



London
Centre
for



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Psychodrama

Group and Individual Psychotherapy

What We Do

The London Centre for Psychodrama Group and Individual Psychotherapy offers accredited training, education, supervision and therapeutic support in London and Cambridge.

The London Centre for Psychodrama is registered with the British Psychodrama Association (BPA) as an accredited training organisation, with the Federation for European Psychodrama Training Organisations (FEPTO) and is working in collaboration with Anglia Ruskin University Cambridge on the post-qualifying MA programme in Psychodrama Psychotherapy.

The BPA is a member organisation of the United Kingdom Council for Psychotherapy (UKCP)



Programme of Courses & Events 2016-2017

We offer:

- A one year Certificate/ Foundation Course for new trainees or professionals seeking add-on skills and CPD hours
- A further three year training programme to Advanced Diploma level as a Group and Individual Psychodrama Psychotherapist (UKCP)
- Post qualifying MA in Psychodrama at Anglia Ruskin University Cambridge
- A one year accredited Creative Supervision Diploma for those already qualified in their profession (Start date September 22, 2017)
- Psychodrama for Personal Development and Therapy, including experiential weekends and residential events
- Themed Psychodrama training weekends for taster and CPD



What Is Psychodrama Psychotherapy?

Psychodrama is an integrative creative action psychotherapy, with psychodynamic, systemic and existentialist foundations.

Psychodrama Psychotherapy pays attention to behaviour, thoughts, emotion and the body.

It uses creative action methods with groups and individuals. It is a method with applications beyond the field of psychotherapy, in education, training, management, community-building and conflict transformation.

Psychodrama was developed by Psychiatrist JL Moreno in the early twentieth century and was the first recognised form of group psychotherapy. It is now practised in many countries.

A key methodology for the London Centre for Psychodrama Group and Individual Psychotherapy is the use of Role Analysis to help track current issues to their origins in early life, to work through these, and to begin to practise more up-to-date and functional ways of being.

Training Courses

Events Calendar

Open Access Weekend Workshops

These weekend workshops provide an opportunity to experience psychodrama and engage with relevant theories.

Each weekend has a theme, which acts as a general focus for the psychodrama sessions and the accompanying reading.

Open Access workshops are directed by London Centre and BPA registered Trainers and senior trainees.

Who are Open Access Weekends for?

Open to members of the public, trainees from other training schools and professionals with an interest in psychodrama or the theme of the weekend. No prior experience necessary.

These workshops are intended to provide an experience of psychodrama and although they are therapeutic they are not intended as a means of providing psychotherapy.

Training Practice Weekends

Training Practice Weekends provide an opportunity to learn and practise psychodrama within a safe and supportive atmosphere. They are open to registered psychodrama trainees and practitioners as well as practitioners and trainees from other therapeutic and educational fields. Each weekend has a theme, which acts as a general focus for the psychodrama sessions.

Please note that these weekends offer an opportunity for registered psychodrama trainees to direct under the guidance of an approved trainer.

Experiential Workshop Weekends

Anna Chesner leads four of these a year and they are open to those people seeking an experience of psychodrama and wishing to engage in some personal work.

These weekends are designed to give an opportunity for personal exploration and development in a safe environment, as well as an understanding and experience of the method. Psychodrama is a deep psychological method of psychotherapy using role, symbolisation and enactment. Please discuss with Anna if you are not currently in personal therapy.

Maxine Daniels conducts a fifth experiential weekend in July.

Open Access & Training Practice fees and details

Weekend fees are £195. Venue: Maudsley Hospital London SE5 at the Cawley Centre. Accommodation can be found locally at a reasonable rate if booked in advance. Each weekend runs: Saturday 9.30 to 18.00 hours Sunday 9.30 to 16.00 hours. A weekend counts as 16 psychodrama/ CPD hours. Certificates of attendance are provided to evidence continuing professional development where needed.

Experiential Weekend fees and details

Weekend fees are £195. Venue: Maudsley Hospital London SE5 at the Cawley Centre. Accommodation can be found locally at a reasonable rate if booked in advance. Each weekend runs: Friday 19.00 to 22.00 Saturday 10.00 to 18.00 hours Sunday 10.00 to 17.00 hours

Professional Psychotherapy Training

Course tutors:

Jinnie Jefferies, Anna Chesner, Maxine Daniels

Level One: Certificate / Foundation Year in Psychodrama.

This one year (ten weekend) course may be taken as a one year foundation course for those considering full professional training as psychodrama psychotherapists. Upon successful completion it may be possible to transfer to the full qualifying Postgraduate Diploma in Psychodrama Group and Individual Psychotherapy, Level Two. It is also open to trainers, educators and consultants and those from the fields of counselling, psychotherapy and social work wishing to add creativity, psychodramatic theory and action methods to their work or to fulfil Continual Professional Development requirements. In itself it is a non-qualifying course.

Level Two: Postgraduate Diploma

The Postgraduate Diploma in Psychodrama Group and Individual Psychotherapy is a four year training (including the Foundation year) meeting the requirements for Group and Individual Psychotherapy within the Integrative (HIPC) college of the UKCP. Trainees attend ten weekends a year and participate in weekly psychotherapy throughout the training.

Level Three: MA in Psychodrama

This post-qualifying MA runs at Anglia Ruskin University Cambridge. Open to UKCP registered graduates and honorary members of the London Centre for Psychodrama Group and individual Psychotherapy.

Post Professional Creative Supervision Diploma

This BPA and ADMP accredited course runs annually for one academic year from September and is open to qualified practitioners from diverse fields.

September 9-11 2016

Experiential Psychodrama Weekend

Anna Chesner

An opportunity for personal development work without a training agenda or set theme.

October 22-23 2016

Open Access Weekend

The True Self and False Self: Authenticity and the Mask

Anna Chesner and Jinnie Jefferies

In this workshop we will explore the concept of the True and False Self in order to gain greater understanding of ourselves and others. We will be using the writings of D.W. Winnicott and the techniques and philosophy of J. L. Moreno, the founder of psychodrama psychotherapy.

November 11-13 2016

Experiential Psychodrama Weekend

Anna Chesner

An opportunity for personal development work without a training agenda or set theme.

November 19-20 2016

Training Practice Weekend

Cinderella and other stories: the use of myth, Metaphor and fairy tale in psychodrama psychotherapy

Maxine Daniels and Anna Chesner

Psychodrama nurtures creativity in both the practitioner and the client. In this workshop we will explore known stories as well as metaphor and consider how we can open ourselves to the many layers of meaning within these sources.

December 3rd 2016

Reflective Practice Day

Maxine Daniels

This annual event is open to psychodrama psychotherapists and trainees to come together to reflect in action on our work, its joys and its challenges.

February 10-12 2017

Experiential Psychodrama Weekend

Anna Chesner

An opportunity for personal development work without a training agenda or set theme.

February 18-19 2017

Open Access Weekend

Healing the Traumatic Wound

Jinnie Jefferies and Anna Chesner

In this workshop we will explore the nature and impact of trauma, and how psychodrama may assist in the healing process.

March 18-19 2017

Training Practice Weekend

Addictions through a Psychodrama Lens

Anna Chesner and Maxine Daniels

The use of alcohol, drugs, nicotine has become commonplace in our society as a way of being socially acceptable or to relieve the stress of 21st century life. For some of us this does not seem a problem and we would not regard ourselves as having an addiction. For others addictive behaviour, whatever form it takes, dominates our life and causes immense suffering to ourselves and others. In this workshop we will look at addictions across the spectrum and how psychodrama is used to bring about change.

May 12-14 2017

Experiential Psychodrama Weekend

Anna Chesner

An opportunity for personal development work without a training agenda or set theme.

May 20-21 2017

Open Access Weekend

Sexuality and Gender

Guest tutor Marcia Karp and Maxine Daniels

Questions of sexuality and gender affect everyone and therefore have an inevitable relevance in the consulting room." (Christina Richards) This workshop will focus on the role of sexuality in our lives in all its diversity and mystery.

June 24-25 2017

Training Practice Weekend

Understanding Depression: Psychodrama and CBT

Anna Chesner and Maxine Daniels

In this workshop we will explore perspectives on depression and consider both psychodramatic and CBT approaches.

July 7-9 2017

Experiential Psychodrama Weekend

Maxine Daniels

Maxine's approach is to help participants gain an understanding of psychodrama as a therapeutic, educational and group process.

Facilitator Biographies



Jinnie Jefferies MSc

UKCP registered Psychodrama Psychotherapist & Counselling Psychologist and Founder of the London Centre for Psychodrama. As well as heading up the Psychodrama Department at HMP Grendon Underwood she trains all prison staff working in forensic therapeutic communities as well as the staff at Millfield NHS forensic therapeutic community. She has been given the Terry Waite major award for "outstanding work with long term prisoners". This was awarded by the Butler Trust.

Jinnie has pioneered training in Greece, Ireland and London and has written and lectured widely on Psychodrama. Over the past decade she has made television and radio programmes for the BBC and Channel 4 using psychodrama and action methods.



Anna Chesner MA

UKCP registered Psychodrama Psychotherapist, Group Analyst, HCPC registered Dramatherapist, Playback Theatre Practitioner. Anna is co-director of the London Centre for Psychodrama. She works in private practice in East London with individuals, couples, groups, and consults to Maudsley and King's College Hospitals.

She is programme leader for the BPA accredited diploma in Creative Supervision. She has written about her work with people with learning disabilities, about supervision, and about creative advances in group work. As well as her clinical work she is a leader in Playback Theatre. Her training and facilitation work takes her regularly to Germany and Switzerland.



Maxine Daniels DPsych Senior Trainer

UKCP registered Psychodrama Psychotherapist, specialising in forensic psychotherapy. She works as a consultant and supervisor to the prison service for their offending behaviour programmes and trains prison staff at a national level in the use of roleplay as a therapeutic tool integrating psychotherapy and cognitive behavioural modalities.

Maxine works as a Consultant Supervisor and Psychotherapist to the Priory Group, Partnerships in Care and the Cygnet group medium secure hospitals.

Past Honorary President, British Psychodrama Association. Former Board member, International Association of Group Psychotherapists and Group Process.

Founder member of the Federation of European Psychodrama



Guest Tutor Marcia Karp, MA, TEP, UKCP Psychodrama Psychotherapist

Past Honorary President, British Psychodrama Association. Former Board member, International Association of Group Psychotherapists and Group Process.

Founder member of the Federation of European Psychodrama Training Organisations. Co-Editor of The Handbook of Psychodrama, Psychodrama Since Moreno, and Psychodrama: Inspiration and Technique. Distinguished Fellow IAGP, Premium Laureate in practical sciences The National Academy of Pedagogical Sciences: Ukraine.

Marcia trains internationally in Geneva, Athens, Kiev, Spain, Moscow, Kazakhstan. She also conducts a private practice in Brentford.

London Centre for Psychodrama Request & Booking Form

(Please photocopy this form and use the copy if this flyer is posted for others to see)

I would like to reserve a place on the following workshops:

Please indicate dates and title of workshops and the number of places you are reserving, please list names and dates on a separate sheet.

And/or

Please send me more information about your: (please tick)

- Certificate Course
- Diploma Course
- Supervision Course
- Experiential Weekends
- Psychodrama Therapy Group
- Psychodrama MA

And/or

Please add me to your mailing list using the e-mail address I have provided.

Name:	
Occupation/Position (if applicable)	
Department/Organisation (if using work address)	
Address:	
Postcode:	Email:
Telephone:	
Signature:	Date:
Are you a Trainee with another Psychodrama organisation? If Yes, where?	

Payment: A non-refundable deposit of £100 for weekends is required to reserve your place.

Reserving a place is a formal agreement to pay in full for that place.

Refund Policy: A full refund with more than one month's notice less the non-refundable deposit.

Please return this form with full fee or deposit (Cheque made payable to 'London Centre for Psychodrama') to: London Centre for Psychodrama, 25 Luralda Wharf, London, E14 3BY.

Alternatively, if you would like to pay electronically via PayPal, please email your details to us at: anna@londoncentreforpsychodrama.org