

Psychodramatic Bodywork® Introductory Workshop

The Introductory level - 3 full days focusing on:

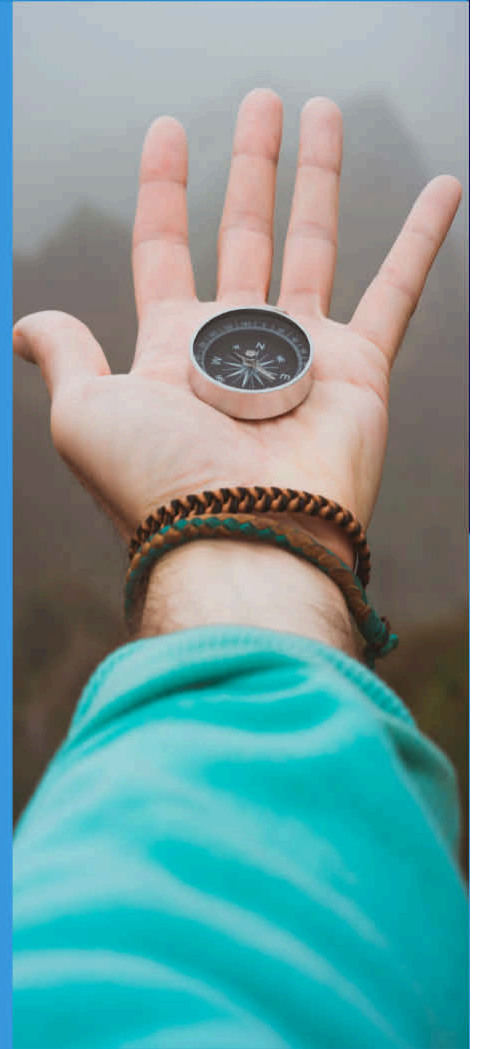
- * Understanding, witnessing and experiencing the emotional release of anger, sadness and fear.
- * Providing facilitated opportunities to experience the release of each emotion safely.
- * Witnessing the full range of anger, sadness and fear from barely expressed to fully released.
- * Learning where the body holds each of these emotions when they are unexpressed.
- * Learning and practising guidelines for safe touch.
- * Increasing your comfort level in the use of safe touch.
- * Experiencing the integration of emotional release and bodywork within psychodrama.
- * Learning and practising 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 3rd, Saturday 4th Sunday 5th July '26
- ✓ Times: 9am to 5pm - Friday & Saturday 9am to 4pm on Sunday
- ✓ Where: Kiveton Community Hub, The Old Colliery Offices, Colliery Road, Kiveton Park S26 6LR
- ✓ You will need to provide 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

Application Process:

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

infopsychodramaticbodyworkuk@gmail.com

The Team:

Jonathan Salisbury
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