



AANZPA 2027 Sydney Conference

Pre- and Post- Workshops

12-13 and 18-19 January 2027

Registration note: When registering for pre- and post-conference workshops, preference will be given to people who are also registering for the main conference.

Pre-conference workshops

Freedom, Response-ability and Commitment: A Focus on Progressive Functioning

Presented by Dr Charmaine McVea

DURATION	2 days
CAPACITY	Maximum 16 participants
DATES	Tuesday 12 January and Wednesday 13 January 2027
COST	\$485
TIMES	Tuesday: 9.00 am–5.00 pm Wednesday: 9.00 am–4.00 pm
CATERING	Morning tea, lunch and afternoon tea are provided on Tuesday; morning tea and lunch are provided on Wednesday. Please make your own arrangements for other meals.

Workshop description

Spontaneity flourishes when we engage in the here and now, when we are relational, and when our thoughts, feelings and actions are congruent. We become free within ourselves to respond meaningfully, adequate to the moment. This is the framing of 'freedom' that is a starting position for this workshop: the freedom to be myself in relationship with the world I live in. Being myself calls for self-awareness and self-acceptance. Being in relationship (response-ability in the title) calls for role reversal, cultural awareness, the development of adequate roles and a readiness to act. A third element – commitment – is also important. Commitment relates to sustaining a sense of purpose, a warm-up to seeing things through, and navigating rupture and repair.

This framing of freedom highlights an important distinction between spontaneity and impulsiveness. Impulses can provide valuable information, drawing our attention to experiences or feelings that are only partly in awareness. Impulsive behaviour, on the other hand, is usually a habitual or conserved response, with little freshness or relational awareness. In today's culture of constant distraction and shortened attention spans, impulsiveness is often mistaken for spontaneity.

Freedom, Response-ability and Commitment: A Focus on Progressive Functioning — continued

The focus of this workshop is on promoting progressive functioning that frees us to act in the world. As Nelson Mandela put it, 'To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others' (1994). There will be an emphasis on current life matters, producing responses in the moment, role reversal that embodies the essence of the other's humanity, and attuning to qualities that distinguish impulsiveness from spontaneity.

Together, we will explore moments of choice – the space between stimulus, impulse and response. In these moments, we can either respond creatively to the present situation or fall back into familiar patterns of behaviour. Throughout the workshop, we will focus on sustaining a warm-up to our purpose and values, while remaining open and responsive to what emerges in the moment.

About the presenter

Dr Charmaine McVea (PhD, TEP, MAPS) is a Psychodramatist and Counselling Psychologist with a private practice based in Brisbane. She works with individuals, couples and families who want to bring greater vitality and satisfaction to their lives. She has run psychodrama groups for personal and professional development for many years, and her research into the process of healing during psychodrama has been published in professional journals and books.



Freedom from the Burden of Shame

Presented by Marian Hammond and Cinnamon Boreham

DURATION	2 days
CAPACITY	Maximum 14 participants
DATES	Tuesday 12 January and Wednesday 13 January 2027
COST	\$520
TIMES	Tuesday: 9.00 am–5.00 pm Wednesday: 9.00 am–4.00 pm
CATERING	Morning tea, lunch and afternoon tea are provided on Tuesday; morning tea and lunch are provided on Wednesday.

Workshop description

‘The healing of shame takes place through the process of being known, through vulnerability in community.’ — Curt Thompson

Shame is a potent emotion that can hijack our minds and bodies, tying us up in knots. It impels us to hide. Its many masquerades make it difficult to recognise its presence. Unhealthy, or toxic, shame is burdensome because it tells us we are unworthy, inadequate and flawed. It cuts us off from our feelings, so that we are unable to move through grief. It can make us feel like we are going through life with the handbrake on. This workshop aims to help participants release the grip of toxic shame, while appreciating the value of healthy shame. Healthy shame reminds us that, as humans, we all have limits. An internal barometer, it alerts us to when to pull back, thus ensuring we remain connected to the group. Learning from our mistakes is a key aspect of healthy shame.

Together, we will create a counter-shaming group environment in which participants will be resourced to lift the burden of shame. This may involve unbinding shame from certain emotions, giving the shame back and/or applying qualities of ‘healthy shame’ – self-compassion being the key one. The psychodrama method gives us the opportunity to work in the interpersonal, cognitive, somatic, emotional, imaginal and spiritual realms, all of which make it potent in the transformation of shame. The building of shame resilience will be underscored as crucial in tolerating vulnerability and encouraging the progressive functioning required for the development of self.

Freedom from the Burden of Shame — continued

Workshop description

Participants will learn to recognise shame and all its disguises, distinguish healthy shame from unhealthy shame, and identify the coping roles that they use to defend against shame. Psychodramas will be followed by processing and learning together, as essential principles of working effectively with shame are identified. Practitioners can expect to be resourced in their work with clients whose healing is restricted by shame. Personal experiences of facing into and transforming shame can result in the reawakening of roles within the self that have been suspended in time, coupled with an increase in spontaneity. Freedom.

About the presenters

Marian Hammond (Dip OT, MHSc (Hons)) is a Psychodramatist and Psychotherapist in private practice in Auckland. She draws upon many years of personal, educational and clinical work with shame. Over the past 25 years, Marian has led psychodrama groups for women impacted by sexual abuse and has found these immensely powerful in healing shame. Her psychodrama thesis was titled *Psychodrama: An Antidote to Shame*. Recently, Marian certified as a practitioner with the Center for Healing Shame in Berkeley, California. She believes our experiences with shame and its transformation create new depth and enrichment in our relationships with self and others.

Cinnamon Boreham (BA) is of Waitaha, Kāti Māmoe and Kāi Tahu descent. She is a Psychodramatist and a registered Psychotherapist, having trained within both Te Ao Māori (Te Korowai Aroha o Aotearoa) and mainstream (University of Otago). Cinnamon has worked in the Dunedin community within the not-for-profit sector for the past 29 years, mostly with people who live on the margins of the community. She currently practises as an independent psychotherapist, specialising in areas of trauma and abuse.



Post-conference workshops

The Relationship of Warm-up to Freedom: Four Stages of Warm-up a Person Passes Through in Becoming the Creator in Their Own Life

Presented by Cushla Clark and Sue Christie

DURATION	2 days
CAPACITY	Maximum 14 participants
DATES	Monday 18 January and Tuesday 19 January 2027
COST	\$485
TIMES	9.00 am–5.00 pm on both days
CATERING	Morning tea, lunch and afternoon tea are provided on both days. Please make your own arrangements for other meals.

Workshop description

Moreno wrote that learning happens more effectively in a heated state and in relationship with others. In this experiential workshop, we will examine how the embedded structure of the psychodrama method enhances our ability to warm up, step by step, to ourselves, others, the cosmos and our abilities to develop new roles, new perspectives and, ultimately, the freedom (from our own nature) to accept the God within and be the creators in our own lives.

Working with an approximation of the original stage as conceived by Moreno, we will explore the four levels that mirror the stages of warm-up a person passes through in becoming the creator of their own life. These four levels of the stage are the audience, the warm-up step, the round action or completion space, and the balcony. The super-individual level of the balcony is where Moreno believed that we could indeed be the saints, heroes and messiahs in our own lives. We will take time to value all of our experience from different positions and the effect the physical structure of the stage has on warm-up. In so doing, we will utilise the structure of the four universals that apply in every enactment: time, space, reality and cosmos.

Join with us and celebrate the magic of the method and the joy of taking this into our everyday lives and the systems we are part of and influence.

The Relationship of Warm-up to Freedom: Four Stages of Warm-up a Person Passes Through in Becoming the Creator in Their Own Life — continued

About the presenters

Cushla Clark is a Psychodramatist who has been passionate about the method for over 20 years. She is inspired by the profound changes that can occur for people when they engage in a psychodrama workshop. She has always been especially interested in how physical staging influences warm-up in the group and the protagonist, and wrote her thesis, 'Liberation via the Stage', on this subject. Cushla is delighted to see how often people go on to create more loving relationships with themselves and in their world. For many years, she has run community groups, personal development and psychodrama workshops, and had a one-to-one counselling practice. Cushla lives peacefully in the country north of Auckland, where she enjoys growing heritage roses and ocean swimming.

Sue Christie is a Sociodramatist who works with individuals and groups to enhance and support development in ways that allow people to have full lives in the face of the challenges, changes and delights that emerge. She is passionate about the psychodrama method and the opportunities it provides for exploring new ways of being that enhance connections across groups who hold different perspectives on shared challenges and dilemmas. Sue has recently left organisation-based employment and moved from the city of Auckland to Thames, a small town on the Coromandel Peninsula. The community links are strong, the work purposeful and being metres away from the water very appealing.



Conversations about Difference

Presented by Jenny Hutt

DURATION	1 day
CAPACITY	Maximum 16 participants
DATES	Monday 18 January 2027
COST	\$245
TIMES	9.00 am–5.00 pm
CATERING	Morning tea, lunch and afternoon tea are provided. Please make your own arrangements for other meals.

Workshop description

When we truly meet one another in conversation, our perceptions shift and our relationships can be strengthened. This is particularly so when we are willing to stay in relationship as we surface and discuss our differences: our views about life, the world, the past, the future, and how we relate to each other. Moreno saw these meetings, these conversations, as vital in forming natural groups and a society of human beings. He observed, 'It is people who meet one another who are responsible and genuine founders of social living.'

Yet such conversations can be unsettling. We can get off-centre, or lost midway, falling into coping strategies that disconnect us. We may walk away dissatisfied or misunderstood, the potential for truly meeting each other left unfulfilled. Our negative views of others confirmed, we may instruct ourselves to avoid those people in the future or play it safer next time.

This workshop is an opportunity to review your experiences in conversations about difference, consider a 'map of the territory' drawn from the literature, and practise approaches to strengthen or widen your role repertoire. This workshop will include sociometric explorations, presentations, group role training and reflections. The 'map of the territory' will draw from Moreno's work on encounter and contemporary literature on 'conversations'. This includes authentic conversations, difficult conversations, fierce conversations, crucial conversations, compassionate conversations and conversations about racism.

Participants can expect to develop their awareness and greater readiness for conversations about difference.

About the presenter

Jenny Hutt is a group facilitator, supervisor and trainer. She is a Sociodramatist, TEP and Director of Training at Psychodrama Australia's Melbourne Campus. Jenny is an experienced diversity educator and has made extensive use of group role training in that work. She has co-led a range of workshops about belonging, social cohesion, racism and intercultural work, and co-facilitates reconciliation projects as an Associate of Burbangana, an Aboriginal-owned and led consulting company.
