Psychodrama is a method of psychotherapy in which people are helped to actively explore situations from their own life, past, present, and future. Psychodrama is holistic, working with spontaneity and humour, role play and future projection; it takes into account the whole person - one’s thoughts, feelings, behavior, physical being, relationships, social context and history, and also the emotional and spiritual dimensions of existence and well-being.

WHAT IS PSYCHODRAMA?

Mike Chase Mike trained in mask in England, Bali and Italy between 1981 and 1996. He established The Mask Studio in the mid 90’s and developed masks for training, education, performance and therapy. He has taught in these fields internationally for 25 years and is currently the Artistic Director of The Mask Academy and the Glasshouse Art Centre, Stourbridge. For several years Mike has contributed to the Biography and Social Development Training course as an external trainer, and has conducted self-development workshops around the world over the past 18 years. For 10 years he has taught The Hero’s Journey to students at the Glasshouse College using masks and psychodrama action methods. Mike is currently a trainee in Psychodrama psychotherapy with the Birmingham Institute for Psychodrama.

Mike is a fully insured member of UKCP, undergoes supervision and abides by the BPA Ethics for Practice.

Comments from participants:

“I think Mike was a fantastic leader; he had the ability to care for us as individuals and with in the group... the course exceeded expectations.”

“We worked at a deep safe level both individually and as a group.”

“I enjoyed creating deeply supportive connections with other participants.”

“I experienced a powerful release and personal transformation whilst being the protagonist. There was a deep healing process for me and I feel it has moved me forwards in my life.”

Venue All the psychodrama psychotherapy with Mike Chase will take place at The Glasshouse Arts Centre. For further information or if you would like to participate on any of the above, please contact Mike Chase for booking forms and assessment information at:

Glasshouse Arts Centre
Wollaston Road
Stourbridge
West Midlands
DY8 4HF

Telephone: 07977 28 39 65
Email: michael.chase@ghc.rmet.org.uk

Confidentiality All psychodrama work is contained within the boundaries of confidentiality where all experiences remain within the group. When sharing anything with others outside the group, we only share our personal experience without giving any details of other participants work, for example their names, sex or age. This fosters a culture of safety for all involved, and enables the work to go to the level that the group needs to go.
There are two taster evenings on Monday 13th and 20th September 2010. These offer a chance to experience what psychodrama is about: working in a group, using psychodrama action methods of role playing aspects of the self, significant others and parts of the imagination. After the two taster sessions, each person who would like to join the ongoing group will have a personal assessment with Mike Chase, after which the closed group will be formed.

Fee: £17 for 2.5 hours.
Time: 6.45pm - 9.15pm

One year closed group
Starting on Monday 4th October 2010, from 7pm to 9.15pm Mike Chase will be running a psychodrama psychotherapy group. It will take place at the Glasshouse Arts Centre, in the theatre for a group of between 8 to 12 participants. We will use theatre lighting, props, masks and cloth to explore situations from life. Mike Chase will be assisted by Jane Chase, a Biographical Counsellor with experience in psychodrama.

Fees: The cost for participating in the ongoing group £560. The group will run during the academic year in 6-week blocks totaling 33 weeks. The fee can be paid for in three installments of £150 followed by two payments of £200.

Weekend workshops
Dates to be confirmed during the spring and summer of 2011. Weekend workshops offer the opportunity to experience psychodrama psychotherapy and related dramatic interventions such as masks within a theatrical context. Themes of masks, identity, dreams and related phenomena will be explored. weekends will be held 9am to 9pm on 7th July, 17th September and 8th October 2010.

Individual Psychodrama
Is psychodrama psychotherapy possible with individuals as well as groups?
Yes, it is a highly effective and creative form of therapy for individuals and groups. One to one psychodrama sessions can be arranged privately with Mike Chase. Weekend workshops offer the opportunity for one person to work with a facilitator to explore a particular issue in depth. A group of 8 to 12 people will provide the context for exploring and sharing the process.

Fee: £30 per hour session. These sessions can be one off, in short blocks of 6 weeks for example, or for an indefinite period; to be negotiated between client and therapist.

Information about Psychodrama psychotherapy
What does psychodrama do?
Each psychodrama addresses the concerns of the person who is in focus (the 'protagonist'). The range of issues may be wide. With sensitively guided facilitation, participants in psychodrama are helped to examine areas of concern, better understand their role in the concerns and through action may be able to modify their feelings, beliefs, attitudes and behaviours. The range of issues address the concerns of the person who is in focus, and through action explore the themes of the inner child, spontaneous role play and other dramatic interventions such as masks, dreams and related phenomena. Themes of masks, identity, dreams and related phenomena will be explored. weekend workshops will be held 9am to 9pm on 7th July, 17th September and 8th October 2010.

How does psychodrama work?
The scenes enacted may be based on specific events in a person’s life, their current or past relationships, unfulfilled wishes, or unresolved feelings. These scenes include, for example, finally saying goodbye to a loved one, releasing the emotions of loss and guilt, re-visiting a painful time to express previously forbidden emotions, or trying out a new role. During a psychodrama, individuals in the group take various roles, as needed. Witnessing and participating in each other’s personal stories can generate feelings of deep understanding and trust amongst group members.

The origins of Psychodrama
Developed by Psychiatric physicians Dr. Jacob Levy Moreno from the 1920’s, psychodrama was the first recognized method of group psychotherapy. It is fully accredited by the United Kingdom Council for Psychotherapy (UKCP). Psychodrama is practiced by thousands of therapists in more than 100 countries, and is referred to by the United Kingdom Council for Psychotherapy as the origin of all group psychotherapy.

Why Masks?
Mike Chase has 30 years experience working with masks, and he will incorporate masks into the work to explore strengths, intra-psychic roles and role training.