

# **THE CENTER FOR CREATIVITY AND HEALING**

**Sunday, October 29 - 9:00 to 5:00 - Santa Barbara**

## **PSYCHODRAMA**

### **THERAPEUTIC ROLE PLAY AND STORY TELLING: AGENTS OF CHANGE & HEALING**

**Stories allow us to find a meaning in our lived experiences, defining and delineating our uniqueness while helping us to find points of connection with others. From our first breath to our last, stories provide a vehicle for making sense of our lives, encompassing all we are, all we have been, and all we can become. Join us for a day of experiential learning as we explore how to put stories safely into action using psychodramatic role play and communal storytelling.**

**Qualifies for six hours of continuing education credits.**

#### **WHAT IS PSYCHODRAMA?**

**Psychodrama is a powerful action method used in psychotherapy and education. It encourages creativity, improves problem solving, while fostering a sense of play and an experience of personal well-being. Working together we build a powerful and containing healing community in which life themes such as family dynamics, work-related stress, life transitions, and self-defeating patterns.**

#### **COURSE GOALS**

**This workshop will introduce members to powerful action warm-up techniques from the field of psychodrama that can build cohesion and raise the level of trust in therapy groups and creating a safe containing therapeutic space. Participants will learn the fundamental theories which underlie psychodrama, its basic elements, and how to use creativity, imagination, and play to help patients to revise personal narratives and explore interpersonal and intrapsychic issues.**

## **PRESENTER**

**ELIZABETH PLUMMER, is the founder and director of The Center for Creativity and Healing. She is a psychodrama Trainer, Educator, Practitioner, certified by the American Board of Examiners in Psychodrama, Sociometry, and Group psychotherapy. A licensed Clinical Psychologist, (CA #19690) Elizabeth specializes in teaching action therapy methods around the country and internationally. Call or text 805-682-5544 for more information or visit the web site at <http://psychodramasb.com>. You also may email [plumline1@gmail.com](mailto:plumline1@gmail.com).**

- This workshop is cosponsored by the Spiritual Competency Resource Center which is approved by the American Psychological Association to sponsor continuing education for Psychologists. Spiritual Competency Resource Center maintains responsibility for the programs and their content. California Board of Behavioral Science recognizes CEU's from APA approved workshop providers.
- Nursing (BRN Provider CEP10318) for licensed nurses in California through the co-sponsorship of the Institute of Noetic Sciences.

**Early Bird Discount: \$125 for those registered by 10/15/17, \$150 after that date. There is an additional charge of \$25 for CE Certificates. Partial scholarships are available for students. Call for more information. Workshop is limited to 20 participants.**