

# PSYCHODRAMATIC BODYWORK®

Psychodramatic Bodywork® combines psychodrama, a psychotherapeutic method that uses dramatic action, and bodywork to free and reintegrate spontaneity blocked by earlier trauma. Safe Touch helps individuals connect with messages held in the body as pain, numbness and/or illness. A skilled team of assistants demonstrate the theory and the process of Psychodramatic Bodywork®. The atmosphere is relaxed to foster easy, natural learning. A spiritual component incorporated into the workshop, deepens the effectiveness of the work.



Dawn Bloomfield is a Director of Psychodrama and Sociometry and a Graduate of Psychodramatic Bodywork® who has worked with Susan Aaron since 1997. Dawn has utilized her broad skill set for individual and group facilitation for the past 34 years as a Trauma Informed Crisis Counselor.



Sher McNulty, B.A. is a Graduate of Psychodramatic Bodywork® and a New Decision Therapy® Practitioner. She began her journey with Susan Aaron 13 years ago. In addition she brings bodywork training in Reiki. When not leading training workshops, Sher works as an Outreach Counselor at a women's shelter.

**Dates:** Friday – Sunday April 21, 22, 23, 2017 (3 full days) 9:15am-5:00pm  
**Location:** Jarrett Community Hall, 837 Horseshoe Valley Rd. E. (24 min. north of Barrie and 15 min. south of Orillia)  
**Trainers:** Dawn Bloomfield and Sher McNulty  
**Costs:** Registration before March 9<sup>th</sup>, 2017 - \$400.00 – Registration after March 9<sup>th</sup>, 2017 - \$450.00  
**Cancellation Policy:** Full refund before March 9<sup>th</sup>, 2017, no refund March 9<sup>th</sup>, 2017.

The Introductory Level Workshop focuses on:

Understanding and witnessing the emotional release of anger, sadness and fear from barely expressed to fully released.  
Providing facilitated opportunities to experience the release of each emotion safely.  
Learning where the body holds each of these emotions.  
Learning and practicing guidelines for safe touch and increasing comfort in using safe touch for therapeutic purposes.  
Learning and practicing the six aspects of closure theory.

## Registration Form: for Introductory Workshop

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Name I'd like on name tag \_\_\_\_\_  
Full Address \_\_\_\_\_  
Phone(s): Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_  
E-Mail \_\_\_\_\_  
How I heard about this workshop \_\_\_\_\_

This is an experiential workshop. Although deep personal healing may occur, it is not a therapy group. Participants will need support to complete and integrate what was begun in the workshop.

I have therapeutic resources in place to support me outside of this workshop. I understand that this is a requirement for attending the workshop.

\_\_\_\_\_ Signature required (by signing here I agree that I have therapeutic resources in place)

### Mail Payment and Completed form to:

Dawn Bloomfield, 4602 Penetanguishene Road, Hillsdale, Ontario L0L 1V0

Cheques payable to : Dawn Bloomfield

e-mail: [debloomfield@gmail.com](mailto:debloomfield@gmail.com)

phone 705-835-6197

For information about other workshops: Visit our web site at [www.youremotions.com](http://www.youremotions.com)