

3.10 - 4.10 Workshop Four

1) 'Returning to Begin Again'

With Elena Konstadina Boukouvala
& Amanda Cross

- How might returning to our inner impulses guide us to a new experience of ourselves in the Sesame approach? Participants will be offered a space to playfully explore their inner impulses, and their potential to translate them into action. The myth 'Sealskin Soulskin' will set the time and space for this exploration, inviting the group to journey to a "time that once was".

2) Voice and the Psyche: Sounding our Many Selves

With Emily Mundy & Agnieszka Dolecka

- An experiential session which explores how the voice is connected to the psyche and how this can be used in Drama and Movement Therapy. We will be looking at how, through the voice, we can access various aspects of our personality.

The workshop will draw influence from practitioners such as Paul Newham, Alfred Wolfsohn and The Roy Hart Theatre Company.

3) Scenes from Woyzeck by Buchner

An exploration of the *Theatre of Cruelty*

With Louise Croombs

And Emily Rotheron & Mel Beer

- Performance based upon Antonin Artaud's manifesto of the Theatre of Cruelty from his book *The Theatre and its Double*. Extracts from *Woyzeck* by Buchner are directed and performed to Artaud's specifications.

Artaud has much to teach us about performance, theatre, our inner and outer worlds and the shadow aspects of humanity. The post show discussion will address these themes in more detail and their potential impact on therapy.

4.20 – 4.50 Closing with Di Cooper

(Finishing promptly by 5.00)



To book please contact the
Sesame Office

Email info@sesame-institute.org

Tel: 02076339690

Cost

Sesame Members £40.00 (£30 Early Bird)

Non Sesame Members £50.00 (£40 Early Bird)

Concessions (Fulltime Students, OAPs) £20.00

Early Bird is available for bookings made by 31st August

Getting to The Sesame Office

Christchurch, 27 Blackfriars Rd, London, SE1 8NY

Car - Our studio is located inside the congestion zone. There is a car park in Doon Street.

Rail and Tube - Waterloo mainline National Rail Station is a 10 minute walk away. Southwark (Jubilee), Waterloo (Northern & Bakerloo), Blackfriars (District & Circle) in walking distance.

Bus - Routes 45, 63 and 100 all stop directly outside the church on Blackfriars

The Sesame Institute
invites you to

The Stepping Stones Graduate Conference Day



Saturday 9th October
9.30am—5.00pm



The Stepping Stone Graduate Conference Day

Outline of the Day and Workshop Details

9.30 – 10.00 Arrive and Sign in

10.00 – 12.15 Welcome

10.15 – 10.45 Guest Speaker James Roose-Evans

11.00 – 12.00 Workshop One

1) Embodied Tarot

With Charlotte Jamieson

- A movement session exploring the archetypal images and ritualistic qualities of the Tarot. An opportunity to work with the powerful energies contained within the cards and explore how this ancient art of divination can connect with and inform the Sesame approach. There will also be consideration of the spiritual and religious elements involved in working with Tarot and the implications of this when working in a therapeutic context.

2) Biting the Bird; images of childhood and the search for freedom. Reflections on a dramatherapy intervention in an all male prison

With Bryn Jones & Rozeena Karim

- A reflective exploration on the rediscovery of images lost to childhood and the possibilities for freedom between experiences of containment. *"Wandering, playing and getting lost, remembering and forgetting the pull of distant horizons and the precious tension of thresholds and being present."*

3) Dramatherapy 'now'

With Emily Rotheron

-A look at the current social and political climate in relation to dramatherapy. Where do we fit in? How do we make ourselves heard? This panel discussion with three experienced dramatherapists from across the work spectrum will explore current employment issues for our profession in contrasting working environments.

Followed by: Sesame Wales

With Melanie Beer

- A poster presentation detailing the work of the Sesame Institute in Wales. There will be an opportunity to ask questions to a representative of the Sesame Wales team.

12.10 – 1.10 Workshop Two

1) The Others Between – 'Ambiguity is uncertainty and uncertainty is hope'

With Melanie Beer & Naomi Durston

- A workshop exploring the space between the Self and its Other. Exploring the creative potential of the other possibilities - other Others - which arise between and within polarized opposites.

We'll experiment with modes of playing otherness, drawing on self-reflexive dramatherapeutic techniques as well as theatrical models of improvisation and character-work, to reflect on the experience of uncertainty when binary definitions of Self versus Other are broken down.

2) 'When words are not enough.'

With Elizabeth Heren

- Working with drama and movement in 'talking psychotherapy,' and focusing on the use of the Sesame approach when working with attachment issues, and how it helps to support the emergence of Soul.

Followed by: In the best interests of the client

With Louise Croombs

- A presentation on the complexities of working in the best interest of clients. Case studies raising questions surrounding practice with Learning Disabilities, ASD and Mental Health and the unique nature of the therapeutic relationship; followed by a discussion.

3) Dramatherapy in Malaysia

With Melinda Filo

- A presentation and discussion on a 4 week long therapeutic intervention in Malaysia, Batu Arang with a male client group living with HIV and substance misuse.

Followed by: The journey home..... Dramatherapy in South Africa

With Tammy Gordon

A presentation and discussion on Dramatherapy in South Africa. A unique opportunity to connect with a member of Sesame International in her own country; to consider how the Arts Therapies are burgeoning within the South African context; with specific focus on projects which she has coordinated on returning to South Africa after completing the Sesame MA.

1.10 - 2.00 Lunch

2.00 - 3.00 Workshop Three

1) Inspiration for imagination

With Louise Croombs

- A workshop on using symbolism in poetry and art to spark the imagination in Dramatherapy. How can we support our client's imagination when they may struggle with creative thinking? How can other art forms create drama and movement?

An interactive meeting with visual art and the written word to create a group piece of drama, movement and art.

2) The Wisdom of the Anoonians:

A Handbook for the Soul

With Deborah Barber

- What comes from two years spent in Wales experientially pondering the ways of the Soul on the *Psyche and Soma* course? Beyond the blessing of embracing the ways of Sesame in one's work, how else might such knowledge gained make itself manifest in one's life? This presentation, using a book dream-fully rendered in response to the Wildzonian work done, will muse over these questions and publically wonder over the role of the Soul Practitioner today.

3) Sesame meets the army (and their wives and children) / 'A cuddle and a fight': Dramatherapy within the Army Community.

With Charlotte Jamieson & Esther Watkins

- A presentation and short performance exploring the issues of working within the army community. This will draw on our past, present and future work in this area, and will consider the ways in which Dramatherapy can be used to support both servicemen and women and their families leading up to, during and following a six month tour in Afghanistan.

4) 'So, tell me about your mother' – questioning the role of personal stories within therapy.

With Indi Compton

A short video followed by a discussion on how necessary exploring personal stories within therapy may be, and the connection between this and a client's potential expectations.