



# EMPOWERING PRACTICE

INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

## CONFERENCE PROGRAMME

### Conference Opening: Day 1 (Thursday 28<sup>th</sup> August 2014)

	Details	Presenters Biography
Registration 14.00 – 18.15		



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<p><b>Opening Plenary 18.30 – 20.30</b></p>	<p><b>Impromptu Man: JL Moreno and the Origins of Psychodrama, Encounter Culture and the Social Network.</b></p>	<p><b>Jonathan D. Moreno</b> is a philosopher and historian. As the David and Lyn Silfen University Professor at the University of Pennsylvania, Moreno is one of fourteen Penn Integrates Knowledge professors. At Penn he is also Professor of Medical Ethics and Health Policy, of History and Sociology of Science, and of Philosophy. Among his books are <i>The Body Politic</i>, which was named a Best Book of 2011 by Kirkus Reviews, <i>Mind Wars</i> (2012), and <i>Undue Risk</i> (2000). His next book, <i>Impromptu Man: J.L. Moreno and the Origins of Psychodrama, Encounter culture, and the Social Network</i>, will be published in 2014. Moreno frequently contributes to such publications as <i>The New York Times</i>, the <i>Wall Street Journal</i>, the <i>Huffington Post</i>, <i>Psychology Today</i>, and often appears on broadcast media. In 2008-09 he served as a member of President Barack Obama’s transition team. His work has been cited by Al Gore and was used in the development of the screenplay for “<i>The Bourne Legacy</i>.” His online neuroethics course drew more than 36,000 registrants in fall 2013. The <i>American Journal of Bioethics</i> has called him “the most interesting bioethicist of our time.”</p> <p>Moreno is an elected member of the Institute of Medicine of the National Academy of Sciences and is the U.S. member of the UNESCO International Bioethics Committee. A Senior Fellow at the Center for American Progress in Washington, D.C., Moreno has served as an adviser to many governmental and non-governmental organisations, including three presidential commissions, the Department of Defense, the Department of Homeland Security, the Department of Health and Human Services, the Centers for Disease Control, the Federal Bureau of Investigation, the Howard Hughes Medical Institute, and the Bill and Melinda Gates Foundation.</p> <p>Moreno holds a Ph.D. from Washington University in St. Louis, was an Andrew W. Mellon post-doctoral fellow, was awarded an honorary doctorate by Hofstra University, and is a recipient of the Benjamin Rush Medal from the College of William and Mary Law School and the Dr. Jean Mayer Award for Global Citizenship from Tufts University.</p> <p>To order:  <i>Impromptu Man: JL Moreno and the Origins of Psychodrama, Encounter Culture and the Social Network</i>  <a href="https://itunes.apple.com/us/book/impromptu-man/id826813882?mt=11">https://itunes.apple.com/us/book/impromptu-man/id826813882?mt=11</a>)</p>
	<p><b>BPA President</b></p>	<p><b>Ron Wiener</b></p>
	<p><b>IAGP President</b></p>	<p><b>David Gutmann</b></p>
<p><b>20.30-22.00 Buffet Dinner.</b></p>		



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## Day 2 Friday 29th August 2014

### Action Methods in Society:

	Details	Presenters Biography
<b>Plenary 09.00 –10.00</b>	<b>The Brazilian Sociopsychodrama: Trans-cultural group work.</b>	<b>Heloisa Fleury</b> is a clinical psychologist and psychodramatist in private practice in São Paulo, Brazil. She is a Faculty member of the Psychodrama Training Programme in Sedes Sapientiae Institute, Pennsylvania, USA, and a teacher and supervisor in the School of Medicine, University of São Paulo, Brazil. She is editor of the Brazilian Journal of Psychodrama, former treasurer of the International Association for Group Psychotherapy and Group Processes (IAGP), and a former President of the Brazilian Federation of Psychodrama.



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<p><b>10.00-10.15</b> <b>A1 (morning),</b> <b>B1 (afternoon)</b> <b>B10 (evening)</b> <b>: International Networking Day</b></p>	<p><b>Interactions and encounters in small chosen groups for the purpose of mutual support and professional exchange through dialogue and action.</b> The goal of networking is to provide structure for contacts, interactions and encounters with one another for the purpose of mutual support and professional exchange of new developments in our fields. Networking activities may reduce competition, tension and unnecessary power struggles between institutes and individuals by increasing the possibility of professional dialogue and cooperation. Possible Themes for the Small Groups:</p> <ul style="list-style-type: none"> <li>• Group work in times of economic changes.</li> <li>• Trans-generational Group Work.</li> <li>• Training issues.</li> <li>• Group work in Organisations.</li> <li>• Death and Dying.</li> <li>• Psychodrama with Children.</li> <li>• Intimacy and Sexuality.</li> <li>• Research in the field of groups.</li> <li>• Spirituality in Group Psychotherapy.</li> <li>• Psychodrama in Universities.</li> <li>• Psychodrama with Psychiatric Patients.</li> <li>• Psychodrama in education.</li> <li>• Intermodal psychodrama with the expressive arts.</li> <li>• Psychodrama for Conflict Transformation.</li> <li>• Working on trauma integrating Psychodrama with other methods.</li> </ul>	<p><b>Maurizio Gasseau and Yaacov Naor</b> <b>Maurizio Gasseau:</b> Former IAGP Psychodrama Section Chair. <b>Yaacov Naor:</b> Current IAGP Psychodrama Section Chair.</p>
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<p><b>A2: workshop 10.45 -12.45</b></p>	<p><b>Archetypal Psychodrama.</b> This action therapy incorporates psychodrama with the use of archetypes inspired by Rudolf Steiner’s spiritual psychology. The main components of Archetypal Psychodrama (AP) are aspects of Joseph Campbell’s ‘hero’s journey’ work, re-telling the client’s story as a form of narrative therapy. AP has been developed for young adults with complex needs. Through the emotional distance of archetypes and masks, this therapy supports clients to integrate split-off parts of themselves and develop emotional intelligence through intra-psychic role work. During extreme internal conflict evoked by trauma, AP helps clients who cannot communicate verbally and who dissociate. By looking at specific incidents in their biographies, we explore how the client has internalised the events. In supporting some clients to move beyond other fixations, such as with superheroes and computer game monsters , which are two-dimensional representations of archetypes, masks are used as an educational tool to broaden role repertoire. Most sessions conclude with the therapist telling the clients’ work back in a story. The story is full of archetypes which may have relevant meaning to present behaviour.</p>	<p><b>Michael Chase</b> trained in mask work in England, Bali and Italy between 1981 and 1996. He established The Mask Studio in the mid-1990s and developed masks for training, education, performance and therapy. He has taught in these fields internationally for 25 years and is currently the Artistic Director of the Glasshouse Art Centre, Stourbridge. Over the past 18 years Michael has contributed to the Biography and Social Development Training course as an external trainer, and has conducted self-development workshops around the world. For 12 years he has taught The Hero’s Journey to students at the Glasshouse College using masks and psychodrama. Michael completed his Psychodrama psychotherapy diploma with the Birmingham Institute for Psychodrama in 2013, and holds a master’s degree in Educational Research.</p>
<p><b>10.15-10.45 Coffee and Tea</b></p>		



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<p><b>A3: workshop 10.45 -12.45</b></p>	<p><b>Received Wisdom.</b> It has been said that in order to fly gracefully we need the wings of both wisdom and compassion. There is increasing evidence correlating our sense of well-being and equanimity with our capacity for self-compassion and love, and not with achievement. This evidence itself, is a form of wisdom that can penetrate and transcend all the stories and limiting constructs of who we think we are. Using this, we become more authentic, creative and spontaneous. One gateway to wisdom is meditation, specifically the 'benefactor' meditation. Meditation has been described as a way of becoming familiar with ourselves. This offers us the experience of receiving love unconditionally so that we can, in turn, offer our love to others. This workshop will integrate psychodrama with guided benefactor meditation and group process. Participants have the opportunity to learn the first part of the meditation and, through sociometric selection, enact and embody an aspect of it</p>	<p><b>Jaye Moyer</b> is a certified trainer, educator and practitioner, American Board of Examiners. She is a licensed psychotherapist and clinical supervisor in Orange County, New York. Previous posts include staff member at Hudson Valley Mental Health in Dutchess County, New York; Clinical supervisor and coordinator, Group Services at GMHC; and part-time adjunct faculty, New York University Graduate School of Social Work. She carried out doctoral studies in the Humanities, Union Institute, and is a former consultant for Jewish Family Services/Safe Houses of Orange County and a former group training consultant for the Association for Mental Health of Rockland County. In 2013 she graduated from the Institute for Meditation and Psychotherapy. She is co-creator of the 'Labyrinth' series for women, a current faculty member of the Psychodrama Training Institute of New York, a founder and co-creator of Integral Therapy. She works with the intersection of mindfulness practice and psychotherapy.</p>
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<p><b>A4: Workshop 10.45 -12.45</b></p>	<p><b>'Projections' – A Film.</b> In this workshop, the film 'Projections' will be shown. It was made in 2013 based on my screenplay and directed by Zrinko Ogresta, one of the leading Croatian film directors. The action in the film takes place during one of the sessions of a final-year programme in a (fictional) Existentialist-Integrative psychotherapy, led by a very famous American psychiatrist-psychotherapist. The group of six women and two men is made up of psychiatrists, psychologists, and pedagogues. Their motives for attending this training were twofold: their own professional ambition and because of the American professor's worldwide reputation. The theme of the film is group dynamics, and in one of the final sessions, father-figure issues are projected onto the group leader. In this session something totally unexpected happens, intensifying the relationships between group members. The screening will be followed by group action led by myself and Vladimir Milošević, an adviser during rehearsals for the shooting of the film. It is hoped that 'Projections' will provoke interesting group dynamics in this international and professional group, with lots of projections. and will open up an interesting discussion.</p>	<p><b>Lada Kaštelan</b>, dramaturge, playwright and psychodrama therapist, received her degree in dramaturgy at the Academy of Dramatic Art in Zagreb in 1984. Her plays have been staged in the most important Croatian theatres. She also writes screenplays for film and television. She has been an Associate Professor at the Academy of Dramatic Art in Zagreb since 2001. From 2000 to 2004 she trained in Integrative psychotherapy (EAIP), and in 2009 she completed a five-year psychodrama education and received a certificate (EAPTI). For several years she moderated a psychodrama group at the University's Student Centre. Since the year 2000 she has participated in numerous international psychotherapy and psychodrama workshops, conferences and training programmes. She recently wrote the screenplay for the film 'Projections', on the subject of group dynamics in a group psychotherapy educational group. She has also written a Croatian adaptation of 'In Treatment', a well-known Israeli television drama series.</p>
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**A5:  
Workshop  
10.45 -12.45**

**Clinical Supervision in Action: An innovative model of supervision, spontaneity and creativity within a changing NHS mental health service.** It is a challenging era of evidence-based practice. The pressure is on to maintain creative energy. Though many clinicians work creatively in their clinical settings, they may lose vital spontaneity in the supervisory process. This workshop showcases a uniquely integrative training programme. It was developed in collaboration with Derbyshire Healthcare Foundation Trust, in 2013. We were commissioned to design and deliver a generic creative supervision training that would address recommendations from recent audits relating to supervision competencies learnt from serious case reviews. In this workshop, the authors describe the theoretical underpinning of both systemic and psychodramatic practice in clinical supervision. The training has been delivered to supervisors including senior mental health nurses, psychiatrists, family therapists, psychologists, CBT therapists and others. Trainees develop practical skills in action methods. The course curriculum demonstrates a compatibility with competencies identified in the psychological therapies framework (Roth & Pilling, 2009). Without exception, the trainees reported a renewed sense of energy and vitality. Furthermore, their understanding of the value of action methods within NHS clinical supervision both strengthened and extended existing practice in multi-disciplinary settings.

**Hannah Sherbersky**, MSc, UKCP, RMN, Creative Supervision Dip, has worked within both CAMHS and adult mental health services over the past 20 years as a Community Psychiatric Nurse and Systemic Family Psychotherapist (UKCP). Hannah is currently Family Therapist at a regional adolescent in-patient unit and at Exeter University, and has co-designed, manualised and trains clinicians in the delivery of The Exeter Model - an integrative model of couple therapy for depression. She is senior lecturer on the MSc in Psychological Therapies and the Doctoral training in Clinical Psychology, and delivers the systemic component of the CYP IAPT program. With an interest in integrative practice, she has additional training in group analysis, psychodrama, dramatherapy and a Diploma in Creative Supervision awarded by the London Centre for Psychodrama. In addition to Hannah's chapter in Supervision across Modalities (Sherbersky, 2013), Hannah has published on The Exeter Model and with Martin Gill on the use of therapeutic spontaneity. **Martin Gill**, UKCP, HCPC, BPA, BADth, UKCP Supervisor, is a psychodrama psychotherapist, dramatherapist and registered supervisor with UKCP and HCPC. He has been an arts therapies practitioner and supervisor for over twenty years and has worked with clinicians in the UK, United States, India, Australia and Northern Ireland. He currently teaches therapeutic process and reflective group supervision with arts in health students for Plymouth University. With Hannah, he co-directs the private practice Changetree, in which they offer individual, couple and group psychotherapy and supervision. Martin is also the digital technology project manager for the Association of Family Therapy, and director of Fast Forward Films which delivers restorative justice and educational materials such as IDAP (Integrated Domestic Abuse Programme) for the Ministry of Justice. He is currently



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<p><b>A6: Workshop 10.45 -12.45</b></p>	<p><b>Forbidden Fruits: 'Whenever a taboo is broken, something good happens, something vitalising' (Henry Miller).</b></p> <p>In this workshop we will explore our own willingness to be congruent and say the unsayable in ways that it can be heard. We can take risks, be bold, be authentic and find ways to be more free in our relationships with ourselves and others. Drawing on our experience of working internationally, cross-culturally and sometimes counter-culturally we will work creatively and carefully, in ways that are informed by Psychodrama, Gestalt and Person-Centred theory and practice. The workshop will be primarily experiential with some theoretical input and handouts.</p>	<p><b>Sandra Grieve</b> is a BPA-accredited Senior Trainer, Person Centred group psychotherapist, counsellor and psychodramatist. She has many years experience of working with varied groups nationally and internationally, in particular in Portugal and Afghanistan. She is a tutor on the PG Diploma in Counselling at Strathclyde University, senior trainer with NSP and a UKCP-accredited psychotherapist. She is passionate about groups and group process and has a lively and creative approach to the work. She is also a therapist and supervisor in private practice. <b>Lucia Berdondini</b> is a Gestalt and Person Centred psychotherapist and counsellor. She has been working for the past 15 years both in Italy and in the UK, and has specific experience in working with groups of various natures and culture. She is the Course Director of the PG Certificate in Counselling at Strathclyde University. Over the past ten years she has developed a passion for working in emergency and disaster situations, and has been involved in international projects with the Red Cross and international NGOs, in particular in Afghanistan, where she works with groups of women, children and volunteers of local and international organisations.</p>
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<p><b>A7: Workshop 10.45 -12.45</b></p>	<p><b>Creative multi-expressive psychotherapeutic group with adolescents.</b> In this workshop participants will found a group and look at its process. The group’s methodology will alternate between group analysis and analytic psychodrama, creating dramatisations about reality or dreams. The focus is on group process and the evolution of each individual. This group method, compared with others, has proved particularly useful with adolescents who often need to act and experiment with different roles. Starting from systemic family psychotherapy and through group analysis, the method has been developed combining Jungian Psychodrama with the needs arising from working with children and adolescents whose families are multi-problematic in terms of culture and social conditions. Main points to be covered:</p> <ul style="list-style-type: none"> <li>-Individual Time:</li> <li>-Recreational/creative space:</li> <li>-Group climate:</li> <li>-Search for ‘group time’</li> <li>-The ritual in the group</li> </ul> <p>The effectiveness of psychodrama psychotherapy creates a transformation of stories with the use of narrative literature and mythic figures. In my experience, this creates increased self esteem within the adolescent self-esteem and a decrease in their symptoms. This method seems to be effective in working with trauma. The methodology promoted the co-construction of new ways to look at family histories, leading to the possibility of changing violent behaviour.</p> <p>-</p>	<p><b>Maria Gabriella Nicotra</b> is a psychologist, psychotherapist and psychodramatist. She deals with evolution issues in both diagnostic and therapeutic aspects, by the use of family and external relationship and group as the unit of analysis and as a therapeutic tool in individual, family and group settings. She uses group-analysis, psychodrama and sociodrama in preventive-creative, therapeutic, formative and supervision groups. For more than fifteen years she has led therapeutic groups with children, and ‘self-identity-searching’ psychodrama with adolescents. She works on inter-institutional experimental projects and is part of the research groups on the developmental age of COIRAG (IT), Laboratorio di Gruppoanalisi (IT) and FEPTO (EU). She is vice president of Associazione Mediterranea di Psicodramma (a FEPTO member association), and since January 2008 she has been an Honorary Judge at the Juvenile Court of Catania, Italy.</p>
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<p><b>A8: Workshop 10.00-12.45</b></p>	<p><b>Empowering Recovery Through Action: Using Psychodrama and Sociodrama in Addictions Counselling.</b> This workshop will demonstrate, in action, a model of addiction with a unique view of suicidal ideation. The model (a psycho-educational tool and warm-up based on ineffectual adult patterns originating from trauma) will demonstrate interventions that can create and sustain change. Relapse prevention practices will be included in the model. Together participants will transpose the model into a sociodramatic exploration of a global community, demonstrating the universality of addiction and the significance of its role in global destruction and human redemption. If appropriate, a psychodrama may emerge from the process: the personal is political. Goals include:</p> <ol style="list-style-type: none"> <li>1 Demonstration, in action, of a model of addiction which includes a unique view of suicidal ideation;</li> <li>2 Demonstrations of interventions that will include warm-up and psychodramatic techniques that help create and sustain change for the individual;</li> <li>3 Creating a sociodramatic exploration of a global community, demonstrating the universality of addiction and the significance of its role in global destruction and human redemption;</li> <li>4 Attention to relapse prevention.</li> </ol>	<p><b>Kaya T Kade</b>, LPC, CDMS, TEP, is the only certified Trainer, Educator and Practitioner of Psychodrama, Sociometry and Group Psychotherapy in Alaska. She has a training group that meets monthly and has held two residential trainings in a straw bale house with breathtaking views of Kachemak Bay near Homer, Alaska. In 2010 she was awarded the Anne Henry Distinguished Service Award by the Alaska Counselling Association. She has presented several times at the ASGPP.</p>
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<p><b>A9: Workshop 10.00-12.45</b></p>	<p><b>Sociodrama à deux: A New Hybrid Using Myth for Connection.</b> Is a new hybrid combining Psychodrama à Deux, Sociodrama, Motivational Interviewing and Drama Therapy to lessen feelings of vulnerability in individual counselling. It promotes a sense of safety by distancing the client from threatening material. Participants will learn concrete techniques for using Sociodrama à Deux while learning how to help their clients to increase feelings of connection with themselves, others and the world. Sociodrama à Deux harnesses the projective power of story, allowing the client to explore a problem through the role of a character. This new action technique allows clients to think and move creatively outside the box into a greater number of options. It brings together many different types of therapeutic interventions and combines the best of all for the enhancement of a client's growth.</p>	<p><b>Susan Mullins Overman</b>, LMHC, TEP, works for Hyde Park Counselling Centre, a residential treatment facility in Tampa, Florida. She has been a licensed clinician for 20 years and specialises in working with clients on issues pertaining to eating disorders, addictions, and trauma. In addition, she has a private practice specialising in action methods. Susan has served as president on the board of The Tampa Bay Association for Women Psychotherapists and on the board of The International Association for Eating Disorders. She co-founded South Tampa Psychodrama Training along with Sandra Seeger. They are the authors of the article 'Sociodrama à Deux: A New Hybrid' published in the Spring 2013 edition of the ASGPP Journal. She has presented numerous times at local and national conferences. <b>Sandra Seeger</b>, LMHC, PAT is in private practice in Tampa Florida and has been working with women and children and families for over 20 years. After receiving her Masters in Counselling she worked in a variety of settings including the Florida Juvenile justice system, and has worked to incorporate health-based modalities such as yoga, psychodrama and play therapy. She has taught as an adjunct professor in the Masters of Counsellor Education programme at the University of South Florida. She co-founded South Tampa Psychodrama Training with Susan Mullin Overman. Sandra currently sits on the Board of ASGPP and the board of Kathy's Place, A Centre for Grieving Children. She has presented numerous times at local and national conferences.</p>
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<p><b>A10a: Seminar 10.45-11.40</b></p>	<p><b>I think Moreno would have loved the 'Support Hope and Recovery Online Network' (SHaRON). What do you think?</b> The aim of this seminar is to introduce the Support Hope and Recovery Online Network, aka SHaRON, to the world of Psychodrama and vice versa. The 'Best Patient Experience' award-winning SHaRON is a 24/7 therapeutic social networking environment which is safe and secure for clients referred into the Berkshire Eating Disorders Service or Berkshire's Improving Access to Psychological Therapies Service. The SHaRON networks are moderated by clients who have been able to recover through receiving treatment with those services and who volunteer to share their own experiences and support directly with other SHaRON members who are currently in treatment. Clinicians from both services also play a moderating role alongside the ex-service-user moderators, creating Moderating Teams. SHaRON, although a technological development and not reliant on actual face-to-face contact or 'real' relationships, does have its roots in Psychodrama. A major component of the therapeutic value of SHaRON is directly related to the 'sharing' process of classical psychodrama where peer-to-peer personally related feedback is given to the main protagonist who has shared elements of their own personal world with their peer group during the enactment stage. SHaRON takes this concept into the realm of the virtual world of the technological revolution, making it a central part of the efficacy of SHaRON. It is key to the site's ability to contain distress and prevent deterioration in mental and physical wellbeing during and after psychological treatment. It is known that Moreno was very interested in the technology of his age and was also keen to be creative in how he wanted to relate to others and willing to take the risk to do things differently. It could therefore be presumed that, if he were around today, he would definitely have 'got' SHaRON: or would he? What do you think?</p>	<p><b>Simon Thomson</b> is a qualified Psychodrama Psychotherapist practitioner of 17 years' standing. He is currently the Clinical Lead and Service Manager for the Berkshire Eating Disorders Service. He is also the Clinical Administrator for SHaRON, the development that he is introducing to the 2014 Conference.</p>
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<p><b>A10b: Seminar 11.50-12.45</b></p>	<p><b>Organisational Therapy: Repairing Trust.</b> An advisor to an organisation can hardly be considered a therapist, yet one spends considerable time repairing human relations and building trust. This 'repair' is not only among individuals and between individuals and the organisation itself, but also between the advisor and the organisation and its members. This seminar presents an in-depth analysis of the journey of an advisor to an organisation, from the job contract to the delivery and its outcomes. To be an organisational therapist is part of a survival kit in the competitive job market. Integrating psycho/sociodramatic techniques into Service Design and Systems Thinking effectively results in organisational therapy. The psycho/sociodramatic element enriches the exploratory part of the work and assists the client organisation to understand the dynamics it faces both externally (the outside competitive market) and internally (the interaction of its own people and departments). Service Design aims to improve the organizational quality between service provider and its customers. In this workshop, we shall explore participatively those issues which both effect job performance and human well-being.</p>	<p><b>Ioanna Psalti</b> is an organisational advisor to European membership societies. Her professional development spans a journey from science to community adult education and social therapy. Ioanna integrates systems theory and creative action methods to manage diversity and identity issues surfacing in multinational organisations. She has used theatre and various forms of visual art to encourage audience interaction and exploration of topical issues. For this seminar, Ioanna draws largely on her experience in the lobbying world in the European Union where building or repairing trust creates unparalleled opportunities and is a key element in delivering robust outcomes.</p>
<p><b>12.45 – 14.00 Lunch</b></p>		
<p><b>B1: Workshop 14.15–16.15</b></p>	<p><b>International Networking Day. Afternoon small groups</b></p>	



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<p><b>B2: Workshop 14.15–16.15</b></p>	<p><b>Dealing with Real Things - Revelations of the Trunk.</b> The main focus of this workshop is the integration and empowerment of psychodrama and sociodrama through specific use of evocative objects with their symbolic and material power.</p> <p>The focus of the experiential workshop is the trunk -- a real trunk such as many men keep in their attics or basements, full of objects, trinkets and mementos that are often forgotten and virtually never needed in everyday life; and yet, such objects are impossible to get rid of. Real-world objects (not toys or ribbons) are carefully selected or created to do their job: they form a significant of part of the process. 'Time shall unfold what plighted cunning hides' (Shakespeare) -- this is one of the assumptions underlying the process. The use of 'real things' has already helped a great deal in leading men's groups, but the potential applications of this approach cover a broader array of subjects. Its main objective is the exploration of true masculinity (as opposed to its often obsolete and unacceptable stereotypes) whenever it is important.</p>	<p><b>Gleb A Lozinskiy</b> is a psychodrama therapist (since 2003), trainer at psychodramatic training institutes in Russia, consulting psychologist (since 2000), trainer of men's groups, President of organising committees of Moscow Annual Psychodramatic Conference (2010, 2011), and art historian. He qualified in Psychodrama and role-playing (Institute of Group and Family Psychotherapy, 2003), Training for trainers of the Federation of Psychodramatic Training Institutes of Russia (2009), Art history (Moscow State University 1987), and Consulting psychology (Moscow Institute of Psychology, 2000). He has specialised in 'understanding therapy', family therapy, medical psychology, body-oriented therapy, Shadow Work and other modalities. During his career he has been supervisor and consultant to a crisis hotline, and member of a psychological assistance team in emergency situations. He has led groups in schools for teenagers with behaviour deviations, and currently works to the Institute of Group and Family Psychotherapy curriculum (psychodrama and role-playing). He has conducted workshops at annual psychodrama conferences since 2003, and carries out private counselling and group work. He is a member of 'The New Warrior' men's group in the UK.</p>
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<p><b>B3: Workshop 14.15–16.15</b></p>	<p><b>Personality Disorders or Creative Adaptations?</b> This workshop offers the opportunity to playfully consider the notion of personality disorders. Drawing on characterisations of the psychiatric diagnostic categories and criteria, participants will have the chance, in role, to consider the social atoms of clients/characters from their working practice. The aim is to raise awareness of the internal aspects of pathologised coping strategies. There will be space to consider the clinical implications of working with diagnosed clients as well as those seeking diagnosis. Consideration will be given to the wider social environment in relation to definitions of mental health, well-being and the medicalisation of human distress.</p>	<p><b>Jeni Goodfellow-Pemsel</b> is an experienced drama therapist completing her final year in Psychodrama Diploma-post grad. She has worked in education for over seven years as a further education counsellor. She currently runs process and supervision groups for Nottingham University and is part of the team delivering the MA Counselling and Counselling children and young people programme. She has a private clinical practice in Nottingham, successfully delivering individual work, group work and clinical supervision. She is the Training Manager of a Creative Arts therapy team, working with young offenders and traumatised children and young people. In this role she delivers dynamic training to potential and existing client groups, making therapeutic theory accessible and applicable in many fields of work. She also supervises student drama therapists and counsellors on placement.</p>
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<p><b>B4: Workshop 14.15–16.15</b></p>	<p><b>‘I never thought of looking at it like that before!’ - exploring Moreno’s concept of ‘role’ through creative action.</b> This workshop stems from the author’s dissertation for her BPA Sociodrama Diploma completed in 2012. These exercises can be, and have been, applied in both non-therapeutic and psychotherapeutic contexts. The collaborative process of exploring roles in action, respecting meaningfulness and engaging in creative purposeful activity to find adaptable new role functioning is informed by the integration of the author’s training in Occupational Therapy, Sociodrama and Psychodrama Psychotherapy. This experiential workshop offers participants two exercises which:</p> <ol style="list-style-type: none"><li>1) introduce the notion of being a ‘role-holder’ (for both self and others). Moreno suggests a role as being: ‘...composed of two parts – its collective denominator and its individual differential’. If we consider each role, private or collective, comprising these two parts, then we may see how we all have something in common as well as having distinctly individual and personal aspects to the roles we hold.</li><li>2) explore an intrapsychic role cluster useful in breaking patterns and finding new role responses.</li></ol> <p>Blatner says that Moreno’s role concept invites us to consider the ‘meta-role’ to ‘observe the action, replay a scene, role reverse, re-think how else it might be played’. In this, Blatner gives us the option of accessing distance to become an aware reflective learner/observer and choice-making role player, should we want to be. Spontaneity and creativity underpin this workshop and, as those of us trained in Morenian methods will know, it was Moreno’s strong view that the more we develop our spontaneity and creativity, the more adaptable we will be and more able ‘to respond with some degree of adequacy to a new situation or with some degree of novelty to an old situation’.</p>	<p><b>Noelle Branagan</b> is MD of Change In Action. She is an experienced group facilitator and psychotherapist, and has been using creative action methods in her work across the health, business, education, and voluntary sectors for over 25 years. Her expertise lies in facilitating personal and professional change and development, using Action Methods: developing spontaneity and creativity is fundamental to how she works. Noelle qualified as an Occupational Therapist in 1983, a Psychodrama Psychotherapist in 1995 and a Sociodramatist in 2012.</p>
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<p><b>B5: Workshop 14.15–16.15</b></p>	<p><b>Sociodrama: Set out the System and Invite Dialogue.</b> I have found this deceptively simple instruction, given to me during my own training, to be a guiding mantra in empowering me in my practice as a sociodrama director. Whatever the situation, theme or story, if the underlying system can be laid out and expanded, roles delineated and explored, and dialogue invoked, new understandings and insights can be reached. I wonder what starting point for a newly-minted story will emerge from this group ...</p>	<p><b>Di Adderley</b> is a BPA Senior Trainer in Sociodrama and a Psychodramatist. She was the first person to be jointly qualified in both disciplines in the UK and went on to co-direct the UK's sociodrama school (SAM) with Ron Wiener from 2006-2012. She has also co-directed sociodrama trainings internationally in Greece, Romania and China. Di works independently in the fields of drama, adult education and therapy in various organisational contexts. She is a qualified Playback Theatre leader with over 20 years' experience of practising and teaching the form. She has also trained in both NLP and EFT. Di is co-editor with Ron Wiener and Kate Kirk of 'Sociodrama in a Changing World' (2011), available at <a href="http://www.lulu.com">www.lulu.com</a>, and is also the editor of the BPA's bi-monthly membership newsletter TELE-tronic.</p>
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<p><b>B6: Workshop 14.15–16.15</b></p>	<p><b>Chakra Sounding Meets Psychodrama.</b> Current research on mindfulness-based practices as well as research on somatic integration highlights the importance of the paradigm presented in this experiential workshop. This is a rare opportunity to work with both an experienced psychodramatist and a Vedic master, who marry their skills by way of working with the Chakras. Sociometry will be used for group building. A beautiful, guided meditation that introduces the participants to the colours, properties, and sounds of each Chakra will be presented with original corresponding music. This meditation will serve as a warm-up to a psychodrama, giving participants the opportunity to encounter, and reverse roles with, their Chakras. This multi-sensory workshop aims to awaken, enliven and empower all who attend.</p>	<p><b>Pamela Goffman LCSW, TEP,</b> is a licensed psychotherapist and psychodramatist in private practice in Delray Beach, Florida, USA. She is the founder of the Psychodrama Institute of South Florida where she trains mental health professionals in Psychodrama, Sociometry and Group Psychotherapy. Pamela has also taught masters level students in universities throughout South Florida, and serves as a clinical supervisor and consultant. Her experience in teaching movement to actors and creative artists for many years inspires her integration of somatic process in therapeutic treatment and has become a hallmark of her practice with both clients and students. Pamela's rich background combined with her great joy and passion for her work make her a frequent and popular presenter at conferences. <b>Mimi Moyer</b> MS BS-DMT, RDT, LCAT NCC, is a Vedic Master and Wellness Educator. A graduate of Hunter College, City University of New York, in Dance/Movement Psychotherapy and a Licensed Creative Arts Therapist, Mimi worked with Psychiatric/Addicted patients, as well as directing the Maitri Theatre Project for individuals living with HIV/AIDS. Mimi works with adolescents at risk, seniors, and women recovering from breast cancer.</p>
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<p><b>B7: Workshop 14.15–16.15</b></p>	<p><b>Application of Moreno’s ‘Canon of Creativity’ in non-clinical community settings.</b> In community settings opportunities frequently arise for workers to facilitate the ‘development’ of a group. The worker may focus on the formation of a new group, the re-animation of a declining or ‘stuck’ group, or orientating an established group in a new direction. On occasions the worker may need to facilitate the closure of a group enabling members to move on creatively from it. Groups in community can be any size; small ‘single issue’ campaigning groups or support groups; middle -sized leisure interest groups or societies for the arts; or large organisations with a long history and diverse activities such as charities or churches. A sociodramatic/Morenian approach to working with community groups will engage the spontaneity and creativity of group members within the context of their group (conserve); encourage informal linking of members (on the basis of common interest within the group’s purpose or task); facilitate insight into how the group understands its purpose; enable the group to find effective ways of working or engaging in its task. In this workshop Moreno’s model ‘the Canon of Creativity’ is considered as an effective conceptual tool for the worker in achieving these tasks.</p>	<p><b>Meredith (Merry) Evans</b> is a Methodist Minister working in Yorkshire. In addition to Church Ministry he has been a Chaplain in the UK’s Prison Service and the National Health Service. He facilitates groups in church and community for mutual support, spirituality, education and training, team building and development. Since 2004 he has delivered regular training on the ‘Service-Users Perspective’ to staff in NHS Mental Health Services and voluntary organisations. He is a member of Sheffield Playback Theatre and holds a certificate in Sociodrama and Action Methods.</p>
<p><b>B8: Workshop 14.15–16.15</b></p>	<p><b>Can Love Save Us?</b> This workshop combines Sociodrama with other action methods including painting and singing. The workshop aims to portray the big philosophical question of how can one survive, reflecting on the global crisis in values and wealth that humanity is experiencing. Based on the inspiring question of Moreno, ‘Who shall survive?’, the workshop will give the opportunity to explore the role of love while facing today’s life-threatening challenges.</p>	<p><b>Dr Smaroula Pandelis</b> is a psychologist, psychodramatist, sociodramatist, playback artist and writer, living and working in Greece. She works as a freelancer with private clients and also with companies and organisations.</p>



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<p><b>B9a: Seminar 14.15–15.10</b></p>	<p><b>Applying Sociodrama to Work with Organisations.</b> Starting with a brief theoretical presentation, this seminar will showcase the power and effectiveness of sociodrama in dealing with issues that often emerge in organisations. The integration of organisational development theories will be demonstrated, as well as the implementation of psychodramatic and sociodramatic tools and techniques within the consultation process aimed at staff development, team building and conflict resolution. The seminar is open to practitioners at all levels.</p>	<p><b>Mine Bas Gorgun</b> has a BA degree in Psychology and a masters degree in Organizational Behaviour. She attended UCLA Anderson School of Management for Executive Certification in Human Resources Management. Her masters thesis is on Organizational Change, and her dissertation has been published as 'The Organizational Therapy: the Proposal of Sociodramatic Corporate Therapy' (2008), and she has worked in banking, telecommunication and retail companies as HR Manager. She trained as a Psychodramatist at Istanbul Psychodrama Institute, and is attending Family, Marriage &amp; Couple Therapies by IFTI, CBT, EMDR Therapies. She has presented at IAGP 2012, ASGPP 2013, and the Sociodrama Conference 2013. She works in private practice as an organisational consultant and psychotherapist with MS patients.</p>
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<p><b>B9b: Seminar 15.20–16.15</b></p>	<p><b>Creating a flexible space for therapist and social practitioner collaboration in order to adapt the Socio-Drama Topography Process.</b> We will present the work of Aiding Dramatic Change in Development’s InFusion Laboratory. Practitioners from different psycho-social disciplines are facilitated through processes that integrate methodologies: psychodrama, scenography, Lukas Derks’ Social Panoramas, contemporary theatre practice and therapeutic arts. The sessions navigate from periods of process and spatial exploration to reflective inquiry. The InFusion lab has helped to adapt a large-group reflective inquiry process called ‘Socio-Drama Topography.’ The philosophical field in which we frame our meaning-making approaches is Enactivism. Enactivist approaches take ecological, physical, and emotional environment into consideration when addressing how meaning is created. The rationale is to provide processes through which project configurations can be developed, both for inner healing within groups, and for action-oriented innovation by groups. The complexity of the environment and the legitimate expectations of participants are significant when moving from a therapeutic to an action-based context. Aiding Dramatic Change in Development has been working with developmental evaluation processes in order to strengthen the configuration of complex community projects. It is within these emerging and adaptive configurations that capacities can develop, and through which action methods can enable change.</p>	<p><b>Stephen Sillett</b> is a co-founder of Aiding Dramatic Change in Development (ADCID), an organisation that facilitates dialogue, drama and art processes for healing and innovative community development. One developing stream that ADCID is pursuing involves group processes that enable marginalised communities to direct service design. Stephen is co-executive director of ADCID. He is exploring, through ADCID projects and in partnership with other social actors, approaches that engage community members in conversations, consciously orientated to maturing visions of the future. Research interests include the facilitation of non-verbal and spatial meaning-making practices within group workshops and the creation of interactive performance. He directs InFusion Labs where theatre artists, therapists, scientists and social practitioners explore spatial approaches to exploration and discovery.</p>
<p><b>16.15-16.45 Coffee and Tea</b></p>		
<p><b>B10 17.00-19.00</b></p>	<p><b>International Networking Day. Large Group: Summary action feedback from small groups</b></p>	<p><b>Maurizio Gasseau and Yaacov Naor</b></p>
<p><b>19.30-21.30 Dinner</b></p>		
<p><b>22.00 Bar and Social Time</b></p>		



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## Day 3 Saturday 30<sup>th</sup> August 2014

### Action, Psychoanalysis, Group Analysis and Mentalization Based Therapy

	Details	Presenter's Biography
<b>Plenary</b> <b>09.00-10.00</b>	<b>Attachment and the Central Role of Communication in Therapy.</b>	<b>Professor Peter Fonagy</b> , PhD, FBA, OBE, is Freud Memorial Professor of Psychoanalysis and Head of the Research Department of Clinical, Educational and Health Psychology at University College London, and Chief Executive of the Anna Freud Centre, London. He is also Director of UCL Partners Mental Health and Wellbeing Programme and is the National Clinical Lead of Improving Access to Psychological Therapies for Children and Young People. He is a Senior Investigator for the National Institute of Health Research and a Visiting Professor at Harvard, USA. He has written more than 15 major books including: 'Mentalization-Based Treatment for Borderline Personality Disorder: A Practical Guide'; 'Mentalizing in Clinical Practice'; 'Affect Regulation and the Development of Self'; and 'What Works for Whom? : A critical review of psychotherapy research'.
<b>10.00-10.30 Coffee and Tea</b>		



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<p><b>C1: Workshop 10.45-12.45</b></p>	<p><b>How Can Internal Freedom Survive In Social Pathology?</b> Using psychodramatic practice, we will consider how individuals or small groups can develop approaches that facilitate the defence of internal survival in the midst of social pathologies. We will work for the creation of a mental health oasis with the aim of creating change for the individual within society, in order to move towards wholeness.</p>	<p><b>Luísa Branco Vicente</b> is President of the Portuguese Society of Psychoanalytical Group Psychodrama.</p>
<p><b>C2: Workshop 10.45-12.45</b></p>	<p><b>Empowering Psychodrama: Using Dialectical Action Techniques.</b> Different cultures (Hindi, Chinese, Ancient Greek, Western) have given the term 'dialectic' the most diverse meaning with political, social-economic, religious and historical applications. One overall basic definition stresses that dialectical movements are crucial for the actualisation of grounded qualitative developments. In this workshop, it will be demonstrated how inter-and intra-personal developments can be activated through dialectically based psychodrama. The following central questions will be addressed:</p> <ul style="list-style-type: none"> <li>- How can the concept of dialectics be defined within this specific psychodramatic context? This will be clarified by interactive theoretical-practical examples s from the seminal Phenomenological-Dialectical Personality Model.</li> <li>- How to deal with inter-personal content using dialectically based action techniques.</li> <li>- How to deal with intra-personal content, especially in intra-self-dimensional work, time, and internal vs external action.</li> </ul> <p>Topics 2 and 3 will be presented mainly through action.</p>	<p><b>Leni Verhofstadt-Denève</b> PhD is professor emeritus of theoretical and clinical developmental psychology in the Department of Developmental, Personality and Social Psychology at Ghent University, Belgium. She was a founder of the School of Experiential-Dialectical Psychodrama (Ghent), and was trained in clinical psychodrama by Dean and Doreen Elefthery. She is a Trainer Educator and Practitioner Psychodrama (TEP; Netherland-Belgian board), a Member of the Royal Flemish Academy of Belgium for Science and the Arts, a coordinator of and trainer at the Experiential-Dialectical postgraduate specialisation at the University of Antwerp. She is the author of several books including 'Theory and Practice of Action and Drama Techniques (2000), and many (international) articles on Psychodrama from an Existential-Dialectical framework, and Developmental Psychology. She has been invited to deliver training(s) by Giovanni Boria, Grete Leutz, Jutta Fürst, Roberto de Inocencio, Norbert Apter, Manuela Maciel, Hubert Hermans, Unesco training project in Minsk, Jozef Hanggi Zentrum für Agogik in Basel, Arsaluys Kayir, and many colleagues in Belgium and the Netherlands.</p>



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<p><b>C3: Workshop 10.45-12.45</b></p>	<p><b>Empowering the soul: integrating Jungian psychodrama and dance therapy.</b> "If the encounter with the Shadow is the 'apprentice-piece' in the individual's development, then that with the Anima is the 'master-piece'" CG Jung.</p> <p>Jungian psychodrama is an analytically oriented group therapy, articulated in reference to the psychodramatic epistemology of JL Moreno and to CG Jung's approach to dreams, the archetypes and the collective unconsciousness. It leads to an encounter with the multiple facets of our personalities and dwells on the tendency towards individuation. The ritualistic framework of Jungian psychodrama is protective and creates a safe space to explore dreams and to investigate our inner world. Transformative rituals and rites of encounter with the Anima will be presented. Dance as a means of authentic and symbolic expression emerges when the individual develops a deep, self-sensing awareness - an attitude of inner listening or mindfulness. Movement charged by an active imagination allows the unconscious to flow into a physical form. Dance therapy provides an opportunity to create a visual vocabulary, transforming inner mental thoughts from implicit to explicit. Protagonists in Jungian psychodrama are part of a mythical reality with universal meaning. Particular attention will be drawn to images which constitute a group emergence, containing prospectively visionary meanings for the whole group. After the final sharing, a reflection will enrich the enactments with mythopoetic amplifications and will strive to connect individual themes to the themes of the group's co-unconscious. The narration is the group's self-reflective memory, a narrative-based medicine that heals and weaves the threads of the plot between dreams and relationships.</p>	<p><b>Leandra Perrotta</b> is an Italian-Australian Clinical Psychologist, Psychodrama Trainer and Dance therapist. She is Co-president of FEPTO (the Federation of European Psychodrama Training Organisations) and a Contract Professor at the University of Valle D'Aosta. Leandra's main research interests are dreams, trans-generational transmission and bodywork. She also has a degree in English and French literature.</p>
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<p><b>C4: Workshop 10.45-12.45</b></p>	<p><b>Psychoanalysis and Psychodrama: An Inter-dynamic Relationship.</b> This presentation is based on the relationship between Psychodrama and Object Relations Theory (Chapter by T.Brown, 2013). Both R.W. Fairbairn ( Object Relations) and JL Moreno (Psychodrama) believed that, as human beings, we are relationally driven. Both methodologies are widely utilised as individual and group psychotherapies. Psychodrama enables the protagonist to place their introjected relationships (objects) outside of themselves, onto the stage and enact them. Object Relations provides a particular framework in which to explore, understand and re-evaluate perceptions within these relationships as does psychodrama. In this workshop, I will draw on 30 years of thinking and practice. Central to our work as psychotherapists, it is important to provide an enabling environment, boundaried and thoughtful, in which the individual can explore his or her own world in relation to the Self, the Other, and the outside world. This process can be developed by the therapist and the client, together, to gain the capacity to 'think about' the Other in a unique and different way. Informed by Moreno, Fairbairn, Bion, Winnicott, Bustos, P. Holmes, Alvarez and others, I encourage supervisees, therapists and patients to expand their interpersonal role repertoire by reversing roles, using the mirror technique (Moreno) and by looking at the relationship between one's self and the other, thereby increasing the potential to change perception. Moreno's concept of Tele reveals a synchronicity between the two, both alike and different. This entire process allows for a three-dimensional experience of the inner world placed outside, like a sculpture rather than a painting.</p>	<p><b>Teresa Brown</b> is a member of the United Kingdom Council of Psychotherapists. She is a psychodramatist, trainer and supervisor with over 30 years of experience. Her first training was as an Occupational Therapist; as such, she began work at the Group Psychotherapy Unit in Glasgow. She had psychoanalytic supervision, which began her next thread of training in psychoanalysis. She received her diploma in Advanced Clinical Psychodrama at the Holwell International Centre for Psychodrama and Sociodrama, UK. Teresa was the first qualified psychodrama psychotherapist in Scotland. She currently serves the BPA as Chair of Training Organisations Accrediting Sub-Committee (TOAS ), as well as holding the role of External Examiner. She was Course Director for the Human Relations and Counselling course at the Scottish Institute of Human Relations ( Human Development Scotland ) and is currently a member. She lectures in psychodrama at the Centre for Open Studies, University of Glasgow. Her life's work has been in the field of mental health, both National Health Service (NHS) and privately. Currently she provides supervision, therapy and training for art therapists, dramatherapists, psychodramatists, counsellors and others in the community. She is an artist and holds a BA Hons in Fine Art Drawing and Painting from the Glasgow School of Art. Teresa has an independent practice in Glasgow.</p>
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<p><b>C5: Workshop 10.45-12.45</b></p>	<p><b>Mentalization and the Double</b>          Workshop participants will be given an opportunity to explore through theoretical discussion, extensive clinical examples and practical demonstration how the psychodrama technique of the double helps people to mentalise.          In addition to the use of the classical double as originally developed by Moreno, the workshop leaders will also discuss and demonstrate more recent developments from the Therapeutic Spiral, developed by Kate Hudgins and from Psychodramatic Bodywork ® developed by Susan Aaron.          The double technique in psychodrama is linked to the largely unconscious intuitive communication between mother and baby in the first months of life. We believe that it is this early link that enables skilful doubling to allow highly traumatised individuals to begin to develop trust, to learn to mentalise and therefore be able to engage in a explorative psychotherapeutic process.          Run by Peter Haworth and Jinnie Jefferies, who are both registered as Senior Trainers of Psychodrama with the BPA and have between them more than sixty? years of psychodrama psychotherapy practice, working in therapeutic prison and NHS settings, working with clients who have being diagnosed with a range of personality disorders, particularly anti-social and borderline.</p>	<p><b>Peter Haworth</b> has worked using psychodrama in several hospitals, day centres and therapeutic communities in Oxfordshire and Milton Keynes. Until his retirement in 2008, he was employed in Oxfordshire as a Consultant Psychodrama Psychotherapist, the first such post in the UK. Since retirement Peter was employed for one year in helping to set up a new day therapeutic community in Milton Keynes. He remains on the Therapeutic Community Expert Panel, of the Community Of Communities, a UK national TC peer accreditation body based within The Royal College of Psychiatrists.  <b>Jinnie Jefferies</b> has pioneered training in Greece, Ireland and London and has written and lectured widely on Psychodrama. Over the past decade she has made television programmes for the BBC and Channel 4 using psychodrama and action methods. She is head of Psychodrama at HMP Grendon, a therapeutic prison treating dangerous offenders and was given the Terry Waite major award for “outstanding work with long term prisoners”. She trains all staff working In forensic therapeutic community prisons and is the founder of the London Centre for Psychodrama Group and Individual Psychotherapy.</p>
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<p><b>C6: Workshop 10.45-12.45</b></p>	<p><b>Colour Play and Occupational Therapy.</b> Colour Play is an emerging technique, currently being piloted with adults in private occupational therapy practice in the UK. Developing from an assumption that individuals, and the group, have a response to colour, both conscious and unconscious, this response is invited into consciousness and utilised to harmonious effect. Occupational therapists are skilled at assessment and collaborative intervention to enable a client's preferred occupation to actualise. For example, preferred occupations can range from ability to organise a travel itinerary, manage a team, or communicate effectively in relationship. In clinical practice, preferred occupations can include ability to re-establish daily structure following trauma, or improve self-esteem and maintain daily activities while processing physical or emotional pain. The workshop will be explored within the Kawa model, a culturally relevant model of practice within occupational therapy which 'uses a familiar metaphor of nature as an effective medium to translate subjective views of self, life, well-being and the meaning of occupations' (Iwama 2006). Through a selection of Colour Play exercises, delegates will experience personal response to colour and make connections with how this influences their preferred occupations. You will experience yourself as a truly colourful being! This workshop is suitable for both new and experienced therapists to play with colour, and invite colour consciousness into being.</p>	<p><b>Vanessa Volpe</b> (BSc Hons in Occupational Therapy) is an independent therapist and educator specialising in colour awareness with 'well' adults and with people experiencing mental health issues and stressful events. Colour Play is developing reflexively with Constellation, Psychodrama, Dynamic Theatre and other CPD activities. Her supervisory approach has been described as 'exemplary'. As an invited speaker, Vanessa shared her visionary style with therapy graduates at the 2013 University of Northampton Student Occupational Therapy Conference: Graduate Employability, on the plenary panel. She works in private practice and primary care, and is currently studying colour within the context of an MSc in Advanced Occupational Therapy at the University of Northampton. In 2013 she was the invited Chair and Presenter of a Colour and Well-being Session at the 12th International AIC Colour Congress in Newcastle, UK. In 2012 she co-authored 'Colour for well-being: Exploring adult learners' responses to utilising colour as a therapeutic tool' published in the Journal of Arts &amp; Health (with JH Parkes). She is a committee member, conference secretary and presenter at the Colour my Well-being International Conference, University of Northampton, and was an invited presenter at the Being the Change conference in 2011.</p>
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<p><b>C7: Workshop 10.45-12.45</b></p>	<p><b>Symbolic Jungian Psychodrama with fairy tales - Transformation and desires in our life project.</b> Through a symbolic journey, following a pathway with the archetypal characters of Twelve Fairy Tales, we can make contact in an experiential way with the wishes and essential tasks of our life time. This workshop will give an overview of new options that can be opened with the Twelve Stories to permit ourselves to channel our energies more smoothly. We will survey the wide horizon that each one of these characters offers - their companions, their opponents, their script - to discover the opportunities and challenges faced by every human being in his or her evolutionary process, and to loosen knots that bind us to scenes or legacies of the past.</p>	<p><b>Irene Henche Zabala</b> is a Clinical and Educational Psychologist, a Psychotherapist and Psychodramatist, and a Clinical Professor Supervisor accredited by the FEAP. She works as a Psychologist in an Educational and Psychopedagogical Team for the city of Madrid, specialising in families, groups, children and adolescents. She is a member of the AEP and of the IAGP, and Founder and Principal of the Symbolic Psychodrama School of Madrid. She is the author of 'Symbolic Psychodrama' and 'Symbolic Method', as well as diverse publications on this topic.</p>
<p><b>C8: workshop10.4 5-12.45</b></p>	<p><b>The First Encounter: Assessment in Action.</b> Celia will describe and demonstrate her journey from an analytical form of assessment to her current practice of assessment in action. More emphasis will be paid to one dynamic or the other, depending on the appropriate assessment needs, but the work is action oriented. Celia and the group will accept a volunteer to assist with the presentation. While demonstration is the aim, the work has potential to be therapeutic. At any point, the action is stopped if the protagonist feels uncomfortable with this exercise. Celia will invite participants to consider many things from assessment in action, such as the relevance to their own practice, practical application of the work and if they felt that they had sufficient information to inform future work. Participants will work in small groups to discuss how this assessment varies from or chimes in with their current practice and if they feel they could vary this approach to fit their needs. The group will close with classic psychodramatic sharing of feelings and thoughts stirred in them from this workshop.</p>	<p><b>Celia Scanlan</b> is a Psychodrama psychotherapist, senior trainer, supervisor. Celia trained originally as a general nurse and later undertook her psychiatric nurse training. She had found her niche and soon after graduation she took up a post in the in patient psychotherapy unit at Cheadle Royal Hospital. Introduction to Group Analysis training was quickly followed by Psychodrama Training with Marcia Karp and Ken Sprague. Celia is a founder member of the Northern School of Psychodrama, was a founder member of Hampden House Psychotherapy Service, Withington, Manchester. Celia has been BPA Chair, was the first chair of TOAS and a member of the Accreditation Committee. Celia is a member of the Executive of Federation of European Psychodrama Training organisations. She is currently President Elect of European Association for Psychotherapy</p>



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<p><b>C9: Workshop 10.45-12.45</b></p>	<p><b>Can I live my life with grace until the end?</b> Empowering the practice of life is influenced by our relationship with death, as many philosophers tell us. This workshop will offer a space to both consider and reconsider and then to conceptualise what we need to attend to. This may not be the same as what we want to attend to, in order to live gracefully. Both the rhythm and the dance of life are a delicate balance between consideration and action. The workshop will aim to empower participants through the important recognition of the birth and death processes and the feelings evoked in our passage through it. Many people have not had the luxury of this curiosity about how they live on this earth, so, for them, this may be a celebration.</p>	<p><b>Dr Olivia Lousada</b> is a BPA and UKCP Senior Trainer. She has worked in a psychiatric hospital for 30 years and also has a private practice. She is a founding member of the London Psychodrama Network (LPN) and an honorary consultant to the Twins and Multiple Births Association (TAMBA). Her doctorate culminated in a book 'Hidden Twins' <a href="http://www.hiddentwins.com">www.hiddentwins.com</a> Following this academic endeavour, she has recommitted herself to the intelligence of creativity that is routed in knowledge in the body.</p>
<p><b>C10: Workshop 10.45-12.45</b></p>	<p><b>The myth of Siddhartha Gautama: How can we react to pain and suffering?</b></p> <p>"There is no other objective for any truly therapeutic method than the whole of mankind" (JL Moreno).</p> <p>Rather than escaping (acting-out), we are going to look at both sides of our human condition and its meaning for our lives. This includes facing the shadow: the violence, pain and suffering both inside and outside us. In this way, we will try to be true to the world we have inherited, and consider the inheritance we will leave to our children and to all living beings. In this special mytho-sociodramatic format, combining the psychodramatic and the Jungian approach, we will use the model of the quest of the Buddha, Siddhartha Gauthama, to co-construct our own journey. We enable ourselves to challenge our answers to death, destruction and pain and our way to be in this world. Rumi, a Sufi mystic, tells us that love will say: "When there is no way there is a way – come and travel with me." He also tells us: "When we are dead, seek not our tomb in the earth, but find it in the hearts of men." So what will be our place in the heart of men? How can we create resilience and growth out of the pain and the conflicts we are unable to stop?</p>	<p><b>Dr Jorge Burmeister</b> is a Psychiatrist and Psychotherapist in Switzerland and Spain, with training in Group Analysis, Hypnotherapy and Jungian Analysis. From 1997 to 2005 he was Vice Director at Klinik Littenheid, Switzerland, a psychiatric hospital specialising in psychotherapy. Since 2005 he has been in private consultancy. He was a founding member of FEPTO, and is immediate past president of the IAGP. He is Co-Director of the International Training Centre 'Jacob and Zerka T Moreno' in Granada, Spain; co-organiser of the International Summer Academy on trans-cultural groups in Granada; and Supervisor and Trainer in CBT and Psychodrama.</p> <p><b>Prof Natacha Navarro Roldán</b>, MA, is a Clinical and Educational Psychologist in Granada, Spain, where she works at the University of Granada in Educational Psychology and Violence Prevention, and carries out private consultancy. She is a PD Supervisor and Trainer (AEP); editor of the PD journal AEP; and a member of the AEP executive board. She is Co-Director of the International Training Centre 'Jacob and Zerka T Moreno' in Granada, Spain, and is also an international PD Trainer in India, Egypt, Turkey, Colombia etc. She is a member of FEPTO, IAGP and SEPTG.</p>





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<p><b>C11:</b> <b>Workshop</b> <b>10.45-12.45</b></p>	<p><b>Befriending our Defences: Emotional Intelligence in Action - a sociometry workshop.</b> Our defences, the shadow side of our strengths, kick in when we are under undue stress. Out of touch with ourselves and with those around us, we react in familiar ways which do not serve us well. We will explore four familiar defences in action, recognising them in ourselves and in those who are the most challenging inter-actors for us. Role theory will come alive in action as we discover how we are imprisoned in old certainties that are untrue and that limit our role repertoire. In the light of our strengths we find the courage for authenticity. This model is clear, practical and empowering, useful in both individual and group work. It has proved particularly enlightening for agency staff in their work together and with challenging clients. Where the personal meets the professional, understanding our defences offers spontaneity and new life.</p>	<p><b>Elizabeth White</b>, MEd, TEP, is a Canadian psychodramatist, a founding trainer of two centres in Canada, and adjunct trainer in the UK, US, Switzerland, Cambodia, Bangladesh, Turkey and Israel. She is the author of two books, 'The Action Manual' and 'Still Life'. She has been the recipient of the ASGPP JL Moreno award for Lifetime Achievement, and is still working on her defensive self.</p>
<p><b>C12:</b> <b>Workshop</b> <b>10.45-12.45</b></p>	<p><b>Resistance in Psychodrama</b> 'Resistance is a function of spontaneity: it is due to a decrease or loss of it' - JL Moreno Is the protagonist resisting? or is the group, or the leader? Why do we call a certain behaviour resistance? Maybe the concept of resistance derives from our misleading expectations of how quickly psychodrama participants should open up, be spontaneous, and solve their conflicts ... and if there is resistance in psychodrama, how do we approach it? In this workshop, we will deal with these issues.</p>	<p><b>Daphna Ben Amitai</b> from Israel has been a psychodrama therapist since 1993. She is a certified psychodrama therapist and a supervisor. She lectures at Haifa University, runs a clinic of psychodrama groups, and has a private practice.</p>
<p><b>C13:</b> <b>Workshop</b> <b>10.45-12.45</b></p>	<p><b>Mentalization Techniques.</b> This workshop will look at the use of Mentalization Techniques to help individuals manage situations of high emotion. Such situations can occur in crisis circumstances and are often precipitated by individuals with personality difficulties. These situations can also occur in more formal ways when represented in Psychodrama. This workshop will explore therapist responses that can best support thinking and the containment of dysregulated feelings.</p>	<p><b>Duncan McLean</b> is a Consultant Psychiatrist in Psychotherapy and an Adult and Child Psychoanalyst. His special interest is in personality disorder. He runs a day unit for adults with personality disorder that uses mentalization as an overarching framework for treatment using various approaches including psychodrama. He is also interested in personality disorder and its impact on parenting: in relation to this he runs a court assessment service for families, as well as a day unit for parents and their under-five children.</p>



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<p><b>C14:</b> <b>Worldcafe</b> <b>10.45-12.45</b></p>	<p><b>Inpatient Psychodrama: 'The harsh realities' -short session during short stays.</b> The 2013 "harsh reality" is that long term inpatient treatment no longer exists in the United States. Insurance rarely covers more than two weeks inpatient treatment, or three weeks for chemical dependency rehab. At Chicago Lakeshore Hospital, a freestanding private mental hospital in Chicago, Illinois, USA, our inpatient programs offer psychodrama, art therapy, music therapy, cognitive behavioral therapy and twelve step programmes. The "classic psychodrama" structure has been adapted to accommodate and treat both hallucinating / severely anxious patients who are unable to sit for longer than 30 minutes, and high-functioning dual diagnosis patients. In the World Cafe, the hope is to share experiences from many countries working within these limitations and to discuss the types of dramas and techniques that can realistically and ethically be used in groups with clients who may have this treatment only once during their stay.</p>	<p><b>Dr Elaine Ades Sachnoff</b> PhD TEP, Founder and Director of the Psychodrama Training Institute of Chicago, is a Clinical Psychologist and an ABE-certified TEP. She directs four inpatient Psychodrama groups per week. She was the recipient of the 2005 Jacob L Moreno Lifetime Achievement Award from the ASGPP, and she is also the author of 'The Warm Up Book' and several published articles on Psychodrama Training.</p>
<p><b>C15:</b> <b>Master-class</b> <b>10.45-12.45</b></p>	<p><b>Bowlby's Attachment Theory and Psychodrama</b> In this presentation (illustrated with PowerPoint) Mario Marrone will explain how an understanding of attachment theory (from Bowlby's original contribution to recent developments) may offer solid grounds to affirm psychodramatic theory and technique.</p>	<p><b>Dr. Mario Marrone</b> is an Italo-Argentinian psychiatrist who has also trained in psychoanalysis, group analysis, family therapy and psychodrama. He has worked integrating group-analytic and psychodramatic techniques in various clinical and academic settings. He studied attachment theory with John Bowlby at the Tavistock Clinic (London) and has become an internationally known expert in the subject. He has published several books on attachment theory in English, Korean, Italian and Spanish, the last one is the second edition of Attachment and Interaction (London, Jessica Kingsley Publishers, London, 2014). He has a private practice in London and regularly does teaching and clinical work in Spain. He is also the Chairman of the International Attachment Network.</p>
<p><b>12.45-14.00 Lunch</b></p>		



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<p><b>D1: Workshop 14.15-16.15</b></p>	<p><b>The Embodiment of Memory: Integrating Psychodrama with Contemporary Attachment Theory.</b> This experiential workshop will introduce participants to contemporary attachment theory, and how the Adult Attachment Interview is used to focus on key life episodes and the client's ideas about those episodes. Such attachment-based interviewing can be used to help target psychodramatic work at the client's most crucial issues and problems. In addition, we will explore how psychodrama and action methods can aid multi-sensory and spatial recall of memories held in the body, in order to promote the re-integration of forbidden affect and censored parts of one's life story. Participants will have the opportunity to respond in pairs and small groups to several questions from the Adult Attachment Interview. These questions mainly relate to early life relationships and the sense we make of them. After a brief introduction to memory systems and Crittenden's Dynamic-Maturational Model of Attachment, there will be time for one or more short psychodramas that emerge. Please come prepared to participate. Relevant to all levels of experience. Handouts will include excerpts from Clark Baim's new chapter on the integration of attachment theory and psychodrama, in <i>Empowering Practice: Integrating Psychodrama and other Therapies</i> (2014).</p>	<p><b>Susie Taylor</b> (UKCP-registered psychodrama psychotherapist), co-course leader, is registered with the British Psychodrama Association (BPA) as a Senior Trainer and was the co-founder of the Oxford Psychodrama Group. She has also run psychodrama training groups internationally in Greece, Finland, Montenegro, Macedonia, Serbia, Croatia, Albania and Taiwan, and has an ongoing commitment to psychodrama training in Croatia. Susie originally trained as an Occupational Therapist and worked in mental health settings from 1975-84. Since qualifying as a psychodramatist in 1983, she has been in continuous practice as a therapist in clinical groups, individual work and supervision. Her clinical work includes working with offenders in Grendon prison; Roman Catholic Brothers, Priests and Sisters; alcoholics; victims of abuse; and people diagnosed with personality disorders. Susie is a co-founder of the BPA and serves on the Accreditation Committee. In 2003 she received a Lifetime Achievement Award from the BPA. <b>Clark Baim</b> (UKCP-registered psychodrama psychotherapist), MEd, co-course leader, is a BPA-registered Senior Trainer. Since 1987, Clark has facilitated groups and provided supervision and training for criminal justice, social work and mental health practitioners across the UK and Ireland. He has also led workshops and training events in Sweden, Greece, South Africa, Australia, Latvia, Croatia, Belgium, Romania and the USA. A native of Chicago, Clark settled in the UK in the 1980s, where he established and served as the first Director of Geese Theatre UK, a company specialising in rehabilitative drama with offenders. Clark currently serves on the Accreditation Committee of the BPA. In 2008 he received the David Kipper Scholars Award from the American Society for Group Psychotherapy and Psychodrama for his work co-editing <i>'Psychodrama: Advances in Theory and Practice'</i>, published by Routledge. He is the co-author of <i>'Attachment-</i></p>
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<p><b>D2: Workshop 14.15-16.15</b></p>	<p><b>Jungian group analytic psychodrama on dreams.</b> Jungian psychodrama is a theory of psychodramatic method, articulated in a complex model of conduction and observation. It derives from Jung's analytical theory on dreams, from his concepts of the personal and collective unconscious, of archetypal images and individuation, as well as from SH Foulkes' concepts of the net and the personal and basic matrix. The conductor will provide a brief explanation of the theory behind Jungian Psychodrama, followed by an experiential workshop. The conductor will demonstrate how to play dreams belonging to different categories: symbolic dreams, vision dreams, nightmares, oracle dreams, recurring dreams and social dreams. The conductor will also present new warming-up techniques - suitable for transcultural as well as organisational work - integrating Moreno's sociometry and Jungian active imagination exercises. He will demonstrate the dream incubation technique and the utilisation of opening and closing rituals. Two or three dreams will be played according to the Jungian model in which different protagonists enact the scene. After the final sharing, there will be an observation which will communicate the sense of the dreams that were played, using a narrative style. It will enrich the scenes with mythopoeic amplifications and connect individual themes to the group's collective unconsciousness and to transcultural themes.</p>	<p><b>Maurizio Gasseau</b> is professor of 'Theory and Techniques of Group Dynamics' and 'Psychodynamics of Dreams' at the University of Valle d'Aosta (Italy). He is a past Chair of the IAGP Psychodrama Section; co-founder of Jungian Psychodrama method and theory in 1980; director of COIRAG Institute of Group Psychotherapy 1994 to 2004; President of the Mediterranean Association of Psychodrama; Vice President of the Federation of European Psychodrama Training Organisation (FEPTO) 2000 to 2006; and is Co-chair of FEPTO Task Force for Peace and Conflict Resolution. He is a Jungian analyst, certificated psychotherapist and psychodramatist in Italy as well as leader of training groups all over the world. His main interests are researching dreams in psychodrama, working on transgenerational topics, Jungian psychodrama and the psychodramatic social dreaming matrix. He is the author of more of eighty publications including two books: 'Lo psicodramma junghiano' co-edited with Giulio Gasca and 'Il sogno: Dalla psicologia analitica allo psicodramma junghiano' co-edited with Riccardo Bernardini.</p>
<p><b>D3: Workshop 14.15-16.15</b></p>	<p><b>Absence of the Presence: Living with ambiguous loss.</b> Over time, close relationships may be profoundly disrupted as one partner experiences chronic illness, chronic mental illness, or a similarly life-altering situation. In these instances, we must deal with a form of loss that is essentially ambiguous: although the loved one remains present, he or she has become absent. This workshop will explore the process of grief and mourning that occurs when life interrupts deep relational bonds and we are left with the 'absence of the presence' of a loved one. Focusing on the impact of disorders such as Alzheimer's Disease, Schizophrenia, Mood Disorders and others, this workshop will clarify the inner work required to support the emotional and physical health of family members, caregivers and others.</p>	<p><b>Dr Simone Gordon</b> is a New-York based Psychotherapist and Psychodramatist who received her Psychodrama and Certification from Zerka T. Moreno. She is best known for her work with trauma. Currently she resides in New York and Israel where she teaches and lectures on a variety of subjects including Traumatic Loss. Dr. Gordon has been a social work educator/Practitioner for more than thirty years. She has taught at the Hunter College School of Social Work and Yeshiva University's Wurzweiler School of Social Work. In addition to her clinical work, Dr. Gordon is a "Mitigation Specialist" who works with Criminal Defense Attorneys in cases involving the Death Penalty; Sex Crimes and Human Trafficking.</p>



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<p><b>D4: Workshop 14.15-16.15</b></p>	<p><b>Psychodrama – enhancing mentalization in action.</b> To be able to see oneself from the outside, and other people from the inside, is the art of Mentalization. It is also a skill that we all work to refine during our lives, from birth to old age. Psychodrama has many tools to help with this process, such as role reversal and different kinds of mirroring. This is an experiential workshop where we will look at some ways in which the concept of Mentalization can make Psychodrama a better tool for change.</p>	<p><b>Eva-Karin Ström</b>, TEP, is a Senior Psychiatrist, a Director of Psychodrama, and a registered Psychotherapist. She works in an outpatient clinic in Stockholm, Sweden, where she is running an eighteen-month MBT programme for borderline patients as well as working with general clinical psychodrama groups.</p>
<p><b>D5: Workshop 14.15-16.15</b></p>	<p><b>The psychodramatic stage as an aid to reflective function: loosening the illusion of a fixed reality.</b> In this workshop, Anna Chesner and Anna Napier will draw on their experience of running psychodrama groups within a mentalization-based service for people with personality disorders. They will present some practical principles and tools for adapting classical psychodrama for work with this challenging client group.</p>	<p><b>Anna Chesner</b> is co-director of the London Centre for Psychodrama Group and Individual Psychotherapy. She trained in psychodrama and group analytic psychotherapy. She runs a private practice in London and is involved in consultation and training in Europe and Asia. She is widely published in the field of action methods and supervision. <b>Anna Napier</b> is a psychodrama psychotherapist and occupational therapist at a Mentalization Based Therapy Day Service in London. She originally trained in Drama and Theatre Arts at Goldsmiths College, London, and worked in theatre before re-training as an OT and psychodrama psychotherapist.</p>



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<p><b>D6: Workshop 14.15-16.15</b></p>	<p><b>Dynamic Theatre: Healing Self and Community through the Incognito Auxiliary.</b> In many non-western cultures, the health and wellbeing of the community is considered to be the responsibility of each individual. If one person is sick the whole community becomes unbalanced. In restoring harmony and wholeness to tribal life, everyone gathers for the healing of one person, with the belief that they too will be healed. With this belief system. it is impossible for anyone to feel separated or not belonging. Could the reason we see so much unrest in our communities be that we have literally lost our sense of belonging? Dynamic Theatre uses an eclectic mix of Psychodrama, Ritual Theatre and Shamanism. By bringing to life personal and social stories in this exciting blend, we step outside the everyday self and into the realm of possibility to belong. How to belong is addressed in the healing state of Dionysian ecstasy creating magic and sacred alchemy. It is no ordinary drama: for all roles are played as the 'incognito auxiliary', enabling the invisible to become visible, the 'I' to become 'we' 'us' and 'it', and the microcosm to become the macrocosm. The shamanistic belief is that there is no 'out there'. It is a projection of our own unknown face. In sharing comunally , we collectively and comfortably hold the responsibility to create health, balance and wellbeing for ourselves and for our community.</p>	<p><b>Mark Wentworth and Filipe De Moura</b> created Dynamic Theatre (DT) in Portugal in 2003. It is an action-method of spontaneous representation, incorporating the ancient wisdom of drama and storytelling as well as the inspirational work of JL Moreno and the collective and visionary worlds of CG Jung. It is their unique work with the now sometimes called 'Incognito Auxiliary' that has inspired psychodramatists internationally to introduce this Dynamic Theatre method as part of their work. Filipe and Mark are also the founders of the Dynamic Heart Project, a not-for-profit association taking Dynamic Theatre and other expressive arts to Bangladesh and Nepal to help bring hope and rebuild lives after disaster and war. Mark has been studying and working with colour therapy and personal development for 26 years. He is the founder and principal of Colour for Life, a training school for Colour Psycho-Dynamics, a course uniting the world of colour with transpersonal and visionary psychology. Mark also pioneered workshops in the late 1990s uniting colour with expressive arts and psychodrama techniques, giving colour, for the first time, not only a voice but also story and action. Filipe joined Colour for Life in 2003; he has a Degree in Marketing Management, enabling him to see the best not only in businesses but also in people. From an early age Filipe has been part of several youth groups such as the Scouts movement and the international Focolare movement, which gave him experience in coordinating people and resources. In 2010 Filipe completed a Bachelor of Classical Singing (BMus) degree from The Guildhall School of Music and Drama, enriching his expressive and performance abilities. It is his diverse experience from different fields that gives Filipe the ability to encourage and inspire people to develop their capabilities.</p>
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<p><b>D7: Workshop 14.15-16.15</b></p>	<p><b>Unpacking the knapsack of invisible white privilege.</b>          'I was taught to see racism only in individual acts of meanness, not in invisible systems conferring dominance on my group' - Peggy McIntosh</p> <p>What are the professional, personal and political implications of being a white therapist in the UK?</p> <p>Action methods drawn from psychodrama and sociodrama can enable us to address different aspects of our experiencing – psychological, somatic, socio-political and cognitive. We can find new vantage points to explore our position, power and practice as therapists. We will use this creative action to externalise key structural issues relating to 'race' (not a scientific category but a social reality), as well as to examine our own culturally conditioned beliefs, experiences and values. We also expect to explore ideas and experiences of entitlement, belonging and marginalisation and find ways of making the unseen more visible and available to work on. As practitioners using action methods to explore the undertow from our own socio-political positioning, we are empowered. Through externalising structures, relationships and interactions we can understand better the shadows we cast as white therapists. Both facilitators work from a person-centred approach.</p>	<p><b>Margaret Bird</b> is a UKCP-registered psychodrama psychotherapist and a counsellor. She primarily 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 North East England. <b>Lynette Green</b> is a UKCP-registered Psychodrama Psychotherapist and a BP-registered Supervisor and Trainer with the Northern School of Psychodrama. She has worked within the voluntary sector for more than 25 years, with young people at risk, women survivors of sexual violence and other marginalised groups. She is now working freelance in the North of England in number of organisational settings.</p>
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<p><b>D8: Workshop 14.15-16.15</b></p>	<p><b>Yi Shu: Chinese Medicine, Psychodrama and Expressive Arts Therapy.</b> This workshop bridges the therapeutic practices of Eastern and Western cultures by integrating art therapy, psychodrama, traditional Chinese medicine, meditation, and dance/movement. This unified approach releases energy blockages, encouraging participants to reach their highest creative potential. The traditional Chinese physicians view health from the perspective of yin (陰) and yang (陽) dialogical transformation. The visible, substantial, and tangible physical body is considered yang, whereas the invisible, insubstantial, and intangible energy body is construed as yin — neither can exist without the other. In the healing process, when the energy body is healed, the physical body is healed as well. In working with clients who have psychological difficulties, Yi Shu treats not only the emotions - the energy body, but also the behaviour - the physical body. Through the processes of psychodrama and various creative arts therapies, emotional states are made visible, observable, even tangible, and thus balance and harmony can be facilitated in intrapersonal and interpersonal relations.</p>	<p><b>Gong Shu PhD, ATR, TEP, LCSW</b>, is a winner of the Hannah Weiner Award of the ASGPP, and the outstanding achievement award in Traditional Chinese Medicine. She is best known for her integrative work in Chinese medicine, Psychodrama, Gestalt therapy and various expressive arts therapy. Dr Gong has been presenting cross-cultural expressive arts therapy workshops for more than thirty years, in Asia, Australia, Africa, Europe, North and South America. She is the Director of the International Expressive Therapy Healing Research Center at Soochow University in the People’s Republic of China and an adjunct professor at that university. Wang ErDong is a PAT of the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. He is a national second-level psychological consultant, registered psychologist of the Chinese Psychological Society, psychological expert for the Shandong TV programme ‘Healing the Wounded Heart’, Secretary of the Youth League Committee in Soochow University, and Deputy Director of the Centre for Research on Mental Health Education for College Students of the People's Republic of China.</p> <p><b>Chou Mei Ling</b> is a registered psychologist and consultant director of E &amp; P learning center in Singapore. She obtained her PhD in psychology from the University of Hong Kong in 1997. She has been practicing psychodrama in her private practice and teaching training workshops for 13 years. She is an associate professor at National Chi Nan University, Taichung, Taiwan. She was a Vice President of the Association of Individual and Group Psychotherapy in Singapore.</p>
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<p><b>D9: Workshop 14.15-16.15</b></p>	<p><b>When Sociodrama Makes Room for Psychodrama: Using Them Together.</b> Ideally, JL Moreno connects the individual's identity with that of humanity by underscoring how the salvation of the single person cannot be gained without a simultaneous active focus on the "other". However it is not always easy to experiment with the two processes at the same time. The workshop will concentrate didactically on the dual track through theoretical and active work. We will begin from a sociodramatic perspective, move on to create a psychodramatic space, and close by going back to a sociodramatic approach. This will develop understanding of how the two methodological forms may be integrated without risk of blending them. Most importantly, it focusses first on the encounter between the members of the group through social and collective roles (sociodrama), and only then on the psychodramatic roles which engage a protagonist in his or her process of encounter with the ghosts of the inner world (psychodrama). This will highlight the distinction between the two moments, leading to appreciation of the differences between the linguistic register and aims of sociodrama and psychodrama.</p>	<p><b>Greco Marco</b> is a Bachelor of Theology (University of Torino, 1985), holds a degree in Clinical Psychology (University of Padova, 1991), and has trained as a director of Morenian Psychodrama (Dr Giovanni Boria's Institute of Milano, 1996). He has been an individual and group psychotherapist (Morenian Psychodrama) since 1999 as well as a sociodramatist. From 1987 to 1999 he was the director of 'Progetto Uomo', a therapeutic community in Torino using the methodology of the Daytop Village in the USA, and he has also been a trainer and supervisor at a number of institutions, associations and cooperatives. He is head of the Psychodrama Institute of Torino (FEPTO-approved Psychotherapy School of Morenian Psychodrama methodology). He is an honorary member of the 'Humus' Playback Association; a member of the Research Committee of FEPTO; and a life member of IAGP.</p>
<p><b>D10: Workshop 14.15-16.15</b></p>	<p><b>The Relationship between Verbal and Non-Verbal Communication.</b> This workshop will begin by raising some issues for reflection, concerning the role of language in Psychotherapy. Ways in which language can be used or misused will be considered within the context of both Psychodrama and Group Analytic practice. This will be followed by a group session in which participants may explore the resonance of this theme at a personal level.</p>	<p><b>Mary Levens</b> originally trained as an Occupational Therapist, going on to train and work as an Art therapist and later a Psychodrama Psychotherapist. Mary has had a long standing academic interest in the relationship between the creative therapies and psychoanalytic thinking, and has published extensively in this area, including her book 'Eating Disorders and Magical Control of the Body' (1995). She went on to train as a Group Analyst and currently facilitates a number of groups for psychotherapists in training. She also has a private supervision practice in North London.</p>



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<p><b>D11: Workshop 14.15-16.15</b></p>	<p><b>The 12 Step Psychodrama Model.</b> Is a framework for integrating psychodramatic techniques with the 12 Step process of recovery. It allows the steps to come to life. The model has taken the 12 Steps of Recovery and created warm-ups and action structures for facilitating a psychodramatic process that enhances recovery. Many addicts, once they have let go of the substance or behaviours, face an inner world full of frozen feelings. They are ashamed of past behaviours and do not know how to live a sober life. The addict's dysfunctional thinking gets in the way. Through the use of action, the recovering person creates a new framework for interpersonal interaction and tries out new behaviours. By activating spontaneity and creating, new roles develop to cope with difficult situations. It allows the recovering addict to examine his/her life, to learn to take the action necessary to create a new healthy way of living, and to repair damaged relationships. In this experiential and didactic workshop, participants will see how this task-oriented model, as developed by the presenter, can be used to enhance the addict's programme of recovery.</p>	<p><b>Louise Lipman</b>, LCSW-R, CGP, TEP, is the Director of Psychodrama &amp; Creative Arts Therapy, New York city, USA. She is a certified Trainer, Educator, Practitioner of Psychodrama, Sociometry and Group Psychotherapy in private practice in NYC, working with individuals, couples, families and groups, and offering a Psychodrama Training Program. She worked at the Psychodrama Training Institute, NYC for 16 years, and coordinated their training program for ten years. Louise teaches and trains psychodrama students throughout the United States, Canada, Europe, South America and the Middle East. She teaches a Literature Review and Exam Prep Course for Psychodrama certification. She integrates her background in theatre and the creative arts into her work. Louise is a Past President of the American Society of Group Psychotherapy and Psychodrama, and is currently a member of the American Board of Examiners for Psychodrama, Sociometry &amp; Group Psychotherapy in the US. She is a Certified Group Psychotherapist from the American Society of Group Psychotherapy.</p>
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# EMPOWERING PRACTICE

INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

<p><b>D12 Workshop</b> <b>14.15-16.15</b></p>	<p><b>The process of catharsis in psychodrama through the lens of psychoanalytic theory.</b> The concept of catharsis is an integral part of both the psychoanalytic and the psychodramatic practice and has received a lot of attention in the last decades. It constitutes a common ground in which two different approaches tend to converge. Using the description of a particular psychodrama ( a fantasy of a thorn that injured the leg of a proud horse ), an elaboration on the issue of catharsis will be attempted. We have all had moments when our attempts at expression have been humiliated and dismissed, leaving us to go “underground” with our feelings. The workshop will give participants an opportunity to enact vignettes and express their own moments of “stuck” catharsis in times of trauma .The processing of traumatic childhood memories, in a safe environment, allows the protagonist to explore his emotions, and gradually alleviate the trauma-related distress, which may have burdened development. The outcome and the effects of catharsis will be discussed based on Freud’s idea of repetition compulsion, Kahn’s concept of cumulative trauma and Askew’s view on Catharsis.</p>	<p><b>Takis Nikolaos</b> has studied psychology in the university of Athens. He received a scholarship from the Greek state for his post-graduate studies in Clinical psychology. His PhD thesis is about resilience of immigrant adolescents in Greece. He has many publications and presentations in congresses focusing mainly in drug treatment, adaptation of immigrants in Greece and group therapy and psychodrama. He runs in placement since 2000 in the detoxification unit for adolescent drug users in Athenian Psychiatric Hospital. He is a full-time professor of Clinical Psychology in the American College of Greece (DEREE). He completed his training in Psychodrama in 2005, in the context of the Greek Psychodrama Society. He is certified as a trainer since 2010. He works in private practice since 2000 and he runs psychodrama self-awareness and psychotherapeutic groups since 2003. He founded the institute of Psychodrama “ENDOHORA” (mens inner world), and runs training groups since 2010.</p>
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## EMPOWERING PRACTICE

INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

**D13:  
Workshop  
14.15-16.15**

**The structuring of the internal world in Childhood: From Freud to Fairbairn to Sutherland.** The paper presented in this workshop aims to enable the reader or audience to comprehend the theories and ideals of Jock Sutherland, who relied on understandings developed from working with patients, and on theories developed from clinical and life experiences of many authors, especially Freud, Fairbairn, and Winnicott. I will focus on the development of the child's inner world, including stories from the world of Child and Family Psychiatry and Psychotherapy. I could go on telling stories for weeks, especially from my observations of children in natural settings. However, I will be selective and introduce ideas from the Scottish Tradition, particularly Fairbairn and Sutherland and how they illuminate the inner world of childhood. It is clear that the main tasks for our development are how to relate to others, how to maintain satisfactory relationships, and how to be alone and reasonably content. Like so many things in life, we have to deal with these things simultaneously. Most of us need to feel "special", at the same time want to be "normal"— whatever that is. It is something that all kids long to be. And of course immediate impulses, we may call them instincts, have to be modified to fit in with our own particular family and culture. This paper was originally designed for the Korean Academy of Contemporary Psychoanalysis, a group involved in counselling. It was the first psychotherapy training there, and included other interested early-career academics. It was delivered in Seoul, South Korea, December 2003, and has been revised recently for Psychotherapy teaching.

**Dr Chris Holland** qualified in Medicine in 1965, in Psychiatry in 1972, and in Psychoanalysis in 1981. With over forty years' experience, Dr Holland's primary practice has been in the area of Psychotherapy with children, families and adults, working in Edinburgh, in Watford and at The Tavistock Clinic. Chris has also worked with individuals who present with Autism and other learning difficulties. The Scottish psychoanalytical tradition, especially Fairbairn and Sutherland, follows the work of Freud, Klein and Winnicott, and Chris has also absorbed some understandings from the Jungian tradition. After 20 years analysing and training Psychotherapists in Scotland, Chris is now working in teaching and supervision at Exeter University. His publications include 'Autism and Understanding', written with Walter Solomon about a genius called Geoffrey Waldon.



# EMPOWERING PRACTICE

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<p><b>D14a: Paper Presentation 14.15-16.15</b></p>	<p><b>Freud and Moreno: Divergence and similarity between the founders of two psychotherapeutic methods.</b> While Moreno claims to have developed the antithesis to psychoanalysis, the way Freud describes essential factors of his approach reads like a demand for psychodrama - a method still unknown to him. This lecture presents statements by Freud and Moreno which, when seen together, challenge our awareness and are of interest to both psychodramatists and psychoanalysts.</p>	<p><b>Grete A Leutz, MD</b>, was born and grew up on Lake Constance. On graduation from school in Germany she went to New York City and happened to end up as au pair in the home of Zerka and JL Moreno at Beacon, New York. She got acquainted with the application of psychodrama to the patients of Moreno's psychiatric hospital, and translated his basic book on sociometry 'Who Shall Survive?' into German. Thereafter she studied medicine and worked as a locum general practitioner. Practising psychiatry for five years in a renowned Swiss psychiatric hospital, psychoanalysis at the CG Jung Institute in Zürich, and frequent meetings with the Morenos in Europe and the United States led to her founding the Moreno Institute for Psychodrama, Sociometry, Group Psychotherapy at Überlingen, Lake Constance, in 1975. She directed it until 2010, which entailed training many groups in the German-speaking countries, in Scandinavian countries, and in Turkey and Russia. She regularly taught psychodrama at the universities of Hannover, Zürich and Innsbruck and at big psychotherapeutic congresses over thirty years. She was a co-founder of IAGP and of FEPTO and is a Fellow of the IAGP (of which she was president 1986-89) and the ASGPP. She has published nearly one hundred articles and two books on psychodrama, with translations into French, Italian, Japanese and Russian), and received the JL Moreno Award for lifelong outstanding contributions in the field of psychodrama.</p>
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# EMPOWERING PRACTICE

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<p><b>D14b: Paper Presentation 14.15-16.15</b></p>	<p><b>From Self Contempt to Dignity - encouraging self awareness during Psychodrama, Psychoanalysis and other modalities by the use of SH Foulkes' 'roving eye', J Keats' 'Negative Capability' and J Lacan's 'Gaze'.</b> This presentation starts with an explanation of Anamorphosis, a form of optics used to create an image of an object that appears in its correct proportions only by looking at it from an off-centre angle. Jacques Lacan refers to the painter Durer's woodcuts to illustrate how vision works to create flat two-dimensional images. Hans Holbein's famous painting of 'The Ambassadors' (1533) includes at the bottom centre the anamorphic perspective of a distorted skull which can be seen only by observing the painting from the left-hand side. The ambassadors on either side represent the scholars and the clergy, whether they are or are not divided. This inspired Lacan to develop the construct of the image in the Imaginary register, including a sense of self consciousness and self-image. SH Foulkes' 'roving eye' certainly absorbed all angles of a group at work. John Keats is well known as one of England's Romantic poets, and for his description of the application of Negative Capability as the art of enduring ambiguity, doubt and mystery 'without any irritable reaching after fact and reason'. This realisation of Keats has led psychoanalysts to improve their technique especially during Transference, Countertransference, helping their analysands and themselves to overcome contempt and gain self dignity.</p>	<p><b>Dr Sabar Rustomjee</b>, MBBS, FRANZCP, DPM (Melbourne) is an Adjunct Senior Lecturer in the Department of Psychology and Psychiatry, Monash University, in Victoria, Australia, and a past Course Co-ordinator of the Masters in Group Analytic Studies. She is a Clinical Member of the Group Analytic Society International, and a member of the American Group Psychotherapy Association, the Victoria Association of Psychoanalytic Psychotherapists and the Australian Association of Group Psychotherapists, of which she is a Past President. She was a Founding Member of the International Organisation of Group Analytic Psychotherapy.</p>
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# EMPOWERING PRACTICE

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<p><b>D14c: Paper Presentation 14.15-16.15</b></p>	<p><b>The Integration of Psychodrama within an Mentalization Based Therapy (MBT) treatment programme for patients with severe personality disorder.</b> The authors of this paper discuss their experience of integrating a Psychodrama group within a Mentalization Based Treatment (MBT) outpatient psychiatric and psychotherapy service for patients with severe personality disorder. The four treatment vectors of mentalizing in Borderline Personality Disorder are outlined and the usefulness of a MBT-Psychodrama group in relation to these is explored.</p> <p>The paper presents case studies of clinical work undertaken within a dual modality group, including material based on treatment sessions. It describes how the non-mentalizing states of psychic equivalence and the pretend mode can be addressed using the Psychodramatic techniques of Doubling and Role Reversal. Besides description of clinical material in patients with Borderline personality disorder, we also present patients with predominantly narcissistic difficulties, for which the use of psychodrama within an MBT framework, has been particularly helpful. Facilitation of epistemic trust is also described. The core therapeutic stance in Psychodrama is similar to that in MBT. We describe how Psychodrama, as a method of treatment fitted within an MBT programme, helps to both identify and treat the mentalizing deficits. We describe how the patient's experience is enriched by the dual approach to treatment delivery.</p>	<p><b>David Harty</b> is a Highly Specialist Practitioner in Psychotherapy at the Halliwick Centre in London. He previously worked at the Tower Hamlets Personality Disorder Service, where he co-facilitated a Psychodrama group for four years, and in a women's therapeutic community at The Retreat York. He has an interest in group psychotherapy and working with narcissism. He trained as a Mental Health Nurse.</p> <p><b>Janine Turkie</b> was initially a sociologist and an actress. She has worked in the NHS for over twenty years as a Senior Adult Psychodrama Psychotherapist with people with Borderline Personality Disorder and Eating Disorders. She is interested in the integration and tensions arising from the application of Psychodrama within the context of Mentalization Based Treatment in her work at Deancross, an NHS treatment programme. She has a private practice in North London.</p>
<p><b>D15: Master-class 14.15-16.15</b></p>	<p><b>The TSM Triangle and Interpersonal Neurobiology.</b> You will learn the many ways that this TSM tool can be used as a pen and paper assessment, a warm up and learn about the feelings that are triggered in the interpersonal dance of trauma. Most importantly, we will focus on clearing shame and finding healing with the TSM Healing Triangle.</p>	<p><b>Kate Hudgins:</b> Ph.D., TEP is a clinical psychologist and American Trainer, Educator and Practitioner of Psychodrama, Sociometry and Group Psychotherapy. She most recently published "Healing World Trauma with the Therapeutic Spiral Model" with co-editor Francesca Toscani, M.Ed, TEP.</p>
<p><b>16.15-16.45: Coffee and Tea</b></p>		



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<p><b>Conference Large Group</b> <b>17.00-19.00</b></p>	<p><b>The large group</b> can provide a much-needed space for people to make sense of their experience of the conference. It can be a place of learning about how culture develops and can be changed. As group members engage in sustained dialogue, sometimes empowered by action, they will notice that by speaking what is on their minds, they are altering the climate of the group and collective understanding alters. Noticing these shifts is crucial. Individuals then realise that they have the power to change a situation.</p>	<p><b>Teresa von Sommaruga Howard &amp; Kate Bradshaw Tauvon</b> This large group will be co-conducted by Teresa von Sommaruga Howard, a group analyst who specialises in large groups, and Kate Bradshaw Tauvon, who is a group analyst and psychodramatist. We hope that by sharing this role a bridge between the group analytic and psychodrama approaches can be built.</p>
<p><b>17.00-19.00</b></p>	<p><b>BPA AGM</b></p>	<p>Chair: Kate Kirk BPA Members and Participant Observers</p>
<p><b>17.00-19.00</b></p>	<p>Posters / Discussion Groups: Open Session</p>	
<p><b>19.30-21.30 Dinner</b></p>		
<p><b>22.00 Bar and Social</b></p>		





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**4 Sunday 31<sup>st</sup> August 2014**

**Action and Neuroscience Day**

Ref.	Details	Presenters Biography
<b>Plenary 09.00-10.00</b>	<b>Affecting Neuroscience, Memory Reconsolidation and Action Methods.</b>	<b>Göran Högberg</b> is a working child psychiatrist and researcher. He uses psychodramatic approaches with children and families. At previous IAGP conferences he has presented psychodrama and Chassidism, hypnodrama, transgenerational drama, and supervision. Goran has trained mental health professionals in Scandinavia, Russia and many other countries. He lives and practices in Sweden.
<b>10.00-10.30 Coffee and Tea</b>		



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<p><b>E1: Workshop 10.45-12.45</b></p>	<p><b>How to use 'brain friendly' techniques when working with trauma.</b> This workshop will explore the concept of 'brain friendly' ways of working with clients experiencing the effects of trauma. According to Hare &amp; Reynolds, we have three brains. One part is cognitive, the inner brain is emotional and the third part responds to physical or active learning. This workshop introduces the value of installing important internal resources for traumatised clients through engaging the three parts of the brain. Drawings and symbols will be used alongside action methods for integration into clinical practice. Symbols and drawings offer a useful, practical way of enabling clients to create a sense of preparedness prior to working through issues of trauma on a deeper level. Participants will have the opportunity to practise some of the symbols and drawings, in order to integrate these with action methods. This is useful with clients in the clinical setting, but also for those working in supervision, education and training.</p>	<p><b>Dr Maxine Daniels</b> works with the criminal justice agencies. She is a National Trainer for the prison service for Sex Offender and Violent Offender Treatment Programmes. She works as a Consultant and Supervisor to the Priory Group and Partnerships in Care hospitals and Broadmoor Hospital, and she runs a psychodrama group in Grendon Therapeutic Community Prison. Maxine is a Senior Trainer with the London Centre of Psychodrama and she also lectures and delivers training in a variety of settings including the Metanoia Institute. She completed her Doctorate in 2011 in The Use of Role Play as a Therapeutic Tool in Clinical Practice – researching the effectiveness of victim empathy role-plays with sex offenders. <b>Annei Soanes</b> runs Psychodrama groups in a Therapeutic Community prison and a private Psychiatric Hospital. Her private practice includes individual and group supervision; psychotherapy and counselling for individuals and couples; training for organisations; and CPD workshops for other professionals. Currently she is in training as a Psychodrama trainer and is undertaking MSc research into the experience of Psychodrama Psychotherapists when working with clients manifesting symptoms of trauma.</p>
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<p><b>E2: Workshop 10.45-12.45</b></p>	<p><b>Dramatherapy and Schizophrenia.</b> Theatre, and its relation with therapy for people with mental disorders, has a long history. Dramatherapy is a form of treatment that encourages spontaneity and creativity. It promotes emotional expression, but does not necessarily require the participant to have insight into their condition or psychological mind-set. Dramatherapy is one of the creative therapies valuable as an adjunctive treatment for people with schizophrenia or schizophrenia-like illnesses. Randomised studies have been conducted in this area, comparing standard care and other psychosocial interventions to dramatherapy. Further studies are needed to clarify specific implications, benefits, advantages or disadvantages using dramatherapy in the treatment of schizophrenia. Group therapy, combined with drugs, produces somewhat better results than drug treatment alone. Best results are more likely to be obtained when group therapy focuses on real-life plans, problems, and relationships; on social and work roles and interaction; on cooperation with drug therapy and discussion of its side effects; and on practical recreational or work activity. This kind of supportive group therapy is especially helpful in decreasing social isolation and increasing reality testing (Long, 1996). This workshop explores the use of drama, theatre and group intervention in the challenging area of working with 'people who hear voices'. The main features and guidelines for good practice are presented. Dramatherapy offers a collaborative, constructive, non-hierarchical and non-discriminatory approach. The experience of role taking, performance and creativity allows enactment and/or rehearsal, opening up a space for participants to live their dreams and fears, to encounter them and each other and to be.</p>	<p><b>Margarida Pedroso de Lima</b> is Associate Professor of the Faculty of Psychology and Educational Sciences of the University of Coimbra, and a psychotherapist with training in Group Therapy and psychodrama (Sociedade Espanhola de Psicoterapia Dinâmica em colaboração com o Instituto Espanol de Psicoterapia y Psicodrama Psicoanalítico) and Gestalt Therapy (Sociedade Luso-Espanhola de Psicoterapia Gestalt). She has focused on the study, research and clinical and psycho-educative intervention in domains related to personality, group phenomena, personal development and interpersonal relationships in adults of all ages. She has also trained in body work, mindfulness and theatre. She is the author of several books about successful ageing including 'Posso Participar?', 'Posso Ser?' and 'Envelhecimentos'.</p> <p><b>Manuel Ortega Caballero</b>, PhD, is Professor of Psychopedagogy at the Educational Sciences School of the University of Granada, specialising in work on physical activity and corporal expression with highly qualified students. He is director of the Innovation and Learning Section, UNESCO, and member of the HUM-580 research group into Emerging Values, Social Education, Educative Politics. He runs training to help improve the quality of life of older people by body work and physical activity. He is author of several books related to body work, educational sciences and health including 'Análisis intercultural de la expresión corporal', 'La educación nos hace libres', and 'Programa de intervención para la salud'.</p> <p><b>Miguel Ángel Martín Piedra</b> has a degree in Dentistry and a Master's in Tissue Engineering from the University of Granada. He is a member of the CTS-115 research group in Tissue Engineering and collaborator with the Department of Histology at the School of Medicine at the University of Granada. He is an eExpert on the development of artificial tissues by the use of stem cells. He received the Award of the Real Academia de Medicina de Andalucía Oriental in 2011. He is author of several articles indexed on JCR about Pedagogy and Tissue Engineering.</p>
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<p><b>E3: Workshop 10.45-12.45</b></p>	<p><b>On Healing Trauma: PTSD, Creative Therapy and Changes in the Brain.</b> Post Traumatic Stress Disorder is a psychiatric disorder, caused by mental trauma. PTSD involves changes in the brain. First, Ingvar Karlsson will talk about these changes and their relation to symptoms and treatment. Then, Christina Hagelthorn will present an approach to working therapeutically with creative methods, focusing on what is healthy in the patient and in his or her surroundings and giving some examples from her cases. After that, there will be a short demonstration of how to use these combined treatment strategies in daily work. Finally, there will be room for questions and discussion.</p>	<p><b>Ingvar Karlsson</b> Besides work in elderly psychiatry, Ingvar has worked with both post-traumatic stress and other stress disorders for 25 years. After working, since 1980, with issues of malnutrition and brain development, I focused my work on elderly psychiatric patients with dementia, depression, delirium and on the professional nursing care of demented people. My scientific work includes 120 titles in international papers. I have been involved as primary advisor, co-advisor and jury in doctoral theses related to dementia exploration and treatment, biological science related to dementia and nursing care. Besides clinical and scientific work, I have given lectures in different aspects of psychiatry for the elderly, in and outside Sweden. I was one of the founders of the Society of Elderly Psychiatry in Sweden and the first president of the society. I am currently vice president. 2013 I was one of the founders of the Swedish Association of Psychotrauma and am the vice president. I have been one of the organizers of 5 Swedish seminars about stress and the brain, which included the effects of post-traumatic stress. <b>Christina Hagelthorn</b> is an authorized Swedish psychotherapist. From the mid-1980's she has worked in private practice in primary care, using an existential approach with individuals, couples and groups. In 2006, she founded a small center for traumatised refugees. She works as a director and psychotherapist. She is Chair of the newly formed Swedish Association for Psycho-trauma. She is a certified Director of psychodrama, trained by Zerka Moreno at the Moreno Academy in New York. The certification has been re-validated by the Instituto de Psiodrama "Jacob L. Moreno" in Buenos Aires. She is a registered trainer with the BPA. She has trained and worked in psychodrama for 20 years in Sweden, USA, Europe and Latin America. She is the author of articles on psychological and cultural subjects. These are published in journals and anthologies in Britain and Scandinavia. Two of her poetry books on care issues have also been published.</p>
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<p><b>E4: Workshop 10.45-12.45</b></p>	<p><b>Many Lives, Many Selves: Exploring Our Deep Memories.</b> The personality is a multi-layered entity. In this experiential workshop we will uncover different elements that define the concepts of the 'self' and various dimensions of the 'soul'. Creative dramatisations of our stories in surplus reality will help participants concretise deep memories. An integration of psychodrama with transpersonal approaches can enable further connection of soul and self, thus allowing for transformation of body memories and emotional challenges at many levels.</p>	<p><b>Bilun Altunlu Armagan</b> was born and raised in Istanbul, where she graduated from a French high school. She has her AA degree and BS degree in psychology from the University of Evansville, Indiana, USA. After gaining her certification of proficiency in psychological counselling in the USA, she started practising psychotherapy as a cotherapist in a social help institute for battered and abused women in Evansville. She is also qualified in Cognitive Behavioural Family Therapies, EMDR Trauma Therapy and Regression Therapies. She later graduated from the Zerka Moreno Institute of Psychodrama in Istanbul as a psychodramatist, and has been working in the field of personal development in her private practice for 15 years. She works with adult clients using mostly bipersonal and group psychodrama. She integrates psychodrama, past life regression and EMDR in her own way. She has presented similar workshops at ASGPP conferences and in WCRT4 (World Congress for Regression Therapy). She is a certified member of EARTH (European Association of Regression Therapies) and a member of IAGP, ASGPP and TPD (Turkish Psychologists Association).</p>
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<p><b>E5: Workshop 10.45-12.45</b></p>	<p><b>Bodily Symptoms as Metaphor: Using psychodrama in psychosomatic disease.</b> The hypothesis: Psychodrama with psychosomatic patients is more effective than verbal therapies. Psychosomatic states are characterised by the lack of ability to symbolise, the lack of spontaneity, low emotional expressiveness and a low stress tolerance. Very often the patient is not aware of the connection between bodily symptoms and psychosocial and environmental factors. In their daily lives, the patients act within a reduced role repertoire, where the overdeveloped psychosomatic roles dominate. The rationale is that psychodrama is effective in creating clear emotional states, providing symbols for experiences of emotional significance and providing tools to integrate repressed memories of early, often pre-verbal traumatisation. New methods, a new approach and above all a new way of thinking about stress-related diseases are necessary. Health psychology, in particular the contribution of Professor Aaron Antonovsky, a medical social scientist, is very helpful in a better understanding of psychosomatic diseases. The workshop is experiential, giving an opportunity to explore and learn how to transform bodily symptoms into mental structures. These mental structures help people to understand why a psychosomatic problem exists.</p>	<p><b>Judith Teszáry</b> is a Psychodrama Therapist, TES (Trainer, Educator, Supervisor) in psychodrama, trained by Zerka Moreno, Moreno Institute, Beacon, New York. She is a senior trainer and supervisor in Sweden, Hungary, Greece, Poland, Turkey and other European countries. She has been working with psychosomatic patients within the frame of a research and treatment program at the National Institute for Psychosocial Factors and Health, Stress Research division, in Stockholm. She has been the chair of FEPTO (Federation of European Psychodrama Training Organisations) for six years, is a member of the Scientific Programme Committee of IAGP, and is Chair of the Swedish Psychodramatists Association. She is the founder of the Swedish Psychodrama Journal, and has been the editor for 26 years. She works in private practice and as a psychologist at Stockholm City Child Care Administration.</p>
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# EMPOWERING PRACTICE

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<p><b>E6:</b></p>	<p><b>The Masks We Wear: Using Images to Stimulate Imagination.</b> Psychodrama is a powerful tool for integrating left-brain (intellectual) and right-brain (imaginal) functioning as well as for working with interpersonal issues. This experiential workshop uses images of Balinese and Javanese masks and statues as a warm-up to intra-psychoic and inter-personal, psychodramatic work. Participants will:</p> <ul style="list-style-type: none"> <li>▪ experience psychodrama's ability to both stimulate intra-psychoic integration and provide role training for dealing with relational stress;</li> <li>▪ practise one-to-one, and group/family, action strategies;</li> <li>▪ witness the power of images to stimulate cognitive thought and articulation; and</li> <li>▪ explore the applications of working with images within a range of therapeutic modalities (eg Dialectical Behavioural Therapy, Cognitive Behavioural Therapy, etc) as well as within other professional fields (eg education, business, law).</li> </ul>	<p><b>Mario Cossa</b> MA, RDT/MT, TEP, is a drama therapist and psychodramatist who trained with Zerka Moreno in the USA. He has offered workshops, retreats, and trainings around the globe, including the UK, South Africa, Australia, New Zealand, Malaysia, North America, and Bali. He is recognised as a specialist in using action methods with adolescents, has published extensively, and is a certified trainer in the Therapeutic Spiral Method™ for the safe use of psychodrama with survivors of trauma. Mario has been a regular presenter in the UK for several decades. Among others, he has offered classes at the Institute for Family Therapy, trainings for The Medical Foundation, and Taster Sessions for the London Psychodrama Network. He currently lives in the San Francisco Bay area of California (USA) and in Ubud, Bali (Indonesia).</p>
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<p><b>E7: Workshop 10.45-12.45</b></p>	<p><b>Nurturing Self-Esteem Among Young People: Lessons from the Flower 125 Health Programme.</b> The Flower 125 Health Programme is a structured, non-prescriptive health promotion programme, delivered through interactive workshops using sociodrama and action-based methods. The work is underpinned by the philosophy that working with young people in a positive, supportive and safe environment can help to improve self-esteem and confidence. The programme itself has been developed over the last fifteen years, using the experiences and expertise of health and education professionals. It has developed feedback from participant young people as well as peer facilitators of the programme. It is a core component of the Children and Young People's Public Health offer and is being integrated into the Prevention and Early Intervention Emotional Wellbeing and Mental Health Service in Sheffield. The approach of using a praise-and-reward model sets the Flower 125 Health Programme apart from other health promotion projects. Currently it is delivered in primary and secondary schools, inclusion centres, secure children's centres, and voluntary sector agencies that work with young people across South Yorkshire. The programme has proven to be effective in raising self-esteem and in improving behaviour. In this workshop, participants will experience the model in action, taking part in a mini-training session where they can explore the range of roles that young people take, exploring their health and well-being. There will be an opportunity to discuss practical application of aspects of the programme to participants' own practice.</p>	<p><b>Valerie Monti Holland</b> works as a sociodramatist, social researcher, facilitator, business trainer, participatory designer, theatre director and coach. She is a proud sociodrama graduate of MPV/SAM and a coordinating member of the Sociodrama and Creative Action Network as well as being part of Sheffield Playback Theatre Company. Her consultancy, Left Luggage Creative Training and Facilitation, focuses on leadership and professional development and creative entrepreneurship. She is also a director of Dreamcatcher Well Being Ltd, a non-profit company that offers training for adults working with young people on health issues. <b>Julie Roberts</b> has worked with children and young people for over thirty years as a teacher of Biology and PSHE and a member of the Children and Young People's Public Health team in Sheffield. She has a wide range of experience across many areas of health issues concerning young people. Julie is the manager of the Flower 125 Health Programme, a health promotion programme for young people. She trains people to deliver the programme in schools and other organisations across South Yorkshire and has co-written the resource pack to support the programme. Julie is a HENRY (Health Exercise Nutrition for the Really Young) trainer and is currently delivering the training to practitioners in Sheffield. She is also a director of Dreamcatcher Well Being Ltd, a non-profit company that offers training for adults working with young people on health issues.</p>
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<p><b>E8: Workshop 10.45-12.45</b></p>	<p><b>Abundance - Deprivation: The deep psychology of money.</b> In society, money is a topic often more taboo than sex, religion or politics. This workshop will explore how beliefs and attitudes around money are formed, and how these beliefs and attitudes reflect larger attitudes about how people live in the present with and without external and internal rewards. Assuming that basic needs are met, do people experience life as providing an abundance or do they generally feel deprived? How much of people's reactions to money stems from their inner money life, often without conscious awareness?</p> <p>Psychodramatic methods will be used to gently break taboos surrounding money. Emotional Currency: A Woman's Guide to Building a Healthy Relationship with Money by Kate Levinson PhD will provide a guide for this exploration. This workshop is appropriate for anyone interested in exploring the relationship of money to other aspects of life, and to professionals working with clients dealing with money-related emotional issues.</p>	<p><b>Sylvia Israel</b>, LMFT, is a Certified Psychodrama Trainer, Educator and Practitioner (TEP), registered Drama Therapist/Trainer (RDT/BCT), Founding Member of Bay Area Moreno Institute, and Founder/Past-Director of Bay Area Playback Theatre. She teaches at the CA Institute of Integral Studies (CIIS) and maintains a private practice with individuals, couples, and families in the San Francisco Bay Area of California, USA.</p>
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# EMPOWERING PRACTICE

INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

<p><b>E9: Workshop 10.45-12.45</b></p>	<p><b>The Body Alchemy of Sociometry: Invoking the parasympathetic response for group cohesion.</b> The process of body alchemy combines relational neuroscience with various somatic therapies that help to fine tune the nervous system and encourage a parasympathetic response in the body /mind of the group. By creating a biological entrainment with craniosacral therapy and mindfulness breathing, while attuning to the various biorhythms, a psychodrama director and/or group facilitator can positively influence the sociometry of group dynamics. Facilitators can effectively create an embodied sociometry and a stronger telic response that supportively builds greater cohesion and trust within a group. Embodied trust between group members enhances relationship the repair with self and others. In an environment that embraces a more relaxed nervous system, therapists create an enriched foundation for deeper psychological repair and healing. Body alchemy is the process of releasing the dross of emotional and physical wounding in the psychodramatic alchemical fires of transformation. It restores the body, mind and spirit within the individual and the community. Thus empowered, each person is strengthened with a greater sense of self, creativity and an integrated nervous system. They are better prepared for life's challenges. This is an experiential training workshop.</p>	<p><b>Rebecca M Ridge</b>, PhD, TEP, Registered Psychologist (Australia), and Integrative BodyMind therapist. Teaching and training internationally, Rebecca has been integrating psychodrama with somatic therapies for the past 20 years. She brings a gentle heart and deep grounded knowing to her work. She practises in Australia and USA, and is the author of 'The Body Alchemy of Psychodrama'. <a href="http://www.bridgebodyalchemy.com">www.bridgebodyalchemy.com</a></p>
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# EMPOWERING PRACTICE

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<p><b>E10:</b> <b>10.45-12.45</b> <b>workshop</b></p>	<p><b>Reaching the parts that one approach alone cannot reach.</b> This workshop will present and explore an evolving approach to a long term psychodrama psychotherapy group in an Irish Health Service Setting (HSE). The client group are adults who have experienced childhood trauma or neglect. The group's evolution over a 13 year period has come to progressively combine psychodynamic, psychodramatic, archetypal and body-reflex based therapies. These approaches are embedded in the long term relationship building base of the group in question. The dynamics and process of the interactions between these dimensions will be explored and conceptualised in this experiential and participatory workshop. The workshop will be presented by the group psychotherapists past and present and their supervisor.</p>	<p><b>Ms Catherine Murray</b>, psychodrama psychotherapist &amp; senior trainer, pioneered the use of psychodrama in Ireland by setting up Irelands first psychodrama training school in the early 1990's. For over a decade she was worked in a HSE service where she facilitates a group and works individually with clients. She has trained in EMDR (Eye Movement Desensitization and Reprocessing) and EFT (Emotional Freedom Technique). She has an interest in integrating various energy field modalities within her psychodrama practice.</p> <p><b>Ms Helen O'Malley</b> 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.</p>
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# EMPOWERING PRACTICE

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<p><b>E11:</b> <b>Workshop</b> <b>10.45-12.45</b></p>	<p><b>Music in psychodrama.</b> Moreno created psychodrama to bring drama back as a creative tool for ordinary individuals. Likewise he proposed 'psychomusic' to be something different from an affair between professionals and more or less passive consumers. Spontaneous music existed early in the history of mankind. It has played an important role in communication, expressing feelings and in rituals throughout history. Nowadays we also know that music and rhythms activate extensive areas of the brain and have wide therapeutic potential uses in somatic medicine. In psychodrama , music can be used in many ways: to warm up, to give depth to bodily feelings and movements, to bring together the group in a shared feeling, and as a pathway to memory. One can use simple rhythm instruments or just the voice and the body. The music can be traditional or created in the moment. In this workshop we will investigate the possibilities of music in psychodrama without preconceived ideas. This generates a spontaneity of being, thereby including Moreno's intention of bringing humour and joy into psychiatric work.</p>	<p><b>Lars Tavon</b> is a psychiatrist, psychotherapist and TEP (Nordic Board of Examiners) working in private practice in Stockholm, Sweden. He is a member and co-founder of Stockholm Institute for Psychodrama, Sociometry and Group Psychotherapy. He had his basic training with Dean and Doreen Elefthery and Ann Schutzenberger.</p>
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# EMPOWERING PRACTICE

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<p><b>E12: Workshop 10.45-12.45</b></p>	<p><b>The heart and soul of psychotherapy: A transpersonal approach through psychodrama, drama therapy and transformational theater.</b> Decades of developing an approach to Drama Therapy and Psychodrama has found its fruition in a large number of students and colleagues using this approach, many of whom have contributed to the creation of a new book. Saphira Linden, who began studying psychodrama with JL and Zerka Moreno in the late 1960s, has evolved pioneering work in the development of drama therapy, using twelve principles of transpersonal drama therapy and psychodrama as the foundation of her new book. Thirty-nine contributing authors demonstrate how they apply these principles to working with a wide range of populations in need. A coherent body of practice has developed in schools dedicated to using a transpersonal approach to drama therapy, psychodrama and other creative arts therapies. One of the main goals is to help our clients shift their identities from a limited, conditioned, traumatic sense of self to an essential Self, that cannot be tarnished or abused .</p> <p>In this workshop, Ms Linden will speak about the work represented in the new book and then demonstrate with interactive discussion, experiential exercises and media-formatted demonstrations. Ms Linden hopes to do a Powerpoint presentation based on the twelve principles of transpersonal drama therapy/psychodrama represented in 'The Heart and Soul of Psychotherapy: a transpersonal approach through theatre arts - Drama Therapy, Psychodrama, Transformational Theatre'. She also proposes to do an experiential workshop demonstrating this approach.</p>	<p><b>Saphira Barbara Linden, MA, RDT/BCT, TEP, LCAT,</b> Artistic Director of Omega Theater/Theater Workshop Boston since 1967, Director of Omega Transpersonal Drama Therapy Certificate Program for 14 years. Adjunct faculty, Lesley University. Awarded 1st Teaching Excellence award NADTA, 'fellow' ASGPP, studied with the Morenos in the 1960s. She has created numerous award winning plays and designed/directed transformational theatre process using the principles of psychodrama, 'The Cosmic Celebration', celebrating unity of all religions, produced in US, France, England. With Ms Nisenbaum, she wrote/performed 'Motherblood', an encounter between two mothers, Israeli &amp; Palestinian, a ten-minute play often presented in sociodramatic context in conferences, school settings, community peace events. Ms Linden's artistic work is the subject of a half-hour film, PBS series, Artists In America. She has trained hundreds of professionals in arts, mental health and education organisations/corporations. She is a transpersonal psychotherapist, management consultant, and Sufi meditation teacher/guide since 1971, and has a private practice. She is author of numerous articles and chapters, and author/editor of 'The Heart and Soul of Psychotherapy: a transpersonal approach through theater arts - Drama Therapy, Psychodrama, Transformational Theater', 2013.</p>
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# EMPOWERING PRACTICE

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## E13: workshop

**Compatible integration of psychodrama, group analysis and interpersonal group psychotherapy in the same session: Exploring group process on the psychodrama stage.** To begin, we will explore group ground rules on the psychodrama stage. Members are chosen to play different group rules. We follow associations, comments and needs about basic group rules, and also externalise the feelings, needs and expectations of the session. This can be explored in action and developed in short vignettes. We will follow spontaneous development of the group process. Warm-up can emerge later and will follow group process. We will follow spontaneous free-floating group associations as communication progresses, or communication could be blocked, in which case we will explore the group situation in action. Intuition and attention to sensitive moments will govern how long to be in a group analytic situation communicating while seated, and when to get up and explore encounters in psychodrama action. As the group situation changes the group leader will behave differently. In one phase of a group session the leader might be in a less directly active role, more in the role of a Group Analyst, and then he becomes an active Psychodrama Director who invites the group into action or a protagonist onto the stage. There are different opinions as to how much the roles of Psychodrama Director and Group Analyst can be combined or changed. Is it compatible to do both in one session? We will test this in the group session. We will explore interpersonal relationships between group members here and now in action on a stage. This can bring up connection, memories and some elements of transference, so there could be the possibility of exploring 'tele' and transference. We can then explore mirroring in a group and mirroring in life - mirroring in Group Analysis and mirroring in Psychodrama. The action will be followed by psychodrama

**Dušan Potkonjak** is a medical doctor, Associate Specialist in Psychiatry, working in the NHS at Goodmayes Hospital in East London. He trained in psychodrama with Marcia Karp at the Holwell International Centre and has been a practitioner since 1991, and a BPA trainer since 1994. He also trained as a group analyst 1987-92. He is principal trainer at the Serbian Psychodrama Association (SPA -Moreno), and teaches psychodrama in Serbia, Slovenia and Croatia. He is a founder member of the London Psychodrama Network (LPN). He leads one inpatient psychodrama group per week and two experiential training groups for staff in London. He is a member of Playback South Theatre Company. For the last 11 years he has been exploring compatible integration of Psychodrama, Group Analysis and Interpersonal Group Psychotherapy.



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<p><b>E14:</b></p>	<p><b>Good Grief - a creative approach to assist exploration, integration and completion of the process of loss.</b> The loss of a relationship, a child, a partner, a parent, a job, a friend, a pet, might have been noticed in the moment yet can continue to remain hidden throughout life as a necessary response to 'getting by'. This interactive and experiential workshop is a place of permissions where memories may be encountered and grief unfrozen. A place of showing not merely telling.</p>	<p><b>Ali Simmons</b> is a trained counsellor and psychodrama psychotherapist and has a passion for Psychodrama. She believes that action in the work is the most touching and moving gift we can offer clients. <b>John Kearney</b> is the director of an Adolescent Therapeutic Community, a social worker and a counsellor. He works individually and within groups with clients who experience and live with addiction.</p>
<p><b>E15a: Seminar 10.45-11.40</b></p>	<p><b>The Neurobiology of Psychodrama.</b> What happens in the brain during psychodramatic enactments? And, perhaps even more important: What happens between the brains of all the participants – protagonist, antagonist, director and the group - during the psychodramatic process? Modern Neurobiology research delivers findings and theories for these issues, Interpersonal Neurobiology, Empathic Communication, Affective Neuroscience and Attachment Theory. Professionals using action methods and psychodrama should be familiar with all of these neurobiological processes. This presentation will highlight neurobiological processes connected to:</p> <ul style="list-style-type: none"> <li>- The virtual reality of the stage.</li> <li>- The group: Empathic synchronisation and the emergence of attachment.</li> <li>- The protagonist: Involvement and detachment as - means of affect regulation.</li> <li>- The antagonist: Balancing role fulfilment and own biographical resonances.</li> <li>- The director: The meaning of 'he should be the most spontaneous person in the group' (Moreno).</li> </ul>	<p><b>Ulf Klein</b> is a Diploma-Psychologist, psychodramatist and systemic family therapist and coach in private practice in Munich, Germany. He is the former scientific director of the Moreno Institute in Stuttgart and was the founding editor of the German psychodrama journal. He is a senior trainer and supervisor of systemic therapy and counselling at the Systemic Association (SG) and the German Association for Systemic Family Therapy (DGSF) in Germany, trainer and supervisor of psychodrama and visiting lecturer at the University of Applied Science of Osnabrück, Germany. He has published several articles on the integration of psychodrama and systems theory and a TV programme on psychodrama. He works as a freelance coach, supervisor and organisational consultant.</p>



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<p><b>E15b: seminar 11.50-12.45</b></p>	<p><b>Experiences of Psychodrama Treatment with Psychiatric Patients.</b> Psychodrama is a widely used psychotherapeutic method in therapy with various categories of psychiatric patients in different clinical settings. Experience has shown the therapeutic power of the psychodrama method with psychotic, depressive and borderline patients as well as with other groups of patients. Psychodrama can be used as the only therapeutic approach or in combination with other therapies (pharmacotherapy, sociotherapy, other psychotherapies). In order to provide our patients with the full benefit of the psychodrama method, it is important that the whole clinical context needs to be prepared for the use of psychodrama. In this seminar, the authors will discuss their own experiences of adapting psychodrama for different categories of psychiatric patients and in different therapeutic settings (short-term therapy for inpatients, on-going psychodrama group for outpatients, and in a day hospital) in clinical institutions in Serbia, Croatia and Slovenia.</p>	<p><b>Vladimir Milošević</b> is a psychiatrist and a psychodrama psychotherapist, trainer and supervisor. He graduated from the Medical Faculty in Belgrade, and since 1997 has been a specialist psychiatrist. He is currently working in the Psychiatric Hospital in Idria, Slovenia. For 15 years he worked in the Institute for Mental Health in Belgrade, Serbia. Together with his psychotherapeutic and psychiatric work, he leads psychodrama training in Serbia, Croatia and is just beginning in Slovenia. He is co-founder of the Yugoslav Psychodrama Association, the Institute for Psychodrama in Belgrade and the Serbian Psychotherapy Awarding Association. He is also co-founder and co-leader of the Cross Cultural Training Days in Psychodrama and the International Spring Academy in Psychodrama. He has participated in IAGP and BPA congresses as a workshop leader as well as leading psychodrama training workshops in various countries. <b>Tihana Jendricko</b>, MD, PhD, is a psychiatrist, psychodrama therapist (member of the European Association for Psychotherapy) and integrative psychotherapist (member of the European Association for Integrative Psychotherapy). She works in the Department of Social Psychiatry at the University Psychiatric Clinic in Vrapce, and in her daily work she practises psychodrama with different groups of psychiatric patients. She is the author of several scientific papers and has actively attended numerous symposia and congresses in Croatia and abroad. She has published three books of poetry and is a member of the Croatian Writers Association. <b>Simona Prosen</b> is a psychologist and psychodrama psychotherapist, with a PhD in the field of developmental psychology. Currently, she works at the Faculty of Education in Ljubljana, Slovenia, where she teaches developmental psychology. For ten years, she worked at the University Clinic in Ljubljana, where she ran in-patient and out-patient therapy groups, using methods including psychodrama. She has worked with various patient groups, her longest experience being with drug-addicted patients and patients with eating disorders.</p>
<p><b>12.45-14.00 Lunch</b></p>		





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<p><b>F1: Workshop 14.15-16.15</b></p>	<p><b>Breaking free through healing conversation: Moving beyond abuse and trauma.</b> Theo Fleury and Kim Barthel introduce a novel healing model that provides a mass public audience with an understanding of the influence of early attachment, trauma, addiction and healing. By weaving Theo's personal story through Kim's blending of science and theory, the co-presenters intend to eliminate the feeling of shame that is often experienced by those touched by abuse, neglect and trauma. This interactive conversation between Theo, Kim and their audiences has received high profile national Canadian exposure through media coverage and is aimed squarely at engendering compassionate understanding and action towards those who journey through healing from emotional trauma. This honest, vulnerable and meaningful public conversation between therapist and client eases the stigma attached to 'going for counselling' and minimises the barriers for sufferers seeking help. We look forward to sharing our model and experience with the psychodrama psychotherapy community.</p>	<p><b>Theoren Fleury</b> is a Canadian former National Hockey League All-Star, Stanley Cup winner and Olympic Gold Medallist. Recently, Theo woke up a lot of readers with his bestseller 'Playing With Fire' detailing his experience of sexual abuse as a youth by his junior hockey league coach, and his descent into addiction and self-destruction. Theo has become an advocate and spokesperson for the prevention of childhood sexual abuse and is an active speaker across Canada on the topics of early childhood attachment, trauma and recovery. His personal story and commitment to helping others serves to motivate, inspire and ignite healing in people from all walks of life. Theo won the Canadian Humanitarian Award in 2012. <b>Kimberly Barthel</b>, also a Canadian, is an internationally renowned speaker and teacher on the topics of the neurobiology of attachment, addiction, trauma and compassion. Originally an occupational therapist, Kim is expert in making the bridge between science, theory and functional 'do-able' actions towards healing. Her workshops empower participants to feel capable within their own transformation. An author of several textbooks, Kim is currently co-authoring a book with Theo called 'Breaking Free through Healing Conversation: Moving Beyond Abuse and Trauma'.</p>
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<p><b>F2: Workshop 14.15-16.15</b></p>	<p><b>Moreno, Buddha and Neuroscience: Health, happiness and well-being.</b> In this experiential workshop, the presenters will draw heavily on Dr Rick Hanson's latest book 'Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence'. Participants will practise integrating Dr Hanson's model within a psychodrama session to increase positive thinking, feeling and believing. The most effective combination of action and words will be explored. Dr Hanson's research suggests that the taking-in of a positive experience changes brain structure, from an innate survival-based negative bias to one of a sense of worth and realistically optimistic outlook. Just as Hanson utilises Buddhist practice for the goal of taking in positive experience, Moreno enriched the protagonist's surplus reality through use of psychodramatic enactment in the here and now. The presenters suggest that psychodrama based on a premise of positive outcomes can help both protagonist and audience members: 1) lessen symptoms of anxiety and depression; 2) make emotions more manageable; 3) increase joy and contentment; 4) increase love and compassion for self/others; 5) instil body experiences of calmness and tranquillity; and 6) create a greater overall sense of confidence and gratitude. Come along and empower your practice, have fun and 'accentuate the positive'!</p>	<p><b>Dr Katherine Norgard</b>, PhD, TEP, is an Arizona licensed psychologist who has been directing psychodramas for over 40 years. She holds the roles of private practitioner, psychodrama trainer, university teacher, consultant, author and psychologist for the Hopi Center for Prevention and Resolution of Violence (victims of torture and other trauma). Kathy is actively involved in bringing psychodrama / sociodrama to her global social justice education projects. <b>Adena Bank Lees</b>, LCSW, LISAC, BCETS, is recognised as an energetic presenter and integrative thinker. She has been offering expert services in training, consulting and psychotherapy around the globe for over 20 years. She is a licensed clinical social worker, substance abuse counsellor and board certified expert in traumatic stress. Adena has been studying and directing psychodramas since 1989 and is now a certified practitioner of psychodrama from the American Board of Examiners in Psychodrama. Her passion is practising the integration of psychodrama and neuroscience.</p>
<p><b>F3: Workshop 14.15-16.15</b></p>		



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<p><b>F4: Workshop 14.15-16.15</b></p>	<p><b>Changing your Mind - Psychodrama and memory transformation.</b> When we access a memory we have a brief window of opportunity to transform a painful experience to something better. Usually what we've learnt about ourselves in the original setting wasn't even true then – just the result of being too lonely in a very hard place. No reason to stay there! In this workshop we will use two apparently very different approaches for treatment of distress associated with traumatic memories: EMDR and psychodrama. However, a critical examination reveals many similarities, for instance the value of enabling a person to create a 'safe place' and the necessity of exposure to the traumatic experience in a new context of inner and outer support. We repair the scene, correcting negative assumptions about the self mistakenly formed in the traumatic situation and replacing them with positive self-formulations. We come back to the present with the repaired self to look to the future. Through psychodrama, we will highlight the connections, characteristics and clinical use of the two methods.</p>	<p><b>Kate Bradshaw Tauvon</b> TEP is from the UK and Sweden. She is a psychotherapist, supervisor and teacher of psychotherapy, and a psychodramatist, group analyst and certified EMDR therapist, integrating theories and methodologies in private practice. She is Board Member and Secretary of IAGP, and co-founder of both the BPA and the Stockholm Institute for Psychodrama, Sociometry and Group Psychotherapy. She co-edited and co-authored 'The Handbook of Psychodrama' (1998), and has recently co-authored 'Empowering Practice: Integrating Psychodrama, Sociodrama and Other Modalities', to be published in 2014. She is an international psychodrama presenter.</p>
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# EMPOWERING PRACTICE

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<p><b>F5: Workshop v</b></p>	<p><b>Working with Altered States of Consciousness in Psychodrama.</b> This Workshop is based on the ideas in Eberhard's chapter in the new book 'Empowering Practice'. He explains how Altered States of Consciousness (ASCs) often happen unintentionally in psychodrama, but in this workshop we will experience techniques to induce ASCs intentionally. We will practise several warm-ups which will alter our experience of consciousness, both for the benefits of entering ASCs and as a preparation for a deeper enactment phase. The content of the scene work will depend on what the group members offer, and may include working with dreams, since in these it is often most clear that we are in an altered state. Participants will learn about how to speak to protagonists and auxiliaries in a way that deepens their trance and spontaneity. The sharing phase will be seen, as well, designed to get back to a normal state of consciousness. Afterwards, we plan to have a discussion in which people can reflect on how they experienced their consciousness.</p>	<p><b>Dr Eberhard Scheiffele</b>, PhD, TEP, RDT, is a theatre artist, psychotherapist, scholar, and award-winning psychodramatist. For 2005-06 he was awarded a prestigious Fulbright Scholar grant for teaching in Ekaterinburg, Russia. His doctoral dissertation 'The Theatre of Truth', written at the University of California, Berkeley, focused on Jacob Moreno's theatre of spontaneity and psychodrama (available on <a href="http://www.amazon.com">www.amazon.com</a>). He is certified as Trainer, Educator, Practitioner (TEP) by the American Board of Examiners in Psychodrama, Sociometry, and Group Psychotherapy, and he is a Registered Drama Therapist (RDT). In 2005 he received the Innovators Award from the American Society of Group Psychotherapy and Psychodrama (ASGPP). His research and experiential trainings have been presented all over the United States, Canada, Germany, Norway, Finland, Portugal, Greece, Turkey, Romania, Austria, Senegal (West Africa), and many parts of Russia. His publications have appeared in many academic, peer-reviewed journals in the United States, Great Britain, Germany, Ukraine, and Russia.</p>
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<p><b>F6: Workshop 14.15-16.15</b></p>	<p><b>CBT and Psychodrama – Meeting IAPT.</b> Bernie, like many Psychodrama Psychotherapists, works in a role which is not primarily Psychodrama-focused. This workshop offers an opportunity to learn about IAPT (the NHS 'Improving Access to Psychological Therapies' programme) from the inside – from a High Intensity Cognitive Behavioural therapist – and to explore together what can be learned from the IAPT experience. The workshop will examine some of the assumptions around CBT and IAPT and see if we can arrive at a more rational position, while acknowledging some of the practical and theoretical overlaps and some of the challenges. There will be an opportunity to learn a little about how CBT and psychodrama have been integrated in other settings. The workshop will also pose some questions about future developments, and start to explore the potential for research and innovation, particularly in relation to evidence-based practice and Psychodrama.</p>	<p><b>Bernie Hammond</b> has had a varied career including many years as a carer of family members with mental health issues. Since 2003 she has worked in mental health services, and has been in a Primary Care IAPT service since 2008, initially as a Psychological Wellbeing Practitioner, delivering low intensity CBT based interventions. She completed her Psychodrama Psychotherapy training with the Northern School in 2009 and has continued to run twelve-week groups. In 2011 she started training as a High Intensity CBT therapist at Chester University, qualifying in May 2013. She is a member of the North West Psychodrama Association, which is working to republish key Psychodrama texts to make them more available for all those interested in Psychodrama. She lives in Liverpool.</p>
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<p><b>F7: Workshop 14.15-16.15</b></p>	<p><b>Why do brilliant people kill themselves?</b> Our friends, family, colleagues, patients and outstanding role models may be brilliant but suddenly die at their own hand. We, the “disconnected” onlookers, remain steadfastly connected through shock, through thoughts of life without them and through an unexpected review and celebration of their life which is irretrievably gone. Many, who are called survivors, become paralysed by the questions, “Why?” “What more could I have done?” “Was it an unplanned accident?” “Is it my fault?” There is no survival kit instructing us how to live through simultaneous warmth of celebration and cold finality. This two hour action workshop will include the psychological lives of icons: Phillip Seymour Hoffman, Michael Jackson, Amy Winehouse and Whitney Houston and the public impact of their sudden deaths. Mandela’s dictum of ‘honouring all people’ includes ourselves, our patients and all those in pain from the ripples of suicide. When does “so much to die for” replace “so much to live for”? All are welcome to celebrate our survival and to practice empowerment in the past, present and future surplus reality scenes. “We must welcome the future, remembering that soon it will be the past, and we must respect the past, remembering that once it was all that was humanly possible.” George Santayana</p>	<p><b>Marcia Karp</b>, MA, TEP, is a Founding Member and first Honorary President of the British Psychodrama Association; Founding and Honorary Member of the Federation of European and Mediterranean Psychodrama Training Organisations; Distinguished Fellow and former Board Member of the International Association of Group Psychotherapy; Member of the United Kingdom Council for Psychotherapy; Fellow of the American Association of Group Psychotherapy and Psychodrama; Psychodrama Graduate of JL and Zerka Moreno; Faculty Moreno Institute, New York; established the Holwell International Centre for Psychodrama and Sociodrama, Co-Director, UK ; Founding member and current Chair of London Psychodrama Network public sessions, helped establish training programmes in Finland, Moscow, Kiev, Greece, Switzerland; visiting senior trainer in Geneva, Athens, Istanbul, Kazakhstan, Buenos Aries, Sau Paulo; Tokyo, Ossaka , Belgium, Spain, etc; currently training worldwide; received Lifetime Achievement Award from the BPA in UK; JL Moreno Lifetime Achievement Award from the ASGPP in USA. She is co-editor of ‘Handbook of Psychodrama’, ‘Psychodrama Since Moreno’ and ‘Psychodrama: Inspiration and Technique’ Routledge, translated into 8 languages. Individual, group and supervision private practice, London. Email:<a href="mailto:mkarp11444@aol.com">mkarp11444@aol.com</a> <a href="http://www.marciakarp.org.uk">website:www.marciakarp.org.uk</a></p>
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<p><b>F8: Workshop 14.15-16.15</b></p>	<p><b>On Becoming a Facilitator-Psychodramatist.</b> The psychodramatist's way of being in a relationship is undoubtedly a key factor in the psychotherapeutic co-construction of psychodrama. Empowering the protagonist and the group relies on this 'low-key' positioning. To pay special attention to the 'way of being' in a relationship, reference must first and foremost be made to an existentialist-humanistic theory other than that of Dr JL Moreno: that of Carl Ransom Rogers (the Person-Centred Approach), for Moreno did not sufficiently elaborate in this respect. Around the middle of the twentieth century, Carl Rogers had been researching the subject more than anyone else. Using Moreno's terminology, Rogers had come to the conclusion that the primary role was a relational one that lay within the 'way of being'. He calls it 'the facilitator' and even uses 'a facilitating way of being' as the foundation of his theory of psychotherapy and human relations. In order to combine the 'way of being' and the 'way of doing', a psychodramatist must become a facilitator-psychodramatist. The role of facilitator is the primary one: it is an essential foundation upon which the four sine qua non roles of a psychodramatist (group leader, action analyst, producer and psychotherapist) can be based, the role of facilitator acting as a link and support between them. In this seminar, we will start a process aiming at:</p> <ul style="list-style-type: none"><li>• understanding the fundamentals of the 'facilitative climate';</li><li>• identifying the key components of the three necessary and sufficient conditions;</li><li>• adjusting the four roles of the psychodramatist;</li><li>• bringing about the protagonist's and the group's growth through our accompaniment.</li></ul>	<p><b>Norbert Apter</b> (MEd, Harvard) is a recognised person-centred psychotherapist, psychodramatist, accredited by the Swiss Confederation. He runs a private practice in Geneva, using humanistic psychodrama in individual and group sessions. Norbert is also the manager of Institut ODeF in Geneva (<a href="http://www.norbertapter.ch">www.norbertapter.ch</a>, <a href="http://www.odef.ch">www.odef.ch</a>). Using Humanistic Psychodrama and Action Methods, he trains and facilitates professionals in many countries for various institutions, companies and international organisations. As a trainer of trainers, speaker and author, he specialises in the development of constructive and operational relations.</p>
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# EMPOWERING PRACTICE

INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

<p><b>F9: Workshop 14.15-16.15</b></p>	<p><b>The Melting Clock: Working psychodramatically with grief, loss and bereavement.</b> The objective of this workshop is twofold:</p> <ul style="list-style-type: none"> <li>▶ To understand bereavement from the perspective of psychodrama theory, tracing grief reactions and the phases of grief back to the developmental stage of the matrix of identity, and the child's early experiences of relating and separation.</li> <li>▶ To introduce the 'melting clock', an innovative psychodrama technique developed by the presenter for working with pathological or unresolved grief in a one-to-one psychotherapy setting; and to allow participants to try out and experiment with this tool.</li> </ul> <p>Primary teaching points:</p> <ul style="list-style-type: none"> <li>- Identifying the 'locus nascendi' of grief reactions: the infant's early experiences of relating and separation within the developmental phase of the matrix of identity serve as the blueprint for experiences of gains and loss, and consequently the grief reactions experienced at the loss of a significant other.</li> <li>- Looking at the experiential sequence of separation, and the similarities between this sequence and the phases of grief that occur following the death of a significant other.</li> <li>- Comparing the healthy evolution of grief reactions with pathological or unresolved grief processes.</li> <li>- Looking at the psychodramatic way of working with surplus reality, and how this can be used in grief work.</li> <li>- Looking at the possibility of editing psychodramatic scenes together (montage) and how this, combined with surplus reality work, offers us a valuable tool for working with unresolved grief: the 'melting clock' technique.</li> </ul>	<p><b>Zoli Figusch</b> is a clinical and educational psychologist and certified psychodrama psychotherapist, trainer and supervisor registered with the British Psychodrama Association (BPA) and the United Kingdom Council for Psychotherapy (UKCP). Zoli works as a principal psychotherapist in a specialist personality disorder psychotherapy service in Maidstone, Kent. He is the editor of two books on the theory and practice of Brazilian psychodrama, and is the series editor of the newly published Moreno series by the North-West Psychodrama Association. He was the recipient of the 2012 'Zerka T Moreno Award' of the American Association of Group Psychotherapy and Psychodrama (ASGPP).</p>
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<p><b>F10: Workshop 14.15-16.15</b></p>	<p><b>The ARC© model in psychodrama: from clinical practice to groups and organisations... and back.</b> This workshop will be given in French and translated into English. Psychodramatic action can be relevant in the context of workplaces, organisations and teams of professionals. Indeed, the notion of empowerment, autonomy and responsibility is essential in the professional sphere. The ARC© model originates from three currents: psychodrama, Jungian psychoanalysis and the systemic approach. The aim of this model is to enable individuals, groups and organisations to strengthen their capacity for action and emancipation. Therapeutic fields such as psychodrama abound in knowledge on being in relationship. The same knowledge can also bring new perspectives to the everyday life of individuals, groups and organisations. The method has been created by Chantal Nève Hanquet to adapt psychodrama to non-therapeutic contexts using the “Cercle d’empathie©” (empathic circle) and the Chaises révélantes©” (revealing chairs). In return, these concepts can suggest new ideas for the practice of psychodrama in the clinical field. During the workshop, participants are invited to approach, experience, and feel some specifics of the ARC© model, following this structure:</p> <ul style="list-style-type: none"> <li>▶ Sensorial discovery of the seven concepts (‘springs’) of the ARC© model to prepare and/or reread an intervention.</li> <li>▶ Experimenting with action methodologies created from the psychodramatic approach: ‘Cercle d’empathie©’ and ‘Chaises révélantes©’.</li> <li>▶ Encounter with the nine attitudes of the ARC© model which work on the internal posture of the psychodramatist.</li> </ul>	<p><b>Chantal Nève Hanquet</b> is a member of the ‘Centre de Formation à l’Intervention Psychosociologique’ (CFIP) in Brussels, Belgium. She is a Psychologist, Psychodramatist, Jungian analyst, and trainer in family therapy. In 1968 she trained in psychodrama under Anne Ancelin Schützenberger. From 1977 to 1998 she led a therapeutic psychodrama group; in 1993 she conducting training and supervision in Bulgaria; and in 1998 started and led the didactic psychodrama group at the CFIP. With Jacques Pluymaekers, a family therapist, she developed ‘landscape genogram’, a psychodramatic method which integrates a transgenerational approach using metaphor, and they have written articles on the subject. She has also co-authored several articles with Pierre Fontaine. She is a member of SBPA (Société Belge de Psychologie Analytique); EFTA (European Family Therapy Association); ABP (Association Belge de Psychodrame); EAP (Belgian section); and IAGP, and is a council member and treasurer of FEPTO. <b>Agathe Crespel</b> was born in the USA and speaks French, English and Italian. She obtained her Masters degree in Psychology at the Université Catholique de Louvain, Belgium, in 2000. Her Psychodrama education was at CFIP (Brussels) and CERP (Liège), with individual supervision with Chantal Nève Hanquet, 2006-13, and two years’ group training supervised by Bernard Robinson, Pascal Graulus and Anne-Sophie Allardin, 2011-13. She has been a trainer and coach for CFIP (Centre for Training and Psychosociological Intervention in Brussels, Belgium) since 2006. She uses psychodrama skills in supporting working teams, training in communication and stress management, and in various contexts: enterprises, schools, hospitals, elderly care homes etc. Agathe Crespel became interested in how Chantal Nève Hanquet was able to work with the ‘here and now’ and how it mobilised people and groups, and the encounter between Chantal’s wide experience and Agathe’s curiosity stimulated them to create the ARC© model.</p>
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**F11:  
Workshop  
14.15-16.15**

**Calatonia and Psychodrama: Increasing consciousness.** Calatonia is a bodywork method created by Dr Petho Sándor, a Hungarian medical doctor who lived in Brazil. It is used as an auxiliary method in psychotherapy and group practices. This method also has connections with Reichian and Bioenergetic therapies, as well as psychosynthesis, and in the last few years an interface with Psychodrama has been established. It is also used as body therapy, and in physiotherapy, speech therapy, and pedagogy. The aim of this practice is to develop body awareness and consciousness, facilitating the connection between the conscious ego and the unconscious realm. Calatonia can reach many levels. The first one is physical relaxation and rebalancing of the neurovegetative body functions. As we see the individual as a physiopsychic field, this practice generates resonances in the psyche. The techniques applied, Calatonia, Adjustment of Points of Support, and Subtle Touches, create a particular psychophysiological alteration. This leads to an altered state of consciousness, a change in level from the usual ego functioning, with its own sensations and notions, different from those of the ego functioning in everyday life. Such alteration facilitates the experiencing of different psychological contents. This helps to dissolve the ego's conditioning and to go beyond those thoughts, feelings and sensations typical of the mass culture in which we live. We also look, in our group practices, for what Moreno called 'the divine inside' individuals and groups. Group consciousness is the most powerful input to increase the development of the human being, and this is the point where Calatonia and Psychodrama meet.

**Fernando Cortese** has worked as a psychologist, psychotherapist and professor in Brazil since 1977. He taught for 15 years at the Psychology College of the Catholic University in Sao Paulo, where he was also a clinical supervisor. Since 1992 he has been teaching at Sedes Sapientiae Institute presenting Calatonia to postgraduate students. He is the author of 'Calatonia and Physiopsychic Integration'. In the last few years he has focalised groups on Calatonia at the CG Jung Club in London and the Comunitá di Etica Vivente in Italy. **Ana Paula Figueiredo** is an Occupational Therapist, and learned Calatonia with Dr Petho Sándor in Sao Paulo. She is also trained as a therapist and instructor in USA in the Meir Schneider Method of Self-Healing Through Bodywork and Movement. She works as a therapist in Brazil and is the co-worker with Cortese in workshops on Calatonia in South America, London, and Italy.



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<b>F12: Workshop 14.15-16.15</b>	<b>How to transform a 'sleeping' sacred text (Joseph ornamented tunic) into an 'awakening beauty' to enhance healing. (Bibliodrama with a twist of psychodrama).</b> Beneath their face value, the stories in the Bible correspond with our life stories. Biblical heroes could be looked at as archetypes that represent qualities in our inner world and resonate with us. The story of Joseph deals with different dynamics: family dynamics, victim and oppressor, relations with the Divine, and more. It is a great platform from which to explore different dynamics, to listen and be mindful to the inner life of both the Biblical heroes and our own, and to touch on the spiritual dimension. Participants will explore the sacred text's intimate secrets through role play and action methods modalities. Together we will shed light on dark places within the text and within ourselves and in the process, transform the sleeping text into an awakening beauty!	<b>Tamar Pelleg</b> , MA, CP, Certified psychodramatist by the American board of examiners, trained as a Bibliodrama facilitator with Dr Peter Pitzele of New York. She earned a Masters in Counselling Education and a Bachelors Degree in Hebrew Literature from Hebrew University in Jerusalem and trained as a master-practitioner in NLP at the Retter School for NLP in Israel. She recently moved back to Israel from the USA to promote bibliodrama with a twist of psychodrama in cultural and educational settings.
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# EMPOWERING PRACTICE

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<p><b>F13: Workshop 14.15-16.15</b></p>	<p><b>Moreno Meets New Technology.</b> This workshop presents the integration of Moreno’s theories and practice with current technology: a technology that gives people a tool to create a visual representation of their world through an interactive landscape that can be viewed from their perspective or that of any other individuals represented. We bring together the traditional practice of working on a stage or in a dedicated space with a group of participants, and the opportunity of working with individuals in a virtual environment that has a metaphorical and symbolic landscape that includes a castle, waterfalls, rivers and trees. With the use of avatars the protagonist can have as many auxiliaries as they wish. The individual has the opportunity to create their own group in a contained and safe environment. Developments in neuroscience have demonstrated that being able to label emotions reduces the intensity of emotional processing in the brain. With avatars as auxiliaries we are able to label with words and colours. Also, reversing with the auxiliaries and seeing the world from their perspective is very straight forward. The protagonist can slip into the first person of any of the auxiliaries whilst keeping an avatar as the protagonist. The sessions can be face to face or at a distance where both the therapist and client have access to the programme. The workshop draws on the depth of Phil’s experience of working with groups in the private and government sectors and David’s experience as a coach and consultant and director for ProReal. It is in three stages:</p> <ol style="list-style-type: none"> <li>1 An introduction to the programme and the background research.</li> <li>2 A hands-on experiential opportunity for the attenders.</li> <li>3 Time to share and discuss the possible challenges and opportunities for the future.</li> </ol>	<p><b>Phil Burgess</b> has worked with groups and individuals for over twenty years, first as a community artist, then as a trainer and in more recent years as a psychotherapist. He brings to psychodrama his experience of action and movement through dance, circus skills, theatre, corporate training, team building and therapeutic massage. He now has a private practice as a psychodrama psychotherapist, supervisor and Arts in Health Consultant. <b>David Tinker</b> is a coach and consultant with many years’ practice in sociodrama. He recently completed his supervision diploma with the London Centre for Psychodrama. He is Product Director for ProReal with responsibility for design principles.</p>
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## EMPOWERING PRACTICE

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<b>F14a: Seminar 14.15-15.10</b>	<b>Alexander Technique and Psychodrama: Alexander and Moreno - Two Rebels and Pioneers.</b> Both FM Alexander (1869–1955) and JL Moreno (1889–1974) were ahead of their time as well as representatives of what we now call Modernity. Modernity succeeded traditional ways of living while a new concept of the Self was developed. This presentation offers a theoretical reflection and sets original concepts in context. Alexander developed a philosophy and procedures (the Alexander Technique) that addresses physical and psychological issues. Alexander was a rebel and pioneer by finding a way of re-educating the brain and the body. His work includes concepts now used in Neurosciences, the wellbeing movement, CBT, Mindfulness, physiotherapy and gyms. He advocated the cultivation of the whole self on many levels. Moreno was equally a rebel and pioneer by accepting the importance of co-creation within human life: the social (relational), political and physical dimension, and the individual. In the psychotherapeutic field, Moreno rescued the body as a vital aspect in a human's life, thereby challenging the primacy of working within language only. Both Alexander and Moreno worked within the parameters of experiential work and the importance of spontaneity. This presentation aims to compare and contrast the two approaches, show their importance by placing them into their historical context, and reflect on those aspects that belong to the past, those that need further reflections and those that might complement each other and are as relevant now as they were at their outset.	<b>Doris Prügel-Bennett</b> works as a teacher of the Alexander Technique (MSTAT) and Psychodrama Psychotherapist (BPA/UKCP) in private practice, and as an Associate Lecturer at Southampton Solent University. She is interested in setting psychotherapy in its cultural, historical, social, and philosophical context. Her approach embraces the connections between physical and mental health, education and psychotherapy. She works with adolescents and adults of all ages.
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<p><b>F14b: Seminar</b> <b>15.20-16.15</b></p>	<p><b>Exploring the 'Dramatic Moment': comparing the works of SH Foulkes and JL Moreno.</b> In the group setting, incidents or happenings occur that seem out of place, incoherent to the process or lacking in logic. These can be defined as 'dramatic moments'. In this seminar, clinical vignettes will be used to illustrate the 'dramatic moment', alongside discussion of the theoretical works of JL Moreno and SH Foulkes, to explore and promote an understanding of these moments. Group analytic concepts such as the matrix, the group unconscious and mirroring are compared with psychodramatic concepts such as tele, the co-unconscious and spontaneity, to discuss whether they can inform each other in the understanding of the 'dramatic moment'.</p>	<p><b>Gillie Ruscombe-King</b> trained as an Occupational Therapist, Psychodrama Psychotherapist and Group Analyst. She works at the Oxfordshire Complex Needs Service in a therapeutic community for those with disordered personalities. She employs both psychodramatic and group analytic methods in order to empower clients towards taking responsibility for their own psychic and emotional lives.</p>
<p><b>F15: Master-class</b> <b>14.15-16.15</b></p>	<p><b>Core Training in psychodrama and action methods.</b> This workshop is designed for people using psychodrama in their work and who wish to enhance and strengthen their skills. The major focus is on three areas in group psychotherapy, group work and psychodrama, 1) Gregory Bateson's complementary and symmetrical role relationships, 2) J. L. Moreno's concept of encounter, and 3) role theory. Participants can expect to enjoy themselves in an open environment of learning.</p>	<p><b>Sue Daniel</b> is a TEP, individual and group psychotherapist, consulting psychologist. Director of the Psychodrama Institute of Melbourne. Chairperson of the Australian and Aotearoa Board of Psychodrama, Board of IAGP, Professor, Hokkaido, Japan.</p>
<p><b>16.15-16.45: Coffee and Tea</b></p>		
<p><b>Conference Large Group</b> <b>17.00-19.00</b></p>	<p><b>The large group</b> can provide a much-needed space for people to make sense of their experience of the conference. It can be a place of learning about how culture develops and can be changed. As group members engage in sustained dialogue, sometimes empowered by action, they will notice that by speaking what is on their minds, they are altering the climate of the group and collective understanding alters. Noticing these shifts is crucial. Individuals then realise that they have the power to change a situation.</p>	<p><b>Teresa von Sommaruga Howard &amp; Kate Bradshaw Tavon</b> This large group will be co-conducted by Teresa von Sommaruga Howard, a group analyst who specialises in large groups, and Kate Bradshaw Tavon, who is a group analyst and psychodramatist. We hope that by sharing this role a bridge between the group analytic and psychodrama approaches can be built.</p>



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<b>17.00-19.00</b>	Posters/ Discussion Groups – Open Sessions
<b>19.30-21.30 Gala Dinner</b>	



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**Day 5 Monday 1<sup>st</sup> September 2014**

## **Action and Family Therapy**

Ref.	Details	Presenters Biography
<b>Plenary 09.00-10.00</b>	<b>Action Techniques and Systemic Therapy.</b>	<b>Arlene Vetere</b> is Professor of Family Therapy and Systemic Practice at Diakonhjemmet, Oslo, Norway. <b>Rudi Dallos</b> is Professor of Clinical Psychology at Plymouth University. Their latest book is 'Systemic Therapy and Attachment Narratives: Applications in a range of clinical settings', Routledge, 2009.
<b>10.00-10.30 Coffee and Tea</b>		





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<p><b>G1: Workshop 10.45-12.45</b></p>	<p><b>In Search of My True Home: The psychodramatic encounter with feeling 'at home'.</b> Psychodrama often uses archetypal metaphors – one's home is one of these. A place one lives in might be a house but not a home. This workshop is focused on emotional and spiritual dimensions of this transformation. Inner resources that let people feel 'at home' whatever happens and create a real place of their own will be explored experientially, using the tools of psychodrama empowered by Jungian thinking.</p>	<p><b>Elena Lopukhina</b>, from Russia, has been an internationally certified psychodrama-therapist since 1996, is the director and main trainer at the Institute of Psychodrama and Role Training (Moscow) since 1998, and was a founding member of the Federation of European Psychodrama Training Organisations (FEPTO) and a co-founder of the Federation of Training Psychodrama Institutes in Russia in 2007. She holds the psychotherapist certificate of the European Association of Psychotherapy (2000). Since 1995 she has been a teacher and trainer of psychodrama practitioners in Russia and abroad. She is co-editor and co-author of the collective monograph 'To Play in the Russian way - Psychodrama in Russia: stories, meanings, symbols' (Class, Moscow, 2003), and the author of various articles on psychodrama. Other professional activities are: private practice; psychological counselling; individual psychotherapy since 1976; group psychotherapy since 1987; and freelance organisational consultant, trainer and coach since 1985. She has also led courses and workshops for psychologists in various universities and training centres, including Moscow State University, since 1985.</p>
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<p><b>G2: Workshop 10.45-12.45</b></p>	<p><b>Sociodrama with Children.</b> Sociodrama is a natural and powerful method for helping children tell their stories, safely express strong feelings and try out new behaviours and roles. It can also be used to teach social skills and problem-solving to students with diverse capabilities and challenges in a wide range of settings. Sociodrama is well suited to address social issues that arise in the classroom and in the school yard such as bullying, stealing and racism. This workshop offers adaptations of the sociodramatic method that work especially well with groups of children aged six to twelve. Participants will learn how to direct sociodramas using one chair, two chairs and short scene work. We will also address appropriate warm-up, sharing and the managing of large groups of children.</p>	<p><b>Rebecca Walters</b>, MS, TEP is the co-director of the Hudson Valley Psychodrama Institute which she co-founded in 1989. She worked as a psychodramatist at psychiatric hospitals, working on inpatient and outpatient units, for thirty years. She recently retired as the Director of Child and Adolescent Psychodrama Services at Four Winds Psychiatric Hospital, where she ran six psychodrama groups a week with children and adolescents. Rebecca is also on the faculty of I*CARE at the MD Anderson Cancer Center, University of Texas, where she uses sociodrama to teach communication skills to medical staff. Rebecca is an elected member of the Executive Council of the American Society of Group Psychotherapy and Psychodrama, an organisation in which she is a Fellow. She is the current president of the Hudson Valley Chapter of the ASGPP. Rebecca is certified as a Trainer, Educator and Practitioner by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.</p>
<p><b>G3: Workshop 10.45-12.45</b></p>	<p><b>Variations in Working with Parents and Ancestors.</b> Using psychodramatic techniques - inspired by the concepts of Albert Pesso and the findings of systemic / family and transgenerational therapy - different ways of working with conflicts and the heritage of parents and ancestors will be demonstrated. Some of the techniques shown are based also on psychoanalytical theories like object relation theory. These can be highly effective in changing inner images and establishing positive representatives. The practice shown is not only conflict-centred but is also looking for resilience factors and resources. There will be time for demonstration, experiments and discussion.</p>	<p><b>Agnes Dudler</b> has been a psychologist and psychotherapist in a private practice in Bonn since 1982. She was founder (in 1991) and director (until 2011) of the 'Institut für Psychodrama Szenen' and a trainer of psychodramatists for 30 years. She is a member of the council of the DFP/DAGG, and for seven years a board member of FEPTO. Her work involves counselling, psychotherapy with individuals, couples and groups, supervision and coaching, sociodrama with large groups, training in awareness and self care (burn-out prophylaxis), combining meditation and bodywork with psychodrama. Her publication topics include psychodrama with singles, the role atom, sociodrama with large groups, using sociodrama to overcome national trauma, and supervision of trainees.</p>



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<b>G4: Workshop 10.45-12.45</b>	<b>Systemic family psychodrama? Passion in Action.</b> This workshop will give participants the opportunity to explore the connections between systemic family therapy and psychodrama. It will follow the format of: Approach (exploring the philosophical and epistemological foundations of both); Method (how these are concretised in theoretical constructs in the two approaches); and Techniques (how the two methods are applied in practice). There will be a didactic PowerPoint presentation. There will be exploration in action of how the two methods can be combined in practice and the mutual influence of each upon the other. A sociodramatic meeting between Gregory Bateson and his followers and the Morenos and their followers will take place. Participants will have the opportunity to explore in action the connections and contradictions between the two approaches. Material is drawn from both systemic and psychodrama sources, including the presenter's contribution to the conference book: Empowering Practice.	<b>Chip Chimera</b> is a Systemic Family Psychotherapist and Psychodrama Psychotherapist. She chairs the Foundation and Intermediate Systemic Practice courses at the Institute of Family Therapy in London. Chip has a long history in the statutory and independent sectors of work with children and families. She has an abiding interest in integrating psychodrama and family therapy, which is the subject of her ongoing doctoral studies. She has published a number of chapters and short articles on psychodrama and family therapy.
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<p><b>G6: Workshop 10.45-12.45</b></p>	<p><b>As in Life so in Therapy - the task of empowering through relationship.</b></p> <p>“The fundamental principle underlying all forms of psychotherapy is the encounter” - JL Moreno</p> <p>The integrative principle of empowering practice is the quality and nature of relating, irrespective of the various forms of psychotherapeutic practice or theory. Ultimately, an empowering or disempowering dynamic is created through the ways in which the therapist and client or group members collaborate in making use of their actions, language and meaning-making processes. Following in Moreno’s footsteps, we are curious about how empowering practice might evolve and grow out of our conceptualisation of human beings and their interconnectedness. This experiential workshop will draw upon and integrate ideas and research from a number of disciplines including social anthropology, clinical neuropsychology, developmental psychology and psychodrama. The workshop aims to unravel the question of whether our task as therapists in developing empowering practice is essentially no different from that of forming empowering relationships in life. Our own wondering about this question is fundamentally guided by the concept of human beings as ‘biosocial becomings’ who can be described as fluid beings, necessarily embedded in biosocial relations, and constantly in the making.</p> <p>Join us in our exploration of how our social-emotional embodied interrelatedness underpins the task of empowerment and how we move in and out of this task just as we move in and out of the task of creating ourselves, and one another, in our ‘lifeworld’.</p>	<p><b>Caitlin Buon</b> has a private consultancy specialising in group facilitation in a wide variety of organisational settings. She is especially interested in developing ways of working with groups that draw on ideas about complexity, embodiment, spontaneity, empowering cultural practices and plurality. Caitlin’s initial training in Australia was in community development and community counselling (addictions), narrative therapy and family mediation, working within a wide range of contexts and social justice issues. Her BSc in Stress Physiology led to training in somatic trauma therapy and now in Integrative Bodywork and Movement Therapy. At the time of submitting Caitlin is a senior Psychodrama trainee in her final year with the Northern School of Psychodrama and is also completing her certification in the Therapeutic Spiral Model of Psychodrama. <b>Raphael Lopez de Soto</b> is a qualified UKCP-registered adult, child, adolescent psychotherapist, forensic psychotherapist, and clinical supervisor. He works with adults and young people who are involved in the criminal justice system, and with adoptive families and children in foster care who have experienced early life trauma and abuse, in addition to developing and facilitating groups within a number of different settings. Raphael’s practice incorporates the use of creative methods to aid the expression of feelings and imagery. His work is grounded in Jungian, interpersonal neurobiology, and attachment thinking and development. At the time of submitting Raphael is a senior trainee in his final year with the Northern school of Psychodrama.*</p> <p>*Both Caitlin and Raphael expect to graduate before the Conference.</p>
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<p><b>G7: Workshop 10.45-12.45</b></p>	<p><b>Family Secrets: Trans-generational Transmissions.</b> Family secrets and family traumas are transmitted from generation to generation like a hot potato burning in the hands of each. Establishing what actually happened and working with that past trauma is crucial in trans-generational work. One former case concerns a pregnant woman who saw the destruction of the Twin Towers on 11 September 2001. Her child, born after the trauma, remembered details of the falling towers and the dead. Another case involved the Crusades: the subject would cry and shout when the Crusades were mentioned, as if they had only just happened, rather than a thousand years ago. Research proves that the transmission of traumas can traverse centuries. Workshop participants' personal memories will be enacted. Living a present reality without the past trauma is possible only when and if the trauma is released.</p>	<p><b>Anne Schützenberger</b> is a Psychotherapist, Group analyst and Psychodramatist trained by JL Moreno, who lives in Paris. She is IAGP Honorary Archivist and a Professor Emeritus, University of Nice, France. She is the author of many best sellers - her books include: 'The Ancestor Syndrome: Transgenerational Psychotherapy and the Hidden links in the Family Tree' (Routledge); 'Aie, Mes Aieux!' (Ouch, my ancestors!); 'Le Plaisir de Vivre' (The joy of living); 'Vouloir Guérir' (Wanting to get cured: Help for the cancer patient).</p>
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# EMPOWERING PRACTICE

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<p><b>G8: Workshop 10.45-12.45</b></p>	<p><b>Techniques and ideas of Bodydynamics and Aikido in Psychodramatic work with boundaries and limits.</b> The forming, setting and protection of personal boundaries is one of the most important and common issues in the practice of every psychotherapist. In group therapy, the group itself also has its boundaries that should be set and protected. This topic is particularly relevant in Russia. Russian psychotherapists face it every day because in the former Soviet Union the state constantly interfered with people's private lives. This workshop will show how to gain real benefits, enriching our capability through the tools of body-oriented psychotherapy and Aikido. Bodydynamics, a body-oriented psychotherapy approach, has made interesting progress in working with different age stages of boundary development. It works with physical, personal, territorial, social and role boundaries, in a way which is very close and understandable for psychodramatists. This has been particularly successfully developed in martial arts, especially in Aikido, the most appropriate for psychotherapy because of its philosophy of having no intention of harming the attacker. As the author has many years' experience of teaching Aikido, he incorporates these principles in his work with clients in psychotherapy as a brilliant metaphor for protecting boundaries. It helps clients to connect with the role of Inner Protector and not to slip into the role of aggressor, in order to maintain social adequacy.</p>	<p><b>Andrey Vishniakov</b> from Russia is trainer at the Federation of Russian psychodrama training institutes, trainer at the Institute of Psychodrama and Role Training (Moscow), chairman of Moscow psychodrama conference, psychologist (graduate of Moscow State University of Psychology &amp; Education), and psychodrama psychotherapist. He has completed a long term supervision programme in psychodrama with Marcia Karp, and is also a certified facilitator of Shadow Work®, certified in several training programs of Bodydynamics, and a black belt Ki-Aikido trainer.</p>
<p><b>G9: Workshop 10.45-12.45</b></p>	<p><b>Gestalt and Psychodrama: The tango French connection.</b> The aim of this experiential workshop is to explore in a practical manner the differences and similarities of these two schools and techniques. The presenter's input will lead the participants to learn and discover the range, benefits and limits of each practice, as well as their historical, theoretical and conceptual basis. The emphasis will be on the complementary richness in everyday clinical practice.</p>	<p><b>Dr Daniel Markman</b> is a trainer in psychodrama and Gestalt therapy. He has studied in Argentina (Director's Degree from the schools of Dalmiro Bustos and Rojas Bermudez), USA (Beacon House, New York) and France (EPG).</p>



# EMPOWERING PRACTICE

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<p><b>G10: Workshop 10.45-12.45</b></p>	<p><b>The Roles Not Taken.</b> This is an experiential workshop exploring role theory as it pertains to becoming more aware of the roles that participants have taken that shape their lives.</p> <p>By examining the roles wanted, the roles needed now and the roles that have been abandoned or postponed, it is possible to notice what choices are available.</p> <p>This workshop will include use of the closely related fields of sociometry and playback theatre and there will be a psychodrama.</p>	<p><b>Jeanne Burger.</b> Jeanne Burger, EDD, Licensed Professional Counselor, Licensed Marriage and Family Therapist, RN, is an American certified trainer, educator and practitioner of psychodrama (TEP) who presents lively workshops nationally and internationally. She works in private practice in Norfolk, Virginia, USA and sometimes teaches in the graduate counseling program of Old Dominion University. She is a clinical member of AAMFT. She is a fellow of the American Society of Group Psychotherapy and Psychodrama and has served on the American Board of Examiners for Psychodrama, Sociometry and Group Psychotherapy. She is presently serving on the ASGPP executive council.</p> <p>Dr. Burger's dissertation, <i>Effects of Psychodrama Treatment on Levels of Assertiveness and Locus of Control in Women Who Have Experienced Battering</i>, was published for <i>The College of William and Mary</i>, Vol. 55, No 6, 1994.</p>
<p><b>G11: Workshop 10.45-12.45</b></p>	<p><b>Self-Care: The Heart of the Therapist.</b> The narratives and issues of our group patients are often painful and upsetting. As group therapists / psychodramatists we need to be able to talk about the effects – both positive and negative – these narratives have on our sense of self, and how we can take care of ourselves in response to this heavy burden. This experiential workshop will aim to provide a forum to begin to mitigate, digest and metabolise the subtle and not so subtle experiences we work with, and build hope and resilience.</p>	<p><b>Richard Beck</b> is a psychotherapist in private practice in New York City, with expertise in treating trauma, working with individuals, couples and groups. Richard both trains and treats therapists who work with trauma, and chairs the IAGP Disaster/Trauma Task Force. After the events of 9/11 he conducted well over 1000 hours of trauma groups with survivors, their families, witnesses and rescue workers. Richard lectures, teaches and leads demonstration groups nationally and internationally, dealing with trauma and the importance of groups following a traumatic event and loss. He published the 'Unique Benefit of Group Treatment Following Traumatic Events' and co-authored an American Group Psychotherapy Association Trauma Protocol entitled 'Lessons Learned in Working with Witnesses, Survivors and Family Members after Traumatic Events'. Richard and co-author Bonnie Buchele PhD were awarded the 2007 Alonso Award for Excellence in Psychodynamic Group Theory for their article 'In the Belly of the Beast: Traumatic Countertransference'.</p>



# EMPOWERING PRACTICE

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<p><b>G12: Workshop 10.45-12.45</b></p>	<p><b>What the Body Knows: Mindfulness in Action.</b> Our personal and ancestral histories are held in our body/minds. They show up as attitudes, behaviours and decisions we make, often unconsciously and habitually, to get us through the challenges of life. Rubenfeld Synergy® is a powerful system that can help develop awareness of feelings and beliefs stored in the body, and can support more conscious choice of behaviour. It has its roots in the Alexander Technique, the Feldenkrais Method, Gestalt therapy and Ericksonian Hypnotherapy, and was introduced in 1975 by Ilana Rubenfeld, a pioneer in the body/mind approach of therapy. This workshop will help you learn how to help clients (and yourself) discover some of these patterns and accept how they have served in the past. It will also focus on different ways we can create other possibilities of having more choice in our actions and reactions. We will use body/mind awareness experiments and psychodramatic explorations to reconstruct everyday life situations that might benefit from this awareness and expansion. In this workshop, you will learn and practise some of the basics of Rubenfeld Synergy®, using talk and touch, and use them to inform the action methods of psychodrama and sociodrama.</p>	<p><b>Judy Swallow, MA, TEP, CRS, LCAT,</b> is a co-director of the Hudson Valley Psychodrama Institute in Highland, New York. She was a faculty member of the Rubenfeld Synergy® Training Program in New York City for many years. She was also a founding member of Playback Theatre and is an actor/conductor of Community Playback Theatre in Highland, New York.</p>
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# EMPOWERING PRACTICE

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<p><b>G13: Workshop 10.45-12.45</b></p>	<p><b>Healing Drama.</b> This workshop will look at the healing process when trauma is re-enacted and different beginnings and endings can be rehearsed and performed. The role of the audience as a witness to this process, and the need to think about aesthetic distance for the client, will also be considered.</p>	<p><b>Jay Vaughan</b> is a state registered Dramatherapist, Dyadic Developmental Psychotherapist, a Somatic Experience Practitioner and a Theraplay Practitioner and supervisor. She has also completed training in Story Stems. She is a founding member and co-director of Family Futures in London, a not-for-profit Adoption and Adoption Support Agency providing specialist intensive therapy and support to families who have fostered or adopted traumatised children. Jay has been working with traumatised children since qualifying as a Dramatherapist in 1989, and passionately believes in the use of the arts and body-based approaches in helping traumatised children and their families heal. She has contributed articles and chapters to various books over the years, including, most recently, a chapter on her work over a nine-year period with a young person and her mother who attended Family Futures. This chapter is published in 'Drama as Therapy: Volume 2', edited by Phil Jones and published by Routledge.</p>
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# EMPOWERING PRACTICE

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<p><b>G14: Workshop 10.45-12.45</b></p>	<p><b>Attachment Theory and Therapeutic Interventions.</b> Attachment theory and research has focused on dyads, particularly mothers and their infants, to the point that it can sometimes appear as mother blaming. At the same time attachment thinking underpins many, if not most, therapeutic interventions although the evidence that 'attachment therapies' actually help people become more securely attached is at best patchy. This workshop sets out to do two things:</p> <ol style="list-style-type: none"> <li>1. To get beyond the dyad by offering a brief review of attachment studies in the context of family systems.</li> <li>2. To consider the effectiveness of current therapeutic approaches in changing child and adult attachment strategies and whether this is actually possible or even desirable.</li> </ol> <p>The workshop will use material from the Adult Attachment Interview, the Meaning of the Child to the Parent Interview together with video examples of parent-child interaction. Case vignettes will include scenarios from child maltreatment and adoption.</p>	<p><b>Dr. Steve Farnfield</b> is a Senior Lecture in Attachment Studies and convenor of the MSc in Attachment Studies at the University of Roehampton. He is a social worker and play therapist with over 40 years experience in the field of child and family welfare and formerly taught on the Social Work and Post Qualifying Child Care Programmes at the University of Reading. Steve is a licensed trainer for the Dynamic Maturational Model of Attachment Infant CARE-Index, Preschool Assessment of Attachment and Adult Attachment Interview developed by Dr. Patricia Crittenden. He has also devised the Child Attachment and Play Assessment (CAPA): a system for analysing attachment and mentalising using narrative story stems with pre-school and school aged children. With Dr Paul Holmes he is co-editor of the three volume Routledge Handbook of Attachment (Theory; Assessment; implications and interventions) published 2014.</p>
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# EMPOWERING PRACTICE

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<p><b>G15a: Paper Presentation 10.45-12.45</b></p>	<p><b>Effectiveness of Psychodrama for patients with anxiety disorders.</b> Psychodrama has become a popular method for psychological treatment in Bulgaria over the last 20 years. However, there are no scientific evidences of its effectiveness in the Bulgarian public system for Mental Health Care. The main goal of the project is to conduct an experimental study that researches the effectiveness of Psychodrama for patients with anxiety disorders. Two psychodrama groups with patients with anxiety disorders or neurotic, stress-related and somatoform disorders (F40-F48) will be run consecutively in the City Mental Health Centre 'Prof/Dr Nikola Shipkovensky' in Sofia, Bulgaria. The psychodrama groups will be directed by a team of two certified psychodramatists, with a weekly three-hour session. Each group will start with 10–12 patients with anxiety disorders and will work for six months, ie 25 group sessions. In parallel with each psychodrama group we will have control group with the same number of patients with anxiety disorders who are receiving pharmacotherapy. Every patient, both in the therapy group and in the control group, will continue to receive his/her pharmacotherapy and regular treatment from his/her psychiatrist.</p>	<p><b>Dr Galabina Tarashoeva, MD,</b> psychiatrist, psychodrama therapist and psychodrama educator, is the Manager of Sofia City Mental Health Center. She is a member of the board of directors, and co-chair of the Membership Committee, of the International Association for Group Psychotherapy and Group Processes; a founding member of the Federation of European Psychodrama Training Organisations (FEPTO) and an active participant in its Research committee. She takes part in several international (EC) projects, applying psychodrama methods. She is also Director of the Psychodrama Center Orpheus in Sofia.</p>
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# EMPOWERING PRACTICE

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<p><b>G15b Paper Presentation 10.45-12.45</b></p>	<p><b>The Multilingual Client's Experience of Therapy.</b> Increasing numbers of multilingual people are accessing psychotherapy services, and increasing numbers of multilingual therapists are practising across languages. In the UK, the UKCP gives a figure for 2012 of 1,298 therapists who are able to conduct therapy in more than one language, out of a membership of 7,085. A joint, mixed-method research project across the disciplines of Applied Linguistics and Psychotherapy attempts to fill the gap in research from the perspective of multilingual clients. It was prompted by an initial investigation into the experiences of monolingual and multilingual therapists with their multilingual clients (Costa, Dewaele 2012). The research described in this paper aims: to open up the discussion about multilingualism and therapy; to listen to and to convey the voice of the multilingual client; and to compare and contrast the views of multilingual clients with the views of multilingual therapists. Based on the findings from the research, recommendations are made for psychotherapy training and supervision to attend to a range of issues including: the psychological and therapeutic functions of multi/bilingualism; practice in making formulations in different languages; and the creative therapeutic potential of the language gap. Moreno (1953) defined spontaneity, the fundamental change agent of psychodrama, as: 'a new response to an old situation or an adequate response to a new situation'. The results from this research suggest that moving between languages is an example of 'a new response to an old situation'.</p>	<p><b>Beverley Costa:</b> After training as a group and individual psychotherapist and psychodramatist, in 2000 Beverley set up Mothertongue, a culturally and linguistically sensitive therapeutic support service for people from black and minority ethnic communities. Mothertongue also runs a dedicated Mental Health Interpreting Service. In 2008 Mothertongue won the Award for Excellence in the Practice of Counselling and Psychotherapy from the British Association for Counselling and Psychotherapy, and in 2009 The Queen's Award for Volunteering. They run a project with the UNHCR refugee camp in Salloum, Egypt which is harnessing the skills within Mothertongue and among colleagues in order to provide voluntary assistance to the camp's psychosocial teams. In 2013 Beverley won the BACP Equality and Diversity Research Award, together with Professor Jean Marc Dewaele. Beverley has published a number of papers and chapters about language, culture and therapy. Mothertongue is currently creating a play about couples and families who conduct their lives across languages. <a href="mailto:beverley@mothertongue.org.uk">beverley@mothertongue.org.uk</a> <a href="http://www.mothertongue.org.uk">www.mothertongue.org.uk</a></p>
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# EMPOWERING PRACTICE

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<p><b>G15c: Paper Presentation 10.45-12.45</b></p>	<p><b>Conditions that favour integration between Psychodrama and Gestalt therapy.</b> The sheer diversity of thought in psychology makes it paramount to examine the possibilities of dialogue between approaches. This paper describes conditions that favour integration of Psychodrama and Gestalt therapy, as they emerged in conversations with practitioners of these approaches. Twenty-two professionals with significant involvement in one or other of the two approaches were interviewed: eleven Gestalt therapists and eleven Psychodramatists. The interviews were subjected to a Grounded Theory analysis. Conditions that favour integration are: the openness that exists in the therapist's school of thought; epistemological similarities between the two schools; the perception of deficits in the therapist's approach; the appreciation of integration as a way to broaden the scope of one's clinical practice. In addition, significant personal experiences in the therapist's career may favour a serious and interested examination of the contribution of other schools of thought. These experiences include: having had contact with different treatment models early in their career; an enthusiastic appreciation of an idea or concept associated with the other approach; the influence of a mentor who worked from an integrative stance. The psychotherapy movement should pay more attention to these conditions in promoting openness among therapists.</p>	<p><b>Érico Douglas Vieira</b> is a psychodramatist who teaches on the psychology undergraduate programme in the Department of Psychology, Federal University of Goiás, Jataí-GO, Brazil. <b>Luc Vandenberghe</b> has a faculty position in the Department of Psychology, Pontifical Catholic University of Goiás, Goiania, Brazil, where he teaches on the psychology undergraduate and postgraduate programmes and on the environmental and health science masters programme. He is also a registered psychologist in private clinical practice.</p>
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# EMPOWERING PRACTICE

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<p><b>G16:</b> <b>Master-class</b> <b>10.45-12.45</b></p>	<p><b>The Joy of Burnout</b> The world seems to be in an epidemic of burnout. But burnout can be a door to walk through into a life with space, love and joy. Burnout can help us look into the role of our true self. It helps us understand that we come to the end of a particular road but haven't acknowledged it. Burnout teaches us that our old ways of relating are not working and we need to stop, rethink and find a new way forward. This workshop will use psychodrama and sociodrama to help find the new roles needed to find the joy in our souls. Come play and regain new joy in your soul of life.</p>	<p><b>Dena Baumgartner</b> PH.D is a certified trainer of psychodrama by the American Board of Examiners. Dena served on that board for nine years and is a past president. She is a fellow of the American Association of Group Psychotherapy and Psychodrama (ASGPP), receiving the 2014 J L Moreno Life time achievement award and in 2004 the Collaborators Award from that same organization. She also received the J.L. Moreno Alumni award for Outstanding Psychodramatist in 1995 from the psychodrama section at St. Elizabeth hospital where she did an internship 1983-1984. She currently is serving her second elected term as a member of the board of The International Association for Group Psychotherapy and Group Processes (IAGP). Dena is a certified group psychotherapist as well as a licensed professional counselor and marriage and family therapist. She has been in private practice in Tucson, Arizona for 29 years. She founded and is the director of the Tucson Center for Action Methods and Psychodrama (T-Camp). She has been training and presenting nationally and internationally for 30 years. She is best known for her creativity and spontaneity.</p>
<p><b>12.45-14.00 Lunch</b></p>		



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INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

<p><b>H1: Workshop 14.15-16.15</b></p>	<p><b>Psychodrama and the trans-generational transmission of trauma.</b> This workshop will deal with the emotional trauma which is passed on from one generation to the next, usually in an unconscious manner. This workshop is about all of us. It deals with the inter-relation between two forces within us: the need to use our 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 all learn these two roles in our families and our communities. What we learn becomes ingrained in the body, the mind and the heart. Wars and conflicts affect us for much longer than their actual duration. The emotional results are present in our inner lives and affect our behaviour. At times the result is to become unwilling victims of ourselves and create inner enemies. We live with the wounds of wars and conflicts. Facing this, many of us are speechless and unwillingly choose the rescue of silence. But silence is an accumulating process. It creates emotional and bodily blocks. Psychodrama is an effective and safe therapeutic process for breaking the 'conspiracy of silence'. In this workshop we will use Psychodrama to deal with traces of wars and conflicts in our present life. We will learn ways to regain our lost and unheard voices, to unmask and break the silencing traditions.</p>	<p><b>Yaacov Naor</b>, MA, CAGS, TEP is 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 Psychodrama, Group Psychotherapy and Expressive Arts Therapy. He has been teaching in these areas in Europe, the 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. Yaacov serves on the council of FEPTO (Federation of European Psychodrama Training Organization) as Chair of the Annual Meeting Committee. He also serves on the board of IAGP (International Association of Group Psychotherapy and Group Processes) as Chair of the Psychodrama Section.</p>
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# EMPOWERING PRACTICE

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<p><b>H2: Workshop 14.15-16.15</b></p>	<p><b>Sociodramatic Re-plotting of Family Roles.</b> Analysis of replotting, a sociodramatic working method, developed by Arnaldo Liberman, looking at the potential of this method in research into contemporary roles, with particular emphasis on the role of grandparents. Despite being used by psychodramatists, there were no references in the literature regarding the potential of replotting, and it was therefore considered it to be an appropriate instrument for research. The aim was to conduct a thorough analysis of this working method. There is significantly less research into exploring the role of grandparents in comparison to parental roles, and with the ageing of the population the chances of people experiencing the grandparent role have increased. A replotting session that took place in a public psychodrama is analysed, comparing the information obtained from this event with information from relevant literature, and evaluating the actual process through which this information was gathered. Through group members' reflections on the information obtained during the process, this method can also promote wellbeing and, in certain situations; it can also enable psychotherapeutic or axiodramatic change.</p>	<p><b>Dr Marcia Almeida Batista</b> is a Psychologist, Psychodramatist, and Director of the department of health and human sciences in the college of psychology, University of São Paulo. She was formerly director of Teaching and Science at FEBRAP (the Brazilian federation of psychodrama). She has worked with psychodrama since 1975, and she also teaches psychodrama in the university and in various schools. She has participated in many IAGP congresses, was a group director at the 2012 Congress held in Cartagena in Colombia, and will be a co-chair at the IAGP international congress in 2015 in Rovinj, Croatia.</p>
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# EMPOWERING PRACTICE

INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

## H3: Workshop 14.15-16.15

**A New Past? Exploring and Transforming Ancestral Bonds.** Have you ever wanted to connect with an ancestor who has an on-going and possibly unwanted influence in your life? Do you feel bound to a past family member, even if you have never met them? Do you experience strong feelings about a person in your bloodline, who seems to reach out from your family tree? Psychodrama Psychotherapist, Julie Lacy, and Arts Therapist, Carla van Laar, combine their modalities, and transpersonal investigations, to create an opportunity for exploring and transforming intergenerational relationships. This experiential workshop invites participants to:

- Connect with an intergenerational lived experience using the tangible bond of an ancestral linking object.
- Consider the roles that may emerge from a transpersonal dimension, and how they can potentially initiate healing of unwanted intergenerational legacies.
- Create a personal art installation to induce psychosomatic time travel.
- Engage in psychodramatic action, including the techniques of surplus reality and role reversal, with individual familial history.
- Ritually contribute to a shared, facilitated group process.

Enrolment requires participants to engage in preparation. Please bring:

5. An awareness of an intergenerational figure that influences your life.
6. An ancestral linking object, such as an heirloom, photo, certificate, letter or memento.
7. An intention to personally investigate within a significant, shared journey.
8. A voluntary readiness for embodied, creative, dialogical,

**Julie Lacy**, MA, Dip Psychodrama and Group Analytic Psychotherapy, is a psychodrama psychotherapist registered with BPA and UKCP. Based in Melbourne, Australia, she is also an educator and writer with a background in performance arts, including being founding director of the original London Playback Theatre Company. Her clinical and creative work settings include prisons, hospitals, schools, universities, theatres, television, government and non-government agencies, in the health and arts sectors, and private practice. She currently facilitates group programmes for war veterans experiencing mental health challenges including PTSD. Julie also teaches introduction to psychodrama, in the Bachelor of Holistic Counselling at Phoenix Institute, and taught at La Trobe University, in the Master of Art Therapy. She's committed to the benefits of augmenting psychodrama by combining it with arts therapy and transpersonal philosophy and practice. Her interest in intergenerational psychotherapy began when she witnessed Anne Schutzenberger at the BPA international conference in Oxford in 1994. **Carla van Laar**, Master of Creative Arts Therapy, is a painter and arts therapist. She is currently the Director of 'aHa Studio', an independent arts space in Melbourne, Australia, where she provides sessions for individuals, runs workshops, and hosts exhibitions and life drawing classes. Carla is also an educator in Arts Therapy, currently at Phoenix Institute and previously at MIECAT and RMIT in Melbourne. Carla has worked extensively in the fields of disability, grief and loss, youth justice, sexual abuse, mental health, personal development and education. She has held positions as facilitator, co-ordinator, clinician, manager and Head of Art Therapy Faculty. Her publications include the book 'Bereaved Mother's Heart', and co-authored chapters in 'Healing the Inner City Child' and 'Knowing Differently'. Carla's interest in intergenerational healing flows from her work with perpetrators and survivors of sexual abuse, and emergent themes in her current Doctoral research project 'Seeing Her Stories'.



# EMPOWERING PRACTICE

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<p><b>H4: Workshop 14.15-16.15</b></p>	<p><b>‘Other Voices, Other Rooms’: Empowering roles through vocal action and imagination.</b> Psychodramatists prefer action, but they do speak now and then – as do their patients, clients or students. Different speech and vocal patterns usually reflect different voice roles, shaped and trained by one’s experience and role models. At the same time voice roles are deeply rooted in social, historical and cultural backgrounds that can be used as a creative resource, transcending individual limitations and blocked or ‘sleeping’ voices. In this workshop elements of psychodrama will be empowered by gestalt vocal exercises, movement and a short journey to vocal surplus reality. The participants will meet (and play) amplified voice roles – we find them in myths, fairy tales or ancient history. Usually this encounter gives some kind of permission for personal ‘sleeping voice roles’ to wake up and to be heard. Sometimes it is the shortest way to reconciliation with one’s disowned or rejected parts, sometimes just an access to more creative ways to deal with one’s speech. The expansion of voice roles may be used as a part of full psychodrama session, but also as a specific training tool in professional education in different fields.</p>	<p><b>Ekaterina Mikhailova</b>, PhD, is a clinical psychologist who works in Moscow as Director of Educational Programmes of the Institute of Group and Family Psychotherapy. She is an internationally certified psychodramatist since 1996, a Gestalt therapist since 1997, a co-founder of the Federation of Psychodrama Training Institutes of Russia, and a senior trainer of FPTIR. Professor Mikhailova lectures in Moscow State University, Moscow Psychology &amp; Education University , and the American Institute of Business and Economics (Moscow department). She is also engaged in private practice with individuals and groups. Most of her six books focus on different aspects of psychodrama and sociodrama in connection with history and culture. She was a co-editor (together with Elena Lopukhina) of the first Russian collective monograph on psychodrama. She has been on the IAGP Board of Directors since 2012.</p>
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# EMPOWERING PRACTICE

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<p><b>H5: Workshop 14.15-16.15</b></p>	<p><b>Psychodrama in Family Therapy.</b> Family Reconstruction is used in educating family therapists, in psychotherapy and in various self-experience groups. The aims include: finishing unfinished business, beginning, ending or rejuvenating current relationships. Family reconstruction is the simplification of earlier complicated relationships. Exploring habitual behaviour makes it conscious, thus helping the individual to discover and practice new patterns of relating. Using action, it is possible to discover different family structures, repeated patterns of behaviour and seeing the influence of 2 or 3 past generations on our lives today. For example, people who were taken away from their original family may have a dream or fantasy family that persists in their minds. In this workshop, we will look at how family reconstruction differs from social atom, networking and ghost analysis.</p>	<p><b>Inara Erdmanis</b> is a clinical psychologist, certified psychotherapist, TEP (Nordic Board of Examiners), Supervisor in PIFE, member of SIPS, and President of Latvian Moreno Institute. Her training was mainly from Zerka Moreno in psychodrama and Virginia Satir in family therapy.</p>
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# EMPOWERING PRACTICE

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<p><b>H6: Workshop 14.15-16.15</b></p>	<p><b>The Open Public Psychodrama Session: The Creative Potential of Yesterday, Today and Tomorrow</b> This workshop is an open public session, risking the unanticipated. The basic guidelines are similar to clinical groups:</p> <ul style="list-style-type: none"> <li>-Confidentiality</li> <li>-Developing cohesion and trust</li> <li>-Creating a secure base, in which participants feel validated and heard</li> <li>-Maintaining a safe physical space for the room and for participants</li> <li>-Mutual respect</li> <li>-Creating a democratic atmosphere</li> <li>-Establishing an equality of status</li> <li>-Establishing a closure and a summary discussion appropriate to the group</li> </ul> <p>Most clinicians are familiar with groups whose members attend regularly and have: therapeutic goals, an on-going relationship with the leader(s), time to develop group process, time to test boundaries, repeated opportunity to explore in-depth issues, and a follow-up procedure.</p> <p>By contrast, the motives for attending an open session may be professional education, external training, demonstration, therapy, or simply a good night out. Most people feel</p>	<p><b>The London Psychodrama Network</b> was conceived in 2006 from the thought that more could be done to promote psychodrama in the nation's capital. The shared philosophy is to keep psychodrama alive and kicking in London and to use the Network as a shared experience for psychodramatists as well as for an audience that are interested in psychodrama, rather than people who are seeking therapy. The Network holds monthly psychodrama evenings, led by experienced psychodramatists and trainers, at a central London venue.</p>
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# EMPOWERING PRACTICE

INTEGRATING PSYCHODRAMA, SOCIODRAMA AND OTHER MODALITIES

<p><b>H7: Workshop 14.15-16.15</b></p>	<p><b>The Owl and the Pussy Cat: Psychodrama, other therapies and young people.</b> This workshop presents the integration of two different psychotherapy theories with psychodrama psychotherapy, and its application to work with children and young people. The two other psychotherapy theories are sandplay and horticultural therapy. There are three distinct parts to the workshop. The first part involves an overview of the theories under discussion and an exploration of the interrelationship between them and psychodrama psychotherapy. In the second part, participants will put aspects of these interventions into action. The third part focuses on the client setting of work with children and young people, the similarities and, importantly, the differences between work with adults and with children. We present the ways that such integration not only empowers young people in their world, when they are the 'little ones', but also empowers practitioners who work with and are advocates for young people, and are also 'big people' in children's lives. This workshop draws on Kate and Carl's experience of working with young people in different settings: Child and Adolescent Mental Health Services and services for refugees and asylum seekers.</p>	<p><b>Kate Kirk</b> is a psychodrama psychotherapist who has worked for thirteen years in a Child and Adolescent Mental Health Service on the Isle of Man. Her special areas of interest in her work are with children who have physical illness (cancer, diabetes, cystic fibrosis, chronic fatigue) and the emotional and psychological consequences of such illness; or who present with physical symptoms that are medically unexplained; and with children who have Autism Spectrum Conditions and eating disorders. She has researched and published on psychodrama and working with children: Kirk, Kate and McManus, Michael (2002); Kirk, Kate (2002); Kirk, Kate and Dutton, Carl (2006); Kirk, Kate (2008); Kirk, Kate, (2011); Andersen-Warren, Madeline &amp; Kirk, Kate (2011). She has been chairperson of the British Psychodrama Association since September 2012. Her personal world is full of children (some of whom are grown up) including three children, two stepchildren and six grandchildren. <b>Carl Dutton</b> is a psychodrama psychotherapist who has worked in the field of asylum and refugee mental health in Liverpool for the past ten years. He has developed mixed-method interventions using art, psychodrama, storytelling, poetry, and horticulture therapy. Over the last five years he has worked in schools using psychodrama and horticulture. He has written and published his work on using different therapies in schools: Kirk, Kate and Dutton, Carl (2006); Anna Chiumento, Julia Nelki, Carl Dutton, Georgina Hughes (2011); Dutton, Carl(2012).</p>
<p><b>H8: Workshop 14.15-16.15</b></p>	<p><b>A multi-scene sociodrama exploring the universe within which therapy occurs.</b> This workshop will use action techniques to bring onto the stage all the various influences from all fields that affect any therapy session.</p>	<p><b>Ron Wiener</b> is President of the BPA, senior sociodrama trainer, community theatre director, organisation consultant and mentor, and grandfather. He is the author of 'Creative Training' and 'Community Action: The Belfast Experience' and co-editor of 'Sociodrama in a Changing World'. He runs sociodrama training courses across Europe and as far afield as China and Russia.</p>



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<p><b>H9: Workshop 14.15-16.15</b></p>	<p><b>Poetics of Psychodrama.</b> Psychodrama and the Narrative Psychotherapies have their roots in tragic drama and poetic creativity. It is in relation to poetry and drama that we can make the integrative bridging links that enable us to communicate and share in psychotherapy, to communicate and share in a way which does not reduce psychodrama and psychotherapy to pseudo-science. Poetic inspiration, the upsurge, the unaccountability, the immunity to manualisation, and the sheer human idiosyncrasy of poetic creation, is the foundation of human culture. This workshop will employ poetic and improvisatory methodologies, deeply akin to psychodrama, which the facilitator has used for nearly fifteen years in 'Story Space' workshops in Ireland and elsewhere. Observers might notice elements which might appear to draw from Gestalt, Object Relations, Archetypal Psychology, Integrative Psychotherapy, and so forth, but all are blended in a way which involves the poetic improvisation which is at the heart of psychotherapeutic process itself. The facilitator has named the analogical convergence involved in this blending 'the poetic paradigm for psychotherapy'. This process reveals the improvisatory drama at the heart of ordinary communication, heightened in psychotherapeutic process, in a way which mirrors and illuminates the creative leap which Moreno took when he inaugurated Psychodrama as active improvisatory method.</p> <p>The experiential phase of the workshop will be prefaced by a brief exploration and mapping of the poetic paradigm, and there will be time for discussion of the nature of this process, and the analogies with Psychodrama, following it.</p>	<p><b>Dr Heward Wilkinson</b>, DPsych, MSc Psych, MA, BA, is an Integrative Psychotherapist who has been three times Chair of the Humanistic and Integrative Psychotherapy College of UKCP. He co-founded Scarborough Psychotherapy Training Institute in 1991, and is its delegate to UKCP. He was Senior Editor of International Journal of Psychotherapy, the Journal of the European Association for Psychotherapy, from 1994-2004. He pursues in-depth studies, teaching, and presentation in relation to Literature and Philosophy and their relationships with Psychotherapy. He has a special interest in the Shakespeare Authorship Question and speaks at Shakespeare Authorship conferences in UK and America. He is a lover of music, nature (especially butterflies), football/soccer and cricket. He is author of 'The Muse as Therapist: A New Poetic Paradigm for Psychotherapy'. His current focus, overlapping all his spheres of interest, is the historicity of consciousness. <a href="http://hewardwilkinson.co.uk">http://hewardwilkinson.co.uk</a></p>
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<p><b>H10: Workshop 14.15-16.15</b></p>	<p><b>Tabletop psychodrama: action methods utilizing small objects.</b> This workshop will show how psychodramatists can utilise small objects like plastic figures (eg animals, comic and fantasy characters etc), wooden bricks or stones, even cups, mugs, teapots or sugar cubes, for 'tabletop enactments'. Special emphasis will be laid on techniques used for the transition from symbolic arrangement to psychodramatic action including emotional catharsis. Using psychodrama techniques with small objects allows a highly sensitive and differentiated course of therapeutic action swinging back and forth between a detached, mainly cognitive perspective and an involved and therefore emotional perspective. This 'swinging' fosters learning of affect regulation.</p>	<p><b>Elke Frohn</b>, MA in Theatre Sciences and Sociology, is a psychotherapist, counsellor and coach in private practice in Munich, Germany. She is a trainer and supervisor of psychodrama (DFP) and trains child and youth psychotherapists in psychodrama at the University of Applied Sciences in Mittweida in Saxony, Germany. She is also a trainer of systemic supervision for the German Society for Supervision (DGSv) and the Systemic Society (SG), and has published several articles on psychodrama and group therapy.</p>
<p><b>H11: Workshop 14.15-16.15</b></p>		
<p><b>H12: Workshop 14.15-16.15</b></p>	<p><b>Spontaneity through mindfulness-Who Shall Survive?</b> This workshop will explore Moreno's belief that spontaneity is necessary for survival. The following questions will be addressed: What is spontaneity? Is spontaneity a form of intelligence that unites us all? Can one become spontaneous without becoming mindful? Should a state of mindfulness be inserted into Moreno's canon of creativity? This workshop will aim to provide each participant with an opportunity for spontaneity, culminating in a group-directed experience.</p>	<p><b>Anath Garber</b>, PhD, MA, TEP, is one of the last students trained by JL and Zerka Moreno. She has developed unique action and mindfulness techniques to treat stuttering, eating disorders, marital discord, and existential angst. Anath has been featured on OWN TV, Founder and Director, Institute of Applied Human Relations, private practice, NYC. She has been a Fellow of the ASGPP since 1975.</p>



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<b>H13: Workshop 14.15-16.15</b>	<b>The use of action in arts-based therapy with sick children.</b> When a child suddenly becomes seriously ill they and their family are thrust into a “living nightmare”. In this workshop we will explore how this traumatic experience can affect those involved; they will each have their own narrative about what has happened, based on factors such as what they have witnessed or experienced and their own attachment history. Sometimes a family do not talk about what has happened for fear of upsetting each other but the wall of silence can become a painful gulf. In this experiential workshop we will but the wall of silence can become a painful gulf. In this experiential workshop we will consider how the arts can be used to help a family heal after such a life changing event; helping them to share experiences in a way that allows understanding without adding secondary trauma.	<b>Charlotte Savins</b> is an Integretive Arts Psychotherapist and Play Therapist with a background in social work. Charlotte has worked at the children’s hospital in Brighton UK for over 20 years and alongside this has worked in CAMHS and in The Attachment Project; a multi-agency, multi-disciplinary project working with adopted children and their families. Charlotte is interested in attachment and has studied with Dr. Patricia Crittenden, in particular, the assessment of attachment in school age children (SAA). Charlotte is interested in the impact that illness has on attachment relationships.
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<p><b>H14: panel of paper presentations 14.15-16.15</b></p>	<p><b>Group Psychodrama with Adolescents At Risk: A Dialogue between Practice and Research.</b> The first presentation will describe a new psychodrama intervention aimed at developing self-control skills and instilling hope among at-risk adolescents. This 16-season group intervention integrates psychodrama psychotherapy and techniques from narrative therapy and cognitive behavioural therapy. The second presentation will report the design and results of a practice-based pilot study that tested the effectiveness of the above-mentioned intervention, hoping to stimulate future directions for both practitioners and researchers. This clinical research project is supported by Alony-Hetz Properties and Investments Ltd.</p>	<p><b>Dr Bracha Azoulay</b>, PhD, is a qualified psychodramatist, holds a doctorate in Psychology from Northeastern University and a diploma in family therapy from Harvard Medical School, both in Boston, USA. She is currently teaching various courses to graduate students at the University of Haifa, Israel, and Lesley University, Cambridge, USA. She has developed courses and workshops for therapists involving narrative approach and expressive arts therapy. Dr Azoulay is very experienced with teens at risk, running groups and individual sessions as well as working with the Ethiopian community, where she researched the Israeli mothers' perception of their kids' Western diagnosis. Her research today is in the field of psychodrama and drama therapy focusing on self-control and hope. <a href="mailto:brachaz@hotmail.com">brachaz@hotmail.com</a></p> <p><b>Dr Hod Orkibi</b>, PhD, is a qualified psychodramatist, researcher, and lecturer at the Graduate School of Creative Arts Therapies, University of Haifa, Israel, where he serves as the Head of International programs. Hod also serves as the Vice-President of the Israeli Association for Psychodrama and is a member of the Israeli Association of Creative and Expressive Therapists. His practice involves psychodrama with at-risk adolescents, teaching, and administration. His research interests include psychodrama outcome and change process studies; positive psychology; self-control and aggression; professional development and training. <a href="mailto:horkibi@univ.haifa.ac.il">horkibi@univ.haifa.ac.il</a></p>
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## EMPOWERING PRACTICE

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### **Psychodrama-based group intervention for mothers and babies with regulatory disorders.**

The current project shows the assessment and evaluation of three therapeutic Mother-Infant-Groups for emotionally stressed mothers and their so-called 'crying babies'. By applying specific Psychodrama methods the mothers should be supported in learning to be more empathic with their babies, perceiving the baby as an independent being, and learning to better recognise the infant's signals. To check the success of treatment based on comprehensive evaluation of external and self-assessment, video analysis, behaviour protocols and interviews were conducted (before and after group therapy). The results show that by using psychodrama group therapy, the clinical symptoms of children (like crying, sleeping and feeding problems) and psychological distress of mothers were significantly reduced. Furthermore, maternal self-confidence was significantly increased. The Psychodrama approach, with the structured and ritualised nature of the group sessions, reinforced the sense of security and trust in the group, and also motivated the participants towards support and interpersonal learning.

**Maria Hoellwarth (Magistra)** is a psychologist and psychodrama psychotherapist with additional special training in integrative parent-infant-toddler psychotherapy (IESKP) by Mechthild Papousek in Munich and in video-intervention-therapy (VIT) by George Downing. Since 2001 she has led the consultation unit for early childhood regulation disorders at the University Clinic for child and adolescent psychiatry and psychotherapy in Innsbruck, which works closely with the paediatric team at the University Department for Child and Adolescent Medicine. She is married and is the mother of a grown-up daughter. [maria.hoellwarth@uki.at](mailto:maria.hoellwarth@uki.at)



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<p><b>H15a: Seminar 14.15-15.10</b></p>	<p><b>Trauma and Teamwork: Collaboration to Heal PTSD.</b> Psychodramatist Linda Ciotola will present the approach she has developed in collaboration with Psychodynamic and Ericksonian Psychotherapist Nancy Alexander to heal clients with severe complex PTSD. The seminar will be based upon an article co-authored by them and scheduled for 2014 publication in the Journal of Psychodrama, Sociometry and Group Psychotherapy. The seminar will describe the variations of this collaboration, including: both clinicians in session with the client at the same time; private psychodramas adapted from the Therapeutic Spiral Model [TM] of psychodrama with the psychodramatist in director role, psychotherapist in witness (observing ego) role, and two highly trained auxiliaries, all working as a consistent team over time; and a session in which a single clinician worked with the client using psychodynamic, Ericksonian and action methods. A variety of case studies will illustrate the process and efficacy of this empowered practice which facilitated the healing of several clients with long histories of severe, complex PTSD resulting from longstanding childhood abuse and neglect. Clients had also been diagnosed with further disorders: addictions, eating disorders, and various self-harming behaviours. Specific safety issues and cautions will be included as well as time for questions and answers.</p>	<p><b>Linda Ciotola</b>, MEd, TEP; Trainer, Therapeutic Spiral Model™; Fellow, ASGPP; 2008 Recipient of the Zerka Moreno Award; co-author with Karen Carnabucci, LCSw, TEP of Healing Eating Disorders with Psychodrama and Other Action Methods – Beyond the Silence and the Fury, in which the authors describe in detail their empowered practice of combining psychodrama with other healing modalities like yoga, Reiki, acupuncture and constellation works; Jessica Kingsley, 2013; Creator and author of 'The Body Dialogue' (Dialog mit dem Körper) Zeitschrift für Psychodrama und Soziometrie March 2008; and co-author of chapter on eating disorders in Occupational Therapy in Psychiatry and Mental Health, Crouch, VM Alers, Wiley Blackwell, London 2014. She has presented widely at national and international conferences including the British Psychodrama Association Conference in Dublin 2013; ASGPP in 2013, 2012, 2010; and several previous years, on topics related to eating disorders, spirituality, and making peace with the body. She lives and works in Maryland US, and co-leads an on-going training group with colleague Cathy Nugent, MS, TEP, in The Moreno Arts and Sciences: psychodrama, group psychotherapy, sociodrama and sociometry.</p>
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<p><b>H15b: Seminar 15.20-16.15</b></p>	<p><b>Empowerment and Resilience: Psychodrama perspective using scenario thinking and future projection</b></p> <p><b>Presenter:</b> Professor Melinda Ashley Meyer</p> <p><b>Film and lecture:</b> The lecture and film will give the participants an opportunity to understand the method from a Psychodramatic perspective in group-psychotherapy with participants who suffer from trauma, stress and loss.</p> <p>The theory of scenario thinking in resilience work will be presented. This workshop will be of relevance and interest to those working with families, multi cultural groups, adolescents and trauma survivors.</p> <p>The Expressive Arts in Transition EXIT research project will be presented. The study is quantitative and qualitative. As of today there are 204 unaccompanied minor boys in the project between the age of 15 and 18. EXIT is developed for stabilizing people who live under extreme stress and/or have survived human or nature induced trauma. EXIT focuses on enhancing movement, imagination, engagement, connection, here and now, safety and responsibility. A film with the participants participating in the early intervention will be shown and the results will be presented and discussed. childhood abuse and neglect. Clients had also been</p>	<p><b>Melinda Ashley Meyer</b> is the Director of the Expressive Arts Conflict Transformation and Peacebuilding Program at the European Graduate School (EGS). She is a senior researcher at the Norwegian Centre for Violence and Traumatic Stress Studies (NKVTS) and the Director and Co-founder of the Norwegian Institute for Expressive Arts and Communication (NIKUT). She is a Director of Psychodrama and is a trained bioenergetics-therapist. Since 1983 she has focused on the combination of community, group and individual psychotherapy. She worked as an Expressive Arts therapist at the Psychosocial Centre for Refugees with torture survivors and war refugees from 1990-2004. Since 2008 she has been project leader for a controlled longitudinal study with unaccompanied minor refugee boys between the age of 15 and 18 at NKVTS applying EXIT as an early intervention model.</p> <p>She has been giving lectures and workshops within the field of EXA, Psychodrama, trauma, conflict transformation and cross-cultural group work in Europe, Israel, East Europe, North, Central and South America. She has made three documentary films, written articles and participated in writing several books.</p>
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<p><b>H16: Master-class</b></p>	<p>INCLUSION Through Restorative Dialogues: An Introduction to Restorative Justice. Restorative Justice is an inclusive process for people suffering the ill-effects of injustice. It enables the offenders, victims, their families and their social network to meet in a circle and to share how each of them have been affected, in their own specific ways. The victim and the perpetrator are often in a shameful position, and self-blaming position. The perpetrator has a chance to explain his self-blame, guilt and recrimination. He or she authentically attempts to repair the personal and social harm. They become aware of the effects in the community. To be listened to and to listen to how the ill deeds have affected each member in the circle is difficult but a worthwhile and uniquely healing experience. It brings each into a different place from the injustice. It is interesting to note that guilt is repairable – shame not. The active reparation does not only restore dignity in the perpetrator and in the victim but in the humiliated community. It has been shocked, humiliated and helpless. Community members are relieved to tell their side. All empower themselves and each other by participating in the circle. It transforms the victim/object situation into a position of empowerment/subject. The circle, a here and now community, has a chance to co-create an improved version of itself. It restores the old into future community in which it is better to live and to work. The United Nations and the European Union have recommended Restorative Justice since 2004.</p>	<p><b>Eva Fahlstrom-Borg</b>, M.A. is a Board member of the IAGPP. She is a member of FEPTO, an international trainer in psychodrama and action methods and in restorative justice. Eva is director of the Uppsala Centre for Sociodrama and Psychodrama. She regularly contributes to training programmes world-wide.</p>
<p><b>16.15-16.45: Coffee and Tea</b></p>		
<p><b>17.00-18.00 Closure : Marcia Karp</b></p>		



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