

A WORKSHOP TO EXPLORE SPIRITUALITY through PSYCHODRAMA and IMAGERY

On Fri. 2 and Sat. 3 March 2012

Fri: 9.30 to 5.00

Sat: 9.30 to 3.30

Cost Early bird rate

Before 10 Feb: \$245

Full rate after 10 Feb: \$295



Nadine Littledale is a person-centred psychodramatist. She has 37 years experience in social work, psychodrama and psychotherapy working with children and adults in both government services and private practice.



Frank Coughlan specialises in Deep Imagery as a way to access our unconscious healing and supportive energies. He is a social worker in private practice. Frank's experience includes child protection work, supervising counselors at Kids Help Line, school pastoral care work and 5 years as past-president of the C.G. Jung Society of QLD.

Venue: Friends Meeting House, Kelvin Grove

This experiential workshop will offer an opportunity for participants to acknowledge what spirituality means for them in our modern world.

What does spirituality mean for each of us? From exploring ancient traditions, being part of a religious community, or identifying our own spiritual meaning and how it connects to the world around us? Here in this workshop we will have the opportunity to explore our own spiritual meaning through the use of psychodrama and imagery.

Psychodrama enables us to explore aspects of our selves, our relationships and our lives, in a safe and containing setting. It has the potential to be healing, creative & spontaneous. Imagery offers a language and a means for inner exploration in a way that responds to your specific life journey.

Deep Imagery is a gentle yet powerful process in which one may access psychologically healing and growthful processes within oneself. Through guided relaxation, you invite an image, usually an animal, to come into your awareness. By relating to the imagery in certain suggested ways, helpful internal shifts of energy can take place.

In the workshop, Deep Imagery and Psychodrama will offer complementary ways to explore your personal spirituality.



Gustav Klimt
Tree of Life

Further enquiries contact

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Booking details on back page.



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Registration

Spirituality through Psychodrama and Imagery

Please email the following details to nadlittle@hotmail.com (banking details by return email)

or

Post with cheque to Frank Coughlan, 2/26 Moon St., Ballina, NSW 2478.

Name: _____

Address: _____

Email: _____

Contact phone: _____

We will then send bank transfer details or address for cheques.

