



The London Centre for Psychodrama
Group and Individual Psychotherapy

Open Access Weekend Workshops

These workshop weekends provide an opportunity to experience psychodrama and engage with relevant theories within a safe and supportive environment. Each weekend has a theme, which acts as a general focus for the psychodrama sessions and the accompanying reading. Open Access workshops are directed by London Centre and BPA registered Trainers.

Who are Open Access Weekends for?

Open Access Weekends are open to members of the public. No prior experience of psychodrama is required. We also welcome diploma or certificate trainees from other psychodrama training schools and professionals who have a particular interest in psychodrama or the topic for the weekend. These workshops are intended to provide an experience of psychodrama and although they are therapeutic they are not intended as a means of providing psychotherapy.

Times

Each weekend runs Saturday 9.30 to 18.00 hours; Sunday 9.30 to 16.00 hours. A weekend counts as 16 psychodrama/ CPD hours. Certificates of attendance are provided to evidence continuing professional development where needed.

Fees and accommodation

Weekend fees are £175. Accommodation can be found locally at a reasonable rate if booked in advance.

Training Practice Weekends

Training Practice Weekends provide an opportunity to learn and practise psychodrama within a safe and supportive atmosphere. They are open to registered psychodrama trainees and practitioners as well as practitioners and trainees from other therapeutic and educational fields. Each weekend has a theme, which acts as a general focus for the psychodrama sessions. In contrast to Open Access Weekends, where registered psychodrama trainers facilitate the sessions, on Training Practice Weekends some or all of the psychodramas may be directed by registered diploma trainees from the London Centre for Psychodrama or other psychodrama schools, under the guidance and supervision of an approved trainer.

Who are Training Practice Weekends for?

- Diploma or certificate trainees from any psychodrama school
- People who are considering training in psychodrama
- People who are in related professions such as social care, therapy, mental health, education, community arts or personal development (including trainees in such professions)
- People who have a particular interest in psychodrama or the topic of the weekend

Times

Each weekend runs Saturday 9.30 to 18.00 hours; Sunday 9.30 to 16.00 hours. A weekend counts as 16 psychodrama/ CPD hours. Certificates of attendance are provided to evidence continuing professional development where needed.

Fees and accommodation

Weekend fees are £175. Accommodation can be found locally at a reasonable rate if booked in advance.

Closed Weekends

In addition to the above there are closed weekends for London Centre for Psychodrama Certificate and Diploma trainees.

Structure of Weekends

October 17/18 2009

Open Access Weekend

Developing a Sense of Self (Jinnie Jefferies and Anna Chesner)

Individuals are required to withstand many challenging demands throughout their life's journey. Such demands require a secure sense of self. This workshop will explore the development of the self in early childhood. It will be based on the theoretical works of Winnicott, Fairbairn and Guntrip and Moreno's theories of child development.

November 14/15 2009

Training Practice Weekend

Introduction to Psychodrama and Role Analysis (Jinnie Jefferies and Anna Chesner)

This weekend is for those who would like to learn more about psychodrama. For certificate and diploma students and practitioners from other modalities we will focus on how the London Centre uses Role Analysis as a way of understanding ourselves, our relationships and how past experiences may shape our present and future relationships.

February 20/21 2010

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Open Access Weekend

Attachment Styles and Psychodrama (Jinnie Jefferies)

This workshop will look at the relevance of John Bowlby's attachment theory to understand how our relationships with our parents and carers affect our adult relationships, our personal view of ourselves and of the world we live in. By understanding these patterns we can begin to break problematic repetitive cycles and help our clients with these challenges.

March 20/21 2010

Training Practice Weekend

Spontaneity and Creativity (Anna Chesner)

This weekend will focus on Moreno's core values of spontaneity and creativity. We will explore how the development of these potentials may enhance all areas of our personal and professional lives.

May 15/16 2010

Open Access Weekend

Approaching Research within the Psychodrama Field (Dr Kate Kirk)

This two-part workshop introduces qualitative research methodologies within psychotherapy. We also include the CORE outcome measuring tool and the Strathclyde Personal Inventory Method. It will be of interest to psychotherapists who wish to assess their group and personal practice and clinicians who want to pursue research.

June 19/20 2010

Training Practice Weekend

The Core techniques and Skills of Psychodrama (Anna Chesner)

This weekend focuses on the use or role, role reversal, concretisation, the double and the mirror. It is particularly useful for those professionals who may be interested in including action techniques in their present practice and for those trainees of psychodrama who wish to hone their skills.

October 16/17 2010

Open Access Weekend

The True & False Self (trainer tbc)

Because of our early beginnings we may have difficulty in expressing our true self and hide behind a mask of being what we think others expect of us. This leads to a sense of emptiness and meaninglessness. In this workshop, based on theories of Winnicott, we will explore how this situation comes about and the changes we may need to make to ensure that we live our lives as we would like and with a sense of purpose.

November 20/21 2010

Training Practice Weekend

One to One Psychodrama (Anna Chesner)

This weekend focuses on the use of psychodrama technique and role theory in the one to one psychotherapeutic process. We will be reflecting on time-limited and open-ended models of psychotherapy practice. There will be an opportunity to practice and reflect in small groups.

February 19/20 2011

Open Access Weekend

Personality Disorders (Marcia Karp)

The workshop aims to explore how mentalisation and psychodrama work collaboratively in engaging these clients in effective treatment.

March 19/20 2011

Training Practice Weekend

Understanding Depression: Psychodrama and CBT (Jinnie Jefferies and Anna Chesner)

We will explore what are the symptoms and experiences of depression and how psychodrama and CBT can work together as a treatment model.

May 21/22 2011

Open Access Weekend

The Group as Safe Container (Anna Chesner)

This workshop will focus on understanding group processes, the power of the group and the underlying dynamics that make some groups difficult to manage or be part of. The theories of Foulkes, Zinkin, Bion, Pines and Moreno underpin this workshop. There will be an opportunity to explore group work skills, in particular how we approach the tasks of leading, holding, and working with the group process.

June 18/19 2011

Training Practice Weekend

Setting Boundaries: the importance of saying 'No' (Jinnie Jefferies)

Why is it important to be able to say 'No'? This weekend looks at the value of appropriate boundary setting and boundary holding for the individual, the family and society. We will draw on relevant theories from systemic, psychodynamic and psychodramatic perspectives. As the Government's Good Childhood Searching for Values in a Competitive Age Report states: "Children need unconditional love but they also need clear boundaries based on reasoned explanation."