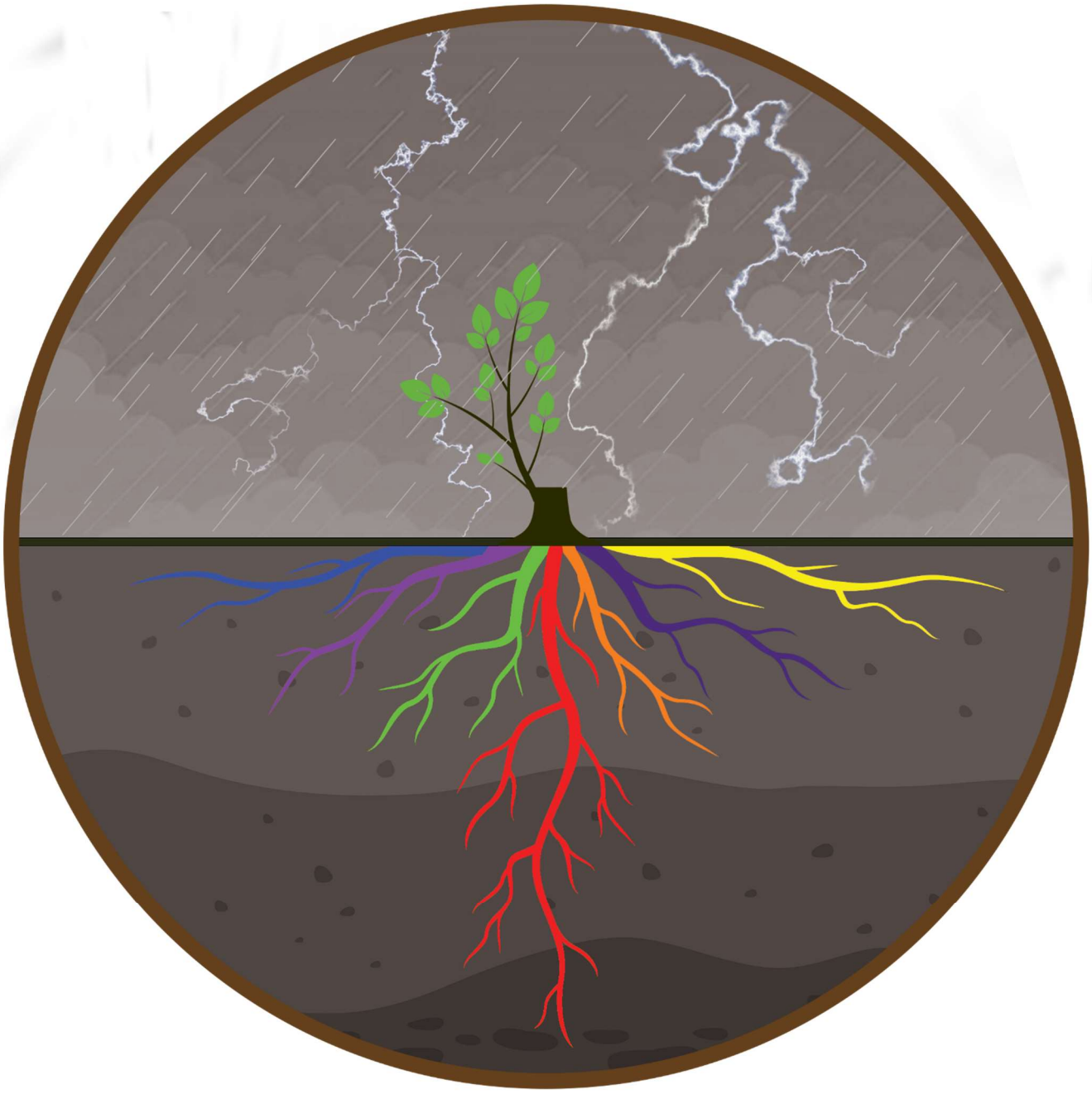
BADth Conference 2022

Weathering The Storm: Self-Care in an age of burnout



Monday 19th September – Sunday 25th September: ***Online***

Friday 30th September – Sunday 2nd October: ***The Albert Hall, Nottingham***

Self Care

A prolonged period of covid-19 and lockdowns has adversely impacted on the mental health of many[1].

Research has shown that those who are already marginalised have experienced the added stress even more adversely and Covid has widened health inequalities for those with pre-existing health conditions or those from non-white communities.

As the mental health experts, we are trained to bring light to the shadows and warmth to the numb. But in recent years, to be these mental health torchbearers we have been living through the same pressures as our clients. We need to keep our own light burning to help others. How do we protect our torch in the storm?

NHS Managers report they are concerned about staff wellbeing. Rises in staff stress is impacting sickness leave and staff turnover[2]. This is not just in the NHS, many sectors have experienced stress and pressure during the past years either due to overwhelm stress of services being stretched to meet the rising need in difficult situations, or through underwhelm stress of not being able to support service users in the midst of the disruptions and infection prevention precautions. Burnout is reducing staff at a time of increased need[3].

This conference seeks to share research and ideas which explore themes of grit, resilience, self-care, stress reduction and returning to work after being signed off. There are selfcare practices for therapists and there is content to support others facing burnout.

There are two conferences this year, an in person and an online. You may buy each separately or there is a discount for buying together. We are also not increasing prices after a set time this year; the price is fixed but you are encouraged to book early for a greater choice of workshops.

When invited to submit content, presenters were able to choose different types of submissions. Their choices are indicated in the details to help with your selection, the full description of the types are:

- Interactive workshop –participants are invited to engage in an experiential activity. This may demonstrate a particular approach to dramatherapy. This is a learn by doing session but may include elements of presentation/performance to help set the scene.
- Paper or oral presentation – the sharing of research, a project, a report, some policy analysis, or a case study. The material is presented with some interactive elements designed to illustrate the subject area.

- Discussion – reflection on and a particular subject and the hosting of a discussion on this by the facilitator. This might be an open discussion or an “in conversation” between a panel of 2 or more presenters, possibly with audience Q&A.
- Embodied or sensory session –an interactive session where the main aim is the embodied experience for the participants. This might include movement, voice, yoga, relaxation, meditation, walking in nature, circus skills…
- Installation/Art Exhibit – a collection of art/objects which invite people to reflect on a particular topic/area. This may be supported by annotated notes, or an audio guide to accompany the display, or the work may stand alone.
- Performance/Theatre – this could be therapeutic theatre, autobiographical theatre, play text, verbatim theatre, new writing, forum theatre, playback theatre, mask, puppetry, mime, dance, movement, improvisation, theatre as research... It may include a short interactive section at the end such as Q&A or workshop.

[1] bma-the-impact-of-covid-19-on-mental-health-in-england.pdf

[2] Workforce burnout and resilience in the NHS and social care - Health and Social Care Committee - House of Commons (parliament.uk)

[3] Workforceburnout and resilience in the NHS and social care (parliament.uk)

Front cover conference Image created by Henry - palegg.co.uk

Online Schedule

Tuesday 20 Sept 2022

19:00 – 20:30 Monologues from the Lockdown

Wednesday 21 Sept 2022

19:00 – 20:30 Launching Religion & Spirit Matters Working Group

Thursday 22 Sept 2022

19:00 – 20:00 Rhythm and Connection - a Neurodivergent Perspective

Friday 23 Sept 2022

12:30 – 14:00 The Ripples of Covid; Moving through the Landscape of Change

19:00 – 20:30 Speed Mentoring

Saturday 24 Sept 2022

10:00 – 11:30 Trauma Tapping - a self-care tool

13:00 – 14:00 Let's Talk about burnout through an intersectional lens

19:00 – 21:00 Overcoming Sudden Stills

Sunday 25 Sept 2022

10:00 – 11:30 Journal Workshop

13:00 – 14:30 Trauma Tapping - a self-care tool (*REPEATED DUE TO POPULAR DEMAND!)*

15:00 – 17:00 Astrodrama: Exploring the Use of Astrological Archetypes in Drama Therapy for Filipinos in the United States

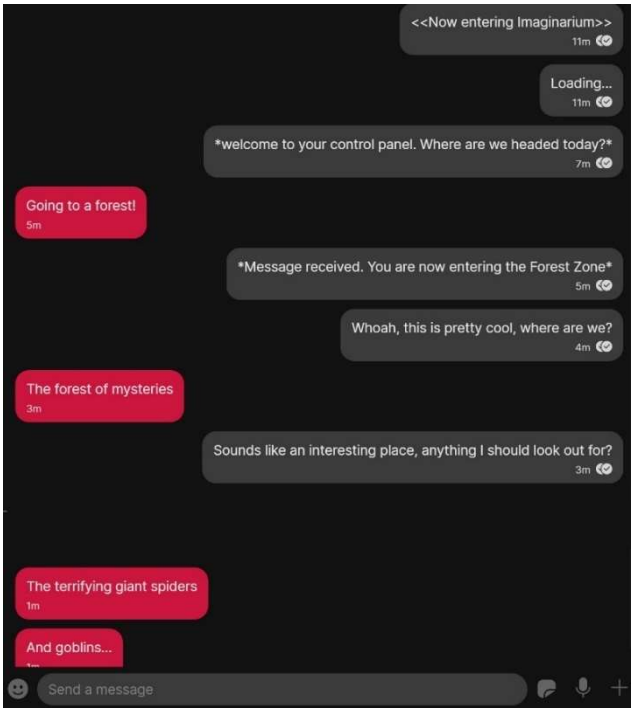
Monday 26 Sept 2022

18:30 – 19:30 Dramatherapy in Education

Online Conference

Mon 19 Sept 2022 - Sun 02 Oct 2022

Care to Text?



Capacity: 1 - 1000

Length: N/A

What type of submission: Interactive workshop

Room: Facebook

Blurb: COVID-19 has shown us the need for innovative methods to connect with our communities and clients. In South Africa, many clients and therapists found that connecting over WhatsApp messenger and other text-based interventions succeeded where our Zoom calls failed, and our data plans ran out. But what happens to embodiment and play when our drama therapy sessions are reduced to text on a screen? Is it possible to connect with each other sight unseen?

As part of her PhD research on playfulness in text-based drama therapy, Monique is exploring the opportunities that text-based interventions offer us, inviting us to explore our creativity, improvisation, role-taking, and self-care.

In response to the rise of the COVID-19 online conference format, where we may miss out on the in-between moments of connection and creative reflection, you are invited to interact with a text-based drama therapy intervention, guiding you through a playful process of reflection, connection to self, and nourishing creativity. Prompts will be posted daily, and should you feel called to, responses can be shared using the conference hashtags on social media.



Presenter Bio:

Monique Hill is a Drama Therapist, Certified Cyber Therapist, and Therapeutic Game Master from South Africa. She is currently based in Phuket, Thailand, where she runs an online drama therapy practise which serves clients in South Africa and across Asia. Monique is a passionate Geek Therapy proponent and loves sharing the possibilities of the online therapeutic space with other drama therapists.

Tue, 20 Sept 2022, 7:00 PM - 8:30 PM

Monologues from the Lockdown – An experience of Autobiographic Theatre with Gestalt Psychotherapists and Counsellors

Capacity: 8 - 150

Length: 90 minutes

What type of submission: Paper or Oral presentation

Room: Zoom

Blurb:



This interactive session presents the results of an action-research based on Autobiographic Therapeutic Performance conducted with Gestalt psychotherapists and counsellors in Italy, after the COVID-19 lockdown. The participants created monologues that weave autobiographical stories with significant objects they had chosen to represent the discovery of unexplored parts of themselves during the lockdown. On stage, each participant imagined that an object representing their experience during the lockdown had words, memories and emotions, and made it speak and act as if it was alive.

This case study explores the synergies between Autobiographic Therapeutic Performance (ATP) and Gestalt psychotherapy. We investigate how ATP could be a specific tool to work on the psychosocial impact of COVID-19 with mental health professionals and reflect on the role of dramatization in shaping autobiographical memory.

We recommend the intentional use of Autobiographic Theatre to accompany the elaboration and integration of traumatic experiences as a form of Adversity Activated Development and a way to creatively share the uncertainties of the present and positively cope with the its symptoms (bereavement, anxiety and loss of an image of the future).

Presenter Bio:



Angelo Miramonti is Community Theatre Professor in the Fine Arts University in Cali (Colombia), Testimonial Theatre lecturer in Würzburg University (Germany) and registered drama therapist in Italy. He founded the “Arts for Reconciliation” Project in Colombia, exploring the use of arts to accompany dialogue among former combatants and victims of the armed conflict. He authored three books and a number of articles on the use of arts in psychosocial and therapeutic work.

Wed, 21 Sept 2022, 7:00 PM - 8:00 PM

Launching Religion & Spirit Matters working group



Capacity: 8 - 300

Length: 60 minutes

What type of submission: Discussion

Room: Zoom

Blurb:

“All healing is spiritual healing because of the recognition of the mind/body/spirit connection.” (Schrader, What is Ritual Theatre, 2012, p. 40)

“Dramatherapy is a spiritual therapy, because from time to time, it becomes an acted mysticism” (Grainger 1995, 21)

How do we work with beliefs in the dramatherapy space? As part of a holistic healing; how can we welcome a client's religious identity within the therapy process? Some therapists may choose to hide their own faith identity from their clients; others show their religion through clothing or symbols. Whether it is outwardly visible or not, when considering co-transference, how does the therapists own spirituality show up in the therapy relationship?

We know that we must have done our own work before we can help clients - the work of our own faith identity is primarily located outside of our lives as dramatherapists but there is an interface. What do we disclose and when? How does our religion transform our practice? How does our practice shape our beliefs?

The launch of the Religion and Spirit Matters group gives a space to explore this interface. It is a group where dramatherapists from many different faith or beliefs traditions can discuss together how their own religion and their client’s faith show up within the therapy space.



Presenter Bio: Amy Mackay is part of the Christian Arts Therapists group exploring the intersection between the identities of arts therapist and Christian. Prior to qualifying as a dramatherapist in 2018, Amy worked for two interfaith charities bringing together different religious groups to explore diversity and increase community cohesion. Amy was elected to the Executive Committee for the Interfaith Network for the UK where she helped to shape national policy for interfaith engagement. In 2020 Amy walked the Camino de Santiago, a 6 week Christian pilgrimage from Southern France to Western Spain; this was a deeply spiritual and life changing experience.

Thu, 22 Sept 2022, 7:00 PM - 8:00 PM

Rhythm and Connection - A Neurodivergent Perspective



Tom Morley and New Art Exchange 1

Capacity: 8 - 300

Length: 60 minutes

What type of submission: Interactive workshop

Room: Zoom

Blurb:

Dramatherapist Kathy Akers discovered carnival drumming 12 years ago, and it has been part of their essential self-care ever since; informing their work with clients, and impacting on their wellbeing, confidence and focus. Kathy will talk about their own journey through the highs and lows of being a neurodivergent therapist; who works with young people in the recovery from complex trauma; and where a journey through drumming has made an impact. We will think together about how rhythm-based activities can be worked into dramatherapy sessions... so get your pans and wooden spoons at the ready!

Presenter Bio:



Kathy Akers (they/them) is a Dramatherapist, BADTh Registered Supervisor, and Associate Lecturer, who has been drumming in carnival groups since 2010.

Kathy founded the Rhythm and Joy Project in 2018, leading sessions for community groups, and is a band leader for Can Samba in Nottingham.

Friday, 23 Sept 2022, 12:30 PM – 2:00 PM

The Ripples of Covid; Moving through the Landscape of Change



Capacity: 15 - 20

Length: 90 minutes

What type of submission: Embodied or sensory session

Room: Zoom

Blurb:

A creative and embodied workshop, guiding participants through their personal and professional relationship to Covid and the Pandemic past, present and future. Acknowledging wounds and struggles and forming pathways to healing.

The workshop aims to explore somatically the internal and external landscape during this time and how it has impacted and shaped the participant's relationship to, and work with dramatherapy.

- What has the pandemic stripped you of?
- Is there a remaining residue of loss or weight being carried from the experience?
- What has Covid been responsible for and brought about (positive and negative?)
- Did the pandemic offer any gifts?
- Was hope found or experienced?

We will then move to the present, discovering how the landscape has been transformed and how to work and live in an environment trying to recover and heal from a global & ecological trauma.

- What ripples through into this new world?
- What have you carried with you into this new world?
- What needs holding onto?
- What needs releasing?
- How can our experiences during the pandemic become catalysing forces for a different way of working, living and caring for ourselves?
- Finally we will look to the future, exploring hopes, fears and fantasies of a nurtured landscape and what is needed to make it flourish.

Participants will be invited to move, mark-make, sculpt, imagine and artistically create these landscapes and be given opportunities to reflect personally, in break out rooms and as a group.

Presenter Bios:

ReLight was set up in 2018 in Bristol by Rosie Strain and Linsey Clark and was born out of a recognition of the need to offer creative, educational and therapeutic initiatives which have respect, support, guidance,

creativity and nourishment of body and soul at their centre. Our aim is to listen to the need of the therapeutic arts community and offer training, workshops and events facilitated experientially through shared learning and personal development.



Rosie is a Bristol based HCPC & BADth registered dramatherapist, supervisor & facilitator in practice since 2006. As well as a private practice in creative arts psychotherapy and clinical supervision, Rosie is involved in a Bristol based charity offering services to frontline health & care workers to address burn-out and PTSD worsened by the pandemic. She is the Chair of Dramatherapy Southwest (www.dramatherapysoutwest.co.uk) and sits on the Badth Supervision Sub-committee. Rosie is also a storyteller with a great passion for using stories as a therapeutic tool and uses it fairly regularly with her children.



Linsey is co-founder of Relight and an educator, clinical supervisor and registered Humanistic Dance Movement & UKCP psychotherapist (DMP). She has been working in this field for 20 years in the charitable sector (Dance Voice Bristol) and now in private practice and palliative care. She has an embodied and creative approach to developing relationships and allowing space for the body mind connection to evolve. Linsey relates somatically engaging the felt sense to provide a permissive, freeing and empowering therapeutic process for the client, both adults and children. Linsey transfers this approach into her role as supervisor, educator and facilitator providing spaces to learn and develop whether on a bespoke workshop, supervision training or University lecturing.

Fri, 23 Sept 2022, 7:00 PM - 8:00 PM

Speed Mentoring



Capacity: 20 - 40

Length: 60 minutes

What type of submission: Social/Networking/Fun event

Room: Zoom

Blurb:

"When I am numb, how can I make myself connected? I can't. But I can try to create an environment that is welcoming for connection if it should turn up."
— **Kae Tempest, On Connection**

Speed mentoring is a riff on speed dating that allows trainees and early career Dramatherapists to meet multiple dramatherapist mentors in a short time. This will be a fun event designed to build bonds and connections in our community.

If we can care for each other then we will flourish together!

Presenter Bios:



Sarah Bradley is a dramatherapist and member of the BADth executive, she was co-opted in early 2021 and was elected later that year. She trained at the University of Roehampton and qualified in 2017, She previously stood as the link person for dramatherapists in Scotland. Sarah works across Glasgow and Dundee in schools and community settings and she co-runs a young person's dramatherapy service at Dundee REP theatre.



Heather Turkington is a dramatherapist based in County Armagh, having graduated from Maynooth University in Kildare in 2018. She worked as a dramatherapist in an adult male mental health residential and nursing facility until March 2022, when she took up a post as psychological trauma dramatherapist in the Belfast Trust. Heather is passionate about promoting dramatherapy within the NI NHS Trusts, as well as working towards creating a dramatherapy Masters' course in Northern Ireland. Heather is the NI rep for dramatherapy in AHPFNI (Allied Health Professionals Federation Northern Ireland), is a Council member of IACAT (Irish Association of Creative Arts Therapists), and is an Executive Committee member of BADth. She has a specific interest in mental health and trauma and specialises in one-to-one sessions.

Sat, 24 Sept 2022, 10:00 AM - 11:30 AM

Trauma Tapping- a self-care tool



Capacity: 8 - 12

Length: 90 minutes

What type of submission: Interactive workshop

Room: Zoom

Blurb:

Trauma Tapping Technique (TTT) is a Self-Care tool that can be easily learnt and used by therapists and clients alike. It is linked to the Emotional Freedom Technique that uses specific acupressure points on the body to relieve tension and stress. TTT can be used without words and Liz first started using it whilst working with refugees in Greece. It helped relieve sleeplessness, anxiety, depression and trauma. Liz

continues to use TTT in her practice and clients feed back that they find it helpful as an everyday self-care tool. TTT uses a specific set of techniques that can be learnt in 10 minutes and you can treat yourself, treat others or treat large groups.



Presenter Bio:

Liz Merrick works as a Dramatherapist in private practice in West Yorkshire. She runs a community event space at Felledge.co.uk and is developing her practice as a Dramatherapist "in nature," and a ceremonial practitioner. Her focus is to provide a safe nurturing space in these times of great change. She leads on monthly fire ceremonies and community gatherings.

Sat, 24 Sept 2022, 1:00 PM - 3:00 PM

Let's Talk about burnout through an intersectional lens

Capacity: 15 - 300

Length: 120 minutes

What type of submission: Discussion

Room: Zoom

Blurb:



The Inclusion and Visibility Subcommittee invites you to an informal space for the exploration of the themes of burnout and self-care in relation to intersectionality. The Let's Talk event is an opportunity for you to engage, learn and grow through listening, observing, and sharing experiences of emotional, physical and mental stress and your healing process.

Presenter Bio:



The Inclusion and Visibility Subcommittee are dedicated to recognising and celebrating the diversity of BADth members, colleagues, clients and members of the community. Their goal is to highlight the intersection of social justice matters in dramatherapy and society. As well as facilitate change and promote intersectional, multicultural and anti-discriminative practice.

Sat, 24 Sept 2022, 7:00 PM - 9:00 PM

Overcoming sudden stills



Capacity: 8 - 16

Length: 120 minutes

What type of submission: Interactive workshop

Room: Zoom

Blurb: Max Luethi (1975) in his book “Das Volksmaerchen als Dichtung: Aesthetic und Anthropologie” describes the main part of the fairytale’s structure as a disruption that brings imbalance to the hero’s life; a life that -either good or bad- is something known, something that makes the hero feel safe and in control of what is going on. This disruption, though, will create the need for further steps to be taken: the hero will find him/herself fighting to recreate his/her formal life, or at least reaching a new balance again.

This structure seems to have very interesting outcomes when used in dramatherapy, since it begins not with thinking but with movement, allowing the unconscious to express itself more freely and it can be used both in one-in-one sessions and group sessions as well. The workshop will be held online in order to utilize the benefits of online dramatherapy, the opportunity for people to participate no matter where they are, finding themselves in a personal and familiar environment, focusing mostly on how one’s body reacts and giving participants the feel of control and responsibility one always has during online therapy.

“Disaster creates a sudden break in our continuities”, quotes Mooli Lahad (1999:144). In this workshop we will explore the ways we react in sudden disruptions -disruptions like the covid-19 pandemic- that put our everyday lives to a still, that had us keep our breath waiting in agony to see what will happen to us and to our loved ones. In this workshop we will work in overcoming these disruptions and also we will try to explore the new reality it will lead us to.

Presenter Bio:



Maria Schubert, Theatrologist- Dramatherapist, PhD candidate NKUA works as a Dramatherapist in Athens, Greece, since 2012 and has collaborated with Thisseas Drug Treatment Program, the National Blood-donating Organization and the German School of Athens. Currently she is collaborating with Aeon Dramatherapy Institute and ‘Spell, speech, language and learn Center’. Her ongoing PhD research is on Dramatherapy Performance in Body Image Issues and Eating Disorders at the Theatre Studies Department of the NKUA. She is head of the board of the Hellenic Association of Dramatherapists and Playtherapists.

Sun, 25 Sept 2022, 10:00 AM - 11:00 AM

Journal Workshop



Capacity: 15 - 300

Length: 60 minutes

What type of submission: Interactive workshop

Room: Zoom

Blurb: Drew Bird, Editor of the Journal, will be launching a new section for the Journal that focuses on how the imagination informs our practice. He will draw on the importance of developing our artistic practices that can help to manage the potential of burnout and clinification (Allen, 1992). Developing our relationship with theatre arts can impact on our professional development and understanding of countertransference with clients (Wadeson, 2010). By sharing how the arts have informed our practices as Dramatherapists we begin to deepen our understanding of our relationship with the aesthetic form.

Presenter Bio: The Journal Editorial Board.

Sun, 25 Sept 2022, 3:00 PM - 4:30 PM

Astrodrama: Exploring the Use of Astrological Archetypes in Drama Therapy for Filipinos in the United States



Capacity: 8 - 300

Length: 90 minutes

What type of submission: Paper or Oral presentation

Room: Zoom

Blurb: In times of crisis, people throughout history have coped by searching for meaning. Living through the pandemic, many have been confronted by existential questions. One of the ways people have attempted to answer these questions is by turning to astrology. This presentation illuminates findings on a unique action method- Astrodrama.

Learning Objectives

Participants will able to learn about the method of Astrodrama and experiment with the implementation of this technique in their own practice.

Participants will be exposed to work within BIPOC- Filipino immigrant communities and develop awareness of this marginalized population.

Participants will be able to describe how astrology and drama therapy intertwine.

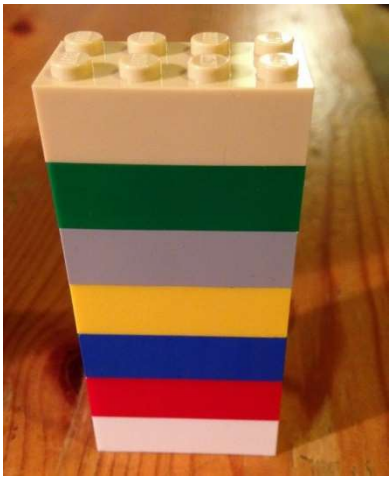


Presenter Bio:

Monica Gamboa, MA is a Creative Arts Therapist at Montefiore Medical Center within the Adult Inpatient Psychiatry Department. She graduated from the Drama Therapy program at NYU, was the former research assistant of the Theatre and Health Lab and coordinator for the World Alliance of Drama Therapy. She works withvarious populations including underserved Filipino children and adolescents in urban poor communities. Her current work includes developing protocols centered on Filipino psychology, the Philippine diaspora, archetypal astrology, self-care and social justice.

Mon, 26 Sept 2022, 6.30 PM - 7.30 PM

Dramatherapy in Education in Bitesize pieces



Capacity: 15 - 30

Length: 60 minutes

What type of submission: Interactive workshop

Room: Zoom

Blurb:

To alleviate some of the unanswered questions of working in education. We want to creatively explore and understand the structures, systems and responsibilities for dramatherapists working in schools.

We are mindful that most dramatherapists working in this field are lone workers, especially in this post covid period. We will explore the feelings of isolation and how to integrate yourself within a whole school environment and make friends! We will provide a space to share how we often feel like we are speaking a different language, in an environment that is pressurized for everybody.

This workshop will be an opportunity to build bridges between the institution and the therapeutic aims whist keeping the child at the forefront of our work.

The workshop is aimed towards those -

1. Working in education for the first time or considering working in this area
2. Experienced therapists

3. Expert therapist

The Education Subcommittee exploding the myths of dramatherapists working in the field of education.

Presenter Bios:

Becky Wilburn and Karen Eastwood from the BADth Education Sub Committee



Becky Wilburn is a dramatherapists, drama teacher and marathon runner. She has worked in education most of her working life. She works with hard-to-reach children and is committed to helping them to build bridges with their families and the professionals around them. Becky is passionate about communicating the benefits of dramatherapy and has recently joined the teaching team on the MA Dramatherapy course at ARU, Cambridge.



Karen Eastwood: Karen has initiated Dramatherapy in education as an intervention that can make a difference. Due to her knowledge of how schools are structured and organised she is able to offer an insight into how Dramatherapists can promote themselves within this sector. She works with the young person, staff and family. Part of Karen's role is to deliver CPD to staff in school settings and to liaise with other professional agencies. Karen is joint co-convenor of the Education subcommittee for BADth.

In-Person Schedule

Friday 30 Sept 2022

13:30 – 14:00	Arrival and refreshments
14:00 – 17:00	Annual General Meeting (AGM) and General Meeting (GM)
17:00 – 17:30	Refreshments
17:30 – 19:00	Delegate Choice Block 1
19:30 – 21:30	Dinner – two course hot and cold buffet (main course and dessert.) Drinks can be purchased from the bar.
21:30 – Late	Option to socialise in Nottingham. An area of the bar Fat Cats has been reserved which is a 5 min walk from the Albert Hall. (Drinks not included in conference price)

Saturday 1 Oct 2022

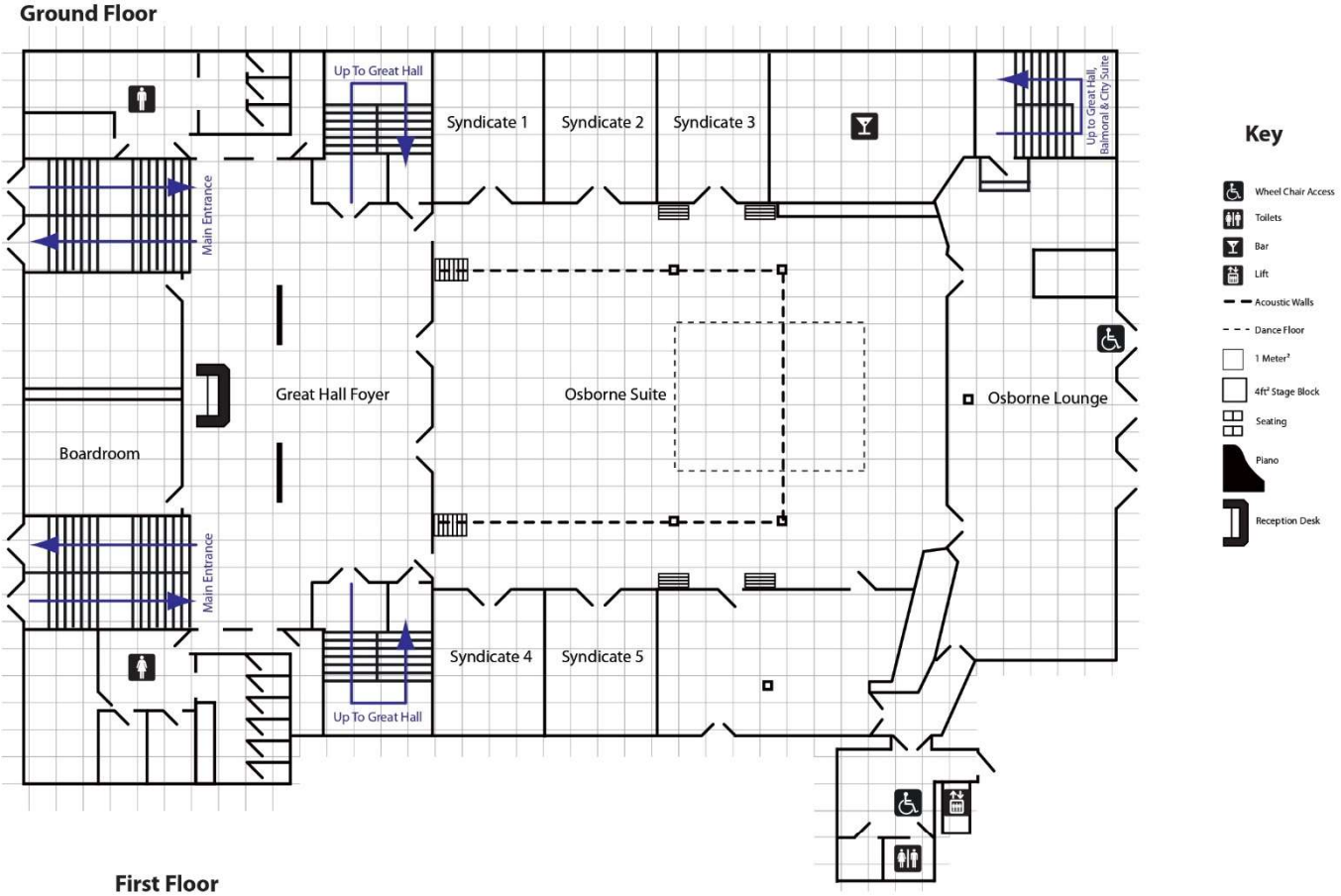
08:30 – 09:00	Refreshments
09:00 – 10:00	Delegate Choice Block 2
10:00 – 10:30	Refreshments
10:30 – 12:30	Welcome, Ceremony & Keynote
13:00 – 14:00	Lunch – sandwiches, crisps, fruit, juice
14:30 – 17:30	Delegate Choice Block 3
18:00 – 19:30	Dinner – two course hot and cold buffet (main course and dessert.) Drinks can be purchased from the bar.
20:00 – 22:00	Delegate Choice Block 4
22:30 – 11:30	Night Owl Natter

Sunday 2 Oct 2022

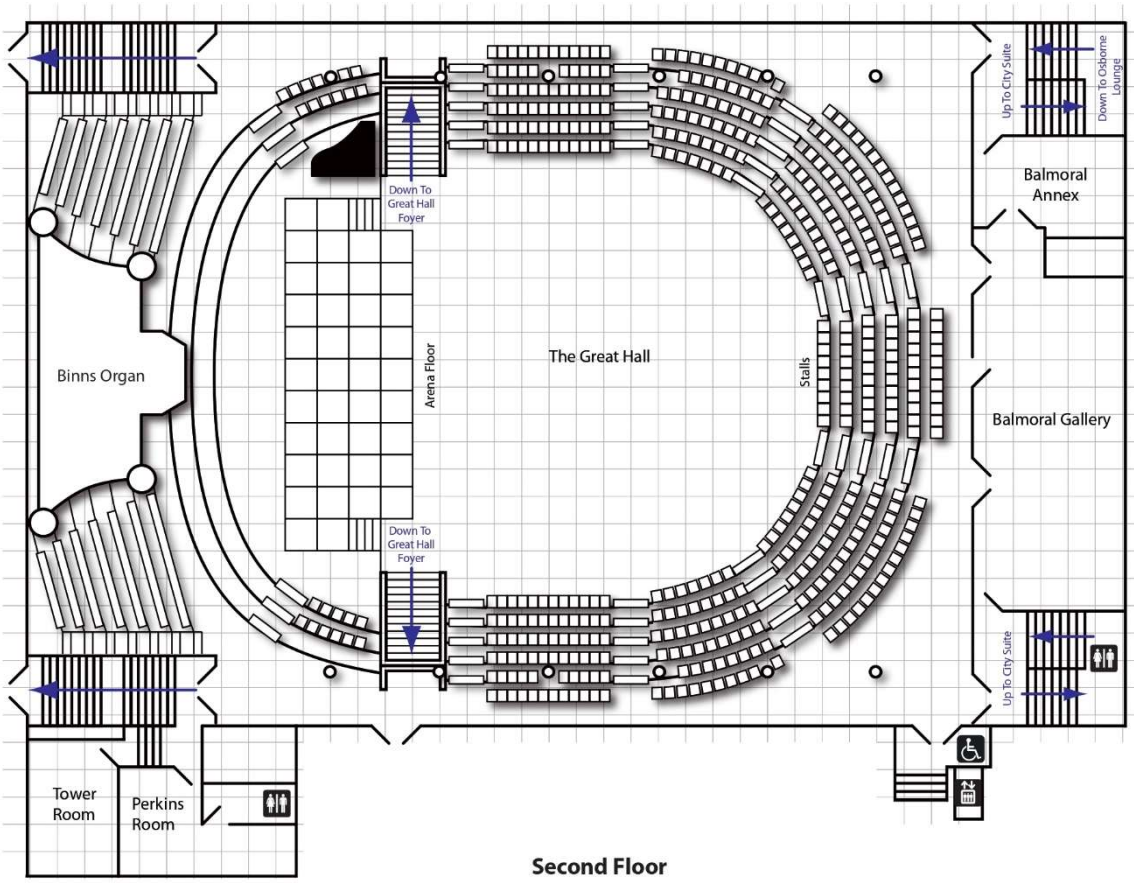
08:30 – 09:00	Refreshments
09:00 – 10:00	Delegate Choice Block 5
10:00 – 10:30	Refreshments
10:30 – 12:30	Delegate Choice Block 6
13:00 – 14:00	Lunch – sandwiches, crisps, fruit, juice
14:00 – 15:00	Delegate Choice Block 7
15:00 – 15:30	Refreshments
15:30 – 16:30	Closing Ceremony

Albert Hall Conference Centre Floor Plan

Ground Floor



First Floor



Second Floor

Inperson Conference

Fri, 30 Sept 2022, 2:00 PM - 5:00 PM

AGM and GM

Capacity: 77 (quorate) - 700

Length: 180 minutes

What type of submission: BADth Business

Room: The Great Hall

Blurb: Our Annual General Meeting and General Meeting, which will include elections of members of the Executive Committee.

Presenter Bios: BADth Executive Committee & Standing Orders.



Fri, 30 Sept 2022, 5:30 PM - 7:00 PM

Walking the Labyrinth



Capacity: 15 - 25

Length: 90 minutes

What type of submission: Embodied or sensory session

Room: The Great Hall

Blurb:

A labyrinth is a spiral walking course having a single, winding, unobstructed path from the outside to the centre. Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically, as a walking meditation, choreographed dance, or site of rituals and ceremony. At the centre of the labyrinth is the 'heart space', an area not walked but serving as a sacred vessel for holding symbols of ones issues, needs or celebrations.

Labyrinths are used for personal, psychological and spiritual transformation, & also thought to enhance right-brain activity. The walking meditation that is the labyrinth experience is simultaneously kinaesthetic and introspective, a complete mind-body integrative activity. Labyrinths evoke metaphor, sacred geometry, spiritual pilgrimage, religious practice, mindfulness, environmental art, and community building.

Following arrival at the Chartres labyrinth, wearing the 'dramatherapists cloak' in a visualised journey with their own supervisor a number of years ago, Nik Pitcher has been drawn to offering labyrinth's in online supervision practice, in numerous ways during the pandemic, for those who have arrived feeling 'full' or overwhelmed, with quite magical results.

At the conference and in the spirit of collective enquiry, Nik would like to offer attendees the opportunity to explore the benefits of walking large & small labyrinths with their fingers and soles, alone, with others, witnessing, in a shared space: to help mind and body relax, enquire into life's questions, receive inspiration and nourishment, regain energy, focus, and sense of well-being.



Presenter Bio:

Nik Pitcher is a dramatherapist, supervisor and trainer with over 30 years experience. With a background in installation & performance art, she has an ongoing passion for creating spaces for others to pause, have embodied experiences, find new perspectives, & change direction towards their true self.

Fri, 30 Sept 2022, 5:30 PM - 7:00 PM

Introduction to Schwartz round & the Dramatherapist as facilitator

Capacity: 20 - 68

Length: 90 minutes

What type of submission: Schwartz Rounds

Room: Balmoral Gallery (Max 70)



Blurb:

Schwartz rounds are a reflective space which support staff. It is a chance to hear personal stories followed by a facilitated discussion.

Dramatherapists are the ideal facilitators of Schwartz rounds as they are essentially all about telling, hearing and reflecting on someone's personal story/experience from work. The presenters would like to facilitate a round using three panellists (storytellers) working as dramatherapists in various sectors who will tell a story around the theme "When it all felt too much" (we can be flexible with the theme but essentially it is around feeling burnout or experiencing Vicarious Trauma). Before the round they will take participants through the ideas behind the Schwartz rounds, the training to become a facilitator and the process followed before a Schwartz round is facilitated.

Heather and Sophia have been trained as a Schwartz Round Facilitator for Croydon NHS Trust where they facilitate regular rounds both for clinical teams and the wider trust. Point of care foundation say that

"Schwartz Rounds help staff because they reduce the feelings of stress and isolation which make it more difficult to provide compassionate care to patients. Schwartz Rounds also foster a greater sense of collaboration with colleagues because the stories that are shared during Rounds remind staff of their shared motivation to help their patients."

Evidence shows that Schwartz Rounds reduce professional hierarchies and improve communication between colleagues.

- Benefits for staff
- Benefits for patients

- Organisational benefits
- Staff who regularly attend Schwartz Rounds feel less stressed and isolated at work. Listening to colleagues describe the challenges of their work helps to normalise emotions, which are part and parcel of working in healthcare but are often kept under the surface.

More and more NHS trusts are investing in the Schwartz rounds model as their way of staff reflective practice, processing and emotional wellbeing sessions so for Dramatherapists it not only is bringing more opportunity for us to use our facilitation skills, highlight the power of story but maybe most importantly is offering a creative and accessible way to reflect with our colleagues.

https://www.pointofcarefoundation.org.uk/our-programmes/staff-experience/about-schwartz-rounds/

Presenter Bios:



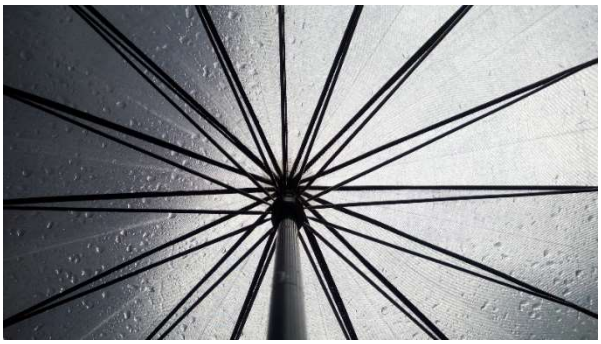
Heather Williams has been a qualified dramatherapist for 14 years, the last 5 she has been the lead of a Children's & Young people's Creative Arts Therapy Service at Croydon NHS, where they support children and YP with life limiting/threatening and/or chronic conditions and siblings (before and after death). Part of her role is to offer staff support when children are facing end of life. During the first wave of the pandemic Heather was redeployed to ICU, alongside the patient and family support she continued to offer support to staff and ran reflective practice sessions/drop in sessions to help staff manage the traumatic situations they were faced with. The trust suggested Heather trained as a Schwartz facilitator in order to have an accessible model to offer across the Trust and to continue the support she had started.



Sophia Jackson-Gill qualified as a dramatherapist in 2019 and has since been working at a Children's & Young people's Creative Arts Therapy Service at Croydon NHS, where they support children and YP with life limiting/threatening and/or chronic conditions and their siblings (before and after death). Sophia and the service also offer staff training and support for the wider Hospital staff, which has become more necessary following Covid. These include training on staff burn out, Vicarious Trauma and professional guidance and self-care for, ‘When a child dies’.

Fri, 30 Sept 2022, 5:30 PM - 7:00 PM

Weathering the Storm: Self-care for Supervisors and Supervisees.



Capacity: 15 - 23

Length: 90 minutes

What type of submission: Interactive workshop

Room: Syndicate 1 (Max 24)

Blurb:

How do we recognise burn out in ourselves and in our supervisees? And what do we do about it? Do we sometimes take more care of our supervisees than we do of ourselves? This interactive workshop begins by refreshing the 7 eyed model (Hawkins and Shohet) of supervision in order to provide a framework for looking at self-care concepts in ourselves and our supervisees.

We will use creative techniques to explore themes of burnout and self-care and look at what blocks us from putting solutions into practice.

This workshop is a blend of theory, creative therapies activities and informal discussion aimed at supervisors from any profession .

Presenter Bio:



Alison Gilmour has over 30 years of experience of working as a Dramatherapist, Psychotherapist and Supervisor across a broad range of settings including the NHS, private practice and the voluntary sector. She supervises therapists and trainee therapists across a number of professions and has a passion for bringing creativity into the supervision space. Alison lives in Harrogate and is an active member and trainer with the Yorkshire Supervisors network.

Fri, 30 Sept 2022, 5:30 PM - 7:00 PM

The journey to and recovery from burnout through an intersectional lens



Capacity: 20 - 22

Length: 90 minutes

What type of submission: Embodied or sensory session

Room: Syndicate 2 (Max 24)

Blurb:

The Inclusion and Visibility Subcommittee invites you to explore your personal experience of burnout and the possible roads to recovery through an intersectional lens, using musical instruments, embodiment, sound and art materials.

You will be encouraged to explore and reflect on questions such as,

• How do you define burnout?

• What is your experience of burnout?

• Is burnout part of your academic, professional and personal journey?

• How does your identity relate to your journey to and recovery from burnout?

• Does burnout challenge your sense of identity – if so how?

• Does intersectionality contribute to your emotional, physical and mental stress?

• In what ways do you discover healing?

Presenter Bio:



The Inclusion and Visibility Subcommittee are dedicated to recognising and celebrating the diversity of BADth members, colleagues, clients and members of the community. Their goal is to highlight the intersection of social justice matters in dramatherapy and society. As well as facilitate change and promote intersectional, multicultural and anti-discriminative practice.

Fri, 30 Sept 2022, 5:30 PM - 7:00 PM

An Experiential Exploration of Beauty and The Beast: Self Care and Weathering The Storm



Capacity: 20 - 22

Length: 90 minutes

What type of submission: Interactive workshop

Room: Syndicate 3 (Max 24)

Blurb:

An experiential workshop using the tale of Beauty and The Beast which affords participants the space to examine resilience, determination, nurturing the self and weathering the storms of life. This workshop offers a creative, nourishing, embodied experience, using the traditional Sesame Dramatherapy method.

Together Charlotte and Kathy will hold a therapeutic space in order to listen and reflect upon a beautiful telling of this well known fairy tale. They will use a directed body warm up and creative exercises to awaken the imagination using small and large group work. After listening to the story there will be a facilitated enactment followed by time for reflection on the experience.

The practical section of this workshop will end using a variety of grounding and mindfulness exercises. Participants will have the opportunity to explore the topic of self-care and burnout prevention through the story enactment and movement. This story allows for exploration of the archetypes and archetypal situations which are a parallel to the world in which we find ourselves living in today.

After the workshop one of the facilitators will offer some short gentle, therapeutic yoga exercises before opening the floor to any questions



Presenter Bios:

Charlotte Wilmer-Barbrook has been working as a Sesame Dramatherapist for nearly 30 years. She is also a Creative Arts Supervisor. She works in the voluntary sector and in private practice with children, young people and adults experiencing trauma, ASD, ADHD and PDA. Also, Charlotte offers animal assisted therapy.



Kathy Miller is a Family and Systemic Psychotherapist, Sesame Dramatherapist, Yoga Teacher and Cast Supervisor with more than 30years' experience of working in mental health services. She works in private practice with individuals, couples, families and groups. Her practice is informed by all her trainings, therapy and rich life experiences.

Fri, 30 Sept 2022, 5:30 PM - 7:00 PM

21Dreams



Capacity: up to 24 per slot

Length: 90 minutes

What type of submission: Installation / Art Exhibit

Room: Syndicate 4 (Max 24)

Blurb:

21Dreams was born from the desire to continue supporting women, and in particular survivors of sexual violence, during lockdown. It provides a way to virtually connect with others by sharing their dreams and through the powerful tool of collective story-making.

The 21Dreams exhibition showcases work done during the pandemic by service users from several national Rape Crisis Centres as well as women in the greater community in the form of 21 audio stories and collages containing empowering messages for women and girls.

The artwork was created in a 5-stage process. First, over 100 women shared their dreams during 21 days in June 2021 through a collective dream diary app developed specifically for this project. This content was used as inspiration for a series of online story-making workshops to create 21 stories, which were then edited by a professional writer and voice recorded by voice actresses. This work culminated in 21 visual images created by local artists to accompany each story.

Fuelled by iterative, co-creation, 21Dreams provides its participants a new way to connect creative-ly. These empowering stories, built from virtual collaboration, offer a much needed support and inspiration for service users to overcome isolation.

Presenter Bio:



Natalia is fascinated by the power of human connections, and particularly interested in exploring the collective unconscious.

She is currently working as a Dramatherapist in an NHS Adult Community Mental Health Service in Hitchin & Stevenage and is a co-founder of Plutonyka, an interdisciplinary collective committed to the creation of transformative experiences.

Sat, 01 Oct 2022, 9:00 AM - 10:00 AM

Deconstructing the Myth of the Suffering Artist: How to support the Arts Industry



Capacity: 20 - 40

Length: 60 minutes

What type of submission: Interactive workshop

Room: The Great Hall

Blurb:

Over the past 2 years the arts industry has been through something rare, complex, fear inducing and space creating. Live arts were cancelled. The industry shut down. Within the complexities of funding and loss there were also gems of learning that are continuing to be seen as the industry re-images and begins to restage events. There is a growing awareness of what is actually being asked for when society expects to see 'truth' on stage. Greater investment is being made in Access Riders, addressing in-equalities and questions are being asked about how best to support not only autobiographical material but the health of the whole industry.

Using their combined 17 years of experience in this newly developing field, Lou Platt and Nikki Disney will share their experiences of supporting artists and arts organizations. They will share examples of the work and the seeds of their early stages of research. They will be posing questions about how Dramatherapy can continue to support this liminal space between Art and Wellbeing.

Presenter Bios:



Lou Platt is the founder and director of The Artist Wellbeing Company. She is a Dramatherapist, Clinical Supervisor and Internal Family Systems practitioner and has supported the mental health of those in the creative industries since 2012 within theatre, film, TV, dance, visual arts, writing and the music industries. See www.artistwellbeiing.co.uk



Nikki Disney is the co-convener for the Theatre Arts and Health Subcommittee, Dramatherapist, Clinical Supervisor and Yoga Teacher and has worked as an Artist Wellbeing practitioner since 2015, in poetry, theatre and television. See www.nikkidisney.com

Sat, 01 Oct 2022, 9:00 AM - 10:00 AM

Dramatherapy with elders and people with dementia

Capacity: 15 - 50

Length: 60 minutes

What type of submission: Paper or Oral presentation

Room: Syndicate 2 (Max 22)

Blurb:



As creative arts therapists, we have the opportunity to reach the core of elders' issues that cannot be addressed through diversional means. In this workshop, part presentation/part experiential and interactive, we deal with difficult topics such as clients' response on hearing about a diagnosis of dementia. I am learning how to work with projection and role when people have dementia. The Jennings (1999) Embodiment, Projection and Role paradigm can simply be reversed to work with people who have mild, moderate or severe dementia.

This presentation is based on a developmental view of the human being in the later stages of life. Rather than stigmatising and othering the elderly – unfortunate traits of some policy and practice codes in western society – we acknowledge that they, with or without dementia share certain qualities. Participants will learn how human qualities can be addressed and witnessed which are common to all in the later life stages, such as losing words, enjoying silence and feeling closer to those who have died. We are learning how reminiscence can bring examples of elder wisdom, wit and resilience in dealing with life, but especially grief, loss, and the deep questions that come with ageing.

Participants are asked to bring an object that reminds them of an elder they know, or someone with dementia.



Presenter Bio:

Joanna Jaaniste, PhD has 30 years experience as a dramatherapist. She is an Adjunct Fellow of Western Sydney University and has a small private practice of clients and supervisees. She has worked for 20 years in the mental health sector and also with dementia, addiction and adolescents at risk. She has published widely, especially on dementia, giving presentations at conferences and training courses around the world, especially in her home country of Australia.

Sat, 01 Oct 2022, 9:00 AM - 10:00 AM

The S**t Cup - Release



Capacity: 15 - 23

Length: 60 minutes

What type of submission: Interactive workshop

Room: Syndicate 1 (Max 24)

Blurb:

This metaphor came up when Natasha was working with a client who had been incarcerated throughout the pandemic. The client suggested that because of that intensive incarceration that all her chances to express her anger had been taken from her, she stated that this unexpressed anger had turned to feelings

of exhaustion, sadness, and physical pain. Natasha wonders how many of us have unexpressed anger that has led to burnout.

Natasha and this client created “The Shit Cup” a place to put all the weight you do not want to carry anymore. This is a chance to release some of that anger that has been built. Through the use of Somatic Expression (Levine, 1997), Dramatic Metaphor (Jennings, 2005) and Theatre of the Oppressed (Boal, 2014) we can creatively release and redirect the anger to where it needs to be.

This workshop is a place to take all the weight that has been given to you, that you have held, take that weight and throw it away. Fill up your cup with all that weight in whatever way you need to write it, speak it, dance it and once it is full throw it away.



Presenter Bio:

Natasha Hargrove is Head of Services at A Mind Apart and a Trainee Dramatherapist who will be fully qualified by September 2022. Natasha is neurodivergent and has fifteen years’ experience working as a Facilitator, Actor, Director. Trainer and Manager at A Mind Apart. Natasha believes in the power in myself and the power in others."

Sat, 01 Oct 2022, 9:00 AM - 10:00 AM

Embodiment, Environment, Regulation



Capacity: 20 - 22

Length: 60 minutes

What type of submission: Embodied or sensory session

Room: Syndicate 3 (Max 24)

Blurb:

An embodied session that explores nervous system regulation as self care in the age of burnout. Burnout being understood as nervous system dysregulation, adrenal fatigue, the 'freeze' response on top of chronic sympathetic activation, stored survival stress; trauma.

Participants will be guided to experience a felt sense of visceral safety in the here and now. We will examine our multi-sensory

resources, orient into the immediate surroundings, ground ourselves, connect to nature and bring curiosity to bodymind communication.

The impetus for this workshop springs from the facilitator's own experience of adrenal fatigue/burnout/chronic fatigue. We will look at self-regulation and co-regulation via connection to nature; 'earthing' ourselves. This embodied experience is influenced by the teachings of nervous system expert Irene Lyon, a practitioner whom the facilitator, Charlee, encountered for the first time at an online embodiment conference during the autumn of 2020.

Space will be offered for embodied reflective discussion at the end of the session. Embodiment is interwoven throughout to address the need for embodied awareness in healing from burnout and other (collective/individual) manifestations of nervous system dysregulation.

Presenter Bio:



Charlee Browning works as a dramatherapist in private and freelance practice here in Nottingham and neighbouring Derby. The majority of Charlee's work over the last 13 years have been complex cases involving children and the adults in their lives. More recently, in private practice, Charlee has begun offering parenting consultation sessions to parents who seek therapeutic support for their children, cultivating a practice of conscious parenting.

Charlee also facilitates red tents and menstrual cycle awareness for young children and their parents, full moon circles for adults and alternative ceremonies such as Blessingways, marriages and 'important life moments that have no cultural ceremony'. Charlee is passionate about bodymind awareness, menstrual health, nervous system regulation and increasing awareness (individually / collectively) of how people (in power) operate from a damaged, dysregulated place of bypassed trauma.

Sat, 01 Oct 2022, 10:30 AM - 10:40 AM

Welcome

Capacity: 100 - 700

Length: 10 minutes

What type of submission: Keynote

Room: The Great Hall

Blurb: Jane Bourne, chair of BADth will deliver the opening address for our keynote. She will welcome guests, thank the organisers and share some key announcements with the dramatherapy community.



Presenter Bio:

Jane became Vice of BADth in 2019 and Chair in 2021. Her focus is on bringing together the dramatherapy community and getting dramatherapy into main stream practice. She is currently a senior Dramatherapist working for Cumbria, Northumberland Tyne and Wear NHS Foundation Trust, in in-patients and also has a private practice.

Jane is also an active clinical researcher. She has gained over £150,000 in research funding to support her focus on interventional research and psychosocial interventions. Jane is currently completing her PhD by publication at Derby Univeristy.

Sat, 01 Oct 2022, 10:40 AM - 11:00 AM

Opening Ceremony



Capacity: 100 - 700

Length: 20 minutes

What type of submission: Keynote

Room: The Great Hall

Blurb:

Gathering together through ritual and story.

Connecting together as colleagues, as friends, as the BADth family.

Celebrating our new graduates and members.

Honouring departed friends.

Creativly exploring to set the scene for the Keynote.



Presenter Bio:

Amy Mackay is acting Vice-Chair of BADth. She has been working with Mary Franklin-Smith and the Conference team to bring together this years opening ceremony.

Amy is trained in the ritual theatre model of dramatherapy at Roehampton and will be combining ritual and mythology to set the scene for this years keynote.

Sat, 01 Oct 2022, 11:00 AM - 12:30 PM

Weathering the Storm from the safety of you



Capacity: 100 - 700

Length: 90 minutes

What type of submission: Keynote

Room: The Great Hall

Blurb:

Imagine with me for a moment won't you….

Its morning time, you get up, shower, dress and leave your home. You walk down your street and within a few moments your house is out of view. You go about your day, you travel, you communicate, you eat and drink, you see sights and have new and familiar experiences. When your day is done and you are weary, you go home, open the front door and settle into your living space.

You sleep. You dream. and then you get up the next day and repeat.

Not *at any point* in your day do you worry that your house might have vanished, even though you can't see it, you trust it's there, waiting for you.

In this opening keynote Mary will share with you what she has come to see about how our deeper than conflict self is our eternal and ever present *home within*. That this home base is our sanctuary from life's storms. That we may 'travel' away from home, but it is always there, waiting for us. It is up to us to get curious about our own way of recognising this safe place within.

Mary is so excited to share this with you and intend to make full use of the fact that she will be in a room full of dramatherapists!! Expect to get involved and immerse yourself in this interactive, experiential open ceremony. We hope it is an experience that points you towards seeing that you are a creative, flexible, resilient, being of universal love.

Presenter Bio:

Mary Franklin-Smith is the founder of Light of Mind, a wellbeing company offering therapy, supervision and wellbeing workshops. She has over 17 years' experience working in Specialist Mental Health service in the NHS. She offers clinical supervisions to various NHS trusts and is a trainer and supervisor for the Maudsley NHS teaching hospital. She offers wellbeing workshops locally, national and globally in various corporate settings.

Mary has been invited to share her work on TV, radio, at various conferences and national and international conferences. Her research has been published in several academic journals and include articles on; MANTRA group therapy, innate health and use of social media for healing. She lives in Yorkshire with her husband, 3 children and 2 dogs!

Sat, 01 Oct 2022, 2:30 PM - 5:30 PM

Lying down on the Grass and Untethering the Soul

Capacity: 20 - 30

Length: 180 minutes

What type of submission: Paper or Oral presentation

Room: Balmoral Gallery (Max 70)

Blurb:

Lying Down on the Grass when you can't stand it anymore. A story exchange

We see the world and ourselves through the stories we tell and hear. At the moment, therapists are exhausted from the end-of-the-tether experiences people are presently bringing to therapy. What has it cost us to simultaneously hold our own reactions and be available to others? And what has sustained us?

Using the 'Narrative Four' tale-telling form, the workshop offers a chance to listen and share experiences of tending to people living through Covid theft and fear of what comes next. We will search for the moments when giving into ' lying down' has opened a slip-through for the spiritual activity of grace and the emergence of depths energy.

Untethering the Soul: freeing the Good



Burn-out and Break-down can be experienced as destructive if we see the limits of the sensory world to be our primary reality. But can they lead us to Break-through - to know super-sensory primary realities beyond the material? American Neurosurgeon, Eben Alexander, wrote:

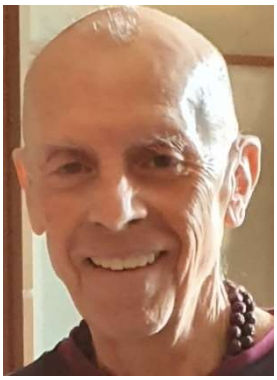
The entire length and height of the physical universe is as nothing to the spiritual realm from which it has arisen – the realm of consciousness (which some might refer to as 'the life force'). ("Proof of Heaven", 2012: 153)

Drawing on Goethean psychology, aspects of Vedanta, Ayurveda and Buddhist practices and the sacred psychology of Jungian Dr. Jean Houston, this presentation explores approaches from Tribhuvan Threefold Psycho-spiritual Dramatherapy with some experiential and reflective time.



Presenter Bios:

Mary Smail is a Sesame trained Dramatherapist and Integrated Transpersonal Psychotherapist with a lifetime of experience waiting for the unexpected which invariably emerges in troubled times. She is co author of Dramatherapy with Myths and Fairytales and convenes the Psyche and Soma - Soul through the Sesame Approach part time course for registered health professionals.



Bruce Howard Bayley is an Anglo-Indian Dramatherapist based in Central London who has worked with varieties of different survivors and types of recovery. He is the founder of Tribuvan Threefold Psycho-spiritual Dramatherapy and has presented papers and workshops in the UK, Nürtingen, Milan, Warsaw, Beijing, Mumbai, Chennai and Pune. He has a special interest in spiritual philosophies and practices, multi-cultural clinical practice and working with marginalized populations.

Sat, 01 Oct 2022, 2:30 PM - 5:30 PM

When two stories meet - how Dramatherapists can safely be with their clients when healing complex trauma.

Capacity: 20 - 22

Length: 180 minutes

What type of submission: Interactive workshop

Room: Syndicate 1 (Max 24)

Blurb:



The impact of complex trauma in one's life has been widely recognised the past few years and since the diagnosis of Complex Post Traumatic Stress Disorder (C-PTSD) within the ICD-11 in 2018 (Maercker, 2021) there has been an increased research activity on the topic. Complex trauma results in individuals organising their life as if the trauma were still going, impacting themselves on a body, mind, and brain level (Van der Kolk, 2015). As complex trauma is mainly relational, healing can take place only within the context of relationships (Herman, 2015); therefore, trauma-informed therapy needs to engage the entire organism of the client and the therapist,

bringing the relational aspect at the core of the therapy process. It is important to then shed light on how Dramatherapists can be fully with their clients without risking losing themselves and being vicariously traumatised or burnt out.

This experiential workshop will invite participants to reflect on their experience of working with clients with trauma and to explore questions such as: how Dramatherapists take care of themselves within the therapy space? What happens when two stories meet – the client's story and the therapist's lived experience?

This workshop will:

• Incorporate educational resources regarding complex trauma and trauma informed care and invite practitioners to reflect creatively on their own experiences of providing trauma informed therapy.

• Use improvisation, play and movement to experiment with fight-flight-freeze responses on both ends of the therapeutic relationship utilising the polyvagal theory (Dana, 2019) as a framework.

• Focus on what self-care within the therapy session could look like for the therapists, introducing somatic mindfulness (Heller and LaPierre, 2017) as a method of enquiry and grounding within the therapy space.

• Invite reflections on: what does self-care mean to each individual? How does a therapist with lived experience protect themselves having a full caseload of complex cases? How open are we as clinicians to speak about lived experience and our recovery journey with our team and colleagues?

Presenter Bios:



Danai Karvouni is an HCPC Registered Dramatherapist (MA) and Certified NARM® Therapist with a background in Psychology (BSc) and Drama. Danai has worked in secure and community mental health services with adults and young people. Since 2021 she has been an Associate Lecturer at Anglia Ruskin University teaching on the Masters programme in Dramatherapy. She currently works as a Psychological Therapist for the NHS within a Complex Post Traumatic Stress Disorder (C-PTSD) service, promoting trauma-informed care across the Trust. She also has a private practice.



Kyriaki Markogiannaki is an HCPC registered Dramatherapist (MA) with a background in Psychology (BSc, Hons), Drama (BA) and Contemporary Dance. She has worked in mental health, educational and forensic settings both in the UK and in Greece. Kyriaki currently works as a Psychological Therapist for the NHS within a Complex Post Traumatic Stress Disorder (C-PTSD) service.

Sat, 01 Oct 2022, 2:30 PM - 5:30 PM

Light of Mind



Capacity: 15 - 23

Length: 120 minutes

What type of submission: Interactive workshop

Room: Syndicate 1 (Max 24)

Blurb:

This experiential workshop is a direct follow up to the keynote ceremony. In this workshop Mary will invite you to experience a range of creative exercises using the full range of the dramatherapy tool kit. The session will take the shape of a journey to soul. As a group we will find ways to create a bridge into the internal world. Acting as tour guide Mary will shine a light to help you see the individual barriers within your own experience that are acting as blocks to your own inner space of acceptance and peace. You will be invited to shine the light of consciousness on what might have slipped into the shadows of your awareness. You will then be invited to find the keys to unblock your seemingly locked doors and explore the expansive space within that is waiting for you. This space is one that is both acutely unique to ‘you’ and where 'you' don't really exist in the first place. It is a space we all know in our hearts and share in our being but have, perhaps, forgotten about, in the seductive day to day living we all experience in our thinking mind. It’s a place just beneath thought. If your curious to explore this fully immersive and experiential treasure hunt then please, join me and come along for the adventure.

Presenter Bio:

Mary Franklin-Smith is the founder of Light of Mind, a wellbeing company offering therapy, supervision and wellbeing workshops. She has over 17 years’ experience working in Specialist Mental Health service in the NHS. She offers clinical supervisions to various NHS trusts and is a trainer and supervisor for the Maudsley NHS teaching hospital. She offers wellbeing workshops locally, national and globally in various corporate settings. She has been invited to share her work on TV, radio, at various conferences and national and international conferences. Her research has been published in several academic journals and include articles on, MANTRA group therapy, innate health, and use of social media for healing. She lives in Yorkshire with her husband, 3 children and 2 dogs!

Sat, 01 Oct 2022, 2:30 PM - 5:30 PM

Don't tell me to Breathe! An angry way to take care of your mindfulness...

Capacity: 20 - 22

Length: 180 minutes

What type of submission: Interactive workshop

Room: Syndicate 2 (Max 24)

Blurb:



This is an experiential dramatherapy workshop instigated from an exploration of the dynamics of power and responsibility within therapeutic settings in institutions. Exacerbated by the pandemic, self-care has been brought to the forefront, in an already booming industry of well-being. It has become an expectation within the workplace with offerings such as “mindfulness Mondays”. However, this approach lays the responsibility of self-care with the individual. In this workshop, we invite participants to explore their internalised responses to these expectations and offer a space for them to be expressed. By acknowledging that an individual cannot be responsible for systemic pressures, we invite participants to connect with their anger and use it as a constructive force to call out those who are responsible, in the hope this is the first step to systemic change.

Under the pretence of joking and foolishness, the medieval Fool is the only character who can speak out to royalty, even about their own wrongs. We therefore invite participants to step into the role of the Fool and use silly playfulness as an insightful response to power imbalance. With the container of the fool, we invite the group to speak the unspeakable and share something of their unexpressed experiences.

Understanding that the internalised expectations of others has become synonymous with self-care (and therefore more akin to self-destruction), we re-contextualise self-care as a shared responsibility. Through movement, improvisation and role, in this workshop we encourage the voicing of the institutional shadow and invite the wisdom of the Fool to respond.

PS: Don’t forget to breathe.



Presenter Bios:

Theodoros Kostidakis is a dramatherapist based in London (HCPC, MA). Theo has worked extensively with children of all ages and adults, often with complex and multiple needs: offering group and individual sessions with children excluded (or at risk of being excluded) from mainstream education; and offering culturally-sensitive, trauma-informed therapy to young asylum seeking and refugee people.



Antigone Ikkos-Serrano (HCPC, MA) is a London based drama and movement therapist working with Lambeth CAMHS, Tramshed Theatre and Community Hub and in private practice. She places connection and understating at the heart of her practice, offering a person-centred approach to therapy.

Sat, 01 Oct 2022, 2:30 PM - 5:30 PM

21Dreams



Capacity: up to 24 per slot

Length: minutes

What type of submission: Installation/Art Exhibit

Room: Syndicate 4 (Max 24)

Blurb:

21Dreams was born from the desire to continue supporting women, and in particular survivors of sexual violence, during lockdown. It provides a way to virtually connect with others by sharing their dreams and through the powerful tool of collective story-making.

The 21Dreams exhibition showcases work done during the pandemic by service users from several national Rape Crisis Centres as well as women in the greater community in the form of 21 audio stories and collages containing empowering messages for women and girls.

The artwork was created in a 5-stage process. First, over 100 women shared their dreams during 21 days in June 2021 through a collective dream diary app developed specifically for this project. This content was used as inspiration for a series of online story-making workshops to create 21 stories, which were then edited by a professional writer and voice recorded by voice actresses. This work culminated in 21 visual images created by local artists to accompany each story.

Fuelled by iterative, co-creation, 21Dreams provides its participants a new way to connect creative-ly. These empowering stories, built from virtual collaboration, offer a much needed support and inspiration for service users to overcome isolation.

Presenter Bio:



Natalia is fascinated by the power of human connections, and particularly interested in exploring the collective unconscious.

She is currently working as a Dramatherapist in an NHS Adult Community Mental Health Service in Hitchin & Stevenage and is a co-founder of Plutonyka, an interdisciplinary collective committed to the creation of transformative experiences.

Sat, 01 Oct 2022, 8:00 PM - 10:00 PM

Creating Change: Dramatherapy and NHS Staff Stories



Capacity: 20 - 100

Length: 120 minutes

What type of submission: Performance/Theatre

Room: The Great Hall

Blurb:

'How can I make others well when I don't feel well?': a familiar and age-old question for many staff in the NHS, only exacerbated by the mounting pressures associated with Covid-19.

In 2021, two dramatherapists in an NHS mental health trust collaborated with a wider team to develop 'Creating Change': an online, trust-wide community using the arts to explore staff experiences of the workplace. Using real-life, anonymised staff stories as stimuli, staff from across the trust participated in online workshops, using drama, movement, music, art and spoken word to respond to these stories, and share personally from their own experiences. The team developed a film, both funny and poignant, which was then shared in early 2022 at a number of live screenings for NHS staff, followed by playback theatre to support audiences to reflect and respond.

You are invited to watch the film, followed by a Q&A and workshop in which to reflect and respond creatively.The film and workshop will support reflection around the following:

• How have we as dramatherapists been impacted some of the film's themes?
• How might we use our skills to work with burn-out in the wider system, and effect change?
• How might we effect change in a way that serves us too?





Presenter Bios:

Rachael Hood is a dramatherapist working within adult learning disability services and community adult mental health services in East London NHS Foundation Trust. She has a particular clinical interest in using the arts therapies to enable exploration of loss with adults with learning disabilities, and using creative writing therapeutically.

Belinda Sherlock is a dramatherapist specialising in forensic mental health, a creative clinical supervisor and a PhD candidate in creative practice & criminology at the University of Hull. She also runs Playful Wellbeing - a therapist collective offering creative therapy, supervision, consultation and workshops - nd is playback performer and practitioner with London Playback Theatre Company.

Sat, 01 Oct 2022, 8:00 PM - 10:00 PM

TRE workshop: Everybody Knows Best



Capacity: 15 - 25

Length: 120 minutes

What type of submission: Embodied or sensory session

Room: Balmoral Gallery (Max 70)

Blurb: After the last two year's collective and individual upheaval or trauma, TRE offers a fast effective way to return to balance in ourselves.

TRE stands for tension and trauma release exercises. It is a profound tool of self-care that unlocks a natural autogenic tremoring system that all mammals have. This form of release helps to return the sympathetic nervous system to a state of balance and ease. It is a good tool for releasing embedded stress from a day with clients, or from many years ago. As Bessel Van Der Kolk said, "The Body holds the score", and it is never too late to find more ease in one's whole self.

TRE affects neurochemistry, helps slow down thought patterns and soothes the vagus nerve. All conditions that are stress related are eased, and better sleep can commence after the first session. Once the system is calmed, one's ability to be curious, creative and sociable is enhanced, as the body is no longer set in defence mode. It allows a sense of increased safety in oneself and the world at large. TRE can also

address old injuries, ease aches and pains, help shift depression and enhance libido plus general well-being.

Having a trained provider allows this to happen safely, with a trauma-informed support. This is especially advised if we are carrying old trauma. We will learn a series of stretches that unlock a natural release mechanism. One can then do it on one's own at the drop of a hat!

Considering 80% of our experience comes from the inside, if we feel more connected to ourselves, this can enable us to feel more connected to others and clients, in a more benign way.

Presenter Bio:



Since graduating in 1995, Suzanne Spiers has worked in many community centres, rehabs, schools, colleges, PRU's, YOT services, mental health services and private practice. She has had the privilege of working with many different types of people who may be going through a time of challenge in their lives, or navigating a special circumstance. She later trained in a trauma informed modality and TRE that informs her work.

Sat, 01 Oct 2022, 8:00 PM - 10:00 PM

The United Art Project - 'Where has the storm gone?'

Capacity: 7 - 23

Length: 120 minutes

What type of submission: Social / Networking / Fun event

Room: Syndicate 2 (Max 24)

Blurb:

The United Art project is a Community Association set up by Kayle McCoy during Lockdown 1 in 2020 when she lost her freelance Dramatherapy work. Her first pot of funding came from her local council and paved the way for more 'Art in situ' projects. Project 1 saw 120 people ranging from ages 5-93yrs paint a canvas in their own home. Each household had a 24 hour window by which to paint their masterpiece - using their

current thoughts and feelings as a stimulus. The aim - to bring a sense of togetherness and unity in a time of uncertainty. Kayle now wants to offer a space for you to paint your very own 'storm'. Any participants will then be able to take their canvas home should they wish. Please see www.unitedartproject.co.uk for a glimpse of what has happened during this transitional and transformative time. Kayle will be present to chat about her journey and her process throughout.



Presenter Bio:

Kayle McCoy is a Bradford based Dramatherapist working in the charity and community sector. Kayle has set up her own community association and would like to share a piece of her work. Kayle is one of the BADth Charity trustees.

Sat, 01 Oct 2022, 8:00 PM - 10:00 PM

Mapping Care In Your Body

Capacity: 15 - 23

Length: 120 minutes

What type of submission: Interactive workshop

Room: Syndicate 3 (Max 24)

Blurb:



In this workshop, we begin by moving our bodies - individually and with each other. Through this movement, we listen to our various parts of the body, and especially the images, words, and gestures that come along with that listening. We will then be mapping what we hear on a silhouette drawn on a body-sized piece of paper representing our body. We explore the stories the process creates for us, finding spaces in our bodies that need self-care and the places of self-care that already exist.

Since 2018, body mapping has been one of Jasmine's ways of getting in touch and expressing what the body holds. Jasmine has mapped feelings, wounds, concepts, textures, images, and a myriad of colours on her body. To see the body as a space of wounding, and healing, a sight for wisdom, and to work with that wisdom is an important space for her to hold and work with.

Through the workshop, we will aim to acknowledge and understand spaces of self care within our bodies, and how we would like to work with them. Working with others can take a toll on our own body, and therapists might hold many feelings in the body, not only for themselves, but also for their clients. Looking closely into how we hold these feelings, we can learn where they are located. Once we locate them, we can better know how to take care of ourselves - because it is our own selves that we use everyday to take care of others.



Presenter Bio:

Jasmine Sachdev is a student dramatherapist training at Royal Central School of Speech and Drama(2020-2022). She has been working in the spaces of drama, education, and social justice in India for eight years before coming to London. She is also trained as an arts-based therapy practitioner with foundations in Buddhist psychology. She loves directing performances, collecting objects, and cracking bad jokes.

Sat, 01 Oct 2022, 10:30 PM - 11:30 PM

Night Owl Natter



Capacity: 15 - 3000

Length: 60 minutes

What type of submission: Social

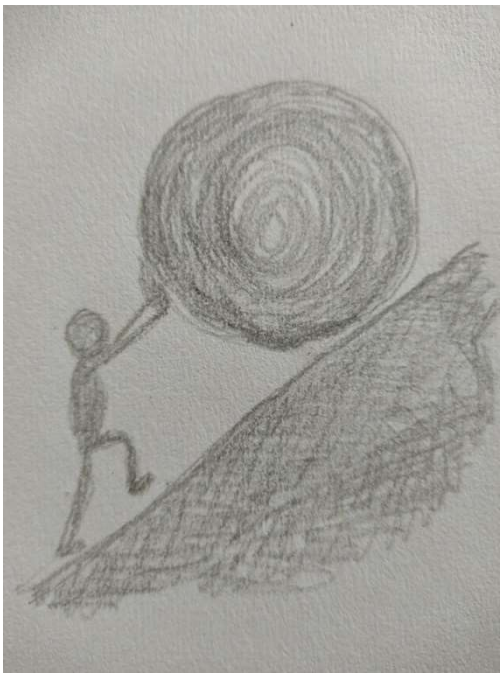
Room: The Great Hall

Blurb:

Your brain is still whirring, your heart is still pumping, there are people to catch up with, you don't want today to end yet. For all those who like to see just one more show at the Edinburgh Fringe or who prefer to burn the midnight oil than catch an early bird this late slot is for you to fill in anyway which would help your self-care.

Sun, 02 Oct 2022, 9:00 AM - 10:00 AM

An exploration of Hopelessness – perspectives of two dramatherapists



Capacity: 20 - 68

Length: 60 minutes

What type of submission: Paper or Oral presentation

Room: The Great Hall

Blurb:

One day Sisyphus had to lift a boulder and carry it and roll it all the way to the top of the hill. And the next day he had to do this again. And the day after. And every next day for as long as he existed.

Hopelessness is a major theme in working with refugees and asylum seekers and a theme consistently returning in all stages of the therapeutic work. Hopelessness is found in extremely complex experiences of loss, it grows in the climate of racism and xenophobia which refugee populations constantly face within all levels of the social system. It is enhanced by the hostility practices adopted by the organised society. Hopelessness then becomes a part of therapy and is shared between the client and therapist.

This presentation is an attempt for us to process and understand our own feelings of hopelessness and how it is manifested in and affects our dramatherapy work with refugees and asylum seekers. We draw from our personal experiences of burnout and we focus on the multifaceted reality of hopelessness as we experienced it while working with this client group. We look into hopelessness through three layers of experience: Socio-political/ wider systemic, existential/ philosophical and on a personal/ psychological basis. Inspired by the myth of Sisyphus and Camus' reflections on the story, Frankl's study on finding meaning, Hillman's reflections on war and systemic theory, we use our own experience and reflections to encounter and understand what is the place of hopelessness within the dramatherapeutic practice.

Presenter Bios:



Elena Skreka is a Dramatherapist and a qualified teacher working with children and adolescents. She specialises in working with trauma, loss, social emotional and mental health needs. She has extensive experience in working with child refugees in the UK. She has studied Drama and Movement Therapy, Theatre, Literature, Linguistics and Translation.



Theodoros Kostidakis is a dramatherapist (HCPC, MA), working with Roundabout and in private practice in London. Theo has worked extensively with children of all ages and adults, often with complex and multiple needs: offering group and individual sessions with children excluded from mainstream education; and offering culturally-sensitive, trauma-informed therapy to young asylum-seeking and refugee people.

Sun, 02 Oct 2022, 9:00 AM - 10:00 AM

The Role of Dramatherapy in Exploring & Addressing 'Carer Strain' in Grandparent Kinship Carers & Implications for the Self-Care of Professionals Working With Them



Capacity: 15 - 3000

Length: 60 minutes

What type of submission: Paper or Oral presentation

Room: Balmoral Gallery (Max 70)

Blurb:

Grandparent Kinship Carers (GKCs) are raising grandchildren unable to live with their parents due to issues of neglect or abuse or other traumatic family events. They may have a Special Guardianship Order (SGO).

GKCs are marginalised and stigmatised in society not only because of a family dynamic that does not fit societal norms, but often due to being older in age, having health difficulties, being retired or unemployed, having housing issues, and struggling financially.

Caring for a traumatised child, whilst also dealing with the ‘loss’ of the GKCs own adult child, requires enormous resilience. Yet, GKCs, and kinship carers generally, do not receive the same statutory support or training as foster carers or adoptive parents.

The term ‘carer strain’ was coined by Farmer in 2009. Research has shown high levels of stress which can lead to burnout; a stress which is mirrored in both the children and the professionals in the system around them.

A growing number of dramatherapists are working with children in kinship care, and in some cases also with their carers (either in dyadic work or through therapeutic consultations). However, there is a lack of clinical practice research on dramatherapy carried out directly with kinship carers.

This paper will present the preliminary findings of a PhD research project offering psycho-education and brief individual dramatherapy sessions directly to GKCs to explore their experience of 'carer strain' and its impact on self-care, with implications for the self-care of the professionals working with them, and for future policy and practice.



Presenter Bio:

Lynn Engler is a PhD researcher (University of Roehampton), qualified Dramatherapist since 2003 (Roehampton), and clinical supervisor (CAST, 2018) based in Norfolk, experienced in private/freelance practice with children and adults, previously employed in a fostering agency, and specialising in referrals from Children's Services Post-Adoption and Kinship Care teams.

Sun, 02 Oct 2022, 9:00 AM - 10:00 AM

Zen Painting

Capacity: 15 - 23

Length: 60 minutes

What type of submission: Embodied or sensory session

Room: Syndicate 1 (Max 24)

Blurb:



In the workshop, we will be working with breath, ink, painting and writing to create a meditative practice for ourselves. We begin with breathing to become present to ourselves, following which we practice a few ink strokes in tandem with our breath. We then move to free writing and creating a haiku from this process. We end by linking our reflections and our writing to our breath and ink strokes.

Zen painting has helped Jasmine pause when there's too much going on in the brain, and a single thought to follow is hard to find. Zen painting helps her focus and find meaning through the chaos. Rather than approach thought logically, this painting and writing process allows me to access some clarity through finding a slow connection between body and mind. Zen paintings as a technique is used as one of the Buddhist zen techniques.

Many people find it hard to sit still and meditate. Zen painting involves meditation by and while doing, and enables pausing and stillness in a contemplative way. In a schedule that is busy, like many mental health professionals experience, it is a technique that can be tailored to time available, and yet provide some meaningful release.

Presenter Bio:



Jasmine Sachdev is a student dramatherapist training at Royal Central School of Speech and Drama(2020-2022). She has been working in the spaces of drama, education, and social justice in India for eight years before coming to London. She is also trained as an arts-based therapy practitioner with foundations in Buddhist psychology. She loves directing performances, collecting objects, and cracking bad jokes.

Sun, 02 Oct 2022, 9:00 AM - 10:00 AM

Sound Healing - Tapping into our vibrational energy in turbulent times



Capacity: 15 - 22

Length: 60 minutes

What type of submission: Interactive workshop

Room: Balmoral Gallery (Max 68)

Blurb:

Consisting of a short talk, a 45 minute gong bath and time for discussion; this workshop explores the impact of sound in immediately reducing our stress and tension, it's ability to access a state of (often hard to reach) deep peace, and it's power to ignite our creative flame.

Underpinning this workshop is the assumption that in order to unlock our creative potential fully we need to be relaxed. As a dramatherapist working on an NHS run inpatient unit for people with eating disorders, I began exploring using gong baths to assist in grounding and relaxation as preparation for creative work. I have also been delivering gong baths to NHS staff as a result of the increase in mental health challenges at work as a direct result of the pandemic.

The vibration of the gong offers us a direct link to our parasympathetic nervous system and achieves deep relaxation, often resulting in increased creativity and a deeper understanding of oneself. As a

dramatherapist this work has been invaluable to me, both as a therapist needing to find a way to ground myself when working in an environment often consumed by crisis and chaos, and as a human being experiencing deep personal challenge and loss throughout this time of collective trauma.



Please wear something comfortable and bring something to lay or sit on such as a yoga mat, a blanket or a cushion.

Presenter Bio:

Lau Harp is a Dramatherapist, Gong Practitioner and Holistic Retreat Facilitator living and working in Devon. Currently, Lau works for the NHS as a dramatherapist on an NHS run inpatient unit for people with eating disorders and is working to normalise the use of alternative therapies within inpatient settings. *With support from fellow dramatherapist (and wife!) Becca Harp.*

Sun, 02 Oct 2022, 10:30 AM - 12:30 PM

Exploring embodied resonance: introduction to Fitzmaurice Voicework® in dramatherapy



Capacity: 15 - 23

Length: 120 minutes

What type of submission: Interactive workshop

Room: Syndicate 4

Blurb:

The purpose of the workshop is to explore embodied resonance as somatic-poetic practice. I am puzzled by the notion of imagination in dramatherapy and how it intra-acts with our somatic experience of ourselves and the world. In the embodied shared imaginative space of dramatherapy we can discover and create experiential resonance with ripples and wobbles within and without that may destabilize and restabilize simultaneously.

The Fitzmaurice Voicework® is a somatic approach to voicework that explores the dynamics between breath, voice, imagination and communication. It has focus on the whole voice and can assist in personal growth, self-knowing and self-care. During the workshop some basic principles will be introduced to highlight how this approach aims at freeing breathing and releasing held energy. In dramatherapy we work with imagination 'made flesh' and often delve into inner resonances as 'disturbances', unformed and uncontrolled knowing from within. How do we support ourselves to creatively explore these kind moments – of possibility and not-knowing?

The workshop will combine the Fitzmaurice Voicework with dramatherapy exercises inviting personal and collective explorations of voice and imagination. Voice in this context means the physical voice as well as the notion of voicing and asserting ourselves in space and as space participating in life with awareness of our own relevance to it. Obstacles are many, within and without. Being aware and curious about them, is not only a personal endeavour, but also indeed a social one.



Presenter Bio:

Ellen Foyn Bruun is an Associate Professor of Drama and Theatre at the Norwegian University of Science and Technology, NTNU Trondheim, Norway. She is an HCPC-registered Dramatherapist and an Associate teacher of Fitzmaurice® Voicework. Since 2007 Ellen has pioneered dramatherapy in Norway and she is active in the European Federation of Dramatherapy.

Sun, 02 Oct 2022, 10:30 AM - 12:30 PM

Rhythm and Connection - a Carnival Drumming Session (in person).

Capacity: 15 – 50

Length: 120 minutes

What type of submission: Interactive workshop

Room: The Great Hall

Blurb:

Come and blow away the cobwebs on a Sunday morning and raise the roof with some loud and joyful carnival rhythms!



Tom Morley and New Art Exchange 2

Dramatherapist Kathy Akers discovered Samba and carnival drumming 12 years ago, and it has been part of their essential self-care ever since; informing their work with clients, and improving their wellbeing, confidence, and focus. This will be a chance to work with others in a powerful, energetic and accessible workshop inspired by Brazilian rhythms, and to think about where rhythm work can be integrated in our own sessions. No experience is required and this session can be accessed seated or standing, on a range of lighter-weight or more sturdy instruments as suits you. All instruments will be provided and there may be a chance to perform what we have learned in our very own BADth School of Samba and get the conference dancing.

Presenter Bio:



Kathy Akers (they/them) is a Dramatherapist, BADth Registered Supervisor, and Associate Lecturer, who has been drumming in carnival groups since 2010. Kathy founded the Rhythm and Joy Project in 2018, leading sessions for community groups, and is a deputy band leader for Can Samba in Nottingham

Sun, 02 Oct 2022, 10:30 AM - 12:30 PM

Arts for the Blues for frontline COVID workers



Capacity: 20 - 22

Length: 120 minutes

What type of submission: Interactive workshop

Room: Syndicate 1 (Max 24)

Blurb:

This workshop will give a flavour of the Arts for Blues model of creative arts therapy as adapted for use with frontline COVID workers. This model has been developed by a research team at Edge Hill and Salford universities in response to the lack of creative therapy access for depression in the NHS. However following the pandemic the model was further adapted and researched from mental health workers in the NHS (article in preparation). Funding has been secured to research the model with health workers at the Royal Liverpool Hospital and further funding has recently been secured from the Arts and Humanities Research Council. The research team are continually building their team of Arts therapists from different creative modalities to deliver and research the model.

Presenter Bios:



Lee-Anne Widnall before commencing her first degree in Drama and Psychology worked in Community Theatre. After completing a postgraduate diploma in dramatherapy in 1992, Lee-Anne worked in mental health charities and Adult Education with Adults with learning disabilities in London and then with a touring theatre company in Hertfordshire. When working in a mental health charity in Manchester Lee-Anne then completed a Masters in Integrative Psychotherapy. Following this Lee-Anne went to work in Child and Adolescent Mental Health Services as a specialist therapist for 15 years and completed a postgraduate diploma in CBT and postgraduate certificate in Clinical Supervision. Lee-Anne then worked for 3 years in Adult Psychological Therapies (IAPT) before starting at Edge HIll University in

2020. Research interests are in Dramatherapy and Arts therapies for Trauma, Complex PTSD and long-term health conditions.



Claire Quigley is Dramatherapist who graduated in 2019 from the University of Derby. Claire predominately works within adoption and fostering, supporting young people and their families, specialising in attachment and developmental trauma. In recent years, Claire has published a book review and a clinical comment for the BADth Journal. Claire is also a Neuro-Dramatic-Play (NDP) Practitioner and an Associate Tutor at Edge Hill University.

Alongside her Associate Tutor role, Claire has been involved in pioneering research Arts For The Blues based at Edge Hill and was a co facilitator last year for their very first pilot study into the effects of arts-based interventions to improve depression and anxiety in adults.

Also presenting from the research team Vicky Karkou or Scott Thurston or Joanna Omylinska

Sun, 02 Oct 2022, 10:30 AM - 12:30 PM

The United Art Project - 'Where has the storm gone?'

Capacity: 7 - 23

Length: 120 minutes

What type of submission: Social / Networking / Fun event

Room: Syndicate 2 (Max 24)

Blurb:

The United Art project is a Community Association set up by Kayle McCoy during Lockdown 1 in 2020 when she lost her freelance Dramatherapy work. Her first pot of funding came from her local council and paved the way for more 'Art in situ' projects. Project 1 saw 120 people ranging from ages 5-93yrs paint a canvas in their own home. Each household had a 24 hour window by which to paint their masterpiece - using their current thoughts and feelings as a stimulus.

The aim - to bring a sense of togetherness and unity in a time of uncertainty. Kayle now wants to offer a space for you to paint your very own 'storm'. Any participants will then be able to take their canvas home should they wish. Please see www.unitedartproject.co.uk for a glimpse of what has happened during this transitional and transformative time. Kayle will be present to chat about her journey and her process throughout.



Please note - there may be a possibility to create your Masterpieces outdoors so keep your eyes peeled for further signage at the conference.

Presenter Bio:

Kayle McCoy is a Bradford based Dramatherapist working in the charity and community sector. She has set up her own community association and would like to share a piece of her work. Kayle is one of the Badth Charity trustees.

Sun, 02 Oct 2022, 2:00 PM - 3:00 PM

Burnout Cage



Capacity: 20 - 700

Length: 60 minutes

What type of submission: Performance / Theatre

Room: The Great Hall

Blurb:

Performance from inside the Burnout cage. How do I get out of this? Can I get out of here with a piece of material and a puppet. Can I be the strong one or is my strength the cage that locks me away? There is still a stigma to admitting you need help.



Presenter Bio:

Weronika Kucharska qualified in 2018 and work for the NHS with young offenders. Having recently taken some time off for sick leave Weronika has been putting a lot of energy into self care and learning how to weather the storm.

Sun, 02 Oct 2022, 2:00 PM - 3:00 PM

ReSource ReConnect ReStorying



Capacity: 15 - 22

Length: 60 minutes

What type of submission: Embodied or sensory session

Room: Syndicate 1

Blurb:

"To listen is to continually give up all expectation and to give our attention completely and freshly, to what is before us, not really knowing what we will hear or what that will mean. In the practice of our days, to listen is to lean in, softly, with a willingness to be changed by what we hear" Mark Nepo

How do we give space to come back to ourselves, so that we can resource, reconnect and restory what is moving through us? How do we connect, listen to what our body is telling us right now?

We will give space to listen to the orchestra, that is alive within each and everyone of us, through the cells of our being.. to awaken to the sensations of how we meet ourselves and our environment around us.

To trust and listen, to caress, to ignite, what messages are coming to us. In moving in the somatic practice of 5Rhythms a conscious movement practice, the session will focus on how we come back to ourselves, to listen, before we are able to come out and meet the world. Cultivating ways into the change we want to call in.. for ourselves, each other, the planet.

The session will move in the conscious movement practice of 5Rhythms: Flowing, Staccato, Chaos, Lyrical & Stillness, with a focus on flow (Ground) and stillness (Spirit)

Here are some of the energies of each of the 5Rhythms®, a practice created by Gabrielle Roth:

Flow - (Earth) is the rhythm of the feminine, the earth, of the mother. We move in fluid continuous movements, with no beginning or ending. We breathe in the world, receive, and allow the dance to unfold.

Staccato - (Fire) - is the rhythm of the masculine. We move with clarity and definition, with linear percussive movements. It is the rhythm of the heart and our inner fire. Following the pulse of our heart beat.

Chaos - (Water) - is the rhythm of where the feminine and masculine energies come together. Where we empty into the dance, we release, let go and surrender into our dance.

Lyrical - (Air) - is the rhythm of air, where we let go of letting go. After releasing through chaos, we let go of the ego, opening up to the mystery of being and moving into the unknown of your journey.

Stillness (Ether) is the rhythm where we become one with the breath, with the One-ness of being. We allow movements and shapes the come from our soul, to move us.. a place of coming home.

The session will give space for participants to have a somatic experience, through the physical body to listen and call in what resources our body. What helps us to reconnect, especially during times we might feel disconnected, overwhelmed and burnt out.

Presenter Bio:

Ruth Hirst works as a dramatherapist and a teacher of the conscious dance modalities: 5Rhythms and Soul Motion. Ruth currently works within the mental health sector, elderly and open groups within communities.

Ruth is passionate about using stories and movement, where an alchemy of change happens.

Sun, 02 Oct 2022, 2:00 PM - 3:00 PM

Constellations of Care



Capacity: 15 - 30

Length: 180 minutes

What type of submission: Interactive workshop

Room: Balmoral Gallery

Blurb:

Constellations of Care is an interactive workshop based on the African principle of Ubuntu; An African philosophy that places emphasis on 'being self through others', a form of humanism expressed as 'I am because of who we all are' from Ngabantu in Zulu language.

This philosophy has a home within the world right now probably more than ever and also fits within Dramatherapy, however, when considering weathering the storm in this time of burn out and self-care there are many aspects to contemplate as companions during the storm.

This workshop will delve deeper into this philosophy using relational & reflective rhythms of storytelling, music, movement and art to explore awareness, accountability, restoration and connections, all that we bring as Dramatherapists before we enter the therapeutic space, our personal storm, how this can fluctuate and change, and ways to navigate the storms we face. (Adams 2013)



Presenter Bio:

Carol Cumberbatch, passionate passionate about cultural humility, equity music & movement, Dramatherapist, Emotional Emancipation facilitator, community arts project developer, filmmaker, artist, currently studying with Royal College of Speech & Drama to become a (CAST) Creative Clinical Supervisor. Whilst in current NHS post has resurrected her research project Creative Models of Education 'Time Line Jewels' (2011) a film project working with school aged children to support the development of healthy communication & school communities, supported by Lewisham MHST.

Sun, 02 Oct 2022, 3:30 PM - 4:30 PM

Closing Ceremony



Capacity: 75 - 700

Length: 60 minutes

What type of submission: Closing Ceremony

Room: The Great Hall

Blurb:

Connecting through rhythm, play and creativity.

Saying goodbye. Preparing to step out of the conference and return home.

Stalls

The **Bookmark** bookstall will be selling new Dramatherapy titles, and a collection of books recommended by our workshop facilitators. There will be an online stall and an in-person stall at the conference. Special discounts are available for those who book a conference place.

Many of our **Subcommittees** will be showcasing their areas of work, so please do chat to the Convenors. They would be really happy to talk to you about getting involved!

There is space for other stalls if anyone wishes to sell any products. Please contact franfleming@badth.org.uk

Booking Form

Please complete this form and return to Fran Fleming: franfleming@badth.org.uk or 2 Holt Close, Chislehurst, Kent, BR7 5FH

Packages – ONLY NON-RESIDENTIAL PACKAGES NOW AVAILABLE

Please select from the following packages. If you wish to enquire about other options (for example day rate only, accommodation for one night etc) please contact Fran.

Package	Details	Member	Non-member	Student member
Package 1 (all inclusive)	Includes conference (Fri-Sun), all meals, accommodation* for two nights at the Premier Inn (single occupancy).	**Individual paying**		
		£451 ☐	£581 ☐	£391 ☐
		Organisation paying		
		£472 ☐	£615 ☐	£406 ☐
Package 2 (all inclusive, room share)	Includes conference (Fri-Sun), all meals and accommodation* for two nights at the Premier Inn (double occupancy in twin room with sofa bed).	**Individual paying**		
		£360.50 ☐	£490.50 ☐	£300.50 ☐
		Organisation paying		
		£381.50 ☐	£524.50 ☐	£315.50 ☐
		Name of attendee sharing bedroom: …….		
Package 3 (all inclusive, non-residential)	Includes conference (Fri-Sun), all meals but no accommodation.	**Individual paying**		
		£270 ☐	£400 ☐	£210 ☐
		Organisation paying		
		£291 ☐	£434 ☐	£225 ☐
Package 4 (conference only)	Includes conference (Fri-Sun) and lunch, but no evening meals or accommodation*.	**Individual paying**		
		£210 ☐	£340 ☐	£150 ☐
		Organisation paying		
		£231 ☐	£374 ☐	£165 ☐
Package 5	Access to online conference only	**Individual paying**		

(Online ONLY)	(19th – 25th September)	£70 ☐	£200 ☐	£20 ☐
		Organisation paying		
		£77 ☐	£220 ☐	£22 ☐

Online conference extra	Member	Non-member	Student member
	Individual paying		
Additional online conference option	£35 ☐	£100 ☐	£10 ☐
(**half-price** for those attending the live event!)	**Organisation paying**		
	£38.50 ☐	£110 ☐	£11 ☐

** accommodation has been reserved at two Premier Inns, one opposite the Albert Hall (Chapel Bar) and another approx. 10 min walk away (Goldsmith Gate). The closest Premier Inn will be allocated on a first-come, first-served basis.*

PARTICIPANT DETAILS

Full name: Click or tap here to enter text.

Membership level: Member ☐ Non-member ☐ Student member ☐

Tel: Click or tap here to enter text.

Email: Click or tap here to enter text.

Special Requirements (access/dietary etc): Click or tap here to enter text.

Payment

Total amount: £ Click or tap here to enter text.

(see prices of packages above and add on online conference at half price if you wish to attend this too).

☐ **BACS/Internet bank transfer -** *please ensure you use your full name as reference:*
Account name: British Association of Dramatherapists
Bank name: Triodos Bank Sort code: 16-58-10 Account number: 02179900

☐ **PayPal -** please let us know if you would like this method and we will email you a PayPal invoice.

This method is particularly useful if you are sending a payment from abroad as bank fees for transferring money or issuing foreign cheques are usually much higher.

☐ **Cheque -** please make cheque payable to BADth and send to Fran Fleming, 2 Holt Close, Chislehurst, Kent, BR7 5FH

☐ **Invoice Organisation -** *please complete details below.*

Funded by (name of organisation): Click or tap here to enter text.

Contact name (for invoice): Click or tap here to enter text.

Full address: Click or tap here to enter text.

Tel: Click or tap here to enter text.

Email: Click or tap here to enter text.

Cancellation Policy

In the event that you have to cancel your place, please note:

- Cancellations made before 8th August 2022 – 20% of fee will be retained.
- Cancellations made between 8th August and 5th September 2022 – 50% of fee will be retained.
- Cancellations made after 5th September 2022 – full fee will be retained.
- Delegates may transfer their place to another person of the same membership level at no charge.

Photography And Social Media Consent

We will be filming and photographing at various points during the conference to share our story on BADth social media, website, email, and print publications. If you DO NOT wish to be filmed/photographed, please let a member of the registration team know on the day who will issue you with a coloured dot to stick on your name badge.

We encourage you to share your own conference story on social media, using the conference hashtag and ask that you take responsibility for obtaining verbal consent from anyone you photograph or film, as this consent form applies only to BADth filming, photography, and publication. Please note it is not permitted to photograph or film displays that are copyrighted or include photographs of people

Workshop Choices

Online Conference

Please tick which sessions you would like to attend. If for any reason you are unable to attend, please do let us know as some sessions will be capped.

Ongoing throughout conference

	Care to Text?

Tues, 20 Sept 2022, 7:00 PM – 20:30 PM

	Monologues from the Lockdown – An experience of Autobiographic Theatre with Gestalt Psychotherapists and Counsellors

Weds, 21 Sept 2022, 7:00 PM – 20:30 PM

	Launching Religion & Spirit Matters working group

Thurs, 22 Sept 2022, 7:00 PM – 20:00 PM

	Rhythm and Connection - a Neurodivergent Perspective

Fri, 23 Sept 2022, 12:30 PM – 2:00 PM

	The Ripples of Covid; Moving through the Landscape of Change

Fri, 23 Sept 2022, 7:00 PM – 20:30 PM

	Speed Mentoring

Sat, 24 Sept 2022, 10:00 AM – 11:30 AM

	Trauma Tapping - a self-care tool

Sat, 24 Sept 2022, 1:00 PM – 2:00 PM

	Let's Talk about burnout through an intersectional lens

Sat, 24 Sept 2022, 7.00 PM – 9:00 PM

	Overcoming Sudden Stills

Sun, 25 Sept 2022, 10:00 AM – 11:30 AM

	Journal Workshop

Sun, 25 Sept 2022, 1:00 PM – 2:30 PM

	Trauma Tapping - a self-care tool

Sun, 25 Sept 2022, 3:00 PM – 5:00 PM

	Astrodrama: Exploring the Use of Astrological Archetypes in Drama Therapy for Filipinos in the United States

Mon, 26 Sept 2022, 6:30 PM – 7:30 PM

	Dramatherapy in Education in Bitesize pieces

In person Conference

For each choice block, please number your preferences -1 for your first choice and 2 for your second.

AGM/GM: Fri, 30 Sept 2022, 2:00 PM - 5:00 PM

	AGM/GM (please tick if you will be attending this. We need 10% of the full membership in attendance to be quorate).

Delegate Choice Block 1: Fri, 30 Sept 2022, 5:30 PM - 7:00 PM

	Walking the Labyrinth
	Introduction to Schwartz round & the Dramatherapist as facilitator
	Weathering the Storm: Self-care for Supervisors and Supervisees.
	The journey to and recovery from burnout through an intersectional lens
	An Experiential Exploration of Beauty and The Beast: Self Care and Weathering The Storm
	21Dreams

Delegate Choice Block 2: Sat, 1 Oct 2022, 9:00 AM - 10:00 AM

	Deconstructing the Myth of the Suffering Artist: How to support the Arts Industry
	Dramatherapy with elders and people with dementia
	The S**t Cup - Release
	Embodiment, Environment, Regulation

Delegate Choice Block 3: Sat, 1 Oct 2022, 2:30 PM - 5:30 PM

	Lying down on the Grass and Untethering the Soul
	When two stories meet - how Dramatherapists can safely be with their clients when healing complex trauma.
	Don't tell me to Breathe! An angry way to take care of your mindfulness...
	21Dreams
	Light of Mind

Delegate Choice Block 4: Sat, 1 Oct 2022, 8:00 PM - 10:00 PM

	Creating Change: Dramatherapy and NHS Staff Stories
	TRE workshop: Everybody Knows Best
	The United Art Project - 'Where has the storm gone?'
	Mapping Care in Your Body

Delegate Choice Block 5: Sun, 2 Oct 2022, 9:00 AM - 10:00 AM

	The Role of Dramatherapy in Exploring & Addressing 'Carer Strain' in Grandparent Kinship Carers & Implications for the Self-Care of Professionals Working with Them
	An exploration of Hopelessness – perspectives of two dramatherapists
	Zen Painting
	Sound Healing - Tapping into our vibrational energy in turbulent times

Delegate Choice Block 6: Sun, 02 Oct 2022, 10:30 AM - 12:30 PM

	Exploring embodied resonance: introduction to Fitzmaurice Voicework® in dramatherapy
	Rhythm and Connection - a Carnival Drumming Session (in person).
	Arts for the Blues for frontline COVID workers
	The United Art Project - 'Where has the storm gone?'

Delegate Choice Block 7: Sun, 02 Oct 2022, 2:00 PM - 3:00 PM

	Burnout Cage
	ReSource ReConnect ReStorying
	Constellations of Care