

Introduction to Psychodrama

Counselling Unit, University of Strathclyde



Advanced Professional Training is delighted to offer this five-day introductory training in Psychodrama. This course will be of interest to individuals and professionals who want to get in touch with their creativity and spontaneity as a means of reinvigorating their lives and working practice. Psychodrama is active, energising, healing and often fun.

What is Psychodrama and Action Methods?

The word 'Psychodrama' is often used as a generic term when talking about the range of action methods that J L Moreno developed.

Action methods are used to enable past, present and future life events to be explored. Issues or problems and their possible solutions are enacted rather than just talked about. Psychodrama offers the opportunity to practise new roles safely, see oneself from outside, gain insight and change. There is a director, an action area and group members. The director supports groups to explore a new response to a past situation and an adequate response to a future one, group members participate in the drama as significant others and share how they personally relate to and can learn from the presenting issue at the end of the session.

Psychodrama can be used in a group or individually for therapy and personal growth. It can also be applied to family and couples therapy.

Psychodrama is practised and taught extensively through the world.

Who is Psychodrama for?

Psychodrama is for everyone and anyone who would like to experience the spontaneity and 'magic' of working with action methods. Whether your focus is personal, professional, therapy or training..... If you're interested in the creative exploration of yourself, your relationships and your life using action as well as words, then you might value and enjoy the psychodramatic method and the personal liberations, self expression and insights that it elicits.

This workshop will help participants to:-

- Be more creative and spontaneous, both for themselves and their clients
- Establish and maintain psychological contact in non verbal ways
- Understand the fundamentals of action methods

The course philosophy and theoretical approach is person-centred. We will explore the interface between configurations of self and psychodrama role theory. Attending to the core conditions, we will explore ways of integrating action methods into person-centred practice. This practice is relevant to a wide range of professionals: e.g. Counsellors, teachers, health-care workers.

Dates:	Monday 10 th , Tuesday 11 th and Wednesday 12 th November 2008, and Monday 8 th and Tuesday 9 th December 2008
Time:	9.30 am - 4.30 pm
Venue:	Jordanhill Campus
Group size:	17 - 25
Cost:	£425 (£50 deposit) or £375 if paid in full before Monday 15 th September 2008

The course is affiliated with The Northern School of Psychodrama and is accredited by the British Psychodrama Association. While participation in this course does not offer any qualification, it will count towards any future course of study in Psychodrama at Certificate or Diploma level.

Facilitator

Sandra Grieve is a Person-Centred Therapist, Psycho-dramatist, Supervisor and Trainer. She is a staff trainer with the Northern School of Psychodrama, works as part of the team of school counsellors in East Dunbartonshire, and has a private practice as a therapist, supervisor and trainer. She contributed a chapter to the book *Communicating with Children and Adolescents – Action for Change*. She has a particular interest in and passion for young people with a learning disability and other people in the process of becoming.

Application

To apply for the course please contact:

Karen McDairmant
Professional Development Unit
University of Strathclyde

Tel: 0141 950 3734
Fax: 0141 950 3208
Email: karen.mcdairmant@strath.ac.uk
Web: www.strath.ac.uk/pdu

Deadline for applications: Monday 15th September 2008

Application Form

Introduction to Psychodrama

Surname: _____ Forename: _____

Address: _____

Postcode: _____

Telephone: _____ Fax: _____

Email: _____

Job Title: _____ Organisation: _____

Qualification (please provide details of your counselling/psychotherapy qualification):

Payment

Fee: £425 (£50 deposit required) or £375 if paid in full by Monday 15th September 2008

Please note: If you cancel your place less than 14 days prior to the event, the whole fee will be payable.

I enclose a cheque for £_____ made payable to the University of Strathclyde OR please invoice me at the address below:

Please return completed application forms to:

Karen McDairmant

Professional Development Unit

University of Strathclyde

76 Southbrae Drive

Glasgow

G13 1PP

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