

# Christmas Workshop



## psychodrama workshop

**Stuck in Trauma?  
Come to Psychodrama**

**Dr. Katherine Kot**

**26 & 28 Dec, 2014 (Fri & Sun)**



**For Enquiry:**

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Connexion Psychological Practice Limited  
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*Psychodrama is an action Method, often used as a Psychotherapy, in which clients use spontaneous dramatization, role playing and dramatic self-presentation to investigate and gain in sight in to their lives.*

*Developed by Jacob L. Moreno, M.D. (1889 - 1974) psychodrama includes elements of theater, often conducted on a stage where props can be used. By closely recreating real-life situations, and acting them out in the present, clients have the opportunity to evaluate their behavior and more deeply understand a particular situation in their lives.*

*Psychodrama is most often utilized in a group scenario, in which each person in the group can become therapeutic agents for one another's scenes.*



### Goals and Purpose of Psychodrama

The primary goal of psychodrama is to increase the impulsivity of our own emotions in a highly organized, yet creative and productive manner.

It is intended to give an open forum for the discovery and exploration of internal and external conflicts and dysfunctions through dramatic play. Most sessions will last for up to two hours and revolve around the primary character, the protagonist. By engaging other characters, the protagonist can learn a great deal about their own interpersonal skills and formulate the proper techniques to construct positive and effective behavioral changes. This method of therapy challenges the client, and all of the characters involved, in a new and exciting way that expands their boundaries of experience.

#### Who should attend?

Psychologists, counselors, therapists, social worker, teachers and anyone who would like to experience the spontaneity and 'magic' of working with action methods. Whether your focus is personal, professional, therapy or training, if you're interested in the creative exploration of yourself, your relationships and your life using action as well as words, then you might value and enjoy the psychodramatic method and the personal liberations, self expression and insights that it elicits.

## What is Psychodrama Therapy Like?

In a session of psychodrama, one client of the group becomes the protagonist, and focuses on a particular situation to enact on stage. A variety of scenes may be enacted, depicting, for example, memories of specific happenings in the client's past, unfinished situations, inner dramas, fantasies, dreams, preparations for future



risk-taking situations, or unrehearsed expressions of mental state in the here and now. These scenes either approximate real-life situations or are externalizations of inner mental processes. Other members of the group may become auxiliaries, and support the protagonist by playing other significant roles in the scene.

A core tenet of psychodrama is Moreno's theory of "spontaneity-creativity". Moreno believed that the best way for an individual to respond creatively to a situation is through spontaneity, that is, through a readiness to improvise and respond in the moment. By encouraging an individual to address a problem in a creative way, reacting spontaneously and based on impulse, they may begin to discover new solutions to problems in their lives and learn new roles they can inhabit within it. Moreno's focus on spontaneous action within the psychodrama was developed in his Theatre of Spontaneity. Disenchanted with the stagnancy he observed in scripted theatre, he found himself interested in the spontaneity required in improvisational work.

## About the Speaker

*Dr. Katherine Kot* has worked extensively with



children, adolescents and adults who suffer from depression, anxiety, death and losses, marital conflicts, family problems and spiritual

issues. She is also specialized in treatment of trauma, phobia, sexual abuse and anxiety. Being a Registered Psychologist by profession and a Marriage & Family Therapist, Dr Kot is well experienced in consulting problems in relation to family and interpersonal disputes for professional executives, apart from being a visitation lecturer and supervisor. She is all rounded in her training and continuously devotes in inviting mental health professionals from around the world to Hong Kong. She was the guest speaker for many occasions in Hong Kong, Malaysia, Canada and France. She is also the founder and Executive Officer for Rapha Foundation Ltd and has conducted many workshops to lay people and training courses to professional counselor.



## Details of workshop

### Psychodrama Workshop by Dr. Katherine Kot

**Date:** Dec26 & Dec28,2014 (Fri & Sun)

**Time:** 9:30am – 5:30pm

**Venue:** to be confirmed

**Fee:**

HK\$2200 (Dec 26&28, 2014 <2Day>)

HK\$1100 (Dec26 or 28 , 2014<1Day>)

HK\$2100

(Dec 26& 28, 2014 <2Day> Early bird before Dec 15, 2014)

HK\$1050

(Dec26 or 28,2014 <1Day> Early bird before Dec 15, 2014)

**Language**

The lecture and workshop will be conducted in English.

**Reminder** Remember to dress comfortably so that you can move freely or sit on the floor. You are suggested to walk or move around in your bare feet. If you prefer wearing socks, please put on the non-slip one.

**Important Notes** \* Applications will be processed on a first-come-first serve basis

\* Application will only be secured with payment. \* Fees are non-refundable. \*

Note of acceptance will be sent to applicants by email within 2 weeks upon course commencement. \* Course receipt will be distributed to applicants on at the

workshop. \* Certificate of Attendance will be presented to participant. If black

rainstorm warning signal or typhoon signal no. 8 is hoisted at or after 6:15a.m., any

training activity will be cancelled. Details of postponement or other arrangements

will be announced afterwards.



## Registration Form



### Date & Fee:

- HK\$2200 (Dec 26 & 28, 2014 <2Day>)
- HK\$1100 (Dec 26,2014)
- HK\$1100 (Dec 28,2014)
- HK\$2100 (Dec 26 & 28, 2014 <2Day> *Early bird before Dec 15, 2012*)
- HK\$1050 (Dec 26,2014 <1Day> *Early bird before Dec 15, 2012*)
- HK\$1050 (Dec 28,2014 <1Day> *Early bird before Dec 15, 2012*)

Please return the completed form with cheque payable to "Connexion Psychological Practice Ltd." by mail or in person to the following address:

**Suite 1203, Island Beverley, 1 Great George Street, Causeway Bay, H.K.**

Title:\*    Professor    Dr.    Mr.    Mrs.    Ms.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Organization: \_\_\_\_\_

Position: \_\_\_\_\_

(CE & CME points are pending)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\* Please tick as appropriate. \* Fee paid is not refundable

# Merry Christmas

