



**Birmingham  
Institute for  
Psychodrama**

Therapy, Groupwork & Training

# **Certificate in Creative Counselling, Psychodramatic Techniques and Action Methods**

A postgraduate level course for professionals in mental health, teaching, counselling, coaching, social care, youth work, arts therapies, criminal justice & related fields.

**Trainers: Susie Taylor and Jeni Goodfellow-Pemsel**

One Saturday per month, October 2017 - July 2018



**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 counselling, psychodramatic techniques and action methods. The course is at the postgraduate level. Participants will learn effective facilitation skills and will gain a good understanding of the appropriate use of psychodramatic 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 counselling with creative and experiential learning.**
- **An understanding of the principle techniques and theory of the psychodramatic method.**
- **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 is Creative Counselling and why is it Useful?**

When working with individual clients or groups, there are often points when words aren't enough, or when words get in the way of communication. The client speaks words that may seem important to them, but we struggle to understand. Or vice versa. To avoid speculation and to gain a clearer understanding of the client's perceptions, we can move beyond words and involve the client in a creative and imaginative process that includes more of the client's ways of communicating. Such an approach can help in a range of situations:

- **Clients who are in conflict.**
- **Clients with unresolved trauma or loss.**
- **Clients who find it hard to understand others.**
- **Clients who feel 'stuck' and words don't help.**
- **Clients who seek advice but can't hear it.**
- **Clients who want to feel more in control of their lives.**

## What is Psychodrama?

Psychodrama is a holistic method of group psychotherapy in which people are helped to actively explore situations from their life - past, present and future. With sensitively guided facilitation, participants in psychodrama present scenes from life in order to examine areas of concern, better understand themselves and their history, overcome fears, improve their relationships, express thoughts and emotions, practise new skills or prepare for the future. The scenes enacted may be based on memories of specific events, current or past relationships, unfinished situations, desired roles or inner dramas and conflicts. Developed by Psychiatrist Dr. J. L. Moreno in the 1920s, psychodrama was the first recognised method of group psychotherapy and is fully accredited within the United Kingdom Council for Psychotherapy (UKCP).

While this certificate course will not qualify participants to practise psychodrama in its full, psychotherapeutic form, it will teach certain elements of psychodrama that can be appropriately adapted for use in participants' own work setting. These include techniques such as the empty chair, doubling, role reversal, role play, working 'in mirror' and concretisation (making the inner world tangible). For participants who go on to complete the full diploma in psychodrama psychotherapy (a four-year, part-time course), the certificate course will count towards the required hours.

## What are Action Methods?

Action methods include a rich variety of structured experiential methods used in organisational, educational, community and therapeutic settings. This may include group-building exercises and other activities such as group problem-solving, developing and rehearsing new skills, interactive drama techniques, values clarification exercises and activities aimed at promoting new decisions and personal change. The methods are intended to engage the whole person, in mind, emotions, body and action.



<b>Dates</b>				
<b>2017:</b>	14th Oct	18th Nov	9th Dec	
<b>2018:</b>	20th Jan	17th Feb	17th March	14th April
	19th May	16th June	14th July	
<b>Times</b>	9:30 am - 6:30 each day. Lunches, tea and coffee provided.			
<b>Venue</b>	Woodbridge House, 9 Woodbridge Road , Moseley, Birmingham B13 8EH, 3 miles south of city centre.			
<b>Fee</b>	£2,850 all inclusive (can be paid in three or ten instalments). This includes a year's membership of the British Psychodrama Association. £150 discount if people pay in full by 14th October 2017.			
<b>Course structure</b>	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 <b>90 hours</b> of teaching. The course also includes written work and tutorials, as outlined below.			

### Entry requirements

- Applicants must be at least 23 years old.
- It is helpful if applicants have some knowledge of psychodrama, which may include prior reading or experience of the method.
- A completed application form and an appropriate professional reference.
- Applicants must attend an interview with one or both course tutors as part of the application process.

### 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

The course will include three pieces of written work. Two of these will focus on theory and will be 2,000 words each. The third will focus on how the participant will integrate the new skills they have acquired into their current working practice. This will be 4,000 words.

During the course, each participant will have two tutorials with Susie Taylor or Jeni Goodfellow-Pemsel. This can be arranged between them at a time to suit. Course members will be required to keep a weekly journal / learning log, for their own reference and as a form of self-assessment.

It is expected that course members will complete tasks required of them at an appropriate, professional level of competence and commitment.

Some of the sessions will be run as group tutorials where certain papers or chapters will be read and discussed. Participants will have the opportunity to talk about their work environment and how they can utilise the skills they are learning.

It is important that course members also understand and experience the psychodramatic method in order to be aware of the difference between gaining skills in various psychodrama techniques and being a fully trained Psychodrama Psychotherapist. This would be gained separately from the course (e.g. by attendance at a weekend workshop) if a participant has not already had prior experience of psychodrama.

Participants who successfully complete the course will be awarded a *Certificate in Creative Counselling, Psychodramatic Techniques and Action Methods*. **It is stressed that this is not a certificate to practise as a Psychodramatist, and is not suitable for entry onto the UKCP register.** It is accredited by the British Psychodrama Association as a certificate course for professionals who want to gain a greater understanding of creative counselling methods and the psychodramatic method, and to incorporate action methods in 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. (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 other psychodrama courses / 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



**Susie Taylor** (UKCP registered psychodrama psychotherapist) is Co-Course Leader of the Birmingham Institute for Psychodrama and is registered with the BPA as a Senior Trainer. She was also the co-founder of the Oxford Psychodrama Group. She has run psychodrama training groups internationally in Greece, Finland, Montenegro, Macedonia, Serbia, Croatia, Slovenia and Taiwan. She has an ongoing commitment to psychodrama training in both Serbia and Croatia. Susie originally trained as an Occupational Therapist and worked in mental health settings from 1975-84. Since qualifying as a psychodramatist in 1983, she has been in continuous practice as a therapist in clinical groups, individual work and supervision. Her clinical work includes working with offenders in Grendon prison; Roman Catholic Brothers, Priests and Sisters; alcoholics; victims of abuse; and people with personality disorders. Susie was a co-founder of the BPA and serves on the Accreditation Committee and the Executive Committee of the BPA. She is registered with the UKCP as a clinical supervisor.



**Jeni Goodfellow-Pemsel** is a state registered dramatherapist (HCPC), a psychodrama psychotherapist (UKCP) and a clinical supervisor. She has worked in education for 11 years as a counsellor/ arts psychotherapist and currently runs process groups for Nottingham University. She has 7 years of experience as a lecturer, delivering on the MA counselling and counselling children and young people programme. Jeni has a private practice in Nottingham, delivering both individual and group work, and she is also employed as a senior therapist and training manager for a creative arts therapy team, working with professionals, families, young offenders and traumatised children and young people. She has a specialism in working with looked after children and their families, using an integrative and systemic approach.

**Contact:** Course Administrator, Birmingham Institute for Psychodrama, 45 Whetstone Close, Birmingham B15 2QN

**Tel:** 0121 454 4909 or 07961 517 135. Or contact Susie Taylor directly on 01527 873 822

**Web:** [www.birminghampsychodrama.co.uk](http://www.birminghampsychodrama.co.uk)

**Email:** [admin@birminghampsychodrama.co.uk](mailto:admin@birminghampsychodrama.co.uk)

# CERTIFICATE COURSE APPLICATION



Name \_\_\_\_\_ DOB \_\_\_\_\_ 19 \_\_\_\_\_

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

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Tel (Day): \_\_\_\_\_ (Evening / Mobile): \_\_\_\_\_

Home address: \_\_\_\_\_

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Home Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_

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

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

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

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Why are you interested in this course?

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

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**Once we receive your application, we will contact you to arrange a one-hour interview**

(Interviews will be free of charge and will take place in Birmingham or in Bromsgrove, which is on the southern boundary of Birmingham).

**Please post or email your application to: Clark Baim, Course Administrator, Birmingham Institute for Psychodrama, 45 Whetstone Close, Birmingham B15 2QN**

**Tel. 0121 454 4909 or 07961 517135. Or contact Susie Taylor directly on 01527 873 822**

**Email: [admin@birminghampsychodrama.co.uk](mailto:admin@birminghampsychodrama.co.uk) Web: [www.birminghampsychodrama.co.uk](http://www.birminghampsychodrama.co.uk)**

# PROFESSIONAL REFERENCE FORM

This reference relates to the application of \_\_\_\_\_  
to attend the Certificate Course in Creative Counselling, Psychodramatic Techniques  
and 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.**



**Clark Baim**  
Course Administrator  
Birmingham Institute for Psychodrama  
45 Whetstone Close  
Birmingham B15 2QN

**Tel:** 0121 454 4909  
**Mob:** 07961 517 135  
**Email:** [admin@birminghampsychodrama.co.uk](mailto:admin@birminghampsychodrama.co.uk)  
**Web:** [www.birminghampsychodrama.co.uk](http://www.birminghampsychodrama.co.uk)