



We welcome you to our first-ever all-English psychodrama group in Tartu!

Starting on the **26th of October from 17.00 – 20.30.**

The event takes place at Aparaaditehas, **Kastani 42** (room TEGU, second floor).

Come and find out more about yourself: why you feel the way you feel and why some people just click and others, well, not so much. And of course, how to feel happier and more content during difficult times.

So, what is psychodrama?

“Psychodrama is a deep action method developed by Jacob Levy Moreno (1889 – 1974), in which people enact scenes from their lives, dreams or fantasies in “an effort to express unexpressed feelings, gain new insights and understandings, and practice new and more satisfying behaviours.”

- Antonina Garcia and Dale Buchanan

Psychodrama focuses on a single individual, the protagonist, but is most often conducted in groups, where group members join in the re-enactment of an event from a single person's life.

Traditional psychodrama consists of three parts or phases in the following order: the warmup, the action, and the sharing.

A psychodrama session begins with a warmup during which participants are asked to think about significant events in their lives, which could often be stressful or disturbing. Each participant then presents their event to the group. From that, a protagonist emerges, and it is this protagonist's story or issue that is then put into action. After the action stage has been completed, the group members share with the protagonist how their story is similar to the protagonist's story.

During the action phase, a trained therapist will utilize a variety of techniques to assist the protagonist in reaching a relief of some kind. These include scene setting, role-reversal, mirroring, doubling and empty chair.

We hope to see you in October, registration ends on the 20th of October.

And remember, it is a group method, so bring a friend!

Sign up here: <https://forms.gle/i82Mfu5U3P8HrXWR7>

FB: <https://www.facebook.com/events/616922836805834>

Cost: 36 EUR per person (cash on site)



The group is lead by Maria Laanelepp & Kati-Riin Simisker
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