Nottingham Psychodrama Group with Kirsty Weedon: Information

About the Psychodrama Group:
This group provides an opportunity for personal development as part of a collaborative and supportive group process. Sessions are structured with opportunities to work experientially, where group members can participate in individual and whole-group creative and embodied practices that build connection, strengthen resources and deepen understanding. There will be invitations to explore specific themes that emerge within the group as well as options for group members to reflect on whatever aspects of their lives are important to them. This group also provides opportunities to work outdoors (as it fits with the group), connecting with nature and the more-than-human.

Psychodrama is a UKCP-accredited individual and group psychotherapy. It is a creative, experiential and growth-oriented approach that recognises the interconnectedness of the whole self (mind and body) relationships, systems, and the more-than-human world. Psychodrama enables us to show what is happening (internally and externally), bringing the unspoken and unknown into form. This may include using objects, movement, art materials or empty chairs to see familiar situations from new perspectives, to strengthen resources or to find new ways of relating to yourself and others.

Psychodrama is not about performing or acting. It invites us to be curious and look at our lives from different perspectives, offering us the chance to deepen understanding, identify areas of growth and change and embody new ways of being. I am passionate and committed to creating and maintaining a group that is holding, containing and safe enough for everyone to share, be themselves and bring whatever is important to them, at a pace that fits.

No previous experience of psychodrama or group therapy is necessary.

About Kirsty Weedon:
I am an individual and group Psychodrama Psychotherapist (BPA & UKCP), Clinical Supervisor (BPA & UKCP) and Psychodrama Apprentice Trainer (BPA), working with individuals and groups, indoors and outdoors in private practice. I also teach, more recently for the University of Cumbria and The Minster Centre, and am a founder committee member of the Association for Outdoor Therapy and an executive committee member for the British Psychodrama Association. I have a background working in the outdoors, education and youth and community work, and am a qualified mountain leader, forest school practitioner and outdoor first aider.

I am a member of the British Psychodrama Association (BPA), UK Council for Psychotherapy (UKCP), Institute for Outdoor Learning (IOL) and Association for Outdoor Therapy (AOT). I follow their codes of ethical principles and professional conduct. Copies of these are available from their respective websites.

Location: Arkwright Meadows Community Garden (AMC Gardens), Kirkby Gardens, Meadows, Nottingham NG2 2HZ. We will be based inside the building with the option to work outdoors in the garden. The site will be open with staff on site, although there will be no volunteers. The group room is private and confidential to us.

Getting there:

- **Car / Parking:** Resident parking restrictions apply in the streets around AMC Gardens, although there may be some free parking along Robin Hood's Way and there are several car parks nearby.
- **Train:** The nearest train stop is Nottingham.
- **Tram:** The nearest tram stop is Queens Walk, NG2 1JH.
- **Bus:** The nearest bus stops are on Sheriff Way, either Wilford Crescent (stops ME44 & ME37): number 11, 11B, 11C (ME37 only)

Date & time: Fridays 1-3pm. Please arrive before 1pm, so we can start promptly.

September 4th, 11th & 25th (no group on September 18th), October 2nd, 9th & 30th (no group on October 23rd), November 6th, 13th & 27th (no group November 20th) and December 4th & 11th.

Total of 11 sessions. Group members are asked to attend all sessions.

Group size: There will be between 4-8 members for this group. This group is particularly recommended for trainee and student psychotherapists and counsellors as well as practising / retired clinicians, mental health care professionals and helping professionals. A CPD certificate of attendance can be provided on completion.

Cost: Self-selecting fee: £40-£50 per session. I will invoice you monthly, and payment is paid in advance, via BACS transfer (please let me know if this is not possible). Payment plans and receipts are available upon request.

Reduced-fee places: Two reduced-fee places (£30 per session) will be available for those on low income, provided there are 6 full fee-paying participants.

Cancellation: In the event that you are unable to attend a session, I will waiver one session fee per term / ten sessions. However, for any further cancellations, you will need to pay for the session. In extenuating circumstances, a payment may be rearranged at my discretion.

If I need to cancel a session, it will not be possible to reschedule another session. In the unlikely event of an emergency where I am unable to contact you, my clinical executor (a trusted therapist) will contact you.

If you decide to leave the group early, I ask that you attend a further session in order for you (and the group) to have an ending process. You are responsible for payment of this session whether you attend or not.

What to wear? As we may choose to be outdoors, please make sure you bring appropriate clothing and footwear for the weather and time of year, for example: warm layers, waterproofs, sun hat, sun cream.

Refreshments: Water, tea (caffeinated and herbal / fruit) and coffee is available.

What happens next?

- Please complete and return the expression of interest form via the Microsoft Teams Forms.
- I will then get in touch with you to discuss your membership of the group.
- This may involve arranging an online meeting / phone call to check this group is a good fit for you.
- If you join the group, you will need to pay the first month to confirm your place.

Personal information: In order to apply for this group, I ask you for some personal information. This is so I can:

- Make an informed decision about group places e.g. you may have any health / medical issues that I need to know about in order to support your participation in the group.
- Facilitate the group.
- Contact you about the group.
- In case of an emergency situation.
- Maintain financial records and contact you for invoicing reasons.
- Maintain confidential records of group sessions.

Your personal information is very important to me, and I am committed to ensuring that it is kept confidential and your privacy protected. I will confidentially store your personal information only for as long as is necessary, in keeping with insurance requirements, after which time your personal information will be confidential destroyed. Please see my privacy notice for more information: www.kirstyweedon.co.uk.

If you have any questions, please let me know.
Warmly,

Kirsty Weedon (She/her)
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