

PSYCHODRAMATIC BODYWORK®

One participant said "This training changed my Life"

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. This is a country setting so carpooling will be necessary.

Trainers: Dawn Bloomfield and Sher McNulty

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 42 years as a Trauma Informed Crisis Counselor. Dawn is now retired from agency work and continues to support the work privately.



Sher McNulty, B.A. is a Graduate of Psychodramatic Bodywork®, a New Decision Therapy® Practitioner, a Certified Life Coach and currently enrolled in the Institute for Feminine Somatic Integration and Wholeness. With 22 years' experience using bodywork, Sher continues to support women leaving abusive relationships recover their self-reliance, dreams and passion for life, so they can experience better health, freedom and happiness. In 2025, Sher will launch her own body of work, motivated from her passion, to impact healing in the world one woman at a time.

Dates: Friday – Sunday April 25-April 27, 2025 (3 full days) 9:15am-5:00pm

**Cost: Registration before March 28th, 2025 - \$550
Registration after March 28th, 2025 - \$600**

Cancellation Policy: Full refund before March 28th 2025. There will be NO REFUNDS with fewer THAN 4 WEEKS notice

Location: Jarrett Community Hall, 837 Horseshoe Valley Rd. (24 min. North of Barrie and 15 min. South of Orillia)

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 Rd. Hillsdale Ontario L0L 1V0

Cheques or Interac e-transfers payable to: Dawn Bloomfield

debloomfield@gmail.com (705) 794-9252

For information about other workshops: Visit our web site at www.youremotions.com