



Experiential Psychodrama On-going Group

This experiential psychodrama group happens on Monday nights from 6:30pm to 9pm weekly.

We humans have extraordinary capacity to envision the world we want to be a part of and the potential capacity to create the world as we imagine it to be. Too often as we grow our visions are narrowed down, sometimes to the point where we are focused solely on ourselves and our own survival.

The world, our communities and organisations, our families and ourselves are all interrelated. As we create ourselves as we want to be so we cannot resist creating the world as we have envisioned it. We begin to build relationships and communities which respect and honour us as we are and within which our visions for ourselves begin to be fulfilled.

Psychodrama enables us to develop a life which is rich and full, to flow from inner to outer and back, to create and take joy in creation. It is a method that recognises our interrelatedness with all that is and provides a solid means to address deep feelings and the ongoing work of being human; that is to consciously create ourselves as we want to be in the world.

This event is for those wanting to engage in deep healing and soul work and for those wanting to develop their generative leadership capacity.

So much training and self-development is shallow and simplistic: 'Learn this and you will be able to do that'. But human beings don't work this way, because real life is complex and unpredictable. Knowing *what to do* is very different from being *able to do* it. Psychodrama is a profound way engage with life in all its complexity and chaos. The Psychodramatic method provides a means for understanding and changing the many aspects of living.

This psychodrama group will assist you to:

- re-examine your current life situations, your past, your social networks and cultural context
- generate new perspectives on particular events or situations
- develop fresh responses to entrenched relationship dynamics
- prepare for future situations in which you wish to function with a greater degree of flexibility, vitality and immediacy
- bring together action, insight and 'here and now' experience as you engage with life
- enlarge perceptions of yourself and others

Form: This ongoing group has a 'slow open' format. A slow open format means that when you decide to attend you will commit to at least 10 sessions when you decide to leave you will need to give 3 weeks notice to the group. This means that the membership of the group is stable over time allowing for a supportive culture and deep relationships to develop. This format supports profound personal change over time.

Fee: \$45 per week. This group is limited to 10 participants. Book now hamish@phoenixfacilitation.co.nz or phone me 021 275 4757

Intensive Experiential Group:

Every four months I run an intensive experiential psychodrama group from Thursday evening to Sunday afternoon. The Next one will be run September 2nd to 5th this cost for this group is \$495.

Hamish Brown:

I am a Psychodramatist and a Registered Psychotherapist. I spent the first twelve years of my working life as an organisational facilitator and mediator. In this context I worked with organisations throughout New Zealand and internationally. Over time I became increasingly interested in the deep forces at work, both within and between people, that can either generate creative, life-enhancing outcomes in groups and social systems or block this. Alongside this work I have been working as a psychotherapist in private practice since 2002.

From time to time I will work with other Psychodrama directors.