



**MICHIGAN
PSYCHODRAMA WORKSHOP
For Professional & Personal Growth
THURSDAY, FRIDAY & SATURDAY
November 5-7, 2015**



Psychodrama is an experiential action method of psychotherapy that allows participants to find their lost spontaneity by discovering the underlying messages acquired from life experience and feeling them in a new way. The purpose is to get free from the things that constrain our energy and keep us from living our lives as fully and richly as possible. In the process of doing psychodrama, we often find connection with other people at a level we missed having in our families that is very healing. Action methods are as powerful as you make them creating a safe way to heal the past, revitalize your own life and envision the future.

Join this workshop to learn how to:

- ~ Resolve inner conflicts
- ~ Heal grief or loss of a loved one
- ~ Let go of limiting behavior patterns
- ~ Build healthy and nurturing relationships
- ~ Increase self-love and strengthen acceptance
- ~ Embrace your authentic spiritual nature
- ~ Explore and integrate life transitions
- ~ Discover creativity and spontaneity
- ~ Clarify life path dreams and goals

Psychodrama Training Workshops are didactic and experiential in teaching the theoretical and practical understanding of the methods of Psychodrama, Sociometry and Group Psychotherapy. The techniques learned can be used as an action method with groups, families, couples, and in individual therapy. Training workshops provide a safe and supportive environment in which to experience the various parts of a psychodrama enactment while learning about overall group process.

Who attends Psychodrama Workshops?

Individuals, professionals, and students interested in the areas of personal growth, mental health counseling, substance abuse recovery, social work services, nursing, occupational therapy, creative arts therapy, bodywork, pastoral counseling, spirituality, and personal life coaches attend psychodrama trainings. Many who attend want to expand their growth and do not intend on becoming certified in Psychodrama.

Presenter:

Susan Powell, OTR, TEP, has practiced as a therapist in the field of mental health for over thirty years and is the Director of Centerwood Psychodrama Training Institute near Austin, Texas. She is a Trainer, Educator and Practitioner in Psychodrama, Sociometry, and Group Psychotherapy.

CEUs: 21 credit hours by NBCC and NAADAC, and 21 hours towards Certification by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.

Location: Treeside Psychological Clinic, 45 North Lapeer Street, Lake Orion, Michigan 48362

Registration: Treeside at (248) 693-9614 or email inquiries to Treeside@hotmail.com

Cost: \$450.00