The British Association of Dramatherapists



Chaos & Love

British Association of Dramatherapists
2020 On-line Conference and AGM
27th-29th November

Chaos and Love

Presents, Pasts and Futures in Dramatherapy

Friday 27 November 2020 – Sunday 29 November 2020

Online on Zoom and YouTube

When we chose the theme of Chaos and Love for this year's conference I am not sure any of us could have predicted the chaos of a pandemic and lockdown on our work and our lives. The original date in September where we were due to meet in Chester went from certain, to probable, to hopeful, to cancelled. And yet, our community found ways to lovingly connect in these strange times. From Zoom meet ups to the conversations between us.

As we adjusted to the new life and the impact it had on our personal lives, the executive committee turned their attention back to the conference and to the submissions. As is so often the case in dramatherapy, what appears to be dead is waiting to be resurrected in a new way.

A first online conference for BADth. As with much of the work which has moved online, it is not the same as an in-person conference. But it's difference brings as many opportunities as it brings obstacles.

Maybe for some of you, this will be the first conference you can afford to attend in terms of time or money. Maybe there is a joy that the online scheduling does not put the two most interesting sounding workshops at the same time.

If you wanted to, you could attend all 24 of this year's conference programme across the weekend. We encourage you to select the workshops , papers and events which most appeal to you so that you can attend in spirit as well as in body, rather that succumbing to Zoom fatigue where it becomes difficult to take it all in.

Most events will have the same Zoom code but we encourage you to book through Eventbrite so we can tell the speakers how many people are expected to come. Some events need to be booked specifically including the two members meeting (The AGM and GM) and the Saturday morning workshop which has a capacity of 12.

Schedule: Main Stage

	Fri 27/11/2020	Sat 28/11/2020	Sun 29/11/2020
8.00		Persephone and the Pomegranate seeds. - *Jeanette Glasser*	Time to Be - *Louise Best & Kate Adams*
8.30			
9.00		BADth Members General Meeting	
9.30			Into the light: where Dramatherapy and Spirituality meet. - *Eshmit Kaur & Hsiao-Mei Feng*
10.00	Paper		
10.30	Workshop		
11.00	Other		Who Says I'm An Addict?! Dramatherapy In Rehab: Understanding Addiction and recovery. *Simon Marks*
11.30			
12.00			
12.30		Why So Serious? - *Rosie Bufton*	Religion/spirituality and dramatherapy, tensions and harmonies: drama-based research. - *Mandy Carr*
13.00			
13.30			
14.00	Opening, Keynotes by *Linda Winn & Nisha L Sajnani*	Proud Work: Arachne, Athena and Me. - *Marianna Vogt*	Workshop: In the beginning - *Mary Smail*
14.30			
15.00			
15.30		Self Discovery through PTSD - *Zohar Avron*	The Myth of The Singing Tree, The Talking Bird and The Water of Life: An Enactment of Love, Memory and Imagination. - *Charlotte Wilmer-Barbrook & Kathy Miller*
16.00			
16.30	Introductory Workshop: Writing for the Dramatherapy Journal		
17.00		Am I me or my learning disability?: A journey with children and young people to enrich their sense of self. - *Helen Milward*	When the Therapist needs treatment following a life changing personal event. - *Tara Thornewood*
17.30			
18.00	BADth Members Annual General Meeting		
18.30		The listening stone programme by Whirling wheels theatre company. - *Donna Jennings*	Standing on solid ground: Honouring chaos without losing one's footing. - *Elena Skreka & Nathalie Friel*
19.00			
19.30			
20.00		Dance of Chaos and Love - Zoom Disco	Closing Ceremony
20.30			
21.00			
21.30			
22.00			

Schedule: Vision Quest Community Hub

Friday 13:00 – 13:30 The Bookstall by Bookmark

Friday 20:00 – 21:00 An investigation into the ghost light - *Theatre Arts in Health Subcommittee*

Saturday 11:00 – 12:30 Celtic Connections: Storytelling and Discussion – *Regions Open Space*

Saturday 12:30 – 13:00 The Bookstall by Bookmark

Saturday 14:00 – 15:00 Once upon a time … ever after! – *Sam Adams*

Saturday 17:00 – 18:00 Once upon a time … ever after! – *Sam Adams*

Sunday 11:00 – 12:00 Inclusion & Visibility Matters: Let's Talk - *Inclusion & Visibility Subcommittee*

Sunday 15:00 – 15:30 Poster: How does dramatherapy facilitate change? – *Yolanda Calzado et al.*

Sunday 17:00 – 18:00 Queer Space – *Alliance Against Conversion Therapy Working Party*

Vision Quest Community Hub

Vision Quest Community Hub is a virtual space being offered at the conference as an alternative for those not attending a workshop or presentation at that time. The Executive would like to offer this space for use by the regionals and or subcommittees to informally connect with the themes of the conference in any way you choose and that also speaks to going forward. This may for example be an informal dialogue, a facilitated creative process, or presentation of work happening in your region and or in a subcommittee. In this regard it may also include a pre recorded film or PowerPoint that you would like to share with members.

Your virtual space can be held for up to 60 minutes, and will be scheduled to start about the same time as a workshop or presentation and ending just before. If this is something you would like to take advantage of please be in touch with samanthaadams@badth.org.uk with a brief description and the title of your space alongside the subheading (Vision Quest Community Hub). You will then be contacted with a proposed time and slot for Saturday or Sunday. If you have a preference let us know. The Executive very much hopes this space may begin something of the process of letting go of times present and past, to help us look to the future of our Dramatherapy Community.

Friday 27 November 2020.

13:00 – 13:30. The Bookstall by Bookmark.

John Tuffney from Bookmark will be hosting two talks across the weekend (Friday and Saturday) to talk to you about books. Go and hear about what has been published recently. Ask about books mentioned in the workshops. Ask about books for your area of work.

There is a page set up for books associated with the conference sold at specially reduced prices here: BADTH Special Conference Page

Bookmark's regular page for dramatherapy titles also offered at discounted prices can be found here: Dramatherapy on PsychologicalTherapyBooks.co.uk

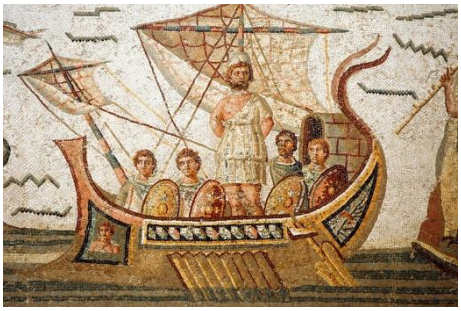
They are also offering conference delegates an amazing extra discount of 15% off the already reduced prices on their current clearance sale pages that can be found here: Book Clearance Sale

Get the discount by adding at the checkout the same promo code you have been using to book the conference events.

Browse all Psychological books at: Psychological Therapy Books

14:00 – 16:00. Keynote Speeches.

Chaos and Love: Presents, Pasts and Futures in Dramatherapy.



In this keynote, Dr. Winn will draw on her research with veterans. She will consider liminal space in the time of Covid-19. What does it mean to us as dramatherapists; healers; the wider communities and for those we seek to assist. She will look back to Homer's Odyssey to how it may inform life's current challenges and practice. She will include the voices and views of veterans that contributed to her research.

This session is being recorded.

The Great Wave



In this keynote, Dr. Sajnani will draw on Hokusai's famous painting, The Great Wave off Kanagawa, to present a perspective on the need for intercultural dialogue and global collaboration in our field within this period of rapid socio-political and technological change. She will offer examples of past collaboration in dramatherapy during the height of the first wave of the pandemic and current efforts to address a tsunami of mental health needs alongside concurrent and intersecting efforts to advance racial justice. Finally, she will offer a vision of future collaboration in drama therapy with examples drawn from efforts undertaken by the World Alliance of Dramatherapy.

Presented by:

Linda Winn PhD, Dramatherapist, Registered Nurse and Psychotherapy Superviser. She currently works in the NHS as a Specialist Psychological Practitioner in a Perinatal Service whilst continuing to write and research. She has worked with combat veterans and their families and carers for over 40 years. Publications include: Post Traumatic Stress Disorder and Dramatherapy; Evaluation of the impact and changes to attitudes to military mental health following The Shell Shock Performance; The Warrior's Journey in Chesner & likou (Eds.)Trauma in the Creative and Embodied Therapies and Experiential Training for Staff in Dokter (Ed.) Arts Therapies and Clients with Eating Disorders.

Nisha Sajnani, PhD, RDT-BCT is the Director of the Program in Drama Therapy and Theatre & Health lab at New York University, Editor of Drama Therapy Review, founding member of the World Alliance of Dramatherapy and the Critical Pedagogies in the Arts Therapies Organizing Group, and president of the Foundation for the Arts and Trauma. She is the co-editor of Trauma-Informed Drama Therapy (Charles C. Thomas - with David Johnson) and is currently co-authoring Intercultural Drama Therapy (Routledge - with Ditty Dokter) and An Introduction to Research Methods for Drama Therapists (Intellect - with Christine Mayor and Calli Armstrong). Dr. Sajnani is a past president of the North American Drama Therapy Association.

https://www.eventbrite.co.uk/e/chaos-love-presents-pasts-and-futures-in-dramatherapy-keynote-speeches-tickets-127934390205 Member Promo Code for free access: BADTH2020

16:30 – 17:30 Introductory Workshop: Writing for the Dramatherapy Journal



Writing a paper for the Dramatherapy Journal can be a daunting prospect. The workshop will make more transparent the submission process with respect to following the author guidelines, the presentation and formatting of your submission and the importance of adhering to ethical principles. You will also learn how to move from initial ideas to the final draft and submission of your article. You will learn how to structure your paper, work with revisions of your drafts and suggestions on how you can improve and develop yourself as a writer and author with increasing confidence.

This session is being recorded.

Ann Dix has been a dramatherapist for 30 years, working with children, families and schools- both in the community, and as part of a school counselling service. Ann is a supervisor, trainer and a published author; co-editing Dramatherapy with Children, Young People and Schools (Routledge 2012) and writing a therapeutic children's book called Little-mouse Finds a Safe Place (Worth 2016) Ann has developed a programme for working with children who have experienced domestic abuse. She is Acting Deputy Editor and the longest standing member of the Editorial Board for BADth's journal, Dramatherapy.

Drew Bird, Ph.D., is senior lecturer on the MA dramatherapy programme and lead for post- graduate research in therapeutic arts at the University of Derby. He is editor of Dramatherapy, the journal of the British Association of Dramatherapists (BADth). His background is in working with children and

young people who have experienced trauma and adult mental health. Recent research interests and publications have focussed on heuristic inquiry, arts-based research, a/r/tography and dramatic improvisation and performance as research into therapy and teaching practice.

https://www.eventbrite.co.uk/e/introductory-workshop-writing-for-the-dramatherapy-journal-tickets-127936971927 Member Promo Code for free access: BADTH2020

18:00 – 20:00. *BADth Annual General Meeting.*

All BADth members are invited to attend the online AGM and online General Meeting.

Please see the following document for the agenda, list of nominations and motions, and the minutes from the 2019 meeting: AGM/GM INFORMATION 2020

The business of an Annual General Meeting shall comprise:

- the election of Executive Committee members;
- the consideration of the Annual Report and Accounts presented by the Treasurer;
- the fixing of the annual subscription

Register in advance for this meeting before 26 November 2020:

https://zoom.us/meeting/register/tJAtf-Gupj4oHtFgR7Rax4dU3rvuuLpH2i2M

Once your registration is approved, you will be emailed a link to the Zoom meeting which will work for the Annual General Meeting and the General Meeting (you do not need to register twice).

Step by step instructions to register, attend and vote here

All full members and honorary members who register to attend the AGM will be emailed a unique voter ID on the morning of 27 November 2020.

Members who are not attending the AGM should follow the usual postal voting or proxy voting systems which can be accessed by following the above link: AGM/GM Information 2020.

Other categories of members are welcome to attend the AGM but will not have a vote.

20:00 – 21:00 An investigation into the ghost light - Vision Quest Community Hub



"A ghost light is an electric light that is left energized on the stage of a theatre when the theatre is unoccupied and would otherwise be completely dark. " (Wiki)

A virtual space to shine light on the physical spaces 2020 has brought closure too. To illuminate, to energise, to honour the unoccupied.

Open space hosted by the Theatre Arts in Health subcommittee.

https://www.eventbrite.co.uk/e/theatre-arts-in-health-vision-quest-community-hub-tickets-129180565549 Member Promo Code for free access: BADTH2020

Saturday 28 November 2020.

08:00 – 09:00. *Workshop*: Persephone and the Pomegranate seeds.



Persephone is split. For six months of the year, she lives with Hades in the Underworld; for the other six months of the year she lives with Demeter, her mother, on Earth. Whilst Persephone is in the Underworld, Demeter is bereft (lockdown isolation comes to mind) and weeps, mourning her absent daughter. The rains, just like the mother's tears, fall and the Earth is barren.

And what of the messenger who comes to collect Persephone from one world to transport her to the next? This dynamic moment also lends itself to reflect on our current work and lives within the chaotic external world and its pressures. Where have we come from, where are we going, which way do we turn? What will inform our decision-making going forward?

If you wish to explore love, validation and resilience at this poignant time in our history through enacted moments from this key myth, then this is the workshop for you!

This creative, interactive online workshop will be restricted to 12 delegates so that delegates have the choice of either taking on, for exploration, one of the four key character roles at a moment that resonates particularly for you in the myth, or you might choose to take on the role of witness, to observe the enactments of others and engage in the discussion that follows. There will be a brief time for everyone's personal reflections stimulated by the enactment by the end of the workshop, and delegates will have the opportunity to process the material with their own drawings/sketches and some written words of expression. No need to research the myth beforehand. I will retell you the story when we start. In the event that that the workshop is full, and you wish to take part, please leave your details with Amy as I am able to repeat the workshop the following weekend at a minimal charge.

This session is being recorded.

Jeanette Glasser MA Dramatherapist/Clinical Supervisor.

I work therapeutically in a progressive school in London in the Learning Support department, primarily with students with ASD; I supervise trainee counsellors and therapists; I have a private practice from home, and coach drama and medical students.

Please note, this workshop is limited to 12 people and must be booked

https://www.eventbrite.co.uk/e/persephone-and-the-pomegranate-seeds-tickets-127944865537

Member Promo Code for free access: BADTH2020

09:00 – 11:00 *BADth General Meeting.*

All BADth members are invited to attend the online General Meeting.

Please see the following document for the agenda, list of nominations and motions, and the minutes from the 2019 meeting: AGM/GM INFORMATION 2020

The business of a General Meeting shall comprise:

- The consideration of Annual Reports from the Sub-Committees
- The introduction of resolutions and motions pertaining to the running of the Association

Register in advance for this meeting before 26 November 2020:

https://zoom.us/meeting/register/tJAtf-Gupj4oHtFgR7Rax4dU3rvuuLpH2i2M

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11:00 – 12:30 Celtic Connections: Storytelling and Discussion - Vision Quest Community Hub



A space to hear and connect to legends and myths from our regional areas, and to think about how they might be used in practice.

Open discussion hosted by the different region subcommittees.

https://www.eventbrite.co.uk/e/celtic-connections-storytelling-discussion-vision-quest-community-hub-tickets-129178812305

Member Promo Code for free access: BADTH2020

12:30 – 13:30 *Paper*: Why So Serious?



> *I never would have made it if I could not have laughed. It lifted me momentarily out of this horrible situation, just enough to make it livable. — Viktor Frankl*

This zoom session is an exploration of humour in therapy, healing and comedy and the role of laughter in recovery. Is it ok to laugh at trauma? To make jokes as therapists? Dramatherapy draws from a range of theatrical styles and humour is integral to many, we are clowns and fools and improvisors but what of the stand up comics?

Drawing from reflection on practice, personal experience, research, literature and many nights in comedy clubs, this interactive exploration aims to generate discussions on the theme and maybe crack a few jokes.

> *Even the gods love jokes — Plato*

This session is being recorded.

Rosie Bufton: Dramatherapist, Mental Health Practitioner and Poet. Swansea Slam Poetry Champion 2019.

https://www.eventbrite.co.uk/e/why-so-serious-tickets-127945469343

Member Promo Code for free access: BADTH2020

12:30 – 13:00. The Bookstall by Bookmark.

John Tuffney from Bookmark will be hosting two talks across the weekend (Friday and Saturday) to talk to you about books. Go and hear about what has been published recently. Ask about books mentioned in the workshops. Ask about books for your area of work. Special discounts available.

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14:00 – 15:00 *Paper*: Proud Work: Arachne, Athena and Me.

My paper uses the story of Arachne, who received the skill of weaving from Athena, to explore the tension between orthodoxy and innovation and between art-and-work for its own sake, and the need for recognition.



Arachne is an astonishing and proud weaver. Her matter-of-fact pride enrages Athena, goddess of needlework. She sees Arachne's pride as hubris, and is galled at the lack of deference paid to her, who bestowed the gift of weaving to people in the first place. Arachne, though proud, is not motivated by glory, but by artistic integrity and love of the practice.

As a dramatherapist, I grapple with how much validation I need and how much deference I must pay my elders.

I have a strong unorthodox streak. I am a syncretist, and can bridle at institutions. I have not felt a strong connection to BADTh, though I am grateful for its history and advocacy: without it I would not have a recognised title as a clinician. The recent turmoil within BADTh has left me wondering why I have never connected strongly with the institution despite being a member since qualifying.

Athena transforms Arachne into a spider. Is this really a tragedy? She gets to weave beauty in dark corners and bare branches. For me, that's often enough. But then I feel compelled to write, publish, present at conferences…

This paper explores the tension between authority and irreverence, recognition and absorption in the private processes of therapy and writing.

This session is being recorded.

Marianna Vogt (dramatherapist & supervisor) works in private practice, schools and teaches on the MA Movement course at RCSSD. She peer reviews for Dramatherapy. Past presentations include "The Significance of Attachment to Place" (ECArTE 2015), "Unlink/Relink: Therapeutic Exploration of the Great Chain of Being" (ECArTE 2017), and "Encounter: Meeting, Mapping, Making Place" (PPLG 2019).

https://www.eventbrite.co.uk/e/proud-work-arachne-athena-and-me-tickets-127946301833

Member Promo Code for free access: BADTH2020

14:00 – 15:00 Once upon a time … ever after! - Vision Quest Community Hub



This year's Conference closing will be facilitated by Storyteller & Dramatherapist Sam Adams. If you'd like to contribute to naming and welcoming the archetypes and story that emerges over the weekend, please join Sam in the community hub at the scheduled time on Saturday afternoon and or Sunday morning to create and commune with the story that will be shared at the closing of conference!

https://www.eventbrite.co.uk/e/once-upon-a-time-ever-after-vision-quest-community-hub-tickets-129179377997 Member Promo Code for free access: BADTH2020

15:30 – 16:30 *Paper*: Self Discovery through PTSD.



As an M.A student, I was assigned to a group of veterans that suffer from chronic PTSD. They've been meeting for over a decade and participate in different art therapy groups. They were already working with a Dramatherapist and I wasn't meant to replace her. How was I to create a second group that didn't impose or compete and simultaneously gain the trust and cooperation of these complex patients?

Trying to form my own identity as a Dramatherapist while complying with the requirements of my assignment meant I had to refine what I saw in Dramatherapy and imagine what could be. I ended up creating what was essentially a reading rehearsal, where every week my group and I read through a new-to-them scene, whether it be Shakespeare, Moliere or Brecht.

Every week, we ritualistically boarded an imaginary plane and flew through a combination of real and imagined memories: those of character, playwright, patient and therapist, memories that were both spoken and unspoken.

Because of PTSD my actors were inclined to rigidity and could not easily immerse themselves in play. While searching with them, I had to find my own freedom and agility and found myself imagining for them when they couldn't afford too. With them, I discovered that things which flared my imagination as a Theatre actress, gained new context and meaning when combined with the rich world of Dramatherapy and I started recognizing an idea of what kind of therapist I wanted to be.

This session is being recorded.

Zohar Avron, M.A. Dramatherapist in both public and private sectors. Works with adults, adolescents and children. Specializes in trauma and PTSD.

https://www.eventbrite.co.uk/e/self-discovery-through-ptsd-tickets-127947439235

Member Promo Code for free access: BADTH2020

17:00 – 18:00 *Workshop*: Am I me or my learning disability?: A journey with children and young people to enrich their sense of self.

There is a richness from engaging and working therapeutically with those with learning disabilities; the discovery of the space created, the client led nature of the work and the holding of the opportunity to be whoever the client wants to be; who they truly are deep within.

For many of the children and young people I work with they carry the 'label' of their disability. I have seen shifts in attitudes towards those with learning disabilities over the years; from a time when little was expected from people with learning disabilities and they faced 'infantalisation', to expanding opportunities, practices and research into individual developments; increased expectation of potential achievements and a focus on 'age appropriate' interventions and individualisation. But are we still missing something? Do we truely see the individual behind the disability? What does dramatherapy do to reach those unseen parts and let them out and how can we promote and continue understanding of those with learning disabilities; to give individuals a voice and for society to not see the costume but see the individual?

In this workshop I will briefly highlight the work of the arts therapies team at the Eden Academy Trust and the multi-disciplinary approach integrated across the therapies and the classroom. The workshop will then explore ideas and ways to further promote individualism and engage with the clients to find a way for themselves to remove their 'disability mask'.

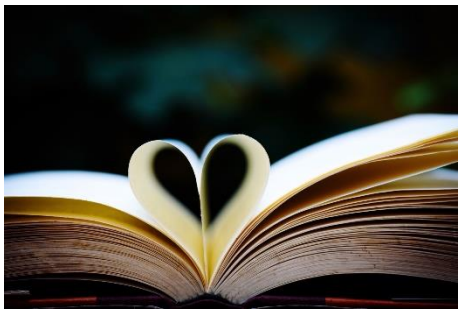
This session is being recorded.

Helen Milward is a Sesame trained Dramatherapist and is currently the Arts Therapy Service Manager at the Eden Academy Trust, specialising in working with pupils with learning difficulties. This work has led to many opportunities to develop research and understanding of working with this client group, as well as present and offer training, both internally and externally. She has previously presented at the BADth Conferences in 2016 and 2018.

https://www.eventbrite.co.uk/e/am-i-me-or-my-learning-disability-tickets-127947948759

Member Promo Code for free access: BADTH2020

17:00 – 18:00 Once upon a time … ever after! - Vision Quest Community Hub



This year's Conference closing will be facilitated by Storyteller & Dramatherapist Sam Adams. If you'd like to contribute to naming and welcoming the archetypes and story that emerges over the weekend, please join Sam in the community hub at the scheduled time on Saturday afternoon and or Sunday morning to create and commune with the story that will be shared at the closing of conference!

https://www.eventbrite.co.uk/e/once-upon-a-time-ever-after-vision-quest-community-hub-tickets-129179496351 Member Promo Code for free access: BADTH2020

18:30 – 19:30 *Workshop*: The Listening Stone



This workshop will be via zoom and will be interactive. Donna will give a brief intro and introduction to her government recognised work with refugee's and programmes in India, followed by a workshop on the Listening stone programme, The Listening stone is a ten week programme based around a specifically written story .The workshop will equip participants on how to use stories and text with children who have experienced trauma loss or bereavement. Though the workshop is aimed at those working with children, therapeutic stories as you know can also be a great tool to use with adults.so you are also welcome to attend the workshop if you work with adults. The workshop is underpinned theoretically by Erikson's psychosocial developmental phases and Sue Jennings theory on Embodiment projection and Role. In this workshop you will be invited into the world of Little No - Name an orphan who takes a risk and dives into the oceans of chaos where she has to overcome many obstacles. On her perilous journey she hears the call of Love leading her to her true identity and sense of Destiny and purpose.

For the workshop you will need some paper and coloured pens or paints and if possible some quick drying modelling clay and of course your imaginations.

This session is being recorded.

Donna C Jennings

Donna is an HCPC registered Dramatherapist from Roehampton University with an MA in Dramatherapy and is a Cross professional- Clinical Supervisor in reflective practice. She has worked in clinical and voluntary settings with adults, adolescents and children, and delivers training in dramatherapy Supervision and trauma work in In various countries and Scotland, Donna is also the Founder and director of For the Love of a Child (FLOC) a Charity that helps children and their families at home and abroad. FLOC was established by Donna and her husband Tom following the tragic death of their son Samuel, FLOC'S first project "The Sam's House-Little friendly Space - Project" was set up in honour of his memory. A Sam's house offers safe therapeutic play spaces to little Syrian refugee children (in tented settlement areas) that have experienced trauma due to war, conflict and loss. (www.fortheloveofachild.org.uk)

Donna is passionate about training and equipping others to help children, young persons and families deal with the effects of bereavement /trauma and ACES, and has written psycho-social therapeutic programs for parents/ professionals in educational voluntary and Clinical settings to help them creatively engage children, to help process some of their trauma. She is particularly keen on early intervention and the power of creativity stories and play to offer timely interventions to help children not get stuck developmentally in their trauma, but to help them build trust ,explore express and unlock pain to help them build resilience and hope for the future.

https://www.eventbrite.co.uk/e/the-listening-stones-tickets-127948378043

Member Promo Code for free access: BADTH2020

20:00 – 22:00. *Social*: Dance of Chaos and Love Disco.



This year's Dance of Chaos and Love Disco will offer exactly that. It's 90 minutes taking us all the way back to the 60s and then back again! And unlike the world-famous discos of Studio 54 and the Ministry of Sound there is no dress code. Wear whatever you want to show off your best dance moves.

Disco Joining Instructions

- Wear whatever you like and put up any fairy lights, glitterballs and coloured lamps that you have around the house – it makes a big difference to the atmosphere for you.
- Connect the music up to speakers if you have them.
- The music will be played via Zoom so the DJ will need to mute everyone once the disco starts. Otherwise you'll end up having to dance with horrible sound feedback for the duration.
- If you're using a computer to listen to the music we'd recommend using Chrome as other browsers can be temperamental.

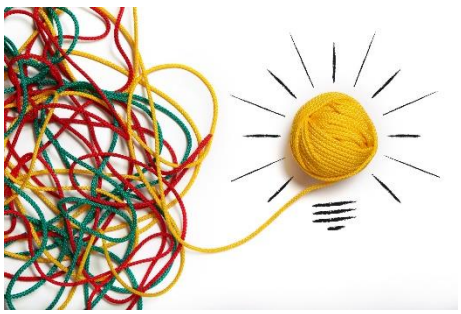
Pete Darby-Knight

Peter began their on-line DJ-ing career back in March of 2020 and has played at a number of internationally renowned on-line discos. These have included, "their 47th birthday celebrations", "their friend's 50th" and "their next-door neighbour's Halloween party." In their spare time Peter is a dramatherapist. They are delighted to be DJ-ing for the inaugural on-line BADth disco.

https://www.eventbrite.co.uk/e/social-dance-of-chaos-and-love-disco-tickets-127942815405

Sunday 29 November 2020.

08:00 – 09:00 *Workshop*: Time To Be.



This research has emerged out of a collaborative project between a counsellor/psychologist and a dramatherapist.

Working with a group of 8 young people from a local secondary school, we employed a dramatherapy structure combined with elements of psychoeducation on the

neuroscience of the teenage brain. A growing body of research provides evidence as to why this phase of development can be both chaotic and enriching, and the intention was to tap into the adolescent's own imaginations, to help them make sense of what is going on for them as individuals. There was an additional aim of enabling them to articulate their experiences and learning to others through a creative mode of their choice, thus taking dramatherapy and counselling beyond the therapy room.

Working alongside the young people, we found ourselves both challenged and inspired by the group and the creative material generated. Our findings could be described as 'living data' and we feel it would be beneficial to share our experience of:

- Collaborating two modalities: how this enhanced our work and how this approach might broaden the future life of dramatherapy in educational settings.
- The benefits of a dramatherapy structure to support both psychoeducation and healing, and how we can share this learning where it matters most.
- Our growing understanding of the internal and external chaos of the adolescent experience.

This session is being recorded.

Louise Best graduated from The University of Roehampton in 2019 with a Masters in Dramatherapy. She is currently Community Associate at The Watermill Theatre, Newbury.

Kate Adams (MSc Psychology, post-diploma qualification counselling children and young people) is Deputy Clinical Lead at Time To Talk and counsels in a local secondary school.

https://www.eventbrite.co.uk/e/time-to-be-tickets-127949900597

Member Promo Code for free access: BADTH2020



09:30 – 10:30 *Workshop*: Into the light: where Dramatherapy and Spirituality meet.

Spirituality is a concept based on individual needs and attitudes. Spiritual elements can be universal but people may interpret multiple meanings based on their own experiences, environment and belief systems (Bauman, 2009).

There is a "valid apprehension" discussing spirituality within the Dramatherapy profession (Smail, 2016) and thus important that we create a space to explore this or it becomes periphery and misunderstood in our profession. We offer the opportunity to explore our diverse interpretations and practices of Dramatherapy's relationship with spirituality so we become aware of its potential in working with clients.

This workshop will explore the idea that the spirit exists within all, and we do not have to be bound to a single belief system to access spirituality. We will facilitate the opportunity to connect with spirituality through the use of guided imagery and imaginary play. This may reveal new meanings about our relationship to a higher consciousness or the Self. Through this, we may be exposed to new vulnerabilities and unfamiliarities that we as Dramatherapists should continue to explore and welcome. By doing so, we may reveal parts of us that have not yet met clients and therefore have not yet been present in the space with them.

This workshop invites you to be open to the unknown and to be willing to explore the Self through the joining of two powerful mediums. When we encounter the Self, we meet our past and present. Dramatherapy, with spirituality, may allow us to feel more resilient towards our future.

This session is being recorded.

Eshmit Kaur is Sikh; **Hsiao-Mei Feng** is Catholic; both are second year Dramatherapists at the University of Derby. This workshop is supported by Dr Drew Bird: a Buddhist, Dramatherapist and lecturer at the University of Derby.

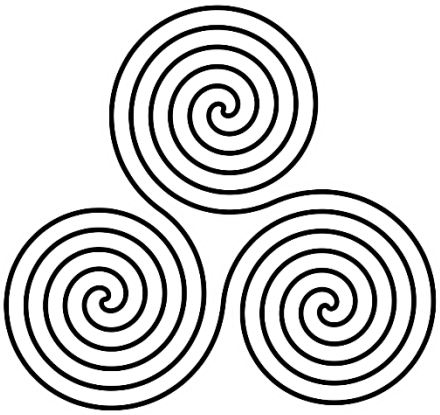
https://www.eventbrite.co.uk/e/into-the-light-where-dramatherapy-and-spirituality-meet-tickets-127950095179 Member Promo Code for free access: BADTH2020

11:00 – 12:00 *Workshop*: Who Says I'm An Addict?! Dramatherapy In Rehab: Understanding Addiction and recovery.

As practitioners, how do we support clients struggling with substance misuse and addictive behaviours? What do we understand about their struggle? It might be an alien territory for you, and you feel out of your depth. Perhaps you have experience with friends and family who live, or have lived with addiction.

Or may be you have identified your own patterns of addictive behaviours that you find difficult to manage, or now have under control. What's your drug of choice? Alcohol, nicotine, marijuana, food, sugar, sex, work, caffeine, exercise, rescuing, shopping or relationships? But when do these habits and dependencies become an actual addiction? At what point is someone no longer able to control the very thing they do to help them cope or survive in life - to the point when it might be taking over, or even killing them?

The chaos of addiction and it's out of control spiral into unmanageability, isolation and hopelessness, not only ruins the lives of those affected, and everyone around them - but it can end them too. Yet the word addict is mired in so much stigma, shame and judgement, it can become a barrier to recovery, not just for the client – but the clinician too. Meanwhile, the actual mental, physical and spiritual process of addiction might be misunderstood by some healthcare professionals. Denial can be a dangerous form of enabling which can get played out in the therapeutic relationship. Without a proper understanding, well-meaning interventions for those still actively using can be futile.



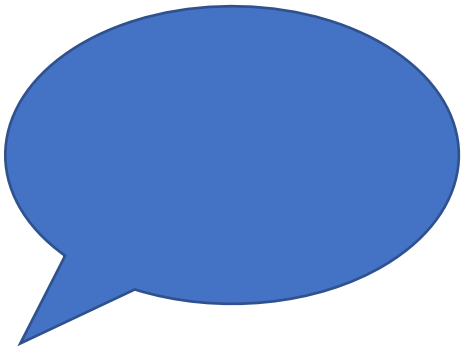
In this Zoom workshop taster session, I'll be sharing my lived experience as a recovering addict and my clinical work as a dramatherapist in rehab, as an introduction to help you better understand addiction with compassion, empathy and insight. Together, we'll explore what addiction is, where it comes from, it's link to attachment, childhood trauma and the limbic brain - and crucially, how to recover from it.

Simon Marks is a dramatherapist and addictions counsellor and has worked at Mount Carmel Rehab centre in London since 2016. As part of the team, he delivers their addiction treatment programme. Simon also runs a private practice in Central London for gay men, specialising in LGBTQ+ mental health, addiction, chemsex, trauma and co-dependency. He delivers a full range of training

programmes in these areas. Simon graduated from Roehampton University in 2016. He has been clean and sober for 13 years since September 2007, and remains in longterm recovery.

https://www.eventbrite.co.uk/e/who-says-im-an-addict-tickets-127950323863

Member Promo Code for free access: BADTH2020



11:00 – 12:00 Inclusion & Visibility Matters: Let's Talk! - Vision Quest Community Hub

The Inclusion & Visibility Subcommittee would like to invite you to the launch of a new project where we're setting up an informal space to talk and explore, to learn and unlearn, to come together and connect, to proactively address unconscious biases. Please listen to/watch the following talk on Healing Racialised Trauma.

https://www.eventbrite.co.uk/e/inclusion-visibility-vision-quest-community-hub-tickets-129180679891 Member Promo Code for free access: BADTH2020

12:30 – 13:30 Workshop: Religion/spirituality and dramatherapy, tensions and harmonies: drama-based research.

The session will start with a presentation of Mandy Carr's current doctoral research, exploring whether dramatherapists feel able to express their religious, belief, faith or spiritual identities within the profession. Given that religion is a protected characteristic in the Equalities Act 2010 (http://www.legislation.gov.uk), there may be important implications if the research reveals that this key aspect of identity is unconsciously overlooked, repressed or discouraged.

The religious/spiritual aspects of self which are the focus of this study, can be hard to put in words. Behar sees 'the larger desire to speak from a deeper part of ourselves' as 'the goal of all artistic expression.' (2008, p60). Perhaps drama-based enquiry can elicit a depth of material that may be impossible through words alone.



Mandy will discuss how she facilitated drama-based research based on Augusto Boal's techniques, particularly imagework. His underlying philosophy of equality and democracy, echoes her research methodology. The approach is phenomenological and every interpretation equally valid. Augusto Boal commented, 'there are no misreadings, only multiple readings.' (xx, 1995)

She will also present the preliminary findings from her research. Finally, the group will be asked to consider the implications of the material, reflecting creatively and through discussion.

References

Behar, R., 2008. Between Poetry and Anthropology: searching for language of home. In: Cahnmann-Taylor, M., and Siegesmund, R., eds. Arts-Based Research in Education: Foundations for Practice. New York and Abingdon, Oxon., Routledge.

Boal, A., 1995. Translated by Jackson, A. The Rainbow of Desire. London and New York. Routledge.

This session is being recorded.

Names of presenter(s) and mini-biography(s) (50 words maximum):

Mandy Carr is a dramatherapist, trainer and clinical supervisor. Previously a senior lecturer in dramatherapy and convenor the BADth Equality and Diversity Sub-Committee, she is currently a student on the professional doctorate programme offered by the Cambridge Theological Federation in partnership with Anglia Ruskin University. Publications include 2018 'Dramatherapy and Religion: (Un) comfortable Bedfellows? In Honour of Dr Roger Grainger' (with Ditty Dokter) *Dramatherapy* 39, No.1, pp.16-28, Routledge.

https://www.eventbrite.co.uk/e/religionspirituality-dramatherapy-tensions-and-harmonies-tickets-127950632787 Member Promo Code for free access: BADTH2020

14:00 – 15:00 Workshop: *In the beginning*



The conference looks towards the great service of Dramatherapy today and in the future, while seeing how love and chaos are always present in anything which is living and growing.

It also calls on us to consider the past and at the inspiration, visions and courage of the founders who each in their own way contributed to the making of a therapy which places story, drama, movement and performance as mediators of transformation and healing. They brought through gold.

In this workshop, we will take a mythical journey backwards together to recall the differing treasure resources which underpin each of the various Dramatherapy trainings. We will fly back to the past to retrieve what was important then, and from these strands, co-create our own *In the Beginning* creation myth to honour what has gone before and include ourselves in the tale.

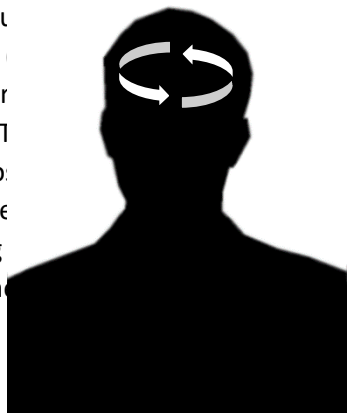
Mary Smail is a Dramatherapist/Psychotherapist, Trainer and Supervisor working in private practice under the name of *SoulWorks UK.* She has found that the best way of travelling through life is by the guidance of stories and the seeing of the imagination and trusts this implicitly.

https://www.eventbrite.co.uk/e/in-the-beginning-tickets-127951214527

Member Promo Code for free access: BADTH2020

15:00 – 15:30 Poster: A mixed-methods test of the dramatherapy Meta-Processes Model of Change using a sample of UK dramatherapists

Researchers e.g. Dokter & Winn (2010), have argued there is a need to re
facilitate change in dramatherapy in order to advance dramatherapists' u
processes and the status of the discipline. Cassidy, Turnbull and Gumley
by subjecting 13 papers which provided 'thick' descriptions of dramather
theory analysis to produce the meta-process model of change (MPMC). T
'meta-processes' i.e. core dramatherapy processes that are present acro
approaches and that lead to therapeutic change. The meta-processes are
'working alongside', 'establishing safety', 'choice and control' and 'being
et al suggested that further study was necessary to test the validity of th



the present study was to conduct a mixed-methods test of the MPMC using a sample of UK dramatherapists. Eight dramatherapists' experiences were explored to see if they reported Cassidy et al's meta-processes as being central to their work and bringing about change in their clients' lives. This was done in two ways: using semi-structured interviews focusing on the dramatherapy process, and a short, structured survey-type questionnaire that described Cassidy's model and asked specific questions about it such as rating how important each of the 5 meta-processes were to dramatherapy. An analysis of the data collected showed that overall, the participants data provided broad support for the MPMC and its main elements.

View the poster here: https://prezi.com/view/mTOBOJMAK2Qxfm2pV615/

This session is being recorded.

Yolanda Calzado Gil, BSc, MA, member of BADth and registered with the HCPC, is a drama and movement therapist, actor and psychology & counselling graduate.

Ailsa Parsons, BSc MSc MA CPsychol RDMP fHEA, is a chartered psychologist, wellbeing coach and dance movement psychotherapist at the University of Salford.

John Allbutt, BSc, MPhil, PhD, PGCE, is a psychologist and independent researcher.

https://www.eventbrite.co.uk/e/how-does-dramatherapy-initiate-change-tickets-129179873479
Member Promo Code for free access: BADTH2020

15:30 – 16:30 *Workshop*: The Myth of The Singing Tree, The Talking Bird and The Water of Life: An Enactment of Love, Memory and Imagination.



Two Sesame elders will facilitate a workshop using their experience from life, personal therapy and work with clients spanning twenty seven years of practise. Participants will have the opportunity to enact a myth which explores presents, pasts and futures through symbols and rich archetypal figures.

The enactment begins by using the Sesame framework of a Laban physical warm up to awaken the body and ground us in the present moment. This is followed by the bridge where we will use imaginative exercises to awaken the personal unconscious and create links to the myth. Next the group will be invited to listen to and enact the story. With reference to Landy's role identity, individuals will be able to choose a character or part which resonates with them and explores the conference themes of love, memory and imagination.

Different types of love will be explored as well as Jung's shadow counterparts of jealousy, rage and hatred. The myth embodies the nurturing of the self and one's imagination as new communities, characters and treasures are discovered. Finally, grounding exercises will bring participants back to the here and now, concluding with the therapists leading self-nurturing exercises and time for reflection.

As the elders of Sesame, we continue to offer storytelling, myth enactments, movement and dance to our clients to support their healing and growth. Where words may be illusive or an intrusion, dramatherapy offers a powerful, alternative treatment, but it is important we continue to evidence this practise in today's society ensuring its future.

Charlotte Wilmer-Barbrook and **Kathy Miller** qualified as Sesame Therapists in 1993. During their extensive careers they have worked individually and together with adults, young people and children experiencing complex trauma. Both work in private practise; Charlotte specialises in educational settings and Kathy specialises in family therapy within the NHS.

https://www.eventbrite.co.uk/e/the-myth-of-the-singing-tree-the-talking-bird-and-the-water-of-life-tickets-127951772195 Member Promo Code for free access: BADTH2020

17:00 – 18:00 *Workshop*: When the Therapist needs treatment following a life changing personal event.

"Trauma is a fact of life " – Peter.A.Levine.

However, even in today's climate of heightened public awareness in relation to both societal and individual mental health needs, there continues to be a level of denial. Some therapists still feel a sense of shame at acknowledging our own susceptibility to the breakdown of our personal mental health. Friends, family and even professionals may think or even say "…But you are the expert – why can't you heal yourself ?"

Tara will be drawing from the experience of writing her contribution to a chapter in a 2020 Routledge published book on Trauma and the Arts Therapies, and her co-presentation along a similar theme at last year's conference. She will be opening up a dialogue with regard to participant's early experiences of trauma, our current understanding of it, and what changes in the collective consciousness are needed, going forward.



This workshop will provide opportunities for personal stories to be thought about and for some to be shared safely. To what extent do our early experiences of trauma shape our current practice, and which qualities and quantities of these early and current experiences are healthy to bring into our future practice ?

In particular, negotiating fitness to practice, before, during and after a life changing experience. Specifically, we will explore relationships with colleagues and institutions such as the NHS.

"Bringing people and their stories together for healing and change" is the energy force behind Tara's private practice – http://www.storiesathome.co.uk

This session is being recorded.

Tara Thornewood – Dramatherapist / Visiting Lecturer at Anglian Ruskin University/community theatre director /Mother of three teenage girls/ cancer survivor. After a career spanning 30 years, Tara is currently deepening her research and understanding of trauma, particularly in relation to negotiating fitness to practice following a life-threatening illness.

https://www.eventbrite.co.uk/e/when-the-therapist-needs-treatment-following-a-life-changing-personal-event-tickets-127951962765 Member Promo Code for free access: BADTH2020

17:00 – 18:00 Queer Hour - Vision Quest Community Hub



BADth has signed up to the Alliance Against Conversion Therapy.

The LGBTQ+ Matters working group would like to invite you to have a nuanced conversation about lived experiences of themes around gender identity, gender expression, and sexuality in the therapy space, as part of BADth's inclusion in the Memorandum of Understanding on Conversion Therapy in the UK and our commitment that any Ban on conversion therapy must be for sexual orientation AND gender identity. Please read documents provided in advance.

https://www.eventbrite.co.uk/e/queer-space-vision-quest-community-hub-tickets-129180461237

Member Promo Code for free access: BADTH2020

18:30 – 19:30 *Workshop*: Standing on solid ground: Honouring chaos without losing one's footing.

In settings where dysregulation is rife, a climate of chaos can materialise. As therapists, we hold the hard stories of others, ideally without getting drawn into a client's tumult. However, we all come with rich histories of our own and work more effectively when we acknowledge what triggers us and work on ways of nurturing ourselves back in touch with what is present. Chaos can be a state of complete disorganisation but also a state of change and transition. In Chaos Theory, chaos generates within dysregulation in order for patterns to break, leaving space for new to emerge towards a new state of regulation.

How can we face chaos in our journey of finding a new order- a solid ground, adjusted and regulated in response to the present?

How do we sustain ourselves as therapists?



This Dramatherapy-based practical workshop is inspired by Pinkola Estes' writings on the archetypal 'feral woman' and aspects of Chaos Theory related to the themes of transformation and rebirth. We will explore the themes and metaphors alive through the fairytale of The Red Shoes. We invite participants to traverse through the depths of this tale to uncover the strength and hope that lies within and explore the dynamical changes conveyed.

> *"This normalizing of the shocking and abusive is refused by repairing injured instinct. As instinct is repaired, the integral wild nature returns. Instead of dancing into the forest in the red shoes until all life becomes tortured and meaningless, we can return to the handmade life, the wholly mindful life, re-make our own shoes, walk our walk, talk our own talk". By Clarissa Pinkola Estés*

Nathalie Friel qualified as a Dramatherapist in 2017. Since then she has worked with CYP at a SEMH school, adolescents who are adopted; adolescents living with/affected by HIV at a trauma-informed charity and women affected by DV (including therapeutic workshops with mothers and their children) at a specialist DV organisation. Nathalie is a theatre practitioner and former member of an all-girl alternative choir.

Elena Skreka is a Dramatherapist, specialising in working with children. She currently works in schools with bereaved children and children with social, emotional and mental health needs. She is also a Language, Literature and Drama teacher and a physical theatre artist. She has studied Drama and Movement Therapy, Drama, Physical Theatre, English and American Literature and Culture, Linguistics and Translation.

Please note, this workshop is limited to 15 people and must be booked

https://www.eventbrite.co.uk/e/standing-on-solid-ground-honouring-chaos-without-losing-ones-footing-tickets-127952199473 Member Promo Code for free access: BADTH2020



20:00 – 21:00 *Closing Ceremony*: Once upon a time … ever after!

This year's Conference closing will be facilitated by Storyteller & Dramatherapist Sam Adams. If you'd like to contribute to naming and welcoming the archetypes and story that emerges over the weekend, please join Sam in the community hub at the scheduled time on Saturday afternoon and or Sunday morning to create and commune with the story that will be shared at the closing of conference!

https://www.eventbrite.co.uk/e/closing-ceremony-once-upon-a-time-ever-after-tickets-127952622739 Member Promo Code for free access: BADTH2020

YouTube Content

The listening stone performance by Whirling wheels theatre company

A short performance extract of the newly formed therapeutic theatre company "Whirling wheels" listening stone piece using dance/drama/puppets. (From the Badth innovation fund).

Donna C Jennings is the Founder and director of For the Love of a Child (FLOC) a Charity that helps vulnerable and needy children at home and abroad. Donna is an HCPC registered Dramatherapist from Roehampton University with an MA in Dramatherapy and is a cross professional Clinical Supervisor, author/speaker/trainer. She has worked extensively in clinical and voluntary settings and is passionate about helping children and their families overcome trauma loss and bereavement.

Watch here: https://badth.org.uk/training/badth-conference-2020/youtube-content

The Tiny Wand Collective: Coming Together for Drama as Therapy in India, from Within and Without.

Friday 13th December 2019 marked the formation of the Tiny Wand Collective: a fellowship of dramatherapists and other drama-based therapeutic practitioners pledging to work together to help shape the future of the field in India. In this paper, we will explore this moment in history through two autoethnographic accounts; reflecting on this process of coming together, from an Indian and a British perspective. From both within and without, we will celebrate and critique the many possibilities of dramatherapy, as well as the act of coming together to build on the past in order to foster a bright future.

Anshuma Kshetrapal will provide a perspective rooted in the dual nature of dramatherapy in India: between an indigenous, rigour-based approach to the arts as a healing space and a westernised, pedagogical form of psychotherapy practice. She will discuss the conversation between these two existing paradigms, and the tentative collaborations which grow out of this space. In this context, notions of education, standardisation, and globalisation will be explored, alongside cultural heritage, adaptability, and socio-cultural pressures. In her role as facilitator and co-organiser of the events in which the collective was formed, she will provide an insight into the process of creating a community.

Mike Clarke will instead consider the fragility of contributing to this process as someone from the outside. While acknowledging the joy of shared ideals and a love of drama as a therapeutic tool, this must be balanced with an awareness of cultural sensitivities and the postcolonial context.

Anshuma Kshetrapal is a Drama and Movement Therapist with an MA in Psychosocial-Clinical Studies and another in DMT (Sesame). She is founder of The Color of Grey Cells and co-founder of The Arts Therapists Co-Lab (TATC). Anshuma also designs curriculum and teaches certificate and diploma arts therapy courses across India.

Mike Clarke is a Sesame-based practitioner based in Tunbridge Wells, Kent. He currently works with West Kent Mind, alongside studying for a PhD at the University of Roehampton: researching the significance of animated comedy in framing notions of good-enough masculinity, from a psychoanalytic perspective.

Watch here: https://badth.org.uk/training/badth-conference-2020/youtube-content

Booking

Conference: keynotes, workshops, papers, open space, socials.

Non-members	Not available. Please contact the BADth office for details of how to sign up as an associate member or full member. franflemming@badth.org.uk
Members	Pay what you feel for all 3 days including YouTube content

**This year has been a strange year for many, rather than charge a set amount we are inviting people to pay an amount they believe is appropriate and affordable for their circumstances.*

The following workshops have opted to restrict their numbers. Places will be allocated on first come first served with a waiting list. please make sure you select those options specifically.

- Sat AM: Persephone and the Pomegranate seeds.
- Sun PM: Standing on solid ground: Honouring chaos without losing one's footing. - Elena Skreka & Nathalie Friel

Conference and workshop booking is online through Eventbrite.

https://www.eventbrite.co.uk/o/british-association-of-dramatherapists-31697859619

Member Promo Code for free access: BADTH2020

These are the direct links to join all talks. We kindly request that you book where possible so that workshop leaders know who is coming. We provide these links to aid your navigation incase emails get lost in spam.

Main Stage:	Zoom Meeting ID: 479 108 2467	Passcode: BADTH2020
Vision Quest:	Meeting ID: 786 939 7978	Passcode: BADTH2020

AGM & GM

You must register to attend the Annual General Meeting and General Meeting.

Register in advance for these meetings:

https://zoom.us/meeting/register/tJAtf-Gupj4oHtFgR7Rax4dU3rvuuLpH2i2M

Once your registration is approved, you will be emailed a link to the Zoom meeting which will work for the Annual General Meeting and the General Meeting (you do not need to register twice).

All full members and honorary members who register to attend the AGM will be emailed a unique voter ID on the morning of 27 November 2020 for the AGM and 28 November 2020 for the GM.

Members who are not attending the AGM should follow the usual postal voting or proxy voting systems which can be accessed by following the above link: AGM/GM Information 2020.

Other categories of members are welcome to attend the AGM & GM but will not have a vote.