



### KeyNote Speakers:

- Sue Emmy Jennings, Ph.D (U.K.) ‘*The Mask of Addiction*’
- Sheila Rubin, MA, RDT/BCT (USA) ‘*Drama Therapy and Eating Disorders-Finding the sacred door to the unfolding self*’
- Ase Minde, MA (Norway) ‘*Art Therapy with Clients with Eating Disorders*’ – “*The Courage to Be – leaving traces through art*”

### Workshops:

- Option 1: *The Hero's Journey: through and beyond addiction* (Sue Jennings)
- Option 2: *The Secret Conversations Inside: Using Mindfulness to Unpack the Internalized Messages Received from Family and Society* (Sheila Rubin)
- Option 3: *Art as a door opener to the soul's picture gallery* (Ase Minde)

### Post-conference workshops (1-2 October 2012)

#### Sheila Rubin (USA)

- *Using Drama Therapy and Mindfulness to work with an eating disorder or addiction*
- *Life-Stories, Body-Stories, and the Seven Levels of Sacred Witnessing*

THE CONFERENCE WILL BE ACCREDITED BY THE ROMANIAN  
COLLEGE OF PSYCHOLOGISTS

## KEYNOTE SPEAKERS

### Sue Jennings PhD

Is President of the Romanian Association of Play Therapy and Dramatherapy, and has conducted workshops and training courses in Romania for over 10 years. She has established the theory and practice of 'Neuro-Dramatic-Play' and 'Embodiment-Projection-Role' that focus on play and drama development in attachment and child rearing. She is passionate about Creative Care that she has created in Romania and Malaysia as a means of understanding the most basic creative needs of children 'at risk', and adults who are elderly or have profound disabilities. NDP was the subject of her recent book that has been received to critical acclaim by therapists and educators alike. Her specializations are theatre and storytelling and their impact of both health and healing. Sue integrates her approach within a framework of attachment, play, drama, and storytelling, which can be applied with all age groups and in all settings. She is the Creative Director of UK charity, Rowan Tree Trust, that supports creative projects and trainings. Sue has written over 30 books for carers and therapists.

### Sheila Rubin MA, LMFT, RDT/BCT

Is a Marriage and Family Therapist, a Registered Drama Therapist and a Board Certified Trainer through National Association for Drama Therapy. She is in private practice in San Francisco and Berkeley, CA, USA. She developed the eating disorder program For Mills Peninsula Hospital when she was the eating disorder specialist at their Out-Patient Behavioral Health Services in Burlingame, CA in 1998- 2003. She worked with adults and adolescents in the partial hospitalization program who had eating disorders and addictions. She has adapted this work into "Woman Food and Feelings Groups" in private practice. She has a specialty treating eating disorders and healing shame.

She is an alumnus and an adjunct faculty of the Psychology and Drama Therapy Program at CIIS, the California Institute of Integral Studies. She is also adjunct faculty in the Somatic Psychology Program JFK University where she teaches "The Cultural Body" class about eating disorders to psychology graduate students.

### Åse Minde, MA

Is an Art Therapist, She studied Art Therapy in England and USA. She is a Pioneer in Art Therapy in Norway. For 12 years she was a leader of the Norwegian Art Therapy organization. She has more than 35 years of clinical experience and is the founder and the leader of The Eating Disorder Unit, Gaustad, Oslo University Hospital. This is an Outpatient Unit, it has an interdisciplinary team and the main treatment model is based on Art Therapy. She also conducts regular Art psychotherapy supervision in Norway. She is the author of four books on Art Therapy. She has lectured both on national and international conferences.

## SCHEDULE OVERVIEW

### Saturday September 29<sup>th</sup>

9:00-10:30 – Opening Ceremony and Keynote Presentation with Sue Jennings - ‘*The Mask of Addiction*’

11:00 – 13:00 – Keynote Presentation with Sheila Rubin - ‘*Drama Therapy and Eating Disorders- Finding the sacred door to the unfolding self*’

14:00- 15.00 – The Healing Theatre – one woman show on addictions, with discussions regarding the way of using theatre in treating addictions (Sue Jennings)

15:30 – 17:00 – Workshops

- Option 1: *The Hero's Journey: through and beyond addiction (Sue Jennings)*
- Option 2: *The Secret Conversations Inside: Using Mindfulness to Unpack the Internalized Messages Received from Family and Society (Sheila Rubin)*
- Option 3: *Art as a door opener to the soul's picture gallery (Ase Minde)*

### Sunday September 29<sup>th</sup>

9:00-11:00 – Keynote Presentation with Ase Minde - ‘*Art Therapy with eating disorder patients The Courage to Be - leaving traces through art*’

11:30 – 13:00 – Workshops

- Option 1: *The Hero's Journey: through and beyond addiction (Sue Jennings)*
- Option 2: *The Secret Conversations Inside: Using Mindfulness to Unpack the Internalized Messages Received from Family and Society (Sheila Rubin)*
- Option 3: *Art as a door opener to the soul's picture gallery (Ase Minde)*

14:00 - 15.30 – Plenary – panel with Sue Jennings, Sheila Rubin, Ase Minde

16:00 - 16.45 – The Healing Theatre - Dramatherapy and Play Therapy Students with discussions regarding the way of using theatre in treating addictions (Sue Jennings)

### Monday October 1<sup>st</sup>

9:00 – 17:00 – Post-conference workshop - *Using Drama Therapy and Mindfulness to work with an eating disorder or addiction* – Sheila Rubin

### Tuesday October 2<sup>nd</sup>

9:00 – 17:00 – Post-conference workshop - *Life-Stories, Body-Stories, and the Seven Levels of Sacred Witnessing*

## KEYNOTE SPEECHES

### **Sue Jennings PhD - The Mask of Addiction**

A presentation of roles and archetypes that helps us to understand the actual process of addiction, especially connected to the female body and eating disorders. There are many images and stories that have themes of being trapped in one's body, or someone else's body, and being caught in a repetitive cycle of behaviour. This presentation shows how appropriate rituals and symbolic expression allow people to hold their experience in a healthy way. We shall consider the non-integrated self that is constantly being controlled and grounded rather than free-floating in danger and peril. Neuro-Dramatic-Play enables the re-integration of the body self and a new experience of wholeness. A Ritual-Theatre model of dramatherapy will show an appropriate intervention in clinical settings.

### **Sheila Rubin, LMFT, RDT/BCT - Drama Therapy and Eating Disorders Finding the sacred door to the unfolding self**

DBT, Dialectical Behavioral Therapy is a form of CBT, Cognitive Behavioral Therapy and provides a set of teachable skills in mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness, to help the client to cope with the feelings that underly the eating disorder or addiction. DBT, created by Marcia Linehan PhD, combines clinical processes to teach the client to manage overwhelming feelings, be able to self-observe and comfort in healthy ways through meditation techniques for self management and personal growth.

Sheila Rubin has created Drama Therapy Processes of imaginal and active techniques and role play to teach the DBT skill-sets to clients.

An eating disorder is a coping skill, a desperate attempt to solve an untenable internal or external situation. In this presentation you will learn the etiology of eating disorders - how they develop, the role they serve in a person's life and how they can be worked with using Drama Therapy.

Sheila Rubin will show how to invite clients with an eating disorder or addiction to participate in Drama Therapy. She will describe a series of steps that can lead into the drama therapy process.

Using clinical stories, didactic material and a sense of humor and playfulness, Sheila will provide a map of what can cause an eating disorder and how to work with it.

### **Ase Minde - 'Art Therapy with Clients with Eating Disorders' – “The Courage to Be – leaving traces through art”**

This paper presentation is built upon a decade of art therapeutic experience in working with eating disordered patients at our specialized unit in Oslo. We are following their journey from being caged in their intellect and body – and to developing an awareness of bodily sensations, feelings and intuition. In her experience Ase sees that the patients are caught between their fear of being and their longing to become. This is bodily concretized through their obsession to weigh next to nothing, and their coexisting obsession to feel their bones. Through art; form and elasticity, they are playfully allowed to rediscover lost memories; bodily and symbolically hidden in their minds, and give birth to their selves.

## WORKSHOP DESCRIPTIONS

Saturday 29<sup>th</sup> 15:30- 17:00  
Sunday 30<sup>th</sup> 11:30- 13:00

### Option 1: The Hero's Journey: through and beyond addiction SUE JENNINGS

The Hero's Journey provides an important structure for change and allows participants to consider life-paths and their consequences. The Hero's Journey occurs time and again in ancient stories and shows how everyone can go through a journey on initiation to discover a new path and or a new personality or a new place. Addiction is often a means to avoid a scary journey and the inevitable choices in adult life. This workshop will look at our own life-path and how a journey structure can facilitate growth and change. Participants will have an in-depth experience of the journey that will lead towards self-knowledge and the possibilities for change. We will work through movement, ritual and images to facilitate this process.

### Option 2: The Secret Conversations Inside: Using Mindfulness to Unpack the Internalized Messages Received from Family and Society

#### SHEILA RUBIN

Bulimia, anorexia and binge eating disorder can be shocking for the family and deadly for the individual. Many die of the sudden health effects of eating disorders because they are in denial of the seriousness of the illness, or because family members don't see the danger. Families are influenced by the media, culture and history. Some families may unintentionally create an eating disorder while trying to help a person fit into society

This workshop includes both lecture and experiential. **We will cover how to use drama a therapy to work with a person to understand the role of family, society, and history on their internal world.** By their nature, drama therapy exercises can invoke in the participants positive feelings, spontaneity, playfulness, resourcefulness, self-expression, imagination, empathy, and even humor. These are often the very qualities that are frozen in an individual who has developed an eating disorder. Those attending will have an experience working with drama therapy. We will learn new tools for working with eating disorders through Drama Therapy both individually and in families.

### Option 3: Art as a door opener to the soul's picture gallery

#### ASE MINDE

During this workshop we will explore several aspects of the use of Art Therapy and what value and impact art can have in our own lives.

Art is no "must" therefore to work with art can be a liberating process that helps us get in touch with the real values in our lives and the richness of our own soul's picture gallery.

Throughout life we will all experience sadness and suffering. In those periods we might feel

stuck and it can be hard to see a way out of the suffering and darkness. **Then**, while we are in this mood, just by chance we happen to hear a piece of music, a poem, or see a painting which for a moment awakes us from the condition we are in and transports us to another place. However, art provides something more than an escape from suffering: it also challenges us to look more deeply within ourselves and might help us see things in a new perspective. You may have a special relationship with a painter, poet or a musician who, for one reason or the other, touches the central interpersonal themes in you, for example love, jealousy, loss and loneliness, courage and will, hatred and forgiveness.

Before the workshop, it would be helpful if each participant would think of a painting, a sculpture, a novel, a poem, a play or a piece of music that has meant something special in their lives. Working with art materials you will explore several aspects of that specific piece of art and look at why it made such an impact on you.

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## POST-CONFERENCE WORKSHOPS - SHEILA RUBIN 1-2 October 2012 - 9:00-17:00

### 1<sup>st</sup> October - Using Drama Therapy and Mindfulness to work with an eating disorder or addiction

The eating disorder is an addiction that tries to distract the person from what they are really feeling. Drama Therapy offers many techniques to actually talk to the eating disorder and discover what role it plays in the person's life. Drama Therapy can help the person to access deeper feelings to reveal the true self, buried under the eating disorder.

Drama therapy exercises are active and experiential and can be finely tuned to fit each individual or group for eating disorders and addiction and other life issues.

These include guided visualizations to feel body sensations to get in touch with inner roles of child, teenager, and hungry toddler; movement; sculpting; drama therapy exercises.

By their nature, drama therapy exercises can invoke in the participants positive feelings, spontaneity, playfulness, resourcefulness, self-expression, imagination, empathy, and even humor. These are often the very qualities that are frozen in an individual who has developed an eating disorder. Other benefits of Drama Therapy can include expression and containment of emotion, increase in role repertoire, development of an observing ego, an increased sense of self, and increased interpersonal skills.

Drama Therapy exercises can allow the client to stand back from the eating disorder or the critical voices of shame. These include the client writing letters to the eating disorder, and choosing symbolic objects to represent the eating disorder. Many report feeling separate from their eating disorder: "I thought I was my eating disorder. Now I realize I am a person who has an eating disorder."

When we can find the role of the eating disorder- what role does the eating disorder serve in this particular person. We can find other ways to meet that need. By helping the client develop mindfulness, compassion and self-acceptance, we can help the client step out of the eating disorder to a fuller richer life.

## 2<sup>nd</sup> October - Life-Stories, Body-Stories, and the Seven Levels of Sacred Witnessing

In this workshop you will experience and learn a group process, a ritual to allow each participant to access a part of his or her story in a coherent narrative that is healing, for body and soul. Participants will learn how to create a safe container to allow a powerful storytelling process to unfold, how to create a ritual space so that everyone can work at their own level of comfort and validation. Many who attend this Life-Stories Process report feelings of release, gratitude, acceptance, and validation. Participants experience being deeply witnessed and creating interconnecting interweaving story.

We each weave a patch of fabric together to create a sacred container into which we can tell our body stories, each in their own way. A piece of black fabric holds the darkness, the shadow. Telling the story can allow the person to open to the new story, the next story, the healing story. To go through this will give each participant empathy for clients they may work with who are dealing with an eating disorder or addiction. It will also help each develop skills to hold a sacred circle with clients.

### COSTS

Conference – presentations and workshops

	Before 31.08.2012		After 31.08.2012	
	Presentations (5 credits)	Presentations and workshops (10 credits)	Presentations (5 credits)	Presentations and workshops (10 credits)
2 days (29 <sup>th</sup> - 30 <sup>th</sup> September)	50 euro	100 euro	75 euro	125 euro

*The fees cover the access to the presentations or to the presentations and workshops during the conference (considering your choice), handouts and coffee breaks.*

*Sign up at the registration desk for your workshop choice the first day of the conference.*

Post- conference workshops (2 days - 10 credits)

2 days (1 <sup>st</sup> - 2 <sup>nd</sup> October)	50 euro
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*The fees cover the access to the workshops, handouts and coffee breaks.*

## DISCOUNTS:

- 10% off for groups of minimum 4 people (\*this does not apply for the people in training within the Association)
- 10% off for people who participate at the whole programme (presentations and workshops in the conference and post-conference workshops).

## REGISTRATION PROCEDURE

- Fill the registration form
- If you choose the post-conference workshops, please send an e-mail to [terapiejocdrama@yahoo.com](mailto:terapiejocdrama@yahoo.com) and wait for the confirmation (limited number of places)
- Pay the fees by bank transfer to Asociația de Terapie prin Joc și Dramaterapie din România, Nextebank, Brasov, SWIFT CRDZROBU, IBAN RO44CRDZ012A082590481001 – mentioning the participant name and the text “conference fee”
- Send the registration form and the scanned bank order to [terapiejocdrama@yahoo.com](mailto:terapiejocdrama@yahoo.com), with the subject “Conference Registration”

The registration will be complete after paying the fees and sending the scanned bank order.

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