



Summary

HCPC registered dramatherapist. BADth registered clinical supervisor. Graduate status with British Psychological Society (BPS). Experienced at individual, dyadic and systemic therapy as well as providing assessments. I have:

- Proven strengths at working effectively in teams (including multi-disciplinary 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 effectively to young people, adults and families
- A range of advanced (& continually developing) skills as a dramatherapist and Mental Health Practitioner

Postgraduate Degree Qualifications

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

MA in Dramatherapy (Distinction)

2008-11

Dissertation focus: Therapeutic turning points after trauma or severe loss

- University of Bristol, Postgraduate School of Education

MEd in Psychology of Education (BPS recognised Psychology conversion degree)

1999-2001

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

Other Significant Training & Qualifications

- The London Centre for Psychodrama

Diploma in Creative Approaches to Supervision (130 hours over 1 year)

2018-19

- Medical University of South Carolina (online element) + in-house JACAT training & supervision

Completed training in Trauma-focused CBT for children & young people

2018

- The Center for Self-Leadership

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

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

2015-17

- Institute of Developmental Transformations

Graduate in *developmental transformations* (DvT): an embodied improvisation-based form of dramatherapy

(Training included 20+ days with Dr. David Read Johnson who founded the approach)

2010-2014

- Bristol Polytechnic

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

1988-90

- Bristol Polytechnic

Higher National Diploma (HND) in Electrical/Electronic Engineering

1983-85

Experience as a Therapist

Eastern Devon CAMHS & JACAT

Dec. 2015 to May 2019

Part-time (0.8) Band 6, Tier 3 Mental Health Practitioner working in the Managing Emotions and Relationships Pathway with children from 6 to 17. Carrying out initial assessments, short term systemic partnership work as well as longer-term therapy – the latter mostly using dramatherapy approaches. In addition I trained and worked with the JACAT team to deliver TF-CBT to young people who had PTSD after experiencing sexual abuse.

Foster Care Associates (FCA)

April 2013 to Oct. 2104

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 and co-facilitating South West School of Dramatherapy training therapy group.

2012 to 2014

Martin Redfern

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.

Other Employment

Link Education/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 and, after 2010, dramatherapy as well as basic systemic strategies to facilitate this work.

Mainstream Teaching

Jan. 1991 to July 1997 & Sept. 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

Sept. 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.

Some Additional Training, Experience, Workshops etc.

- Co-lead and organise DvT UK Southwest local training and practice group *2010 to current*
- Weekend workshop on Embodied Approaches to Eating Disorders with Dr. Laura Wood *2019*
- Attended and helped lead numerous Dramatherapy Southwest CPD days/conferences *2007-2019*
- Participated in two 5-day Developmental Transformations (DvT) Summer Schools in Belgium *2017&18*
- Attended 3 European Conference of Developmental Transformations (DvT), presenting at 2 *2014,16,18*
- Online Trauma-focused DvT training with Post Traumatic Stress Center, Connecticut *Nov. & Dec. 2015*
- Attended 1-day Conference on Trauma-Attachment Approaches with Dr. Dan Hughes *Oct. 2013*
- Attended BADth (British Association of Dramatherapists) Conferences *2008, 12, 13, 14, 18, 19*
& ran workshop on 'Playing with what was unplayable' linked to 'Safe Spaces' chapter *Sept. 2013*
- 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*
- 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)

Graduate Member of the British Psychological Society (BPS)

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

Member (and Chair) of Dramatherapy Southwest (DSW)