



Psychodrama
SINGAPORE
@ PROMISES

10TH YEAR ANNIVERSARY SPECIAL PRICES: SGD120 PER WORKSHOP

PSYCHODRAMA TRAINING

Topics/Dates:

- (18 Aug) Workshop 1 :
 - "Creating New Connections"
- (15 Sept) Workshop 2
 - "The Fine Art of Doubling"
- (6 Oct) Workshop 3
 - "Reversing Roles!"
- (17 Nov) Workshop 4
 - "The Future Projections to Visualise a life of Hope"

Timing:

- 10am - 5.30pm
- Doors open at 9.30am for registration

IMPROVE YOUR SERVE

Psychodrama skills
for group and
individual therapy

email

Psychodrama@promises.com.sg
or click here to register

REGISTER NOW

psychodramasingapore.org

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

IMPROVE YOUR SERVE!

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

“CREATING NEW CONNECTIONS”



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 Sociometry to measure group connections and apply interventions to create inclusiveness.**

WORKSHOP 2

“THE FINE ART OF DOUBLING”



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. In Psychodrama we use the technique of 'Doubling' to decrease group members' anxiety and to help them feel more understood and accepted.

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 tune into themselves and their feelings.**
3. **How to use Doubling as a tool for greater group participation.**

WORKSHOP 3

"REVERSING ROLES"



One of the common phrases you will hear during a Psychodrama Session is, "Reverse Roles!" J.L. Moreno wrote about the Encounter which happens during Psychodrama in which we enter the world of the other person and see things through their eyes. This has the profound effect of changing our perspectives and increasing our empathy for others.

You will learn:

1. How to facilitate role reversal.
2. The steps to interviewing a person for a role.
3. When to use Role Reversal in directing a vignette.

WORKSHOP 4

"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 client 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
1. Techniques such as timelines, sculpting and interviewing to help clients step fully into their future scene.
2. How to identify and concretize obstacles and resources.

REGISTRATION DETAILS

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**Special prices for Psychodrama Singapore's 10th Year Anniversary:
SGD120 per workshop (U.P. SGD200 per workshop)**

****Hours accrued can be count towards APCB certification in Experiential Therapy as well as certification hours with the American Board of Examiners for Psychodrama. Eligible for 1 CPE point for every 2 training hours with SASW. Certificate of attendance eligible for CPD points from SAC.**

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

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