

心理劇工作坊



Stuck in Trauma?
Come to Psychodrama

臨床心理學家葛琳卡博士
2015年12月13日(星期日)

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Connexion Psychological Practice Limited

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心理劇是一種行動方式，經常被用

來作為一個心理治療，使你們能透過自然戲劇，角色扮演和戲劇性的演譯過去創傷，從中獲得更多自由並能帶到你們的生活當中。



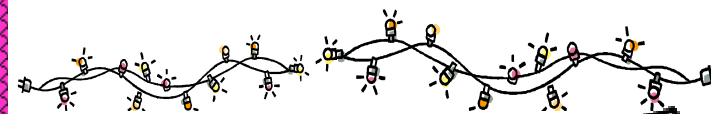
由 Jacob L. Moreno 醫生 (1889 年至 1974 年) 開發心理劇包括戲劇元素，經常在舞台上進行的，當中可以使用道具。心理劇在現真實生活的情況並以行動出來。透過他們的表達，令你們有機會更深入了解創傷對今天的影響。心理劇是最經常使用的在一組的情況下，其中每個組員都可以成為彼此的治療劑。



目標與心理劇的目的：

心理劇的主要是以有組織性，創造力和生產力的方式改善我們衝動的情緒。

目的：透過心理劇去探索和發現自己內外的衝突和障礙。大多數的心理劇將長達兩小時，主要圍繞主角的經歷及其他角色的扮演，主角可以了解自己的入際模式，並制定正確的行為模式。這種治療方法可以挑戰及擴大生活的經驗及邊界。



誰應該參加？

心理諮詢師，治療師，社會工作者，教師，及誰願意去體驗心理劇的魔力。

無論你的重點是以個人、專業、治療或培訓為主，只要你有興趣創造和探索自己及人際關係，你可能會珍惜和享受以這種心理戲劇性的方法和個人的解放去自我表達，及經歷釋放性的自由。

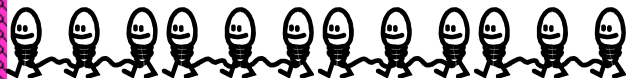


什麼能比喻心理劇療法？

在心理劇中，其中一人被選成為主角，而專注於一個過去創傷的情景。不同的場景可被選取，無論是近似現實生活中，或是外化內部心理的過程。其他組內的成員可能成為輔助成員，並通過扮演當中顯著的角色在場景中支持主角。



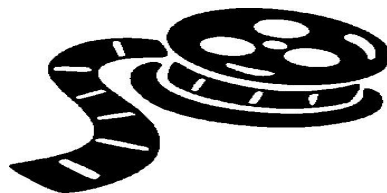
心理劇的核心宗旨是“自發性的創造力”，Moreno 認為，對於個人創造性的情況作出回應最好方式去回應問題就是通過自發性，即興的瞬間反應。鼓勵個人通過創造性，自發性和基於反應的衝動去解決問題，他們可能會開始發現新的解決方案，在他們的生活中學習新的角色。Moreno 的重點是心理劇內自發的行動是在他的心理劇中發現及醒悟其中的停滯不前狀況。



關於講者

葛琳卡博士 擅長於心理測試，個人、婚姻及家庭治療。她廣泛地服務那些受抑鬱、焦慮、分離、婚姻衝突、家庭問題及信仰問題所困擾之兒童、青少年及成人。葛博士又完成了專業證書課程(EMDR)，她整合心理動力學(Psychodynamic)，情緒取向治療(Emotionally Focused Therapy)，生命自覺(Focusing)及身體經驗創傷療法(Somatic Experiencing)，特別在處理心理創傷、恐懼、性侵犯及焦慮等過案更見效果。對主領講座及工作坊經驗豐富，曾主領「夫婦溝通之道」、「父母秘笈」、「了解兒童的情緒及行為」及「精神病患之迷」等工作坊。撰寫了三本對情緒著作。另，她也曾擔任浸會神學院的督導和客席講師、香港心理治療協會前主席。

葛琳卡博士致力舉辦不同的專業心理治療講座，培訓更多專業心理輔導的人才。她亦為「拉法基金會」的創辦人兼義務總幹事，致力服侍有情緒困擾的朋友，提供專業輔導治療的資助及情緒課程。



工作坊詳情

心理劇工作坊主講葛琳卡博士

2015 年 12 月 13 日 (星期日)

時間：上午 9:30 – 下午 5:30

地點：有待確定

費用：

1 天工作坊 HK\$1,200

(11 月 20 日, 2015 或之前報名優惠 HK\$1,150)

語言：

講座和研討會將以廣東話進行



備註，參加者宜穿著舒適，使您可以自由移動或坐在地板上。場地可以走動或赤腳走動。如果你喜歡穿襪子，請穿上防滑之一。

重要提示 *應用程序將在一個先到先得*應用程序處理將只支付固定。*費用概不退還。*注驗收會在開課發送到申請人通過電子郵件在2週內。*課程收據將分發給申請人在研討會*出席證書將被提交給參與者。如果黑色暴雨警告信號或颱風信號8號懸掛或之後6:15 A.M.，任何培訓活動將被取消。推遲或其他安排的詳情將事後公佈。

Psychodrama Workshop



Stuck in Trauma?
Come to Psychodrama

Dr. Katherine Kot
13Dec, 2015 (Sun)

For Enquiry:

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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.

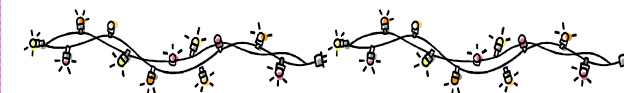
Developed by Jacob L. Moreno, M.D. (1889 - 1974) psychodrama includes elements of theater, often conducted on a stage where props can be used. By closely recreating real-life situations, and acting them out in the present, clients have the opportunity to evaluate their behavior and more deeply understand 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 with depression, anxiety, death and losses, marital conflicts, family problems and spiritual issues.



She is licensed EMDR therapist and she integrates psychodynamic therapy with Emotion Focus Therapy, Focusing and Somatic Experiencing and hence is very experienced 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 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: 13Dec, 2015 (Sun)

Time: 9:30am – 5:30pm

Venue: to be confirmed

Fee:

1 Day: HK\$1,200

(Early bird before Nov 20, 2015 HK\$1,150)



Language

The lecture and workshop will be conducted in Cantonese and 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心理劇工作坊報名表



Date

☐ 13Dec, 2015 (Sun) **2015年12月13日 (星期日)**

Fee

1Day ☐ HK\$1,100 ☐ HK\$1,050 <Early bird before Nov6, 2015 在2015年11月20日或之前報名優惠>

☐ English ☐ 中文

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.

完成表格和款項，支票抬頭“心悅坊心理中心有限公司”可以郵寄或親身遞交至以下地址：
香港銅鑼灣紀利佐治街一號金百利中心 1203 室

Title 稱謂:* ☐ Professor 教授 ☐ Dr. 博士 ☐ Mr. 先生 ☐ Mrs. 女仕 ☐ Ms. 太太

First Name 名稱(名): _____

Last Name 名稱(姓): _____

Correspondence Address 通訊地址: _____

Tel 電話: _____

Email 電郵: _____

Organization 組織: _____

Position 職位: _____

Signature 簽名: _____

Date 日期: _____

* “☐” Please tick as appropriate. 請在選取的位置上打“✓”

* Fee paid is not refundable 所支付之費用不予退還。

