



Birmingham Institute for Psychodrama

Therapy, Groupwork & Training


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Programme October 2011 - December 2012

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

- Professional training in psychodrama psychotherapy, to post-graduate, diploma level
- A post-graduate certificate in creative counselling, action methods and psychodrama techniques
- Open workshops that offer an experience of psychodrama
- Psychodrama groups and individual sessions for personal therapy and development

Psychodrama Workshops

1st-2nd October 2011 – Trainee Weekend for BIP Trainees Only – Assessment and Case Formulation

This weekend marks the start of the new academic year. It will include psychodramas, theoretical input and processing. For part of the weekend, we will consider varying ways that assessments can be undertaken, e.g. through psychodramatic means, through interview, through history-taking, through spontaneity tests and via self-report. We will also consider how proper assessments can inform case formulation, treatment planning and outcome measure. This weekend is designed to help trainees prepare for and undertake clinical practice. **Venue:** Woodbridge House, Moseley, Birmingham. With Sally Brookes, Susie Taylor and Clark Baim.

5-6th November 2011 – Trainee Weekend – Befriending Your Research Monster: Understanding Research and How to Incorporate Research into Your Practice

This workshop will be led by Dr. Kate Kirk, Vice-Chair of the BPA, who has conducted peer-reviewed research at the PhD level, and who offers many insights and ideas about how research can be incorporated into psychodramatic / action based working. She also makes research 'come alive' through action. The workshop will also provide the chance to become acquainted with research terminology and methods, so practitioners can become better informed 'consumers' of research. Clark Baim will assist. **Venue:** Woodbridge House, Moseley, Birmingham.

*3rd-4th December 2011 – Open Weekend – Psychodrama and Dreams

Psychodrama has, since its earliest development, been a place for people to bring their dreams for exploration through action. Dreams are a very powerful medium arising from our unconscious, and there are many ways of understanding them. This weekend will demonstrate the psychodramatic method of exploring dreams. It may be useful for those attending this weekend to make a note of their dreams leading up to the weekend, or to bring a recurring dream. As they come from our unconscious, it is important to respect the power of dreams, and group members will be encouraged to decide how much they wish to share. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor.

7-8th January 2012 – Trainee Weekend for BIP Trainees Only – The Skills of the Psychodramatist

This weekend will focus on the skills of the psychodrama director as summarised in Peter Felix Kellermann's Director's Processing Checklist. Trainees will be invited to reflect on their own practice as a psychodrama director – focusing on strengths as well as areas for development. This weekend workshop is open only to registered BIP trainees (we have four such weekends in 2012, in January, March, August and November). This weekend will include psychodramas, theoretical input and processing. Trainees will direct. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

4-5th February 2012 – Trainee Weekend – Working with Awareness of Cultural Difference and Issues of Equality, Diversity, and Social Responsibility

JL Moreno famously wrote that a truly therapeutic procedure must include the whole of human kind. In this workshop, we will explore how the psychodramatist can work across cultures and with any group of people by following established principles of sociometric inclusion, socratic questioning and informed cultural awareness. We will explore how to work with a non-judgmental stance of respect, equality and curiosity. This weekend will include psychodramas, theoretical input and processing. Trainees will direct. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

3rd-4th March 2012 – Trainee Weekend for BIP Trainees Only – The Five Primary Roles of the Psychodrama Director

This weekend links with January's theme, 'The Skills of the Psychodramatist.' We will look at the five primary roles using Kellermann's Roles of the Psychodramatist: Analyst, Producer, Therapist and Group Leader. We have added another, which we feel is essential: the role of Human Being. We will focus on these roles during processing. This weekend workshop is open only to registered BIP trainees (we have four such weekends in 2012, in January, March, August and November). This weekend will include psychodramas, theoretical input and processing. Trainees will direct. **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/sociodrama is required). 'Trainee weekends' are open to diploma or certificate trainees from any psychodrama or sociodrama training school, or people in related professions who have prior experience of 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: £170. 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.

The annual calendar is subject to alteration. Please see our website for updates.

2011 - 2012 Calendar of Events

31st March – 1st April 2012 – Trainee Weekend – Transgenerational Psychodrama

Some protagonists greatly benefit when they are helped to psychodramatically journey back into their ancestry in order to trace and understand traumas, burdens and emotional problems that have been passed down to them from previous generations. This weekend will include psychodramas, processing, and theoretical and practical input about the transgenerational transmission of unresolved trauma and loss within families and societies. We will draw from the work of renowned French Psychodramatist Dr. Anne Ancelin Schützenberger, who has written about how our increasing understanding of epigenetics helps to explain the biological mechanisms which create hidden links in the family tree. Trainees will direct. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

3rd-7th May 2012 – Residential Workshop for Trainees

These psychodrama training workshops provide an opportunity for people to participate in psychodrama while living and working together in a residential setting. Psychodrama trainees will direct. Up to two trainees may have an external assessment of their directing. There are usually seminars on one of the evenings. With Susie Taylor and Clark Baim. Counts as 50 psychodrama training hours. Times: 5pm Thursday – 4pm Monday.

Fee: £520 shared accommodation, £570 single room accommodation. Fee includes full board, accommodation and workshop fees.

Who for? Open to psychodrama / sociodrama practitioners and trainees from any school. Also open to people with prior experience of psychodrama who are considering entering a diploma training programme.

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

*2nd-3rd June 2012 – Open Weekend – Life Transitions: Helping People to Grow and Develop Across the Lifespan

This weekend will include psychodramas, theoretical input and processing. We will focus on the important transitions that we face during the course of our lives, and how we manage and negotiate these transitions. There are times when these transitions can be difficult, as they may challenge our sense of self and identity; we will look at the importance of role, identity and self in the process of transition. Donald Winnicott talks of transitional objects being an important part of the process of development, particularly when we are young. We will consider how this concept of the transitional figure applies in adulthood, too. Susie Taylor and Clark Baim will direct. **Venue:** Woodbridge House, Moseley, Birmingham.

*23rd – 25th June 2012 (Sat. – Mon.) British Psychodrama Association Annual Conference. Venue: Cirencester

Open to all. Trainees are strongly encouraged to attend. See www.psychodrama.org.uk for details.

*7- 8th July 2012 – Open Weekend – Sociodrama Workshop: The Use of Transformational Metaphors with Groups, Teams and Organisations

This weekend will focus on the uses of sociodrama with groups, teams and organisations, and how the use of group-generated metaphors can become routes to improved communication and understanding, and enhancing group identity. This weekend will be facilitated by Sociodramatist Valerie Monti Holland, an Associate of BIP. Valerie is a sociodramatist whose passion for theatre has happily driven her to use it everywhere she can. **Venue:** Woodbridge House, Moseley, Birmingham. Clark Baim will assist.

25-27th August 2012 – Three Day Trainee Weekend for BIP Trainees Only – Psychodrama as a Method for Improving Spontaneity and Creativity

This weekend workshop is open only to registered BIP trainees (we have four such weekends in 2012, in January, March, August & November). This weekend will include psychodramas, theoretical input and processing. We will focus on the various tools and techniques within psychodrama that can help people to rediscover and enhance their innate creativity and spontaneity. These techniques include role play, role tests, skills practice, role modelling, future projection and surplus reality. Trainees will direct, and up to two trainees may have an external assessment of their directing. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

13-14th October 2012 – Trainee Weekend - Using Attachment Theory to Inform Psychodrama

This weekend is the start of the new academic year. It 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. We will also draw from Baim and Morrison's 'Attachment-based Practice with Adults,' published in 2011. Trainees will direct. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

3-4th November 2012 – Trainee Weekend for BIP Trainees Only – Remembering the Body in Psychodrama

This weekend workshop is open only to registered BIP trainees (we have four such weekends in 2012, in January, March, August and November). This weekend will include psychodramas, theoretical input and processing. We will focus on how psychodramatists can work with an awareness of how protagonists use their body and communicate a great deal of information non-verbally – which may be beyond their conscious awareness. We will consider how the director can gently make protagonists aware of what they may be communicating, and to use this awareness to promote integration. We will also explore the important topic of how blocked emotion can be held in the body, and how to facilitate safe and purposeful emotional releases in order to free blocked spontaneity and creativity and promote neural integration. Trainees will direct. **Venue:** Woodbridge House, Moseley, Birmingham. With Susie Taylor and Clark Baim.

*1st-2nd December 2012 – Open Weekend – Families and How to Survive Them: A Christmas Special

This weekend's theme is inspired by Robin Skynner and John Cleese's best-selling book *Families and How to Survive Them*. The theme is particularly timely, because Christmas time is when many families come together and familiar dynamics get replayed. Participants on this workshop will have the opportunity to explore the roles they and other members of their family play, and how to free themselves of roles that no longer fit them. As a family is a system, change can be difficult, as it impacts on the roles of the other family members. However, change can also create opportunities for other family members to re-evaluate their roles within the system. This weekend will include psychodramas, theoretical input and processing. Susie Taylor and Clark Baim will direct. **Venue:** Woodbridge House, Moseley, Birmingham.

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

Tel. 44 (0) 121 426 3253 or 44 (0) 7961 517135 **Email:** admin@birminghampsychodrama.co.uk

Web: www.birminghampsychodrama.co.uk

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

Request and Booking Form overleaf (Use the form to book a course, request more information or add your name to our mailing list)

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 & working with group process.

Diploma trainees typically attend eight to ten weekend events and one 4-day residential per year.

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.

Certificate in Creative Counselling, Psychodramatic Techniques and Action Methods

One Saturday per month, October 2011 – July 2012.

The Institute runs a post-graduate certificate course in the theory and practice of creative counselling, psychodramatic techniques and action methods. Participants will learn effective facilitation skills & will gain a good understanding of the appropriate use of psychodramatic and action-based techniques within different settings relevant to their own work. The course will include theoretical and practical discussion, demonstrations of techniques, written work, experiential learning and many opportunities to practise the skills. The course is for professionals in mental health, teaching, counselling, coaching, social care, youth work, arts therapies, criminal justice & related fields. Trainers: Susie Taylor and Zoli Figusch. Full details of the course can be downloaded from our website, or you can request a brochure.

Psychodrama Psychotherapy Group

The Institute runs psychodrama psychotherapy groups 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 other 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 therapy groups 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, Australia, Latvia 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. He is the co-author, with Tony Morrison, of *Attachment-based Practice with Adults*, published by Pavilion.
- **Alun Mountford**, an Associate of the Institute, is a qualified 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. He also runs a small private practice.
- **Sally Brookes**, an Associate of the Institute, is a qualified psychodrama psychotherapist (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, both in this country and abroad. In addition to psychodrama, Sally has a particular interest in assisting the development of artists who work with vulnerable people. She currently works in a therapeutic community for people with diagnosable personality disorder.
- **Valerie Monti Holland**, an Associate of the Institute, is a sociodramatist using creative means and action methods to work with groups, organisations and individuals. Based in Sheffield, Valerie is owner of Left Luggage Creative Training and Facilitation, focusing on health education, community engagement and criminal justice issues as well as offering training in bullying and victim awareness, diversity and cultural awareness and a host of women's issues. She is part of the Sheffield Playback Theatre Company and has a lifelong passion for the theatre.

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
- Certificates in creative counselling, psychodramatic techniques and action methods
- Residential workshops
- Weekly 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, 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 contact us 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)121 426 3253** or **44 (0) 7961 517135** Email: **admin@birminghampsychedrama.co.uk**