

## WORKING WITH RESISTANCE – PSYCHODRAMA WITH ADOLESCENTS

– workshop –

This workshop will allow me to share my experiences in running groups with adolescents, and encourage group participants to think about ways they could do so too, or how to adapt working with adults or children to working with teenagers.

The workshop will be experiential and will ask participants to consider their own experiences of adolescence and to share these reflections in small groups and/ or with the whole group psychodramatically if they feel comfortable doing so.

We will consider the requirements of beginning a new group with young people, and techniques that can be used to encourage them in using the method.

The workshop will use images, discussion, psychodrama and music to enable our work.



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Psychodrama Psychotherapist, British Psychodrama Association and UKCP (United Kingdom Council of Psychotherapists) registered.

I worked in the National Health Service (NHS) for 30 years with adolescents and families offering individual and group therapy. I trained in psychodrama with Oxford Psychodrama Group with Susie Taylor and Peter Haworth, and at Holwell with Marcia Karp and Ken Sprague through the late 1990's qualifying in February 2001.

I directed psychodrama groups with adolescents throughout my time in the NHS, and have run training groups on this across the UK and throughout Europe, as well as presentations of workshops at international conferences in Budapest, Turin, Sofia and Ghent.