

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 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 training 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 Introductory Level workshop focuses on:

- understanding, witnessing and experiencing the emotional releases of anger, sadness and fear
- witnessing the full range of anger, sadness and fear, from barely expressed to fully released
- providing facilitated opportunities to experience the release of each emotion safely
- learning where the body holds each of these emotions when they are unexpressed
- learning and practicing *guidelines for safe touch*
- increasing one's comfort level in the use of *safe touch*
- experiencing the integration of emotional release and bodywork within the structure of a psychodrama
- learning and practicing the six aspects of closure theory

Upcoming Introductory Workshop: Psychodramatic Bodywork®

Dates: Friday February 24, Saturday February 25, and Sunday February 26, 2023 (3 full days)

Times: 9:30am – 5:00pm

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

Costs: Registration before January 12/23 - \$550.00 (HST included) Early Bird Price (*Canadian funds*)
Registration after January 12/23 - \$650.00 (HST included) (*Canadian funds*)

Trainer: Susan Aaron

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!

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 for anyone outside of Canada

Visit our web site at www.youremotions.com
Contact : Susan Aaron — 416-699-3211 x1 or aaron@youremotions.com