setting.

So, what can the director of the group, or individual therapist in a one-to-one setting do, to promote a safe and containing therapeutic space for an understandably guarded client?

The workshop will demonstrate through exercises and examples how one might sidestep the defences of those clients whose natural inclination would be to sit quietly and reveal as little as possible.

We will do this through asking you to reflect on your adolescent experiences, sharing where appropriate, but also being mindful that this is a workshop rather than a therapy session.

Perhaps the most important question asked during the workshop is, 'What does the young person need from the therapist?'

I can guarantee there will be wishes magically granted, disappointment, unfairness, outrageous favouritism, an idiotic and painfully disappointing workshop presenter, and songs.

Note: This workshop is for anyone who is interested in working with young people. No experience of psychodrama or sociodrama is needed.



Craig Stevens: I trained as a psychodrama psychotherapist at Oxford Psychodrama Group under Peter Haworth and Susie Taylor, qualifying in 2001. I undertook the residential requirement at Holwell with Marcia Karp and Ken Sprague in 1999. I worked in the NHS for 30 years, the vast majority of which was in the Child and Adolescent Mental Health Service (CAMHS) in Cardiff, London and latterly in Cumbria. I have presented workshops on working with young people at British and International Conferences and run workshops and training weekends in Budapest, Skopje, Zagreb, Zurich, Turin, and most recently in Plovdiv in Bulgaria in October 2023. I also play guitar and sing in the band 'Llama! Llama!' who are available for conferences.

Friday Late Afternoon / Early Evening,
5:15 to 7:15

Workshop Session B

B1 AGM

The Annual General Meeting of the British Psychodrama Association.



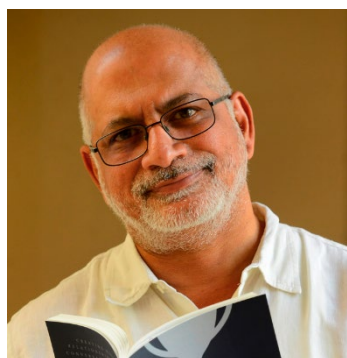
B2 Introduction to sociodrama, with T T Srinath

Introduction to sociodrama

We are going through a massive churn in our existence, each of our lives being buffeted by headwinds. In such a world, sociodrama may help to understand the complexity of our existence. Yet the challenges we face include one's ego overshadowing results we desire; seeking certainty over clarity; wanting harmony at all costs, losing out the possibility of productive dialogue; and the need to be seen as invulnerable, sacrificing trust. These are not mere postulates; they are the cause for not addressing and finding a sensible path forward in society, in politics, in families or even institutions.

JL Moreno defined sociodrama as 'a deep action method dealing with intergroup relations and collective ideologies.' In this introductory workshop, we will appreciate aspects of sociodrama which involve characters, contrast and conflict in a social setting. Using sociodrama, we will explore how we are all eminent players, and we will discover what CAN be.

Note: This workshop is open to people with all levels of experience of psychodrama and sociodrama – from beginner to advanced.



Dr T T Srinath, PhD: I am an applied behavioural practitioner, a post-graduate in Human Resource Management and a Ph.D. in organisational behaviour. I have been trained in Gestalt psychology in Australia and Psychodrama and Sociodrama by members of BPA. A stage actor, I use drama techniques in facilitation. I am a qualified sensitivity trainer with the Indian Society for Applied Behavioural Science. Over the last 30 years, I have worked with over 140 organisations and with more than 40,000 individuals across the world. I have authored four books, which focus on the use of drama in organisations, working through relationships, and living through our existential reality.

T T Srinath will also be leading a workshop on Sunday morning, 13th July.

B3 Introduction to psychodrama, with Leila Frondigoun and Kirsty Weedon

Introduction to psychodrama

This workshop is for people who are brand new to psychodrama and also people who know psychodrama well who would like to experience the method with new learners. We will join together as a group to learn and experience some of the key techniques and processes used in psychodrama. This session will be mostly experiential, so please come prepared to participate, meet people, interact, share and have fun together while experiencing the magic of psychodrama.

Note: This workshop is open to people with all levels of psychodramatic or sociodramatic experience — beginning to advanced.



Leila Frondigoun is a UKCP accredited Psychotherapist, a Senior Psychodrama Trainer with the BPA and clinical Supervisor. She works in private practice offering individual sessions and Psychodrama groups in person and online from her base in the Southside of Glasgow. She uses psychodrama underpinned by person centred principles. She is a convert to online working, having become a Certified Cyber Therapist during lockdown, and she is now training in EMDR. She is one half of the Psychodrama Scotland training team and has recently taken on the role of Chair for the BPA's training and accreditation committee.

Leila will also be co-leading a workshop on Saturday afternoon, 12th July.



Kirsty Weedon is a psychodrama psychotherapist and trainee supervisor working in private practice. She is also a part-time lecturer at the University of Cumbria and committee member of the Association for Outdoor Therapy.

Saturday Morning, 9am-12noon

Workshop Session C

C1: June Rabson Hare

Dialoguing with parts of the self

Using an art and then an auxiliary chairs warm-up with role reversal, we shall move into a personal psychodrama, and after sharing with the protagonist, we shall widen the themes with a sociodramatic expansion and exploration of social roles and conflicts.

Participants will experience how an art-based warm-up can be integrated with psychodrama techniques, and how personal resonances with protagonist themes can be broadened into sociodrama.

Note: This workshop is open to people with all levels of psychodramatic or sociodramatic experience — beginning to advanced.



June Rabson Hare, PhD. is a clinical social worker and psychodramatist. Though well into retirement years, she is still enjoying teaching psychodrama to social workers and the uses of creative arts to professionals in Gerontology. She is a faculty member of Ben-Gurion University of the Negev. June trained in drama therapy with Sue Jennings, and in psychodrama at the Moreno Institute with Zerka Moreno, Anne Elizabeth Hale and others. She is active in a variety of community outreach projects. She loves singing and Playback Theater!

C2: Diane Adderley and Mark Wentworth

Life, Death and Ancestry

Using the Greek myth of the three immortal sisters Clotho, Lachesis and Atropos, we will explore with participants:

1. The influences on our lives that pre-date our birth, both personal and in the wider world. This is the realm of Clotho, the Weaver, represented by a spinning wheel, drawing together the ancestral threads that coalesce when we come into the world.
2. Lachesis, the second sister, the overseer of the Lifepath. Many of us experience times in our lives when we feel lost, far from fulfilling our inherent talents, creativity and purpose of our deep being.
3. The end of our earthly life comes with Atropos, the third sister, represented by a pair of shears to cut the thread, known as “she who cannot be changed”, moving us on to become an ancestor ourselves. What kind of ancestor or ancestral influence do we want to be, as we are remembered by the future generations Clotho will bring to the world?

Diane and Mark will use storytelling, sociodrama and colour psychodynamics to explore this metaphor of the life cycle.

Note: This workshop is suitable for people with all levels of experience of sociodrama, from beginner to advanced.



Diane Adderley is a psychodrama practitioner, sociodrama senior trainer and Playback Theatre practitioner and trainer. She has maintained a 1:1 private practice as a therapist, coach, supervisor and mentor in Manchester over 25 years and is a founder member of Playback Theatre Manchester, which has now been going for 33 years. She is part of a team of trainers currently delivering sociodrama training to students in India, supporting the Psychodrama in India (Pii) initiative. Diane is also the current Honorary President of the BPA (2022-2027). Human stories are her passion and fascination – how we bring shape to our lives through our narratives.



Mark Wentworth has been studying and working with colour as tool for transformation for thirty-eight years. His speciality is Archetypal Colour Psychology. Mark is the creator of the Colour PsychoDynamics methodology, and Dynamic Theatre (Incognito Auxiliary), as well as being the 2023 recipient of the Zerka T. Moreno award and receiving ASGPP Fellowship in 2024. His love of colour and sharing that passion is what takes him around the world again and again. Who knew that being mesmerised by a rainbow at six-years old would lead to a life-long vocation of bringing colour to life for the world to see?

C3: Teresa Brown

Breaking Down is Breaking Through: Surviving Our Own Belief System

How do we keep ourselves prisoner? The prison of our own making is often the most difficult to escape. In this workshop, we will explore together, through psychodrama, ways and means of identifying our own strictly held beliefs and structures, which we imagine are sustaining us, but may be tripping us up. In life, we all have our own repertoire of roles, and we all have our own belief systems attached to those roles about who or what we SHOULD be rather than what we CAN be. How do we break free and enjoy what life has to offer?

During my career, I have offered psychodrama as a way forward in action to individuals and groups within and outside the clinical field. This can happen in my role as trainer and educator, artist, colleague, family member, and friend.

Note: This workshop is suitable for people with all levels of psychodrama/sociodrama experience – beginner to advanced.



Teresa Brown is a UKCP and BPA registered Psychodrama Psychotherapist, Supervisor and Trainer. Her original training in Occupational Therapy and person-centred work offered her the opportunity to begin her career in the NHS in group psychotherapy in the 1970s, where psychodrama was part of the treatment milieu. She began her training in psychodrama at Holwell Centre in 1977 and became increasingly interested in psychodynamic thinking and practice. She then continued her training at the Scottish Institute of Human Relations. With over 40 years of experience practising in the UK, Europe, Africa, Canada, and Hong Kong, she has continued to enjoy training and examining students and professionals.

C4: Ron Wiener

The Trial of Goosey Goosey Gander

The nursery rhyme Goosey Goosey Gander was originally written in the time of Henry VIII and the Protestant reformation, when catholic priests were forced to say their prayers in hiding. However, now thousands of parents read this poem to their children each year without any reference to its origins. So how come it's okay to tell a poem about an old man being thrown down the stairs and breaking his back? We'll therefore use the trial as a way in to exploring the issue of ageism in present day society.



Ron Wiener is a senior sociodrama trainer and former Honorary President of the BPA. He was awarded the Lifetime Achievement Award by the BPA in 2008. He is a faculty member of Tele'Drama and a founding member of ISCAN (the International Sociodrama and Creative Action Methods Network). He is the co-editor of *Sociodrama in a Changing World* and the author of many books, book chapters and articles.

C5: Marcia Karp

Ouch! My Family: The Ancestor Syndrome

As we stand on the shoulders of our ancestors, we can identify formative generosity and transgenerational trauma. This workshop is both theory and enactment of the original GENOSOCIOGRAM. The genosociogram explores transgenerational connections, family secrets, hidden family loyalties, and the 'anniversary syndrome.' These profoundly influence the transmission of transgenerational trauma. The roots we have decide the plants we grow.

With assistance, participants will make a written map of their family tree. With the stories and concepts above, the 'family tree' becomes a genosociogram.

Anne Ancelin Schützenberger, creator, wrote *Ouch, My Family*, a French best seller. The English translation became *The Ancestor Syndrome* (Routledge). It offers a unique contribution to psychodrama.

Note: This workshop welcomes people of all levels of experience.



Marcia Karp M.A. UKCP, TEP, Psychodrama Trainer, Educator, Practitioner; International Trainer and Supervisor; Co-Founder and Past Honorary President BPA; Co-Founder and Honorary Member FEPTO; Distinguished Fellow and Past Board Member IAGP; Fellow ASGPP; JL Moreno Lifetime Achievement and William Moreno Awards from ASGPP; Lifetime Achievement Award from BPA; Former Co-Director Holwell International Centre for Psychodrama and Sociodrama. Co-Editor of 3 books: *The Handbook of Psychodrama*; *Psychodrama Since Moreno*; *Psychodrama: Inspiration and Technique*. Available in English, Portuguese, Ukrainian, Japanese, Russian, Greek and Hebrew. Also: "A 16-year case study of rape and torture," in *Psychodrama for Trauma Survivors*. Private practice contact: Mkarp11444@aol.com

C6: Ina Hogenboom

A playful dive into projective identification

This interactive, experiential workshop delves into the complex dynamics of projective identification, a psychological process that significantly shapes interpersonal relationships in both clinical and non-clinical settings.

Through psychodrama techniques and reflective practices, participants will actively explore the mechanisms and impact of projective identification. They will gain practical tools to recognize, understand, and possibly transform these dynamics in their personal and professional interactions.

In alignment with the conference theme, *Being in Action: Psychodrama and Sociodrama in Clinical and Non-clinical Settings*, this workshop bridges theory and practice. It demonstrates how psychodrama interventions can uncover unconscious relational patterns, fostering deeper insight and promoting growth.

Note: This workshop is designed for participants of all experience levels. This workshop offers experiential learning and practical takeaways, making it valuable for seasoned professionals and those new in psychodrama.



Ina Hogenboom is an experienced trainer in the Therapeutic Spiral Model (TSM), a psychodrama-based method designed to safely address trauma.

She enjoys combining psychodrama with other therapeutic approaches and is particularly intrigued by the concept of projective identification and its creative potential for fostering growth.

Known for her clear and innovative use of projective identification within TSM, Ina contributed to a chapter in the latest book on the model.

Her approach activates playfulness and creativity to create meaningful learning experiences, inspiring participants toward openness, free exploration, and deeper emotional growth.

Saturday 1-1:50 pm optional Tele-Talk presentations

Note: Tele-Talks are sessions that are more presentational, rather than mainly experiential. This year, we offer two parallel Tele-Talks, and you can choose on the day which one you would like to attend.

Tele-Talk 1: Irina Ștefănescu

Deep Conversations in the Boardroom Using the Cultural Atom

What can eight interventions on the individual cultural atom of the board of directors of a leading company bring to eight top managers who have worked together for a long time (between 7 and 15 years)? A new understanding of the relationships between them and between the departments they manage, new revelations, strong emotions, a reorientation of relationships and lines of communication, even a complete surprise.

What did I learn from working with this team, with the participants in their real professional roles? How can eight psychodramatic interventions on the same day weave together a sociodramatic group story? How are the action methods we work with the perfect ingredients for group (psychodrama) and team (sociodrama) coaching?



Irina Ștefănescu has been a curious and passionate Growth Partner for organizations and their people since 1996. Being a Chemistry graduate, she added qualifications as trainer, coach, psychodramatist and sociodramatist. Founder of FLUX Training and Consultancy (2004) and of the Sociodrama Centre Romania (2010), Irina collaborates with Coachingdipity, an exquisite coaching school, where she trains participants to coach teams with sociodrama and action methods. She has been introducing sociodrama to psychodrama students in Greece, Romania, Serbia, Switzerland and Ukraine. Member of ARPsiC, BPA, iSCAN, PAFe and contributor to FEPTO. Living in Bucharest, Romania, Irina enjoys life every day.

Tele-Talk 2: Divya Doshi

Gunas - Three Ways of Being

Gunas in Hinduism means attributes, quality, or the property the material energy consists of. There are three guṇas (modes): sattva (goodness), rajas (passion), and tamas (ignorance). These modes bind the eternal soul to the perishable body. Polyvagal Theory of the west explains the behaviour more with the neurophysiological level, whereas in the Gunas as mentioned in Bhagwat Gita, it deepens beyond the physiological level feeling, thinking and being states of our physical existence. There are philosophical and psychological aspects to the theory. It starts from food and eating habits, to ways of thinking and being.



Divya Doshi is the Founder of Divya Doshi Consultancy Services, which uses different modalities:

- Playback Theatre Group, named Lila-A playful space
- Emoveda - Connect Internally & Evolve Externally
- Heart Cafe - Reflective Groups

Divya's transformative journey spans over two decades in strategy, account management, business analysis, and marketing, working with brands like Reliance Communications, TATA, and Bharti Airtel. Passionate about creating impactful experiences, she transitioned to an experiential facilitator role. She graduated from the Centre of Playback Theatre in New York, holds a diploma in Applied Theatre, and completed 900 hours of psychodrama training in India.

Saturday Afternoon, 2:15pm-4:45pm

Workshop Session D:

D1 Peter Haworth

Exploring Transgenerational Trauma: A sociodrama workshop

I have developed this workshop over a number of years. Sociodrama was originally developed by Moreno as he realised that many problems need to be explored from a collective as well as an individual perspective. My work in both the Balkan countries and in my clinical work in the UK has shown that inherited patterns need to be explored in order for change that is needed in this world to take place. We need to realise that behaviour in the present is rooted in responses to inherited trauma and that many people are unaware of just how powerful these messages are.

This workshop was first run in Belgrade, Serbia as part of a weekend workshop that led to psychodramatic work. In this workshop, we will explore how messages about surviving traumatic experiences are passed on through the generations from the past and into the future, using our own and inherited experiences. I have run this workshop several times before in European Countries and in the USA. I have slightly adapted the process following feedback from each group.

Note: For participants, no previous experience of psychodrama or sociodrama is required, but participants should be aware that, due to the theme of the workshop, they will be asked to share aspects of their family's history of trauma experiences with other participants.



Peter Haworth is registered as a Senior Trainer and is a founder member of the BPA and of the Oxford School of Psychodrama and Integrative Psychotherapy. He retired from his role as a Consultant Psychodrama Psychotherapist in the NHS in 2008. He wrote his diploma dissertation on Sociodrama in 1983. He has an MSc in psychodrama psychotherapy from the University of Worcester. He has extensive experience working as a clinician in the NHS, particularly in therapeutic communities. He currently has an honorary contract and works in Aylesbury Therapeutic Community. He also continues to work in Belgrade, where he runs, with others from Serbia, workshops on Psychodramatic Bodywork

D2: Anna Chesner

A Psychodramatic Approach to Couples Work

This experiential workshop addresses the theme of working with couples, something I have done alongside my individual and group practice for many years. I will share some principles of the style of couples work I have developed. These include: holding the couple in focus; working with the relationship; bringing playfulness and creativity into the therapeutic experience; using role theory and attachment history as guiding principles.

Note: This workshop is appropriate for people with some prior experience of psychodrama or other forms of therapy, i.e. not suitable for beginners.



Anna Chesner is co-director of the London Centre for Psychodrama Group and Individual Psychotherapy. She is widely published in the field of psychodrama, supervision, trauma and learning disabilities.

She runs a private practice in London and online, and facilitates psychodrama experiential workshops in Switzerland and Austria.

D3: Martin Gill and Hannah Sherbersky

‘Homeostasis is not Normosis’ – Exploring synergy and contrast between family and systemic psychotherapy and the world of psychodrama.

In this workshop, we aim to bridge these two influential approaches, highlighting their shared history, concepts and distinct contributions to contemporary group and family psychotherapy. Through dynamic experiential activities and case illustrations, we will explore the integration of psychodrama action methods with systemic practice, showing how both utilise creativity and action in their therapeutic approach.

Participants will have the opportunity to engage with practical tools and exercises derived from our collaborative work in training systemic supervisors and family therapy practitioners.

These activities are designed to inspire new ways of thinking and working that combine the immediacy of action with systemic thinking and understanding.

Note: This workshop is open to all. Whether you are a therapist, supervisor, or trainee, this workshop offers an innovative and lively perspective on cross-fertilizing these two approaches.



Martin Gill UKCP HCPC AFT is a registered Psychodramatist/ Dramatherapist and systemic practitioner in private practice. He regularly offers workshops and keynote presentations for family therapy practitioners and trainees. He has also published several peer-reviewed papers and chapters on the use of action and spontaneity in systemic practice.



Professor Hannah Sherbersky is a Family and Systemic Psychotherapist, Associate Professor at the University of Exeter and CEO of the Association for Family Therapy UK. She is Deputy Director of a clinical training department and works clinically as a psychotherapist and supervisor. Hannah completed her Doctorate in Clinical Practice on notions of ‘home’ within psychiatric inpatient contexts, which contributed to a training programme that continues to influence inpatient psychiatric care for adolescents. She is past Associate Editor for the *Journal of Family Therapy* and presents nationally and internationally in both her leadership roles and has published on numerous related subjects.

D4: Leila Frondigoun and Paula Davies

Integration and Loss

People often come to therapy wanting to let something go, which can seem freeing and transcendent. However, letting something go means experiencing a loss. Even if it is a positive loss, it is still a loss, which can lead to a grieving process. This topic is relevant to the conference theme, as practitioners of Psychodrama and Sociodrama may need to relinquish certain practices, theories, or philosophies to align with the surrounding culture, whether in a clinical setting or elsewhere.

The character arc of Elsa from *Frozen* demonstrates this beautifully. When Elsa sings “Let it Go,” she becomes a more authentic version of herself. The cost is losing her family and her kingdom, resulting in her living alone in an ice palace for one. However, it’s only when she lets go of “conceal, don’t feel” and she embraces her feelings that she can integrate her powers with her roles in the family and her kingdom.

What if, by letting go of a part of ourselves, a coping mechanism, a belief about ourselves or a relationship, we can integrate and become a better version of ourselves? This workshop will explore the relationship between loss and integration.

Note: This workshop is open to all. If you are new to psychodrama, please be aware that this workshop will be working with the personal material of the participants and, given the theme, is likely to be emotive.



Leila Frondigoun is a UKCP accredited Psychotherapist, a Senior Psychodrama Trainer with the BPA and clinical Supervisor. She works in private practice offering individual sessions and Psychodrama groups in person and online from her base in the Southside of Glasgow. She uses psychodrama underpinned by person centred principles. She is a convert to online working, having become a Certified Cyber Therapist during lockdown, and she is now training in EMDR. She is one half of the Psychodrama Scotland training team and has recently taken on the role of Chair for the BPA’s training and accreditation committee.



Paula Davies is a psychodrama psychotherapist and drama therapist who brought arts therapy to schools in Plymouth in 1999, alongside a small group of practitioners. She works with the Plymouth Learning Partnership, providing therapeutic support to parents and children whilst managing a team of arts therapists and training school staff and professionals. She has written about this work. Paula also leads a multi-family workshop called Kidstime for the charity OurTime. In addition to this, she runs a private practice for both adults and children and facilitates an ongoing group that supports therapeutic practitioners. Currently, she is training to become a psychodrama trainer.

D5: Alina Danevych

Seven Emotional Drives that Rule Life

In this workshop, I want to explore with you and find some similarities between two different psychotherapeutic approaches: Psychodrama and Neuropsychoanalysis. We will discover the seven emotional drives and their anatomical pathways and neurochemical modulators. We will investigate how these drives bring us into action and investigate what psychodramatic play and neuropsychoanalytic play may have in common.

Note: Please be prepared to participate actively in this scientific endeavour. As I will use some theory from psychodrama and neuropsychoanalysis during my workshop, it would be nice if the participants have some basic knowledge of the main psychodrama concepts before attending the workshop.



Alina Danevych is a certified psychodrama therapist (2017, PAFÉ), a psychoanalytically oriented therapist (certification in progress), a member of Ukrainian Union of Psychotherapists, a member of the Neuropsychoanalytic association, and an interpreter. Areas of interest include working with self-esteem and self-worth, and the psychological dimensions of time and money. She moved to the UK from Ukraine in 2022 and is currently based in Cambridge.

D6: Jacomien Ilbrink-de Visser

Exploring Relationships in Action

J.L. Moreno, the founder of Psychodrama, also developed sociometry—a philosophy and tool designed to explore and reveal the hidden network of relationships within groups. For Moreno, the key to effective group work was becoming aware of personal choices by making them visible. This process uncovers the “telic” energy between people, creating opportunities to examine and work through these choices, ultimately enabling change. Over time, making more conscious choices fosters a sense of freedom. By using sociometry, both the individual and group experiences are deepened.

In this workshop, we will explore the interpersonal dynamics among participants, working with archetypes you are drawn to. What does this archetype reveal about you and how others perceive both you and the archetype that you’ve chosen—or that may have chosen you! Do these perspectives align, or is there a gap? Furthermore, does the way others see you match how you wish to be seen?

Note: This workshop is open to people with all levels of experience, from beginner to advanced.



Jacomien Ilbrink-de Visser is a creative arts therapist, psychodramatist (CP) and trainer, and nonviolent communication practitioner. She has been serving as the Chair of the Psychodrama Association for Europe (e.V.) since 2017.

Jacomien has Dutch nationality and was trained in creative arts therapies, psychodrama and sociometry while living in New York City from 1998 - 2005. Now she lives in the Netherlands.

Jacomien’s expertise lies in teaching developmental sociometry, a structured approach she created to enhance psychological safety within groups whilst working with sociometry. Through this approach, she guides groups in dismantling projections, building trust, and fostering deeper authenticity. In her work, Jacomien also integrates the principles of nonviolent communication, offering a compassionate framework for exploring group dynamics.

Additionally, she incorporates elements of the Therapeutic Spiral Model (TSM) in her teaching of sociometry and psychodrama, and has been assisting Ina Hogenboom in delivering TSM training.

Jacomien is known for her intuition and her ability to creatively apply theoretical principles to practical contexts. Her approach not only supports individual healing but also helps to cultivate environments where groups can thrive, communicate openly, and achieve deeper levels of understanding and cooperation.

SUNDAY MORNING, 9:00-11:00

Workshop Session E:

E1: Sarah Miller

The Magic Shop

In the Magic Shop, we can obtain what we are seeking, but only if we are willing to trade! The Magic Shop welcomes the weary traveller, the energetic seeker of spontaneity, and those who are wishing to process feelings and experiences from the conference. Come and meet the Shopkeeper, who, with the help of the group, will open her shop and invite you to come and see what lies inside.

This workshop welcomes all who wish to experience the magic of psychodrama: tele, spontaneity and the amazing capacity for human beings to co-create what is needed. The workshop will not include a full psychodrama, but rather provide participants with an opportunity to explore a small vignette/scene.

Note: This workshop is open to people with all levels of experience of psychodrama, from beginner to advanced.



Sarah Miller is a psychodramatist, family therapy practitioner and a child counsellor in private practice. Sarah qualified as a psychodramatist in 2001, and has worked in Community Mental Health Teams, CAMHS and in schools. Her interest is in working with families with younger children, as well as her private practice with adults.

E2: Trausti Ólafsson

Revelation of the Saga Characters in Ourselves

By using excerpts and selected scenes from the Icelandic sagas, it will be explored how the archetypal features of their characters reflect our own inner and outer roles, and in that way correspond to Moreno's role theory. The workshop will be conducted as a group process rather than focusing on a protagonist carrying the theme of the group, as his or her psychodrama is developed on stage scene by scene. The focus will be on how own personal development corresponds with the Saga characters, an exploration to be carried out with psychodramatic techniques and methods. While doing so, the members of the group are invited to expand their role repertoire and are inspired to start writing a new chapter in their own saga, as well as rewriting the older sections of that complex script.

Note: This workshop is suitable for people with all levels of experience of psychodrama, from beginner to advanced.



Trausti Ólafsson was born in Southern Iceland and holds a PhD in theatre studies and the Advanced Diploma in Psychodrama. He has lectured at the University of Iceland and Iceland University of the Arts for many years. Since 2009, he has led psychodrama workshops on a regular basis at The Role Centre, a privately run institute for mental health in Reykjavík. Trausti has published widely in his academic field, and his book on psychodrama, the first one written in Icelandic, was in the bookshops in early spring this year.

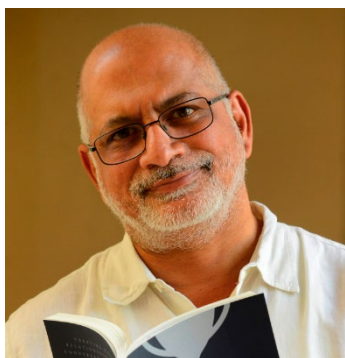
E3: T.T. Srinath

Unfreezing blocks in organisations and institutions

We as individuals most often need assistance to work through some of the challenges we experience in life, such as not being able to distinguish between a person and an individual, stuckness with the past, anxieties with the future, and not finding a way to deal with those challenges. We experience 'psychological rigidity.'

The broad objective of the session will be to help one live life according to what really matters to the individual. In order to handle the psychological rigidity, one must develop psychological flexibility and not resort to experiential avoidance. By employing *Creative Action Methods*, *Gestalt* and *Sociodrama* techniques, participants will be helped to unfreeze and set the context and create a 'safe emergency' — a space for the participants to allow their vulnerability and spontaneity to find a voice. Doubling will be used to deepen the awareness of participants, of their thoughts and feelings. The session will close by helping participants concretize an outcome they desire in the context of the issue that has been played out during the session.

Note: This workshop is open to people with all levels of experience of psychodrama and sociodrama – from beginner to advanced.



Dr T. T. Srinath, PhD: I am an applied behavioural practitioner, a post-graduate in Human Resource Management and a Ph.D. in organisational behaviour. I have been trained in Gestalt psychology in Australia and Psychodrama and Sociodrama by members of BPA. A stage actor, I use drama techniques in facilitation. I am a qualified sensitivity trainer with the Indian Society for Applied Behavioural Science. Over the last 30 years, I have worked with over 140 organisations and with more than 40,000 individuals across the world. I have authored four books,

which focus on the use of drama in organisations, working through relationships, and living through our existential reality.

E4: Jeni Goodfellow-Pemsel

Rekindling the Flame: A Two-Hour Psychodrama Workshop to Cultivate Curiosity Amidst Compassion Fatigue

This focused two-hour workshop uses psychodrama techniques to help professionals experiencing compassion fatigue, burnout, and vicarious trauma reconnect with their professional curiosity. Through action-based exploration, participants will process their challenges, foster emotional resilience, and rediscover the spark that drives their work.

Note: This workshop is suitable for people with all levels of experience of psychodrama, from beginner to advanced.



Jeni Goodfellow-Pemsel is an HCPC-registered Drama Therapist, Clinical Supervisor, and UKCP-registered Psychodrama Psychotherapist with over 20 years of experience in education and adoption settings. She leads the Creative Arts Therapy team at One Education, overseeing trauma-informed therapeutic work with children, young people, and families facing complex challenges.

Within this role Jeni is keen to address compassion fatigue, burnout, and vicarious trauma among professionals in education, social care, and mentoring roles. Known for her dynamic, creative and compassionate training workshops using drama and arts-based interventions, she fosters emotional resilience, professional curiosity, and systemic growth.

A former MA lecturer at Nottingham University, Jeni blends academic expertise with practical innovation, delivering impactful training, supervision, and creative therapeutic interventions to empower practitioners and promote healing.

E5: Laura Panetta and Donna Tonkinson

Presence and Circles of Energy

What does it mean to be present? What are the qualities of presence and how can we be present? In Patsy Rodenburg's second circle of energy we are engaged, fully connected with the subject. It's the place of the give and take of being present, where we're all equal together. We're all born in second circle. The continual feeling of presence is vital. And if we lose it, we need to know how to get it back.

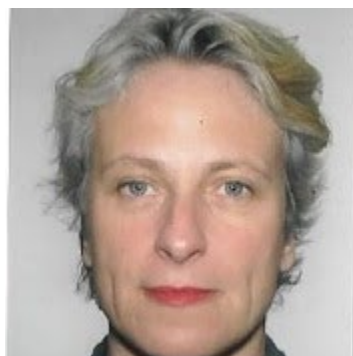
This workshop will explore how to engage with different energies in action to enhance our presence in practice. We will draw inspiration from Patsy Rodenburg's three circles of energy, J. L Moreno's concepts of spontaneity and creativity, and polyvagal theory. Our aim is to inspire you to play, create, and discover how various energies and experiences manifest in action.

This workshop takes inspiration from Patsy Rodenburg's theory, but it's not aimed to teach her method.

Note: This workshop is suitable for people of all levels of experience of psychodrama and sociodrama, from beginner to advanced.



Laura Panetta, BSc (Hons) in Psychology, Group and Individual Psychotherapist, UKCP, BPA, Bibliodramatist. Her journey in Psychodrama started in 1996 in Italy as a group member, when she was a student of Psychology, working with children and adolescents with SEN and Neurodiversity. After her graduation, she qualified as Director of Psychodrama at the School of Giovanni Boria, and in Bibliodrama at the School of Beppe Bertagna. She then moved to the UK, where she qualified as a Group and Individual Psychotherapist at the London Centre for Psychodrama. She is currently working in Private Practice in Central London.



Donna Tonkinson. I am a recently qualified psychodrama psychotherapist, completing my training at the London Centre for Psychodrama this year. With over 34 years of experience as a freelance applied theatre practitioner, director, actor, and writer, I have developed a strong foundation in the arts. Additionally, I am a qualified drama teacher with experience across primary, secondary, further education, and higher education sectors.

I hold a First-Class MA in Participatory Arts Practice and a degree in Creative Arts, which has equipped me with extensive experience in devising and producing work within diverse communities. My approach is practical and holistic, utilising the mechanisms and conventions of drama to help different groups and individuals explore issues that are significant to them.

My previous work has spanned schools, secure hospitals, prisons, colleges, elderly care facilities, nurseries, museums, arts festivals, and theatres. I am particularly fascinated by the therapeutic power of theatre and its applications in mental health clinical practice. In my company Glasshouse Arts, I seek to create intrinsic connections between theatre practice and psychology in my work.

E6: Alisa Priemysheva

The Model of Transformation in Action

“I am worthless, I am great, I am worthless, I am great” ...

Sound familiar?

The never-ending cycle of self-criticism and attempts to counteract it with achievements is too familiar to us and our clients. Not knowing our self-worth growing up makes it hard to find the direction to self-dignity in adulthood.

This integrative model of transformation was developed by working with people with long-lasting and persistent self-criticism to support their actions towards change. It connects ideas of psychodynamic, ACT and systemic models and can:

- be used as a beginning of the conversation in search of authenticity.
- create a system and direction for those who need support.
- provide people with the last step they need to take to start changes in their lives.

With this model, we attempt to move away from environmentally prescribed values of success towards authenticity, from anxiety to calm, and from pressure to freedom. I invite you to an experiential workshop, where we will look at this model in action and explore our values and hidden traps of fighting the inner critic.

Note: This workshop is suitable for people with intermediate to advanced level of experience in psychodrama. It is not suitable for beginners.



Alisa Priemysheva: I am a clinical psychologist with training in psychodrama. Psychodrama and group work hold a special place in my therapeutic practice. With 15 years of experience across educational, medical, and private mental healthcare settings, I am committed to integrative and creative therapeutic methods, including therapy in action. My work is focused on fostering long-lasting change for individuals with complex mental health needs.

Sunday morning Playback Theatre, 11:30am-12:45pm

Diane Adderley will conduct Playback Theatre, with support from conference volunteers, who will form a Playback company for this conference plenary.

Code of Ethical Conduct for Conference Attendees

This code of conduct is designed to increase a sense of safety during this conference. We ask that all participants in the conference abide by this code of conduct.

1. Be aware of confidentiality. It is okay to talk about yourself but not anyone else. Personal material that arises in any workshop is confidential to that workshop.
2. Your consent is very important. Please set your own level of disclosure – only say or do what feels right for you and be aware that you can say ‘no’ as well as ‘yes’ to any direction or technique that is suggested to you.
3. We aim to form a safe and open space. We understand it is okay to let people know if they said something that hurts (and, in return, be ready to apologise if causing hurt.)
4. We intend to provide a harassment-free conference experience for everyone, regardless of gender, gender identity and expression, age, sexual orientation, disability, physical appearance, body size, race, ethnicity, religion (or lack thereof), or technology choices.
5. We do not tolerate harassment or aggressive behaviour either by or towards any conference attendee in any form at any time. This includes all staff on site at the venue.
6. Sexual or prejudicial language or imagery is not appropriate for any conference venue, including talks, workshops, parties, or online social media.
7. Please address concerns, moments of upset and discomfort as soon as possible. We ask you not to assume it is the job of others to teach about their identities and we would like you to be mindful of the impact your curiosity may have.
8. Touch can be a sensitive issue and it is important to check whether a person is comfortable with being touched before you do so.
9. We ask that you respect differences with others where you find them, both in and out of workshop spaces.
10. The use of cameras or recording equipment is not permitted in any workshop, seminar or performance without the consent of all participants. Additional consent must be obtained to post the photos online on social media, etc.

During the conference you may find yourself sharing experiences that leave you feeling vulnerable. Please be aware that there is a designated space at the end of Friday and Saturday, for anyone that feels they would like space for anything left over from the day.