

The Institute for Creative Action

Dr. Natalie L. Winters, Director

Natalie L. Winters, EdD,TEP
NC Licensed Psychologist - #2799
108 Pebble Ridge Farms Court
Cary, NC 27315

Natalie@NatalieWinters.com Registration#: 813-760-1234 www.NatalieWinters.com

PSYCHODRAMA TRAINING

DATE: Saturday, November 8, 2008

TIME: 9:30 am - 5:30 pm (two 15 minute breaks, one hour and 15 minutes for lunch)

PLACE: 4008 Barrett Drive, Suite 106, Raleigh, NC 27609

SKILL LEVELS: All levels – The nature of psychodrama and sociometry is such that all levels are able to participate in the same workshop. Beginners, intermediate and advanced participants all benefit at their respective levels.

This program is co-sponsored by the North Carolina Psychological Association and Dr. Natalie L. Winters. The North Carolina Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychological Association maintains responsibility for this program and its content. This program is offered for 6 hours of continuing education credit.

WHAT IS PSYCHODRAMA AND HOW WILL IT HELP? Psychodrama is a psychotherapeutic and educational practice that uses methods of enactment, sociometry, group dynamics, role theory and social systems theory.

Patients/clients enact their conflicts instead of just talking about them. All action takes place in the here and now no matter what the original time frame may be - past, present or future. Psychodrama supposes that we have charge over shifting our focus from harmful roles to helpful roles thereby healing old wounds and preparing for new action.

We sometimes do not have the opportunity to complete interactional situations in satisfactory ways and develop something called act hunger. Act hunger is the need to finish or redo old business or situations in ways that will relieve us of uncomfortable and unresolved feelings. Through action methods, psychodrama allows patients/clients to come to resolution. Psychodrama is used in group and individual therapy.

GOALS -

1. To review the philosophy, theory and methodology of psychodrama and sociometry.
2. To discuss and demonstrate the growing need for action methods in treatment.
3. To warm up participants to the efficacy of ongoing training.

OBJECTIVES:

1. After attending the workshop on psychodrama, participants should be able to identify the following roles of:
 - A. Protagonists
 - B. Auxillaries
 - E. Double
 - C. Director
 - C. Audience member
2. Each participant will have the opportunity to identify and use the following four techniques:
 - A. Role Reversal
 - B. Mirroring
 - C. Interviewing Skills
 - D. Role Training
3. Participants will learn how to effectively apply elements of psychodrama and sociometry in their professional and personal life.

METHODS OF TRAINING: Didactic and experiential

ABOUT THE TRAINER: Dr. Natalie Winters is a licensed psychologist and diplomate of the American Psychotherapy Association. She is a nationally certified psychodramatist, TEP (trainer, educator, practitioner) Dr. Winters is past chairperson of the American Board of Examiners in Psychodrama and the recipient of the 2003 ASGPP Innovators Award and the 2007 Professional Service Award. She was a nominee for the 2003 Humanitarian Award by the Tampa Bay Research Institute. Dr. Winters is establishing private practice in Cary, NC and runs psychodrama training groups nationally.

TO REGISTER: remit introductory fee of \$95.00 by 9/15/08.

Send name, address, home and work phone numbers to:

Dr. Natalie L. Winters, 108 Pebble Ridge Farms Court, Cary, NC 27513

Phone: 813-760-1234 (cell phone for registration)

6 Psychodrama Training Hours Given by The American Board of Examiners in PD

Refund policy: 4 weeks notice: 100% refund, 2 weeks notice: 50% credit toward future trainings, less than 2 weeks: 25% credit toward future trainings.
