

A 10 week Psychodrama group for personal and professional development. Psychodrama is an experiential/creative approach to exploring relationship issues in a playful way, overcome blocks and anxiety ridden reactions and develop potential for more full filling relationships. The safe environment of a therapy group creates space for exploration. Psychodrama is a method of psychotherapy in which people enact important events in their lives. Enactment is always in the present although scenes from the past or future are enacted as well. Psychodrama emphasizes emotional release as well as containment and cognitive integration.
Call 503-320-2555