

Highlands & Islands Counselling and Psychotherapy CPD Series 2013-2014

Introduction to the philosophy, methodology, and uses of Psychodrama, Sociometry, and Sociodrama in clinical practice and for personal growth

A 2-day workshop with
Dr MaryCatherine Burgess

Dates: **Sat. 5th & Sun. 6th October 2013**

Venue: **Netley Centre, Inverness**

Cost: **£150**

*(*cost includes lunch & tea/coffee on both days and workshop materials.)*

Psychodrama is a 'here and now' experiential therapeutic methodology for telling and exploring life stories and experiences *in action*, in order to make sense of them. Grounded in a dynamic interaction between spontaneity and creativity, psychodrama can help people identify and expand roles, tell stories, express feelings, and conduct social investigations that can lead to a deeper understanding and healing. Psychodrama is humanistic and client-centred and adds to flexibility and aliveness in our therapeutic work with clients.

Sociodrama focuses on the collective aspects of roles, stories, feelings, and social investigations that emerge among individuals and societies in the creative quest for societal healing. Underpinning both psychodrama and sociodrama is **sociometry**, which is a kind of applied social psychology that looks at patterns of attraction, repulsion, and neutrality between people and within groups, in order to honour preferences and understand dynamics that promote healthy interactions and a healthy society.

By respecting and acting upon these interpersonal connections and choices, **Jacob L. Moreno**, (Austrian-American leading psychiatrist and psychosociologist, thinker and educator, the founder of psychodrama, and the foremost pioneer of group psychotherapy) hoped to empower individuals as co-researchers, co-therapists, and co-creators in the evolution of a positive, healthy world.

During this introductory weekend workshop, participants will learn about Moreno and his philosophy; experience and learn about the overall structure and methodology used in psychodrama, sociometry, and sociodrama; and begin to explore ways in which these and related action methods can be applied in their work and life. Though the theme of personal growth will form the context for this experiential way of learning, there will be time to reflect upon how counsellors and therapists might integrate some of these action methods with individual clients and in groups.

This CPD workshop is open to counsellors, psychotherapists and students and teachers of counselling and psychotherapy.

Trainer/Facilitator: MaryCatherine Burgess, PhD. T.E.P. (USA)

MaryCatherine is a certified Trainer/Educator/Practitioner (T.E.P.) of psychodrama, sociometry and group psychotherapy through the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. Since 1994, she also has maintained her licensure as a mental health practitioner and her certification as a professional counsellor in Nebraska, USA.

MaryCatherine began her psychodrama training in 1979 with John Nolte, who had studied directly with J.L. Moreno. In addition, she trained extensively with Ann Hale, who also studied with Moreno and is a leading authority on sociometry, and with Donna Little of Toronto, a colleague and co-trainer with Ann. Since moving to Scotland in 2001, MaryCatherine has worked as Associate Chaplain, Honorary Fellow, and Research Fellow at the University of Edinburgh, where she will be teaching a course on Spirituality and Counselling in the autumn.

Assistant Facilitator: Avigail Abarbanel, BA(Hons), Grad. Dip. Psych/Couns., Cert. Gestalt Counselling

Avigail has been a psychotherapist and counsellor in private practice (Fully Human Psychotherapy) since 1999. Her first 11 years were in Canberra, Australia and since July 2010 she has been practicing in the Inverness area. Avigail has been supervising for 7 years. She has been Accredited with the BACP and COSCA since 2008 and is on the BACP Register.

Avigail has extensive experience working with individuals, couples and groups and she has always used action and experiential methods in her work. Avigail is the Convenor of the Highlands & Islands Counsellors Forum. Her website is at: www.fullyhuman.co.uk

Booking & registration:

Please refer to attached booking form.