



PSYCHODRAMATIC BODYWORK® UK INTRODUCTORY LEVEL

A THREE-DAY EXPERIENTIAL TRAINING

This introductory training provides an opportunity to understand, witness, and safely experience the emotional release of anger, sadness, and fear within the Psychodramatic Bodywork® model.

WHAT YOU WILL LEARN & EXPERIENCE



Understand, witness and experience the emotional release of **anger, sadness** and **fear**.



Experience facilitated opportunities to safely express and release each emotion.



Witness the full range of each emotion — from barely expressed to fully released.



Learn where the body holds each of these emotions when they are unexpressed.



Learn and practise guidelines for safe touch.



Increase your comfort level in the use of safe touch.



Experience the integration of emotional release and bodywork within psychodrama.



Learn and practise the six aspects of closure theory.



Deep personal healing does occur because it is an experiential workshop, but it is **not** a therapy group.



Participants may need significant support at various times during and after the workshop to complete and integrate what was begun in the workshops.



This workshop is part of an ongoing training and will include **18 CPD hours**.



WHEN

Friday 13th, Saturday 14th
Sunday 15th November 2026



TIMES

- Friday: 9.30 am – 5.00 pm
- Saturday: 9.30 am – 5.00 pm
- Sunday: 9.30 am – 4.00 pm



WHERE

Kiveton Community Hub
The Old Colliery Offices
Colliery Road
Kiveton Park
S26 6LR



LUNCH

Please bring your own lunch each day which can be eaten at the venue.



INVESTMENT

£300 for three days
Reduced fees are available for those on a low income.

*A safe, supportive space to explore, release and grow.
We look forward to welcoming you.*

TRAINERS:

Kirsteen Anderssen

Jonathan Salisbury

Kat Salisbury



APPLICATION PROCESS

For more information or to book your place contact the team at:

infopsychodramaticbodyworkuk@gmail.com