



## Summary

HCPC registered Dramatherapist. Experienced at individual, dyadic and systemic therapy as well as providing assessments and multi-agency interventions. I have:

- Proven strengths at working effectively in teams
- A driving interest in the effects of trauma and approaches to trauma recovery
- A well-honed ability to think and work systemically
- Commitment to continued learning
- A proven record of relating well to young people and families
- A range of advanced (& continually developing) skills as a Dramatherapist and Mental Health Practitioner

## Postgraduate Qualifications

- University of Worcester, The South West School of Dramatherapy, Exeter

**Master of Arts (MA) in Dramatherapy (Distinction)**

2011

Dissertation focus: Therapeutic turning points after trauma or severe loss

- University of Bristol, Postgraduate School of Education

**Master of Education (MEd) in Psychology of Education**

2001

Dissertation focus: A systemic approach to disaffection in English secondary schools

## Other Significant Training & Qualifications

- The Center for Self-Leadership

**Completed Levels 1, 2 & 3 in Internal Family Systems (IFS)**

(6 weeks' full time including 16 days with Dr Richard Schwartz who founded the model)

2015-17

- Institute of Developmental Transformations

**Graduate in the practice of *developmental transformations* (DvT)**

(training included more than 22 days with Dr David Read Johnson who founded the approach)

2010-2014

- Bristol Polytechnic

**Bachelor of Education (BEd) in teaching Craft, Design & Technology**

1990

- Bristol Polytechnic

**Higher National Diploma (HND) in Electrical/Electronic Engineering**

1985

## Experience as a therapist

**Eastern Devon CAMHS**

December 2015 to current

Part-time (0.8) Band 6, Tier 3 Mental Health Practitioner working in the Managing Emotions and Relationships Pathway with children from 7 to 17. Carrying out initial assessments, short term systemic partnership work as well as longer-term therapy – the latter mostly using dramatherapy approaches. Part of multi-disciplinary team.

**Foster Care Associates (FCA)**

April 2013 to October 2014

Working 4 days (later 3.5 days) per week in a multi-disciplinary team supporting complex foster placements primarily through chairing *Team Parenting Meetings*, providing joint dramatherapy sessions to young people with their carers, co-facilitating groups, training carers and holding consultations with carers and staff.

**Self-employed Dramatherapist**

1:1 therapy for schools and co-facilitated South West School of Dramatherapy training therapy group 2012 to 2014

**Dramatherapy Placements**

2008 to 2011

While training to become a Dramatherapist: work with young offenders, children out of school, children at risk of exclusion, vulnerable adults, learning disabled adults and elderly clients in a residential setting.

# Martin Redfern

## Other Employment

### Central Devon Personalised Learning Service

May 2004 to April 2013 & Nov 2014 to July 2015

Part-time (therapeutic) tutor for students (aged 6-16) who were out of school. Most had experienced trauma and/or severe loss and needed additional support before they could engage with education. I used a range of creative techniques as well as dramatherapy and basic systemic strategies to facilitate this work.

### Schools

Jan 1991 to July 1997 & Sep 1998 to July 2006

Employed as a teacher of Craft, Design and Technology, specialising in Graphics and Electronics/Systems, in various secondary schools in Devon and the South West. I worked successfully with children and young people who were achieving at widely differing levels. I was a form tutor for most of this period. The teaching involved innovative curriculum design and delivery for students aged 11 to 18 and included A 'Level courses. At times I also taught Art, Photography and Child Development at GCSE Level as well as specialist Personal, Social and Health Education (PSHE). At The King's School in Ottery St Mary, where I worked for 7 years, I was a key person in setting up the School Council and in launching the school's Equal Opportunities Policy.

### The Pilsdon Community, Pilsdon, Dorset

Sep 1997 to July 1998

Community Member and Administrator in a well-established, rural therapeutic community

### Avon County Architect's, Bristol

Nov 1985 to Aug. 1988

Building Services Design Engineer

## Publications

Redfern, M. (2014) Safe Spaces and Scary Encounters: Core therapeutic elements of trauma-informed dramatherapy. In *Trauma-informed drama therapy: Transforming clinics, classrooms, and communities*. Sajjani, N., & Johnson, D.R. (Eds). Charles C. Thomas. Springfield, Illinois.

## Other Training, Experience, Workshops etc.

- Co-lead and organise DvT UK Southwest local training and practice group Nov 2010 to current
- Attended and participated in numerous Dramatherapy Southwest CPD days/conferences 2007-2018
- Participated in 5-day Developmental Transformations (DvT) Summer School in Belgium Aug 2017
- Attended 2<sup>nd</sup> European Conference of Developmental Transformations (DvT) in Bristol May 2016
- Online Trauma-focused DvT training with Post Traumatic Stress Center, Connecticut Nov & Dec 2015
- Presented at 1<sup>st</sup> European Conference of Developmental Transformations (DvT) in Maastricht May 2014
- Attended 1-day Conference on Trauma-Attachment Approaches with Dr Dan Hughes Oct 2013
- Attended BADth (British Association of Dramatherapists) Conferences 2008, 2012, 2013 & 2014  
& ran workshop on 'Playing with what was unplayable' linked to 'Safe Spaces' chapter Sep 2013
- Spent 4 days at Post Traumatic Stress Center in New Haven, Connecticut Nov 2012  
(Talking to practitioners, visiting schools and attending meetings)
- Attended 4-day NADTA conference on *Trauma* in New Haven, Connecticut Nov 2012
- Completed an Introduction to Restorative Approaches in Schools - 3 days Feb 2010
- Attended 1-day on SEEFAR-CBT: *Trauma & the Road to Resilience* led by Dr Mooli Lahad Nov 2009
- Attended 3-day ECARTE (European Consortium of Arts Therapies Education) Conference Sep 2009
- Completed South West Introductory Course in Group Analysis, 90 hours over 3 terms 2005/2006
- Completed Co-counselling Fundamentals, 4 days' experiential training Summer 2002

## Memberships

Full member of the British Association of Dramatherapists (BADth)

International Member of the North American Drama Therapy Association (NADTA)

Graduate Member of the British Psychological Society (BPS)

Member (and Chair) of Dramatherapy Southwest (DSW)