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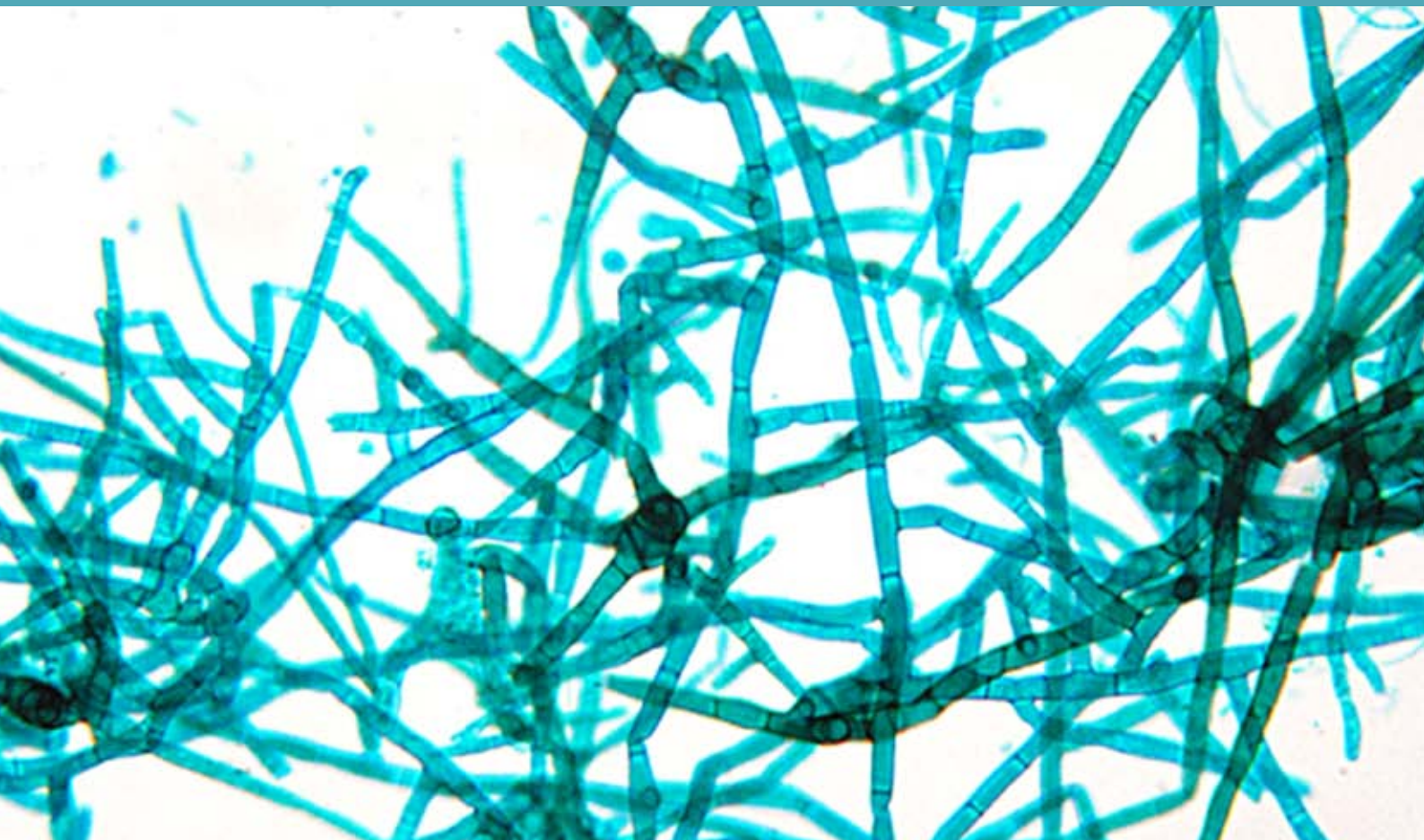
British Psychodrama Association

The British Psychodrama Association presents a pre-conference workshop

# Show me the evidence!

## The effectiveness of psychodrama psychotherapy and action methods

6th March 2010 • Royal Agricultural College, Cirencester



We present a day of research evidence for the effectiveness of psychodrama psychotherapy and allied action methods. We argue the case for the use of psychodrama in working with personality disorders, addictions, eating disorders and a range of mental health problems. We also consider the use of dramatherapy and sociodrama in clinical, training and community settings.

**Action speaks louder!**

9.30 **Registration**

10.00 **Morning Presentations – Introduction.** By Huw Richards

**Huw Richards** is a senior academic, researcher, supervisor and clinical Psychodrama practitioner. He currently holds the role of Senior Lecturer in Mental Health and Continuing Professional Development at the University of Worcester within the Institute of Health and Society and has a particular interest in evidence driven practice within Psychodrama Psychotherapy.

10.15 **Studies on treatment effects of psychodrama psychotherapy.** Dr Michael Wieser

This presentation is concerned with an overview of studies on the effectiveness of psychodrama psychotherapy. We will consider the statistical evidence, provided by researchers, for the effectiveness of this dynamic and creative form of psychotherapy.

**Dr Michael Wieser** Dr. Philosophy, Assistant Professor, Director of studies in Psychology; Psychologist, Psychodrama trainer and Psychotherapist. Office: University of Klagenfurt, Department of Psychology, Austria.

11.15 **Coffee**

11.45 **‘Pebbles on a Beach’  
Psychodrama in an Addiction Therapeutic Community.** Dr Annie Huntington

Approaches to working with people who have been addicted to alcohol and/or drugs vary significantly across time, space and place. What works, when and for whom, are complex questions with differing answers. This presentation will explore the experiences of some of the people who have experienced psychodrama as part of their programme in a Tier 4 (Models of Care 2002) Addiction Therapeutic Community.

**Annie Huntington** is a psychodrama psychotherapist at Littledale Hall Therapeutic Community, and Principal Lecturer in the School of Social Work at the University of Central Lancashire. She has worked in health, education and social care, in a range of settings, since 1980.

12.30pm **The British Association of Dramatherapists’ Research Project.**  
Madeline Andersen-Warren

The aims of the research project were the establishment of universal and profession specific evaluation and assessment methods, the implementation of a Critical Appraisal Skills Programme (CASP), and the creation of a searchable database of research based texts. The presentation will focus on both the process and results of the project.

**Madeline Andersen-Warren** is the Chair of The British Association of Dramatherapists. She is a Dramatherapist, Supervisor and Trainer. For 15 years she was employed as a Dramatherapist and Health and Arts Co-ordinator in the NHS. Her publications include: ‘Therapeutic Theatre’ in Dramatherapy; Creative Groupwork with Elderly People; Practical Approaches to Dramatherapy.

1.15pm

**Lunch provided**

2.15pm

**Afternoon workshops**

**Workshop A**

**Introduction to Psychodrama and Action Methods.** Nancy Piercy

This workshop is for those who have little or no experience of psychodrama and action methods. It offers an experiential introduction to psychodrama and action methods and reviews areas of application.

**Nancy Piercy** is a Clinical Nurse Specialist working in Child and Adolescent Mental Health where she uses action methods with children, adolescents and their families. She has used Psychodrama with adults in psychiatric outpatient services, working with a wide range of conditions such as substance misuse, eating disorders and other complex mental health problems. Nancy is a Psychodrama Trainer with Oxford School of Psychodrama and Integrative Psychotherapy.

**Or workshop B**

**Integrative Psychotherapeutic Group Work: A way forward in the treatment of personality disorders.** Dr Lisle Scott & Gill Attwood

Personality disorder (PD) often goes undiagnosed, but morbidity is high, with clinically significant and sustained social problems. There are marked interpersonal difficulties, frequent GP attendances and revolving door psychiatric hospital admissions.

Although many therapies used in treating personality disorder are necessarily integrative in order to meet the complex psychosocial needs associated with this diagnosis, the presentation will demonstrate the use of psychodrama as the practical and theoretical foundation for the integration as practiced within the Oxfordshire Complex Needs Service.

**Dr Lisle Scott** is the Team Psychiatrist and Psychodrama Psychotherapist in the Oxfordshire Complex Needs Service, a specialist treatment service for adult patients diagnosable with Personality Disorder (PD). Lisle is committed to evidence-based practice and is one of the main researchers in a randomised control trial to evaluate the effectiveness of treatment in a Therapeutic Community for patients diagnosed with Personality Disorder.

**Gill Attwood** is Deputy Team Leader and Psychodrama Psychotherapist for Oxfordshire Complex Needs Service, working with people who are diagnosable with Personality Disorder. She is clinical lead for both the West and South of Oxfordshire developing group psychotherapy services for the area. She is committed to evidence based practice, and is currently one of the lead researches in a randomised control trial into the effectiveness of treatment in Day Therapeutic Communities.

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British Psychodrama Association

To book a place, please return the following form with payment of the full fee:

Please send forms with payment to: Nancy Piercy, 8 Benton Close, Upper Welland, Malvern, WR14 4LL

If you want us to invoice an organisation, please send proof of authorisation of payment and invoice address with the above form.

For further inquiries please e-mail: [nancy\\_piercy@yahoo.co.uk](mailto:nancy_piercy@yahoo.co.uk)

For further information about Psychodrama, Sociodrama, Action Methods and the British Psychodrama Association visit: [www.psychodrama.org.uk](http://www.psychodrama.org.uk)



Or workshop C

**Invisible Women: Seeing the Possibilities for Change (Sociodrama in Action)**

Valerie Monti Holland

This workshop uses sociodrama to explore the plight of those people who are most vulnerable and often most hidden: women leaving prison, women involved in the sex industry and survivors of domestic violence among others. What roles do they play? What role reactions do we play in relating to these women? What actions can we practically take as individuals and society to address the inequitable existence of these 'invisible' people?

**Valerie Monti** Holland is a Sheffield-based facilitator whose portfolio includes designing and delivering workshops with young people on public health issues, widening participation with community partnerships and exploring effectiveness in the criminal justice system with strategic leaders. She has a certificate in Sociodrama and Action Methods, a background in drama, and a long history of working creatively with different communities.

Or workshop D

**Psychodrama and action methods in working with eating disorders**

Angie Jakubowska and Eve White

This workshop considers the combination of Cognitive Behavioural Therapy and psychodrama techniques in working with people with eating disorders. We will also explore the wider use of action methods and creative techniques in clinical, training and supervision settings

**Angie Jakubowska** RMN, and MSc in Health Science with Advanced Practitioner in Eating Disorders. Angie has worked in Mental Health for 30 years and has specialised in working with people with Eating Disorders for 12 years. She is manager of the innovative Avon Eating Disorders Service based in Bristol.

**Eve White** RMN, Psychodramatist, Diploma in CBT and DBT therapist. In Eve's work with Eating Disorder clients she has creatively combined these dynamic and diverse approaches. She has worked for 7 years in a specialist NHS Eating Disorder Unit in Poole, Dorset.

15.45

**Coffee**

16.00

**Question the panel** (chaired by Huw Richards)

16.30

**Close**



British Psychodrama Association

I wish to book my place on the British Psychodrama Association pre-conference study day entitled **'Show me the Evidence! The effectiveness of psychodrama psychotherapy and action methods'**

**Name:**

**Address:**

**Workplace/Organisation/College:**

I enclose a check made payable to the 'BPA' for £

Fees per person: £65 (or £95 if paid by an organisation). Student/concessions: £50