

OXFORD PSYCHODRAMA GROUP

Psychodrama is one of the most versatile forms of psychotherapy, which has been used in hospitals, day centres, schools and prisons, with people of all ages. It is a type of group psychotherapy, using an action-based method to explore and resolve problems. Typically a psychodrama enactment will start with the present problem and through a number of scenes trace the problem back in time, often ending with early childhood experiences. Psychodrama often gives people a chance to experience what was needed in childhood, but did not happen. The session can then return to the present, putting into practice what has been learned. Throughout, the psychodrama director acts as a therapeutic guide.

Anyone joining one of our groups or workshops will have an opportunity to experience psychodrama for him or herself.

Workshops and training groups may be attended in their own right or as part of a full training programme leading to registration as a practitioner with the British Psychodrama Association and as a Psychodrama Psychotherapist with the United Kingdom Council for Psychotherapy. Some workshops are open to anyone interested. Coming to a few workshops before formally entering training is encouraged. Other workshops are only open to trainees in psychodrama and other methods of psychotherapy or those considering training

Apart from the residential workshops, each workshop begins at 10 am on the first day and ends at 5 pm on the last day. Other days start at 9.30 am and end at 6.30 pm. Tea and coffee is available half an hour before the start of each day. Lunches are also provided.

THERAPY GROUPS

There are a number of psychodrama psychotherapy groups in the Oxford area. For details of groups currently available both privately and in the N.H.S., or for an introductory leaflet on psychodrama psychotherapy groups, contact: Peter Haworth, on 01865 715055 or 07798 725545.

INTRODUCTORY COURSES

There are 10 week introductory courses running every other term at the Complex Needs Service, Oxford Therapeutic Community building in Manzil Way, Oxford. The course will run from January 19th to March 23rd on Monday evenings from 6.15 to 9.15. Run by Sally Brookes and Peter Haworth.. The course is accredited by the British Psychodrama Association. Course fee is £200, with reductions for full time students. Please contact us for further details.

2008-2009 WORKSHOP PROGRAMME

4th – 5th October 2008 Role Theory
Course fee £120 deposit £30

This is a weekend workshop open to all psychodrama trainees and practitioners and will explore both Morenian and more recent developments in role theory.

6th to 10th November 2008 Residential Training Workshop
Course fee £430 deposit £150

This is a training workshop starting at 5 pm on Thursday and ending at 5pm on Monday. Psychodrama trainees will be directing and having their work processed. There will be seminar presentations in the evening and an optional social event. Up to two trainees may have an external assessment of their directing.

13th and 14th December 2008 Dream Exploration
Course fee £120 deposit £30

This workshop will demonstrate how psychodrama is used in dream exploration. This will be through both exploration of participants dreams and some theoretical discussion.

10th and 11th January 2009 Action Methods in Individual Psychotherapy
Course fee £120 deposit £30

This workshop will look at how action methods and psychodrama techniques can be used helpfully in individual psychotherapy.

14th – 15th February 2009 Working Safely with Anger

Course fee £120 deposit £30

This workshop will include the use of aspects of Psychodramtic Bodywork to demonstrate how anger can be expressed safely. There will be some discussion about the relationship between anger and fear.

14th – 15th March 2009 “The Words of the Father”

Course fee £120 deposit £30

An exploration of the philosophical roots of psychodrama through the use of Moreno’s classic work “The Words of the Father” , written in reverse roles with God.

17th – 19th April 2009 Psychodrama and Clinical Sociometry

Course fee £180 deposit £50

This three day workshop will combine sociometric explorations with classical psychodrama. The psychodrama sessions will be directed by trainees

7th – 11th May 2009 Residential Training Workshop

Course fee £450 deposit £100

This is a training workshop starting at 5 pm on Thursday and ending at 5pm on Monday. Psychodrama trainees will be directing and having their work processed. There will be seminar presentations in the evening and an optional social event. This will be the last ever workshop at Fawley Court.

13th and 14th June 2009 The Use of the Double

Course fee £120 deposit £30

This workshop will cover the full range of doubling techniques of classical psychodrama and more recent developments of the containing double and body doubling.

11th and 12th July 2009 Working with Fear and the Body in Psychodrama

Course fee £120 deposit £30

An opportunity for trainees and practitioners to develop the use of psychodramtic bodywork in psychodrama. Introductory level psychodramtic bodywork would be helpful.

10th to 13th September 2009 Cross Cultural Training

Course fee £80 deposit £80

The 8th Cross Cultural Training Days in Psychodrama will be taking place in Serbia. Trainees and trainers from England, Serbia, Croatia, Israel, Slovenia, Macedonia and other countries will meet together to explore psychodrama across cultures. Trainees may have an opportunity to direct a psychodrama session and have their work processed by a trainer from another country.

Workshops in blue are open to all. Except where indicated, others are open to psychodrama trainees and those considering training in psychodrama.

WORKSHOP LEADERS

Most workshops are run by Peter and either Nancy or Lisle. The residential are run jointly with the Birmingham Institute for Psychodrama, Susie Taylor and Clark Baim.

Peter Haworth

Peter works as a consultant psychotherapist at the Department of Psychotherapy Oxfordshire Mental Healthcare N.H.S. Trust. He is registered as a Senior Trainer of Psychodrama with the British Psychodrama Association. He is a founder member of the British Psychodrama Association. He currently represents the BPA at the United Kingdom Council for Psychotherapy.

Nancy Piercy

Nancy began her career in general and psychiatric nursing. She now works as a Clinical Nurse Specialist at the Child and Adolescent Mental Health Service in Gloucestershire. Nancy initially trained with Marcia Karp in Devon and completed her diploma in Psychodrama in Oxford. She is currently co-facilitating a psychodrama group for adults in private practice and is a member of the executive board of the British Psychodrama Association and is training to be a psychodrama trainer

Lisle Scott

Lisle Scott is the team psychiatrist at the Oxfordshire Complex Needs Service. Her core psychotherapy training is psychodrama and she has a particular interest in the use of an integrative approach to psychotherapy in Personality Disorder. A further focus of interest is PD diagnosis and PD in the older adult population which she enthusiastically expands through teaching locally and nationally. She is currently training to be a psychodrama trainer

External Assessor

Longer training workshops may include external assessments of directing of some Oxford Psychodrama Group trainees. An external assessor, who is registered as a trainer with the British Psychodrama Association, will be present for this part of these workshops.

DIPLOMA TRAINING PROGRAMME

Oxford Psychodrama Group runs a full training programme in psychodrama psychotherapy.

In order to be accepted on the diploma programme, candidates must meet the following basic criteria:

1. Have sufficient life experience and ability to manage the demands of the course
2. Have been in personal therapy for at least a year, preferably in psychodrama
3. Have a first degree, professional qualification, or be able to demonstrate the ability to undertake a postgraduate level training.
4. Have experience of working with people in a responsible role, such as teaching, social work, nursing etc.
5. Have some experience of psychodrama as a protagonist
6. Have attended at least one workshop or training group run by Oxford Psychodrama Group

Peter Haworth and either Nancy Piercy or Lisle Scott will interview potential candidates.

Once accepted onto the Diploma Training Programme, each Trainee will discuss their particular requirements, taking into account previous experience, particularly mental health and other psychotherapeutic qualifications.

The minimum length of time to complete the Diploma Training Programme will normally be four years.

A course handbook with full details of the structure and process of training is available on request.

RESIDENTIAL WORKSHOPS

The November and May residential workshops are held at the Marion Fathers Conference Centre at Fawley Court in Henley on Thames. They run from 5 pm on Thursday evening until Monday at 5pm. The cost includes full board as well as workshop fees. The accommodation is in the grounds of a Country house designed by Sir Christopher Wren. There is a £24 reduction if you choose to share a room. Early booking is recommended if you require a single room, as there are a limited number of places. Further information is available on request.

REGISTRATION

All workshops and groups except for residentials and cross cultural events will be held in the Complex Needs Service, Oxford Therapeutic Community Building in Manzil Way off Cowley Road in Oxford. The November, May and July residential workshops will be held at Fawley Court, Henley on Thames.

Applications should be made in writing, to Oxford Psychodrama Group, 8 Rahere Road, Littlemore, Oxford OX4 3QG. The application should include the **non-refundable deposit** The full fee is due seven days before the start of the group.

People cancelling within 48 hours of the start of the group may not get any refund. Except where indicated, accommodation is not provided, but details of Bed and Breakfast and Youth Hostels will be sent on application.

For further information on any of the courses, telephone Peter on 07798 725545

Oxfordshire and Buckinghamshire Mental Health Partnership NHS Trust

Employees or students on placement within Oxfordshire and Buckinghamshire Mental Health Partnership NHS Trust are entitled to reduced fees on Oxford based workshops. The fee for weekend workshops is £30.

PSYCHODRAMATIC BODYWORK ®

Psychodramatic bodywork was developed by Susan Aaron from Toronto in Canada. There are training courses held in this country at Introductory, Intermediate and Advanced level. The training combines psychodrama with aspects of Shiatsu and Reiki, enhancing the use of both the body and the spiritual components of classical psychodrama.

Some of our workshops will include aspects of psychodramtic bodywork and we recommend that people attend both the Introductory and Intermediate level trainings as an enhancement to psychodrama training with OPG.

For further information visit the website www.youremotions.com

APPLICATION FORM

Name.....

Address.....

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Telephone numbers.....

I would like to apply for a place on the following workshops:.....

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I enclose a deposit/ full fee of.....

If applying for a residential workshop place

Do you wish to share a room? Y/N With whom?.....

Do you have any dietary needs.....

Signature.....

Return to:

Oxford Psychodrama Group, 8 Rahere Road, Littlemore, Oxford, OX4 3QG E-mail Peter@psychodrama.freeseve.co.uk