

WEEKEND PSYCHODRAMA GROUP

FOR WOMEN

conducted by Ali Watersong

August 31st – September 2nd 2007

About the Group

In this workshop you will have the opportunity to gain deeper self-awareness, develop an increased ability to act spontaneously and learn to express yourself more effectively in the here-and-now. Psychodrama, sociometry, sociodrama and role training will be used to explore issues of self-esteem, assertiveness, relationships, grief, illness etc.. You will find new ways of being that enhance your sense of self-worth and appreciation. This group is suitable for you if you have a desire to improve your relationship with yourself and with others; to enrich your spirit; and to live your life with more creativity and imagination.

No previous group experience is necessary.

About the Group Leader

Ali Watersong is an experienced counsellor, group leader and advanced trainee who is approaching assessment as a psychodramatist. She has led numerous groups using the psychodrama method over the years. She is an associate member of ANZPA.

Venue: Risingholme Community Centre
22 Cholmondeley Ave., Opawa.

Times: Friday evening: 6.30pm – 9.30pm.
Saturday: 10.00am - 6.30pm;
Sunday: 10.00am – 5.00pm.

Cost: Unwaged/Low income \$90.00
Waged \$170.00

Applications: A deposit of \$20.00 (non-refundable after August 24th) will secure a place.
Register early as participant numbers are limited to a maximum of 12.

Send your deposit with your name, address, and phone number to:
Ali Watersong, 13 Brenchley Road, Lyttelton.

**For more information phone Ali: 328 7105
email: watersong@paradise.net.nz**

Please assist by posting this flyer on a notice board or passing it on.