



Workshop facilitated by Laura Hurkett

Introduction to Dramatherapy and the Sesame Approach

Friday 4th October 2019

Morning workshop - 10:00am to 1:00pm

Afternoon workshop - 1.30pm to 4:30pm

**Venue: Sunstone Centre, Hope House Children's Hospice,
Nr. Oswestry**

This workshop aims to introduce Dramatherapy and the Sesame Approach and includes experiential therapy sessions for individuals to gain understanding first-hand.

Dramatherapy is a form of arts psychotherapy which focuses on the practise of using exercises derived from Drama and Theatre, which are rationalised by a variety of psychological theories. It's used to support, heal, comfort and provide therapy to an individual person or group of people. A dramatherapy session, may draw on mediums such as drama exercises, stories, myths, images, play, mask work, puppetry and voice to help our clients unconsciously explore and examine relationships, perceptions and experiences that are pertinent to them, all while experiencing the nurturing, creative parts of themselves.

The Sesame Approach to Dramatherapy is heavily influenced by the theories of psychologist Carl Jung and movement practitioner Rudolf Laban. Movement therapy is the practise of using movement to explore emotions, images, and promote psychological and emotional healing through the body, and works to promote support and healing within a session.

The workshop aims to cover the following issues:

- Basic theory underlying Dramatherapy
- Basic theory underlying the Sesame Approach, and how it is implemented with clients
- The theory & practice of working with Movement and Myth within a session
- The 'Sesame' structure and its benefits.
- Experiential therapy sessions for individuals to gain first-hand experience

Laura Hurkett: Drama and Movement Therapist working in private practice and Academic Specialist and Associate Lecturer in 'Introduction to Dramatherapy' at the University of the West of England. with a special interest in self-destructive behaviour in children and adolescents.

**This workshop will be run twice on the day, with 15 places available for each session.
Available to book from Friday 26th July, (Members, Friday 12th July)**



COST: £30.00 for FORUM members and students, £50.00 for non-members.

Confirmation of your booking will be sent by email - please see below.

There will be a bookstall, so please do bring any therapy books you no longer need.

Refreshments are provided but please bring your own packed lunch.

Bursaries are available to members - see website for details www.forum4counsellors.co.uk

To reserve a place, please return the slip below and choose a payment option. We are not able to accept payment on the door or reserve places without payment.

ADDRESS and DIRECTIONS for workshop

The workshop will be held in the Sunstone Centre,
Hope House Children's Hospice, Nant Lane, Morda, Nr Oswestry, SY10 9BX.
Email: Forum4counsellorsmembership@gmail.com

The location can be found on the Hope House website (www.hopehouse.org.uk) – go to 'about us' – 'hope house' – location map. The hospice is situated up the hill on the left, after a residential area. The Sunstone Centre is the farthest building to the right and has its own parking.

CANCELLATION POLICY

Should you need to cancel your workshop booking, please contact the Treasurer, Neville Tomlinson. Cancellations with over 2 weeks' notice will be refunded in full. Refunds for bookings cancelled with less than 2 weeks' notice will be at the discretion of the Treasurer. If, however, members have booked a place but do not attend a workshop without having contacted the Treasurer, their money will not be refunded.



BOOKING FORM

Introduction to Dramatherapy and the Sesame Approach

Workshop facilitated by Laura Hurkett - Friday 4th October 2019

Venue: Sunstone Centre, Hope House Children's Hospice, Nr. Oswestry

I wish to attend the workshop:

Name:

Email address:

Contact no(s):

Please specify which workshop you would like to attend by ticking the box -

Morning workshop - 10:00am to 1:00pm

Afternoon workshop - 1.30pm to 4:30pm

Please tick if you would attend the other workshop time if your first choice is fully booked?
(We will get in touch by email to confirm your workshop time).

Please pay for the workshop by either;

a) Making a direct payment to the Forum for Counsellors and Psychotherapists bank account: sort code 20-77-85, account number 60798495, reference 'Drama'.

Or, b) enclose a cheque with this slip, payable to Forum for Counsellors and Psychotherapists.

If you require a receipt for the workshop on 4th October, please tick the box

Please forward this slip (and cheque if using this method of payment) to,

Neville Tomlinson
Mount Cottage, Church Rd, Trench
Telford TF2 7HG

Note: Please write your email address clearly to enable us to contact you to confirm receipt of your form and payment.