

Introduction to Psychodrama

Evening Workshop

Friday, 23 November from 7:30 to 10:30 p.m.

Director: Sue Daniel



Psychodrama is an experiential method with thinking, feeling and action at its core.

The relationships that we have with ourselves, and others in our environments, and this includes animals and objects, have an effect on our health and well-being. Being in the here and now - the present moment - brings satisfaction and effectiveness in our work and day-to-day living. With care and skill, the techniques of psychodrama can be used anywhere and with anyone. This session is designed for those new to psychodrama and who want to go beyond talking methods. It will suit individual practitioners, supervisors, group leaders and anyone wanting more spontaneity in their life.

Fee: \$30.00 (Enrolment required one week before this session).

Location: Psychodrama Institute of Melbourne

1-10/12 Adolph St Cremorne 3121

Contact: 0410 536 791

Psychodrama-Institute-Melbourne.com

Moreno-Psychodrama-Society.com