

PSYCHODRAMA

Psychodrama is essentially a group action therapy in which people can explore situations in their own lives with which they are not happy. The objective is to release the emotions in conflict and to gain clarity and insight. The aim is to help people to become more constructively spontaneous: to find the courage to design life as they would like it. Instead of 'acting out' they are 'acting in'. They can rehearse for events to come, or do what they never did or said. They can experience events that will never be for what doesn't happen in life can be as important as what does. The scenes may be from their dreams, aspirations or joys, their disappointments or sorrows. They could be personal or professional, from the past, present or future. Psychodrama is an exploration of truth through dramatic methods.

This edition will include articles about J. L. Moreno, the innovator of Psychodrama, a personal account by Marcia Karp, director of the Holwell Centre for Psychodrama. Ken Sprague will discuss this approach to creative art. Joel Badaines will cover various aspects of training. Dorothy Langley writes about Psychodrama and theatre and Derry Lewis describes the use of psychodrama for young offenders.

- This issue has been compiled by Olivia Lousada and Marcia Karp.

PSYCHOLOGY AND PSYCHOTHERAPY ASSOCIATION

SIXTH ANNUAL TRAINING CONFERENCE

Monday 15th. December - Friday 19th. December, 1980, at Littledean Glos.

A choice between seven workshops is offered:

'Therapists and their families' Leaders: Paul O'Reilly and Andy Treacher

'Personal is Political' Leaders: Dave Pilgrim and Phil Salmon.

'Meditation Workshop' Leader: David Brandon.

'Woman in Therapy' Leaders: Sue Llewellyn and Kate Osborne

'Life Experience and Psychotherapy' Leader: Rod Orner

'Skills training in Gestalt, Fantasy and Bodywork' Leader: Eric Hall

'Physical Disability: New Perspectives in Theory and Practice'

Leader: Merry Cross

Cost, inclusive £90 for P.P.A. Members: £100 for non-members

A limited number of bursaries will be available.

Further details and applications from Bill Barnes
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Merseyside L35 4PQ. (Tel: 051 426 6511, Ext.65 -1K60)
