

Finding your confidence

A one-day workshop

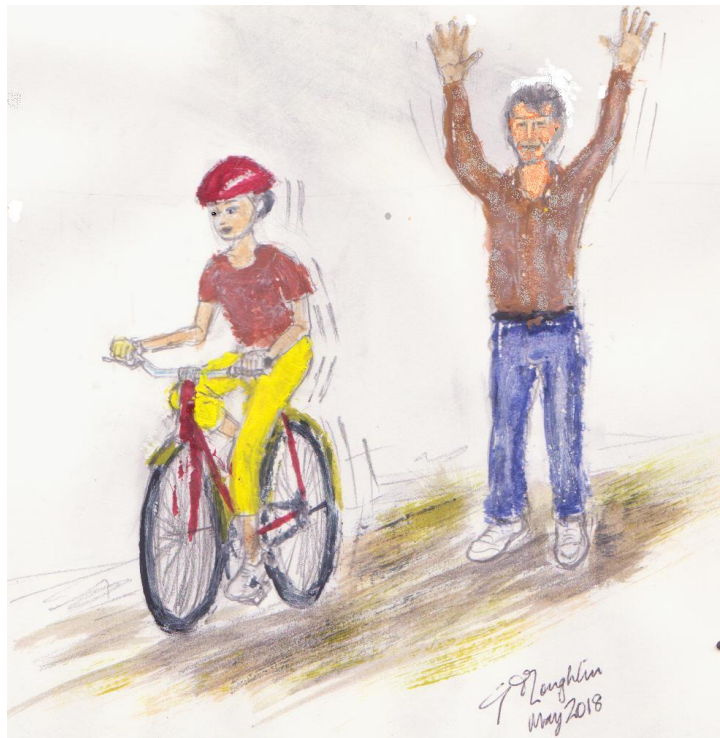
Sunday 29 July 2018, 10 am to 5 pm

At: the Psychodrama Institute of Melbourne premises, 1/10-12 Adolph Street, Cremorne.

We will explore how we find confidence for challenging situations possibly drawing on how we have done this in the past. We can lay issues open to allow good spontaneity rather than rushing to more limited solutions. A relevant scenario might be, suffering a setback in an endeavour with minimum time to find the confidence to carry on. A relevant truth is that when anxiety is high spontaneity is low.

Psychodrama methods will be used in this workshop. Participants from almost any background may attend. Please contact Gavin to briefly discuss your intention to attend on: 0403 597 685 (email: erwin1@inet.net.au).

Gavin O'Loughlin began his involvement with psychodrama in 1983 in Adelaide. He is a social worker who has worked mainly in youth justice in regional Victoria and used psychodrama training for professional development. He completed his certification as a director in 2013 at PIM. Gavin is the Theatre of Spontaneity coordinator for the Moreno Psychodrama Society and has presented a number of these events. He also draws a bit.



Workshop Cost: \$70

(by funds transfer in the week before the event, if possible).