



Dramatherapy Wales
Dramatherapi Cymru

Dramatherapy Wales Conference 2019

I am Here

Here am I

Creatively exploring the spaces between the
personal and professional

Date Friday 22nd November 2019

Time 9.00 - 4.45pm

Location University of Wales Trinity St David,
Llys Glas Building,
Alexandra Road,
Swansea,
SA1 5AJ

Supported by



Prifysgol Cymru
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Programme

9.00 - 9.30: Registration and Coffee

9.30 - 9.45: Welcome and Introductions

9.45-11.15: Keynote Speech by Holly Stoppit

Dropping into the archetype of the Clown: how can Clowning support us as creative arts practitioners, both inside and outside the room?

During her dramatherapy Masters, Holly developed 'Clown-o-therapy', a unique blend of clown skills training, meditation and therapeutic reflection, designed to help people connect deeply with themselves, other people and the world around them.

Drawing on her dissertation research and subsequent client and personal experience, Holly will share some of her theory, exploring how the Clown's wisdom can support us in our practice and in our lives. Clowns, fuelled by curiosity, compassion and connection, tend to make bolder choices and are fearless of being seen in their vulnerability. The red nose both protects and reveals.

During this session, Holly will be offering a guided meditation and a series of play invitations, designed to help you explore your relationship with curiosity, play and connection. We'll finish with a reflection session, where you'll be invited to ponder on how your Clown might be useful to you.

11.15-11.30 : Refreshment Break

11.30 - 13.00: Concurrent Presentation & Workshops

Creative Workshop with Peter Darby-Knight

Falling from the pedestal - a dramatherapist's experience of mental illness

In January 2017 I was taken to A&E by my family who were concerned about my deteriorating mental state. Following a psychological assessment I received a diagnosis of panic disorder. This led to a period of time in my life where the personal and professional collided with one another. How, as a dramatherapist, could I maintain the boundaries between these two aspects of my life when my mental health prevented me from doing so?

This creative workshop will consider the challenges we experience as dramatherapists when our own mental health impacts on our ability to practice. Creative exploration will support reflection on the expectations we may impose on our mental health when working therapeutically. Following this, the workshop will include an invitation for the group to collectively share these reflections, as well as exploring the boundaries between our clients' and our own mental health.

Presentation by Pete Holloway

Cancer and countertransference - isolation, uncertainty and empathy: the (un)holy trinity of the therapeutic endeavour

This presentation will explore the experience of cancer diagnoses and on-going treatments on the "role" of the therapist and his relationships with a 'challenging' client group and wider contexts that have become accustomed to his 'authority'. It will attempt to weave together political, philosophical, psychodynamic and relational observations through a personal reflective journey. There will be lots of opportunity for questions, challenge and debate of the issues raised (and maybe even some that are being [un]consciously hidden by the presenter).

Presentation with Rose Sadowski

Through the Looking Glass

***"In the garden of memory, in the palace of dreams... that is where you and I shall meet."* (Alice through the Looking Glass, Lewis Carroll)**

This presentation will explore the therapist's personal and professional journey through the topsy-turvy world of eating disorders. How do our personal experiences of illness and trauma shape and effect our practice? Is our woundedness a help or a hindrance? How does working in a field as 'the therapist' where you were once 'the patient' affect your professional and personal processes? How do we nourish ourselves in such an environment? And where does the body fit in to all of this.....?

13.00 - 14.15: Lunch & Reflection

The Breathing Space

A quiet space to sit, move, be mindful and be yourself

Who Cares for the Carer?

Lunchtime Reflections with Gergo Danka

Informal Drop in with Esyllt George

Playful poetic encounter with words to explore the importance of delivery of dramatherapy through the Welsh language in Wales, and more generally delivering and receiving therapy in our mother tongue

14.15- 15.15: Concurrent Presentation & Workshops

Presentation and Workshop with Carol Cumberbatch

'Knowing Me, Knowing You' a common saying vs a rare occurrence

My practice is inspired by a variety of clinicians and theories that underpin my approach as a dramatherapist. My professional and personal approach to my career is deeply rooted in play, creativity and movement. It is an area that has satisfied my passion for the combination of the arts and education, and in doing so has allowed me to work within a broad range of schools, settings and diverse communities. The title 'I am here, here am I' in itself manifested as a provocative plethora of possibilities wrapped in an invitation that I choose to not experience alone anyone interested?

Presentation by Ditty Dokter

Interweaving the personal, professional and political in autobiographical performance

This paper will present arts based research on autobiographical performance, related to therapist illness and migrant identity. It describes an embodied devising and performance process followed by the analysis of that process in relation to trauma, therapist self-care and identity, as well as considering the impact on clients. The paper is illustrated by a slide show with sound, created by an audience member in response to the performance.

15.15 - 15.30: Refreshment Break

15.30 - 16.30: The Golden Thread Playback Theatre Company

Playback theatre is a form of improvisational theatre in which the audience tells their stories and then watch them immediately enacted using drama and music. The Golden Thread will be playing back your stories that have emerged from the day.

16.30 - 16.45: Closing Reflections and Ending Ritual with Bryn Morgan and Esyllt George

PLACES ARE LIMITED PLEASE BOOK SOON!

Conference Contributors

Carol Cumberbatch

Starting as a nurse for adults with learning and physical disabilities & secure patients at the historic Leavesden Hospital, to becoming a Performance artist in the Netherlands before qualifying as a dramatherapist in 1998, I am now Director of my company 'Jahzoom; changing communities with creativity'. Through the design and delivery of bespoke projects I support schools and communities' emotional and mental wellbeing through creativity. Currently working as a dramatherapist at Active Support Education, an independent Pupil Referral Unit in Luton and across Hertfordshire schools as a dramatherapist for Hertfordshire County Council Counselling in schools service. Recently graduated in Post Graduate Certificate in Psychology in 2018 to accompany an MA in Creative Models of Education in 2011.

Gergo Danka

Gergo has worked as a creative drama practitioner in a wide variety of settings for the last 20 years. He obtained an MA in Dramatherapy in 2018, since which time he has co-facilitated brief therapeutic interventions for LAC clients, a series of Reflective Practice sessions for segregation unit officers at a high security prison, and currently runs a fortnightly dramatherapy group at a Herefordshire nursing home. Gergo has worked with children in schools, disadvantaged teenagers at an international summer enrichment program, and most recently - as a dramatherapist - with a child on the autistic spectrum.

Ditty Dokter

Ditty Dokter PhD works freelance as a therapist, trainer, supervisor and researcher. Prior to this she was NHS arts therapies head/professional lead and course leader MA Dramatherapy at Roehampton and Anglia Ruskin Universities. Related publications to this paper are a co-authored chapter (2020) with Lea-Weston and Thornewood in *Arts Therapies and Trauma*, edited by Chesner and Lykou, Routledge and sole authored chapter (2019) *The Transformative Body in Movement Awareness*, edited by Reeve, Triarchy Press pub; both in press.

Esyllt George

Esyllt George is a dramatherapist based in Cardiff interested in maintaining and developing the use of the Welsh language as an important aspect of her work.

Pete Holloway

Pete has worked as a dramatherapist in mental health settings for almost 30 years and is currently a consultant dramatherapist with the NHS, serving as the clinical lead for a multi-disciplinary psychological therapies team and working with a caseload of individuals with long-standing mental health diagnoses of personality disorders, psychotic disorders and lived experiences of complex trauma. For the last 25 years Pete has coupled his clinical work with a teaching/training role on the Dramatherapy Programmes at Roehampton University. He is currently faced with significant health issues (and the accompanying "meaning of life" questions) whilst simultaneously attempting to negotiate retirement from the roles that have defined his professional life.

Conference Contributors

Peter Darby - Knight

Since qualifying in 2013 Peter has worked in a number of different clinical settings. This has included NHS adult mental health, supporting children and young people in schools, the LGBT community, adults with learning disabilities and he was also the primary therapist on a year-long project with sex-workers. Most recently Peter worked for NHS ABHB within an assessment and treatment unit for adults with learning disabilities and complex mental health needs. He is currently working for a charity providing dramatherapy for people affected by cancer and other life-threatening illnesses, as well as establishing an in-house therapeutic service at a children's home for girls at risk of sexual exploitation.

Bryn Morgan

Bryn Morgan is a dramatherapist based in South East Wales. Since qualifying he has been working predominantly within the fostering and adoption sector supporting individuals, carers and families therapeutically. Alongside this Bryn has been developing two strands of research one being around vulnerable masculinity and the other having a focus on the beauty of death. He has experience working with sudden and expected bereavement, adult and child mental health as well as supporting asylum seeker/refugees' transition into Wales. Currently Bryn is on the Dramatherapy Cymru Committee (BADth Rep) and Conference Steering Group. Out of work Bryn enjoys keeping active and exploring the Welsh scenery either on foot or bike.

Rose Sadowski

Rose is currently a residential dramatherapist at STEPS specialist eating disorder service, Southmead Hospital, Bristol. Rose has previously presented at RCPSYCH international conference for Medical Psychotherapy and Eating Disorders Psychiatry. Rose has previous clinical experience in the fields of forensics, community child and adult mental health, trauma and learning disabilities. Rose has worked in both inpatient and outpatient settings including prisons, secure hospitals, schools, and theatres. Particular interests include authentic movement, and somatic psychology and its role within the therapeutic relationship.

Holly Stoppit

Holly Stoppit is a dramatherapist, facilitator, lecturer, performance researcher and theatre director, specialising in live, interactive, improvised and devised performance, exploring the human condition through comedy and play.

Golden Thread Playback Theatre Company

The Golden Thread is a unique playback theatre company made of four dramatherapists; Melanie Beer, Gillian Downie, Seren Haf Grime, Rose Thorn and a music therapist: Robin Wiltshire.

Dramatherapy Wales Conference Steering Group Committee; Melanie Beer, Rosie Bufton, Lydia Cleaves, Esyllt George, Seren Grime, Beca Lewis Jones, Bryn Morgan, Alice Nicholas, Mandy Squires and Richard Stephens

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BOOKING FORM:

Please follow this link to the online booking form:

[DT Wales Booking Form](#)

To make an online payment please transfer to account details below:

Dramatherapy Wales Dramatherapi Cymru

Account Number: 81705423

Sort Code: 40-08-09

Please put your full name as the reference

COST

EARLY BIRD: (Booked and payment received by 11/10/19)

£60 OR £50 Concession (Student / Unwaged)

FULL PRICE: (For payment received after 11/10/19)

£75 OR £65 Concession (Student / Unwaged)

TRAVEL

There is no free parking available on site

We recommend and encourage using public transport where possible, Swansea Train station is a 10 minute walk or short taxi drive away.

Here are some parking options: Nearest car park is Orchard Street Carpark NCP, 21 Orchard Street, SA1 5AT. To park for the day (6-8 hours) will cost £10.50.

Please follow this link for directions: [CAMPUS MAP](#)