

Psychodrama Group Wellbeing Workshops 2012

Simon Parker - Psychodramatist & Psychologist

About the Workshops

The focus of these Psychodrama workshops is to develop your capacity to respond positively to the challenges that emerge in your life and to live well.

Psychodrama is an experiential method of group psychotherapy that uses guided dramatic action, creating scenes from life in the present moment. These enactments enable the truth of our life stories to emerge and for us to clearly understand how we think, feel and act in any moment. This “in the moment” experience promotes the development of new perspectives and self awareness which helps us to know, understand and appreciate ourselves and to make important changes to our behaviour and impacts how we experience our relationship with ourselves and others.

Common Benefits of Participation

Improved personal and relationship wellbeing
Clearer understanding of your feelings and behaviours
Development of positive attitudes and actions
Increased engagement and enlivenment in your life and work
Enhanced self acceptance

**Psychodrama Ongoing Groups
6 Monday Evenings**

**Venue Psychodrama Institute of Melbourne
Langridge St, Collingwood 3066**

Series 1 Feb 6 13 March 5 19 26 April 2

Series 2 April 16 23 30 May 14 28 June 4

Series 3 Aug 6 13 27 Sept 3 17 24

Series 4 Oct 29 Nov 12 26 Dec 3 10 17

Time 6pm-9 pm Cost \$300 -per series

Please Note Medicare Better Access Group Session rebates of \$21.25 per session may apply.

About Simon Parker

I am an experienced and qualified Psychodramatist, a Registered Psychologist and a member of the Australian Psychological Society and the Moreno Psychodrama Society. I have a great enthusiasm for the value that psychodrama has in enabling people to live with greater joy, spontaneity and integrity.

I love engaging people in developing curiosity about themselves and each other and supporting them to discover new knowledge, self awareness and actions that help them to live well.

Register online www.psychodrama.net.au

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