



Psychodrama
SINGAPORE
@ PROMISES

PSYCHODRAMA TRAINING CREATING AN ATMOSPHERE OF HOPE!

EXPERIENTIAL METHODS FOR
GROUP AND INDIVIDUAL THERAPY

**4 Part Workshop Series:
Starting Early 2022**

**Bluebell Room, Promises Healthcare,
10 Sinaran Drive, #11-16, S(307506)**

Topics:

- **Workshop 1 - "Building Blocks For Group Cohesion"**
- **Workshop 2 - "Working With Resistance In Therapy"**
- **Workshop 3 - "Using Future Projections to Visualise a Life of Hope"**
- **Workshop 4 - "The Magic Shop"**

IMPROVE YOUR PERFORMANCE

Do you ever get stuck in knowing how to help your clients get and stay motivated? Do your clients often come to treatment because they are told to? Do they often appear defiant and demoralized and have a hard time imagining a better future?

Learn how to use experiential techniques to cut through some of the defenses that clients bring into therapy and help them get “unstuck”.

WHY EXPERIENTIAL METHODS?

Experiential methods such as ‘Psychodrama’, ‘Sociodrama’ and ‘Sociometry’ provide an exciting alternative to standard talk therapy by getting clients out of their heads and into their bodies.

These experiential methods help clients:

- **Uncover** - Defenses such as Denial, Intellectualization, Rationalisation and Justification
 - **Discover** - Core issues and the motivation for recovery
 - **Recover** - Practice skills for a life filled with hope
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WORKSHOP 1

“BUILDING BLOCKS FOR GROUP COHESION”



Creating a positive, supportive environment in a group is not always easy. Group leaders must know how to build cohesion and create a safe environment in which group members can take the risk to be vulnerable.

You will learn:

1. Experiential exercises to increase connection and find commonality.
2. Experiential exercises to help build trust and safety so participants are willing to share more openly.
3. How to use a Psychodrama tool called ‘concretization’ to identify strengths and build confidence and hope for recovery.

WORKSHOP 2

“WORKING WITH RESISTANCE IN THERAPY”



Jacob Levy Moreno, MD, the founder and developer of Psychodrama and Sociometry, saw ‘Resistance’ in an individual or group as a “lack of warm-up”. As therapists we often find that attacking clients’ defenses is counter-productive. Instead we look for the handles that open doors, to help them ‘warm up’ to being willing participants in therapy, and discover creative ways of interacting with their worlds. Psychodrama helps people decrease their anxiety, and “warm up” to being open to creative ways of changing behaviour.

You will learn:

1. How to use the Psychodrama technique of ‘Doubling’ to help clients warm up to participating in therapy
2. How to help clients identify their obstacles to change.
3. How to concretize supports and strengths in their lives to move towards positive change and recovery.

WORKSHOP 3

"USING FUTURE PROJECTIONS TO VISUALISE A LIFE OF HOPE"



It can be a real challenge for our clients to imagine a better future. A *Future Projection* is a powerful experiential structure that allows clients to step into their own future to imagine the life they want and explore how to get there. Creating a more hopeful future helps clients stay motivated and engaged in therapy.

You will learn:

1. The steps to guiding clients to envision and embody a more hopeful future.
2. Techniques such as timelines, sculpting and interviewing to help clients step fully into their future scene.
3. How to identify and concretize obstacles and resources.

WORKSHOP 4

"INTRO TO THE MAGIC SHOP"



The Magic Shop is a creative and fun client centered activity. Clients are invited to exchange the qualities and traits that keep them stuck in their defeated state such as denial, resentment, fear, etc., for qualities and strengths such as acceptance, the ability to let go, courage, confidence, and self-compassion. The Magic Shop helps clients anticipate the attitudes and behaviors that could lead to relapse, identify their strengths, and practice healthy behaviors.

You will learn:

1. Interactive ways to engage group members.
2. The steps to creating and facilitating the Magic Shop.
3. How to encourage spontaneity and creativity.

REGISTRATION DETAILS

- **Workshop 1 - “Building Blocks For Group Cohesion”**
- **Workshop 2 - “Working With Resistance In Therapy”**
- **Workshop 3 - “Using Future Projections to Visualise a Hopeful Life”**
- **Workshop 4 - "The Magic Shop"**

A Special Package Price for all 4 Workshops is available.

****These training hours can be counted towards Experiential Therapy certification with APCB and the American Board of Examiners in Psychodrama certification.**

Please write to us at psychodrama@promises.com.sg for registration details.