



**Birmingham
Institute for
Psychodrama**

Therapy, Groupwork & Training

Certificate in Sociodrama and Creative Action Methods

A professional course for trainers, consultants, facilitators, group workers, teachers and a variety of community workers.

Trainers: Diane Adderley and Valerie Monti Holland

One Saturday per month from October 2020 to July 2021



**Information and
Application Form**



INTRODUCTION

The Birmingham Institute for Psychodrama (BIP) is pleased to announce a certificate course in the theory and practice of creative action methods and sociodrama. The course is most suitable for those at postgraduate level or with relevant prior experience and/or training. Participants will learn effective facilitation skills and will gain a good understanding of the appropriate use of sociodramatic 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. During the course, participants will gain:

- A practical understanding of how to enhance facilitation with creative and experiential learning.
- An understanding of the principle techniques and theory of sociodramatic and creative action methods.
- A working knowledge of other action methods, including a range of experiential learning techniques.
- Knowledge and understanding of group process.
- An enjoyable, fun and challenging group experience.

What are Creative Action Methods (CAM) and why might they be useful?

When working with groups (such as staff teams, groups of workers, committees, community groups, youth groups, people in institutions, company leaders, etc.), PowerPoint presentations are limited as a long-term strategy for learning about how we live and work together as human beings. It has long been recognised that 'action' or 'experiential' learning, involving participants imaginatively and creatively, has much greater potential for retention of ideas, insights, new ways of seeing and 'unsticking' difficult situations. CAM can provide a rich variety of structured experiential methods for use in organisational, educational, community, therapeutic and other settings. This may include group-building exercises, group problem-solving, developing and rehearsing new skills, interactive drama techniques, values clarification exercises and other activities aimed at promoting new decisions and systemic change. The methods are intended to engage the whole person, mind and body, thoughts and feelings, in inter-action with others. Some examples of situations where CAM are particularly useful are:

- Team-building
- Problem-solving
- Conflict management
- Change management
- Strategy development

What is Sociodrama and why might it be useful?

Incorporating CAM, but going much further, sociodrama is a flexible, creative, spontaneous way of working with groups, both large and small, to explore the systems we live in and which impact upon us.

Originally part of the teaching of Dr. J.L. Moreno, originator of psychodrama, sociodrama is now used across the world in endeavours such as:

- **School and higher-level teaching**
- **Cross-cultural exploration**
- **Role training**
- **Community and organisational development**
- **Storytelling**
- **Understanding the news**
- **Political change**

While this certificate course will not qualify participants to practise sociodrama in its full form, it will teach certain elements of sociodrama that can be appropriately adapted for use in participants' own work settings. These include techniques such as the empty chair, doubling, role reversal, role play, working 'in mirror' and concretisation. For participants who want to learn more about Moreno's methods, this certificate course would count towards the required hours of training leading to qualification as a Sociodramatist.





THE COURSE

Dates	
2020:	17th Oct 21st Nov 12th Dec
2021:	16th Jan 13th Feb 20th March 17th April 15th May 19th June 17th July
Times:	9:30 am - 6:30 each day. Tea and coffee provided. Participants will be invited to bring lunch to share. There are also a variety of shops and cafes close by.
Venue:	Woodbridge House, 9 Woodbridge Road, Moseley, Birmingham B13 8EH, 3 miles south of city centre.
Fee:	£1950 all inclusive (A non-refundable deposit of £500 is required to secure your place on the course. Places on the course will not be confirmed until the deposit is received. The balance of £1,450 can be paid in two instalments on 1st October 2020 and 1st March 2021 or in ten instalments from 1st October 2020 to 1st July 2021). This fee includes a year's membership of the Sociodrama and Creative Action Network and a year's membership of the British Psychodrama Association.

Course structure

There are ten monthly sessions, each lasting all day Saturday, from 9:30 am - 6:30 pm. This will give course members a total of 90 hours of teaching. The course also includes written work and tutorials, as outlined below.

Entry requirements

- **Applicants should have an undergraduate degree or equivalent.**
- **Other relevant training or experience will be considered.**

A full application to attend this course will include

- *** A completed application form from you (see attached)**
- *** A completed professional reference form (see attached)**

After receiving your completed application by post or email, we will contact you to confirm an interview. There will be no charge for interviews.

Written work and other aspects of the course

Written work requirements:

20 short reports (minimum one page A4) of what you are learning and how you are using it in your own professional setting. There is considerable flexibility in what can be considered here.

1 essay of 3,000 words which will focus on theory and a more detailed examination of how you will use your learning

Course members will also be required to keep a weekly journal / learning log, for their own reference and as a form of self-assessment.

During the course, each participant will have two tutorials with Diane Adderley or Valerie Monti Holland. These can be arranged between participant and tutor at a time to suit and may be conducted online.

It is expected that course members will complete tasks required of them at an appropriate, professional level of competence and commitment. One of these will be to form an Action Learning Set with other participants in the group. These will be arranged independently of the course hours and will be self-directed. The learning from these groups will be recorded in the journal. Participants will have the opportunity in sessions to talk about their work environment and how they can utilise the skills they are learning.

Participants who have not previously experienced psychodrama will be required to attend an open psychodrama weekend workshop at some point during the year (not included in course fees). This is to give participants the opportunity to see and experience the differences in application between clinical psychodrama (with the goal of psychotherapeutic change) and sociodrama (in wider-world contexts with a goal leading to understanding, insight and learning). We will provide information about upcoming workshops and advise on which might be most appropriate.

Participants who successfully complete the course will be awarded a *Certificate in Sociodrama and Creative Action Methods*. **It is stressed that this is not a certificate to practice as a Sociodramatist.** It is accredited by the British Psychodrama Association as a certificate course for professionals who want to gain a greater understanding of the sociodramatic method, and to incorporate creative action methods into their current practice. The hours gained on this course will qualify for Accredited Prior Learning (APL) hours should the holder of the certificate decide to train as a Psychodrama Psychotherapist at a later date or if a Diploma in Sociodrama is offered in the future. (NB: It will be at the discretion of each Training Organisation as to the percentage of APL hours counted.)

Should the participant miss up to 20 hours of this course, these hours can be made up by attendance on workshops or other related courses agreed by the tutor. If the number of missed hours exceeds 20, the participant and the trainer will negotiate the most appropriate course of action. This may result in the applicant not receiving a certificate at the end of the course.

This course has been accredited by the British Psychodrama Association.



COURSE FACILITATORS



Diane Adderley (BA Hons) is a Senior Trainer in Sociodrama and a Psychodrama Psychotherapist, accredited by the BPA (British Psychodrama Association). She is a registered member of the UKCP (UK Council for Psychotherapy) and a supervisor, qualified to work with both clinicians and trainees. After her first career as an actor and musician, Diane retrained and has now worked since 1999 as a psychotherapist, sociodramatist, supervisor and life coach in private practice in Manchester. She also undertakes consultancy and training delivery work for various organisations, for example she has recently been delivering a life coaching programme to staff who are being made redundant at a science and technology company in the northwest of England.

Diane has worked with individuals, groups, teams and conferences in private, public and voluntary sector organisations, using action methods to develop skills, resilience, insight, assertive communication and heightened both personal and professional wellbeing in her clients. From 2004-2012, Diane was the co-director of the Sociodrama and Action Methods (SAM) training school in the UK together with founder Dr. Ron Wiener and has taught sociodrama internationally in China, Greece, Sweden, Romania, Turkey, Germany, Canada and Hungary. She is the co-editor and a chapter writer of the book *Sociodrama in a Changing World* (2011, publ. www.lulu.com).

She has also contributed to other books and journals on her work in this field and was the editor of *Tele*, the BPA's newsletter for four years. Together with Valerie Monti-Holland, she is contributing to an international project, *Performers*, funded by the European Erasmus+ educational foundation, developing the training and use of sociodrama and CAM across Europe and is involved in preparing a further book on the topic. Finally, she is a director of the UK School of Playback Theatre and an Accredited Playback Theatre Trainer (APTT), having been a practitioner of this form of improvised therapeutic theatre for (nearly) 30 years with Playback Theatre Manchester, which she co-founded in 1992.



Valerie Monti Holland is a Sociodrama trainer, facilitator and coach. Following an M.A. in Applied Theatre (Univ of Manchester) and a diploma in Sociodrama and Action Methods (MPV-SAM), she has developed a portfolio of clients across the private, public and charitable sectors throughout the UK, USA, Europe and India. Her passion is finding spaces to use Creative Action Methods and Sociodrama wherever there is a developmental need whether it's with former offenders around issues of entrepreneurship, employability and training or helping women to more effectively negotiate salary, pay or conditions in the workplace to address the gender pay gap.

Valerie also designed and delivered a Bullying and Victim Awareness programme at HMP Leeds as part of the Safer Cells Initiative which aimed to reduce the number of prisoners who died by suicide. She is a director of the Flower 125 Health CIC (Community Interest Company), (www.flower125.co.uk) an award-winning emotional health and wellbeing programme for those working with children and young people that has been delivered in South Yorkshire for the last 20 years. She is a contributing chapter author in *Sociodrama in a Changing World* (2011, publ. www.lulu.com) edited by Di Adderley, Ron Wiener and Kate Kirk as well as in *Action Explorations: Using Psychodramatic Methods in Non-Therapeutic Settings* (2019, publ. Parallax Productions, Seattle, WA USA).

As a member of the Erasmus + transnational project, *PERFORMERS 2*, Valerie will also write a chapter in the forthcoming book. Short films, devised issue-orientated plays and further publications in academic and professional journals have featured in her journey to date. However, the role of which she is most proud is mother to the wonderful Sam and Hannah.

CERTIFICATE COURSE APPLICATION



Name: _____ DOB: _____ 19 _____

Current professional role and place of work, including address and post code:

Tel (Day): _____ (Evening / Mobile): _____

Home address:

Home Tel: _____ Mobile: _____

Summary of professional background and training: (Please continue overleaf if needed)

What is your knowledge and / or experience of psychodrama, sociodrama or action methods? (Including reading, prior training or experience of the methods)

What, if any, forms of personal development, therapy or counselling have you undertaken?

Why are you interested in this course?

Do you have any special mobility needs? (Please specify)

Once we receive your application, we will contact you to arrange a one-hour interview
(Interviews will be free of charge.)

Please post or email your application to:

Di Adderley E: diadderley@gmail.com Tel: +44 (0)7786 891055
6 Greengate Lane, Prestwich, Manchester M25 3HW, UK

PROFESSIONAL REFERENCE FORM



This reference relates to the application of _____
to attend the Certificate Course in Sociodrama and Creative Action Methods offered by the Birmingham Institute for Psychodrama.

To the referee: Please include in your reference the following information:

- **Your professional role and relationship to the applicant.**
- **The length of time you have known the applicant.**
- **Any observations you have about their professional practice and their ability to work collaboratively with colleagues.**
- **Any observations you may have about their capacity to successfully undertake this course.**

Please indicate whether or not you are willing for the course leaders to share any aspects of your reference with the applicant.

Please post or email your reference (on letterhead, if you have it), to the postal / email address below:

**Di Adderley E: diadderley@gmail.com
6 Greengate Lane, Prestwich, Manchester M25 3HW, UK**