

PSYCHODRAMATIC BODYWORK®

Psychodramatic Bodywork® combines two forms of psychotherapy: psychodrama and bodywork. Psychodrama uses dramatic action methods to free and reintegrate spontaneity blocked by earlier trauma. Bodywork uses *Safe Touch* to help individuals connect with the messages that are held in the body as pain, numbness and / or illness. Susan works with a skilled team of assistants who perform demonstrations that help illustrate the theory and the process of Psychodramatic Bodywork®. The atmosphere is relaxed and fun and fosters learning in an easy, natural manner. A spiritual component that deepens the effectiveness of the work is incorporated into the training.

Susan Aaron, Registered Psychotherapist, is the creator of Psychodramatic Bodywork® and an internationally respected expert on emotions, the body and spirituality. She is a Canadian certified director of psychodrama, a Reiki Master and a former registered massage therapist with extensive training in body psychotherapy. For over 35 years Susan's trainings and workshops have helped people from Canada, the U.S. and Europe by teaching and experientially applying the principles of Psychodramatic Bodywork® to the relationship between the body and the healing journey. She channels messages to her students with the support of a council of guides. Susan has produced two videos that illustrate her work. She is the recipient of the 2006 Innovator's award, presented by the *American Society of Group Psychotherapy & Psychodrama (A.S.G.P.P.)*. This award acknowledges her innovative work in combining psychodrama and bodywork.



The Intermediate Level workshop focuses on:

- the three styles of blocking anger, sadness and fear
- identifying the meridians in the body that relate to each blocking style
- relating the blocking styles to various life traumas and the healing process
- basic headache patterns and how to work with them
- basic psychodrama skills combined with the knowledge of blocking styles

Upcoming Intermediate Workshop

Dates: Friday January 19, Saturday January 20 and Sunday January 21, 2024 (3 full days)

Times: 9:30am – 5:00pm

Training Requirement: completion of the Introductory level workshop

Location: Toronto—Royal Canadian Legion East End Branch, 1240 Woodbine Ave. (at Mortimer Ave.)

Costs: Registration before December 10/23 - \$500.00 (HST included) Early Bird Price

Registration after December 10/23 - \$600.00 (HST included)

Cancellation Policy: 4 weeks notice - full refund minus \$25.00 administrative fee, 2 weeks notice - 50% credit towards further Susan Aaron Workshop events; There will be NO REFUNDS or CREDIT with FEWER THAN 2 WEEKS notice.

This workshop has limited space available. Register soon if you want to guarantee your participation!

Intermediate Workshop Registration Form

First name _____ Last name _____

Name I'd like on my name tag _____

Address _____

Phone(s): _____ Home _____ Work _____ Cell _____

Email _____

How I heard about this workshop _____

All applicants must read and sign the following:

Because this is an experiential workshop, deep personal healing does occur, but it is not a therapy group. All participants will need significant support available to them to complete and integrate what was begun in the workshop

I have therapeutic resources in place to support me outside of this workshop. I understand that this is a requirement for attending the workshop.. I understand that completion of this workshop does NOT qualify me to train others or to represent myself as trained in Psychodramatic Bodywork®

_____ (signature)

Send Workshop Payment and Completed Form To Susan Aaron Workshops (details below)

PAYMENT OPTIONS:

—Make cheque payable to **Susan Aaron Workshops** and mail to **47 Spruce Hill Rd., Toronto, ON. M4E 3G2** Canada

OR

—Pay by:

e-Transfer within Canada only

or

PayPal to aaron@youremotions.com or go to [PayPal.me/Money4Susan](https://www.paypal.me/Money4Susan) for anyone outside of Canada

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For Further Information About Psychodramatic Bodywork®

Visit our web site at www.youremotions.com

Contact : Susan Aaron, Registered Psychotherapist — 416-699-3211 x1 or aaron@youremotions.com