



# Birmingham Institute for Psychodrama

Therapy, Groupwork & Training

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## Programme October 2009 - December 2010

The Birmingham Institute for Psychodrama is one of four accredited psychodrama training organisations in the UK. We offer:

- A post-graduate, diploma level professional training in psychodrama psychotherapy
- Open workshops that offer an experience of psychodrama
- Psychodrama groups for personal therapy and development
- Clinical supervision, consultancy and bespoke training events

### Psychodrama Workshops

#### \*3-4th October 2009 - Open Weekend - Psychodrama and Its Uses in Coaching, Leadership and Organisational Development

Psychodrama, Sociodrama and related action methods offer many powerful tools for assisting organisations, individuals and teams to develop and thrive. They are also highly effective methods for developing leadership skills, and are often used in personal life coaching and other fields. This weekend will be facilitated by Atieno Fisher, an experienced corporate consultant and Certified Psychodramatist. Based in Washington, DC, she uses her conflict transformation background (MA, Watson Fellowship), Yoga Instructor Certification, and life coach training to help groups and individuals sustain resilience in the face of stress. Susie Taylor and Clark Baim will assist.

**Venue:** Woodbridge House, Moseley, Birmingham.

#### 24th October 2009 - Trainee Day. BIP diploma trainees only. **Venue:** Woodbridge House.

#### 12-16th November 2009 - Residential Workshop

These psychodrama training workshops provide an opportunity for people to participate in psychodrama while living and working together in a residential setting. Typically, psychodrama trainees will be directing and having their work processed. Up to two trainees may have an external assessment of their directing. There are usually seminars on one or two of the evenings. With Susie Taylor and Clark Baim, run jointly with the Oxford School for Psychodrama and Integrative Psychotherapy. Counts as 50 psychodrama training hours. **Times:** 5pm Thursday - 5pm Monday.

**Fee:** £485. Fee includes full board, accommodation and workshop fees.

**Who for?** Open to psychodrama diploma trainees only.

**Venue:** The ASHA Centre, Mitcheldean, Gloucestershire. A Georgian country house and inspirational conference / retreat centre set in the beautiful Forest of Dean.

#### 5-6th December 2009 - Trainee Weekend - Working with Young People

This weekend will include psychodramas, theoretical input and processing. We will consider how psychodrama can be used in working with children and adolescents, and how such work can be integrated with family work and multi-agency working. This workshop will be co-run by Edna Davis, in collaboration with Susie Taylor and Clark Baim. Edna is a psychodrama psychotherapist and social worker with an MA in Humanistic Counselling. She has worked with children, families & adults for 20 years. **Venue:** Woodbridge House, Moseley, Birmingham.

#### \*9-10th January 2010 - Open Weekend - Souldrama, with Connie Miller

Souldrama® is a therapeutic, psychospiritual group action model that leads participants through sequential stages of spiritual development with the goal of accessing their spiritual intelligence. It can help group members move past resistance and recognise and move on to their higher purpose. Psychodramatically based, it is intended to be used as a multi-disciplinary training system that combines the mind, body, and spirit to create a therapeutic energy within a group process, fostering spontaneity and creativity. Connie Miller, NCC, PAT developed Souldrama as a therapeutic tool for use as an adjunct to psychodrama. She has created the International Institute of Souldrama to further teach this technique for spiritual growth and recovery. Susie Taylor and Clark Baim will assist. **Venue:** Woodbridge House, Moseley, Birmingham.

#### 6-7th February 2010 - Trainee Weekend - The Underlying Theory of Psychodrama, Part One

This weekend will include psychodramas and also processing and teaching on the underlying theory of psychodrama, including the five elements of psychodrama, Moreno's theories of child development and spontaneity / creativity, his concept of psychodrama as a form of 'self-help,' the locus and status nascendi, action research and the Canon of Creativity. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

**These workshops offer the opportunity to experience psychodrama in a safe and supportive atmosphere.**

#### Who are they intended for?

The workshops marked with an asterisk (\*) are open to everyone over age 18 (no prior experience of drama, therapy or psychodrama is required). 'Trainee weekends' and are open to diploma or certificate trainees from any psychodrama or sociodrama training school, or people who have prior experience of psychodrama and who are considering training in psychodrama. In contrast to open weekends, where registered psychodrama trainers and practitioners facilitate the sessions, on trainee weekends the psychodramas are directed by registered diploma trainees, under the guidance and supervision of an approved trainer.

**Times for weekend workshops:** Each weekend workshop runs Sat. 9:30 - 6:30 and Sun 9:30 - 4:30. A weekend counts as 16 psychodrama training hours and can be credited towards the full diploma course, where relevant.

**Fee for weekend workshops:** £145. Weekend fees include lunch and tea breaks but not accommodation or other meals. A list of nearby accommodation will be sent with confirmation of booking.

# 2009 - 2010 Calendar of Events

## 6-7th March 2010 - Trainee Weekend - The Underlying Theory of Psychodrama, Part Two

This weekend will include psychodramas and also processing and teaching on the underlying theory of psychodrama, including role theory, role development, surplus reality, act hunger, catharsis and sociometry. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

## 27-28th March 2010 - Trainee Weekend - Group Dynamics and Psychodynamic Principles of Group Psychotherapy

This weekend will include psychodramas and also processing and teaching on principles of group dynamics and the psychodynamic and sociometric forces influencing group process. We will draw on the writings of Moreno, Yalom, Bion and other authors from the fields of group psychotherapy and groupwork. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

## 17th April 2010 - Trainee Day. BIP diploma trainees only. Venue: Woodbridge House.

## 29th April - 3rd May 2010 - Residential Workshop

See the entry for 12-16th November 2009 for a description of residential workshops.

**Times:** 5pm Thursday - 5pm Monday.

**Fee:** £485. Fee includes full board, accommodation and workshop fees.

**Who for?** Open to psychodrama diploma trainees only.

**Venue:** The ASHA Centre, Mitcheldean, Gloucestershire.

## \*5-6th June 2010 - Open Weekend - Using Attachment Theory to Inform Psychodrama

This weekend will include psychodramas, processing and an exploration of contemporary attachment theory. We will consider how attachment theory can inform the purposeful adaptation of psychodrama to provide maximum benefit and avoid worsening the client's problems. We will draw on the work of Dr. Patricia Crittenden, whose Dynamic-Maturational Model of attachment across the lifespan specifically incorporates the attachment strategies common among people who have experienced maltreatment and life-threatening endangerment. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

## 25-27th June 2010 - British Psychodrama Association Annual Conference.

**Venue:** Cirencester, Gloucestershire.

Open to all. See [www.psychodrama.org.uk](http://www.psychodrama.org.uk) for details.

## 7-8th August 2010 - Trainee Weekend - The Underlying Structure of Psychodrama

There is a defined underlying structure to psychodrama, and directors learn to work within these processes, techniques, conventions and boundaries. This weekend will include psychodramas, processing and an exploration of the key structural principles of psychodrama, including role analysis, 'tracking back,' the Hollander Curve, the elements of 'classical' psychodrama and the Psychodrama Spiral (Goldman and Morrison). **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

## \*4-5th September 2010 - Open Weekend - 'Scenes From My Life' - An Introduction to Psychodrama

This weekend workshop is specifically designed for people who wish to experience psychodrama, perhaps for the first time. There will be a mix of group-building, theory, psychodrama, and discussion of the method. There will be opportunities to participate, learn and explore personal issues.

**Venue:** Woodbridge House, Moseley, Birmingham. Facilitated by Alun Mountford.

## 16-19th September 2010 (Provisional dates only - please check before booking) - Cross-Cultural Training Workshop. Venue: tbc

These annually held multi-cultural events provide participants with the unique opportunity to learn about and participate in psychodrama with people from many countries. The cross-cultural psychodrama workshops take place in a different European or Mediterranean country each year, and include optional field trips, social and recreational activities in beautiful and inspiring settings. Open to all psychodrama trainees and practitioners, and people with experience of psychodrama who are considering training in psychodrama. For more information, please contact BIP.

## \*2-3rd October 2010 - Open Weekend with Marcia Karp - 'Intimacy and Sexuality'

This workshop will include classical psychodrama, which is, perhaps above all, a therapy of relationships. The weekend will be facilitated by Marcia Karp, M.A., TEP, past Honorary President of the British Psychodrama Association and Co-editor of The Handbook of Psychodrama and other books. Marcia currently works within the NHS with people diagnosed with personality disorders, and trains psychodramatists across the world. Susie Taylor and Clark Baim will assist.

**Venue:** Woodbridge House, Moseley, Birmingham.

## 23rd October 2010 - Trainee Day. BIP diploma trainees only. Venue: Woodbridge House.

## 11-15th November 2010 - Residential Workshop

See the entry for 12-16th November 2009 for a description of residential workshops.

**Times:** 5pm Thursday - 5pm Monday.

**Fee:** £485. Fee includes full board, accommodation and workshop fees.

**Who for?** Open to psychodrama diploma trainees only.

**Venue:** The ASHA Centre, Mitcheldean, Gloucestershire.

## 4-5th December 2010 - Trainee Weekend - 'The Path Not Taken': Working With Regret, Shame, Guilt and Remorse

This weekend will include psychodramas, processing and an exploration of the use of psychodrama where the protagonist experiences regret, shame, guilt or remorse about their own past actions. Drawing on the use of psychodrama with offenders, we will look at how we approach and work with the protagonist's experience of their own destructive behaviour and how they may begin the process of accepting responsibility and managing their feelings of shame, guilt or remorse. The weekend will be partly facilitated by Alun Mountford, a BIP Associate Director who specialises in work with offenders. Susie Taylor and Clark Baim will assist.

**Venue:** Woodbridge House, Moseley, Birmingham.

**Contact:** Birmingham Institute for Psychodrama, P.O. Box 13804, Birmingham B16 6EE, England, UK.

**Tel.** 44 - (0)121 454-3871 **Email:** [admin@birminghampsychodrama.co.uk](mailto:admin@birminghampsychodrama.co.uk)

**Web:** [www.birminghampsychodrama.co.uk](http://www.birminghampsychodrama.co.uk)

**CPD:** A certificate of attendance at all courses will be offered for evidence of continuing professional development (CPD).



## Post-Graduate Diploma in Psychodrama Psychotherapy

We offer a fully accredited psychotherapy diploma course, a professional qualification recognised by the British Psychodrama Association and the United Kingdom Council for Psychotherapy. This is a post-graduate level training and typically takes a minimum of four years to complete on a part-time basis. The diploma course provides a theoretical and practical understanding of the methods of psychodrama, sociometry and group psychotherapy. It is both didactic and experiential, and there is a strong focus on observing and working with group process. Diploma trainees typically attend six to eight weekend events and one or two 4-day residential per year in their first two years of training, and slightly fewer events during their 3rd and 4th years, when they focus more on clinical practice.

### Criteria for acceptance on the diploma course include:

Previous experience of personal therapy, preferably psychodrama (applicants should have 50 hours of psychodrama experience before applying); First degree or professional qualification, or suitable evidence of academic achievement / competency; Experience of working with people in a responsible role, e.g. teaching, social work, nursing, etc.; A detailed

CV, two references and an interview with Course Leaders Susie Taylor and Clark Baim are required. Once accepted onto the diploma course, each trainee will discuss their particular requirements, taking into account previous experience, particularly mental health or psychotherapeutic qualifications.

New trainees may join the course at any time of the year. Full details of the diploma course can be downloaded from our website, or you can request a brochure.

## Psychodrama Psychotherapy Group

The Institute runs a monthly psychodrama psychotherapy group (Saturdays 10am-4pm) in Birmingham, open to anyone over 18. Please visit our website for more information.

## Consultancy, Clinical Supervision and Training

We carry out a range of others services, including consultancy, in-service (site-specific) staff training, contracted group facilitation, programme development, clinical supervision and workshops in applied drama. More information on request and from our website.

## What is psychodrama?

Psychodrama is a holistic method of psychotherapy in which people are helped to enact and explore situations from their own life - past, present and future. The scenes enacted may be based on specific events in a person's life, their current or past relationships, unfinished situations, desired roles or inner thoughts and conflicts.

Each psychodrama addresses the concerns of the person who is in focus; the range of issues may be wide. Psychodrama can, for example, help people to better understand themselves and their history, resolve loss and trauma, overcome fears, improve their relationships, express and integrate blocked thoughts and emotions, practise new skills or prepare for the future.

A psychodrama will often begin with a current problem or difficulty and trace it back to earlier life situations. Here, the participant may have the chance to experience what was missing but needed at that time. The enactment then returns to the present, where new learning can be integrated and put into practice.

Psychodrama is not about giving a performance, but is instead focused on creating a beneficial experience for the person in focus and for the group as a whole.

Developed by Psychiatrist Dr. J. L. Moreno in the 1920's, psychodrama was the first recognised method of group psychotherapy and is practised in more than 100 countries.

## Who can benefit from psychodrama?

Because psychodrama is highly versatile and places equal emphasis on thoughts, emotion, body and action, it is a treatment of choice in helping people with difficulties in relationships, self-management and social and emotional functioning. Psychodrama is also particularly useful for helping people experiencing unresolved loss, trauma or mood disorders such as anxiety or depression. Psychodrama has also been

used to good effect with people who have been diagnosed with personality disorders and a wide range of other mental health conditions.

## Where is psychodrama used?

Psychodrama and its related methods - including sociodrama, sociometry and role play - are applied in diverse settings such as mental health, trauma and abuse recovery, counselling, medical training, residential children's homes, social work, schools and universities, prisons and probation, youth and community work, addictions programmes, public and voluntary sector agencies, refugee centres, retirement homes, personal development workshops, relationship and marital counselling, community-building, professional training and development, human resources, and business and industry.

Psychodrama is often used in combination with other therapies such as cognitive-behavioural therapy, family therapy, creative arts therapies and psychodynamic therapy.

## Who are the workshops intended for?

We offer training to people in many fields of work. Practitioners and students are welcome to attend our courses and events, where they can expand their clinical and facilitation skills, gain knowledge of psychodramatic techniques and promote their professional and personal growth.

Members of the general public interested in personal growth in a safe therapeutic environment, and people who are considering training in therapy, are welcome to attend our monthly therapy group or the open weekends.

## About the Facilitators:

**Susie Taylor** (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 and Croatia. She has an ongoing commitment to psychodrama training in both Serbia and 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.

**Clark Baim** (UKCP registered psychodrama psychotherapist), Co-Course Leader, is a BPA registered Senior Trainer. Since 1987, Clark has facilitated groups and provided supervision and training for criminal justice and mental health practitioners across the UK and Ireland. He has also led workshops and training events in Sweden, Greece, South Africa and the USA. In addition to his other work, Clark is a Lead National Trainer for the Probation Service's sexual offending programmes. 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 Scholar's Award from the American Society for Group Psychotherapy and Psychodrama for his work co-editing Psychodrama: Advances in Theory and Practice, published by Routledge.

**Alun Mountford** (Associate Course Leader) is a fully qualified and registered psychodrama psychotherapist (BPA and UKCP) with extensive experience in therapeutic work in a wide variety of settings. For 17 years he was a group worker, actor and trainer for Geese Theatre Company UK. He has co-designed and co-facilitated programmes addressing violent offending, sexual offending, general offending behaviour and drug misuse. In addition to his other work, Alun directs psychodrama groups at HM Prison Grendon, a prison which is run as a therapeutic community.

**Sally Brookes**, an Associate of the Institute, is a highly experienced groupworker, a trainee with the Oxford School of Psychodrama and Integrative Psychotherapy and a member of the BPA. She is the former Artistic Director of Geese Theatre UK, and has conducted a wide range of groupwork events and trainings in the criminal justice and social care fields. She has co-led workshops in France, Azerbaijan, Holland, Italy and Ireland. In addition to psychodrama, Sally has a particular interest in assisting the development of artists who work with vulnerable people.

## REQUEST and BOOKING FORM

*Please photocopy this form and use the copy if this flyer is posted for others to see.*

### I would like to reserve a place on the following workshops:

Please include dates and/or title of workshops, and the number of places you are reserving. If there are multiple attenders, please list names and dates on a separate sheet.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**And / Or:** Please send me more information about the (please tick).

- Diploma Course
- Residential workshops
- Cross-Cultural workshops
- Monthly psychodrama group

**And / Or:**

- Please add my name to your mailing list (please write details at right)
- Alter my details on your database as indicated at right.

**Name** \_\_\_\_\_

**Occupation / Position** (if applicable) \_\_\_\_\_

**Department / Organisation** (if using work address) \_\_\_\_\_

**Address** \_\_\_\_\_

**Post Code** \_\_\_\_\_ **Email** (required) \_\_\_\_\_

**Phone** \_\_\_\_\_ **Special diet or mobility needs:** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Are you a trainee with another psychodrama training organisation? If yes, where? \_\_\_\_\_

**Payment: A non-refundable deposit of 25% is required to reserve your place.** Please enclose a cheque for the deposit or the full fee (£145 for weekends; £485 for residential) payable to 'Birmingham Institute for Psychodrama.'

**Amount enclosed £** \_\_\_\_\_

**Invoicing/Receipts:** Name and address for invoicing/receipts (if same as above, please indicate)

\_\_\_\_\_

\_\_\_\_\_

**Post Code** \_\_\_\_\_ **Purchase order No.** (if applicable) \_\_\_\_\_

**Payment Terms & Conditions:** Reserving a place is a formal agreement to pay in full for that place.

**Refund Policy:** Full refund with more than one month's notice, less the 25% non-refundable deposit. With less than one month's notice, only substitutions are allowed and the full amount is payable. If you are unable to attend, please telephone with your substitute's name. In some cases and at the discretion of BIP, it may be possible to transfer part of your payment to a later course.

**Directions** to the venue and a list of nearby accommodation will be sent with booking confirmation.

**Please return to:** Birmingham Institute for Psychodrama,

P.O. Box 13804, Birmingham B16 6EE, England, UK. Tel. 44 - (0)121 454-3871