

TESTIMONIALS

My experience using psychodrama and primal is like a sequence of doors (rather than one) to access old traumas. Any door opened is a distinct path leading to that pain which is waiting to be released.

The warm-up exercises, observations of and participation in others' experiences plus my personal motivation to become more healthy, helped accelerate my experience of deep inner healing.

I look forward to the next workshop.

Ron S., Cleveland, Ohio

I attended Esta's Psychodrama weekend workshop and it was really great! We each got to do at least one scene and it was intense and emotional and healing. By 'doing a scene' I mean that we picked a scene from either present life, a dream, a childhood memory or whatever to work on (most were childhood scenes). Then we picked people from the group to play the other people in the scene (including ourselves). Then we acted it out.

It was emotional for everyone involved in the scene – not just the one whose scene it was. The whole thing was really cool, and a lot of healing took place.

JJ, Centreville, Virginia

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Unlike traditional talk therapy groups, the psychodrama workshop really brought alive the people and places in my past that caused me pain. It helped me to not only replay things as they were, but as they could and should have been. This allowed me to get in touch with parts of myself unknown to me before but very crucial to healing, like a bratty, happy, mischievous five-year old princess who feels entitled.

Psychodrama is clearly a very useful adjunct and catalyst to any therapy.

Christiane L., Columbus, Ohio

I have been involved with Primal therapy as a growth tool for over 30 years. Esta is one of the most effective feelings facilitators I have ever met. She doesn't push, she encourages...

"Clearing the Past...Creating the Future" is not just a motto for her, she lives the process and helps as a good friend.

Ken R., Rochester, NY

Contact Information

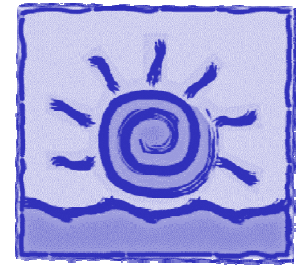
To register or for more information please contact:

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**CLEARING THE PAST...
CREATING THE FUTURE**

**PSYCHODRAMA
WORKSHOPS
WITH
ESTA POWELL,
M.A., M.S.**

Columbus, OH

WHY ATTEND?

- You want to make positive changes and create the life you want to live
- You want to deal with "unfinished business" from the past and feel better
- You recently lost a loved one and are grieving
- You want relief from feeling shame, guilt and fear
- You want to find a resolution for your internal conflicts
- You want to improve your relationships with loved ones
- You want to learn to communicate more effectively
- You want to learn to fully love and accept yourself
- You want to heal yourself naturally

ABOUT THE WORKSHOP

The workshop will focus on personal growth work in a safe and supportive environment. Group size is limited to 8 participants. Some previous therapy experience is desirable.

The dates are:

March 6-8, 2009

June 19-21, 2009

October 1-3, 2009

The workshops will run from Friday evening 6 pm through Sunday noon. The price is 175\$, breakfast and dorm style accommodations included. A \$50 non-refundable fee is required at the time of registration. Special discount - \$495 U.S. for the three weekends, if paid in full at the time of the first workshop.

ABOUT PSYCHODRAMA

Psychodrama is a group therapy method in which participants explore internal conflicts through acting out their emotions instead of just talking about them. In psychodrama each person becomes a therapeutic agent for others in the group.

A given session (typically 60-90 minutes) focuses on a single participant, known as the **protagonist**. Protagonists examine their relationships while interacting with the other participants and the leader. This is done using specific techniques, including **doubling, role reversals, mirroring**, etc. Psychodrama creates an internal restructuring of dysfunctional beliefs and behaviors, and it challenges the participants to discover new answers to some situations and become more spontaneous and independent.

Although a primary application of psychodrama has traditionally been as a form of group therapy, psychodrama offers a powerful approach to any teaching and learning situation, as well as to developing interpersonal skills.

ABOUT ESTA POWELL

Esta has a Masters degree in Psychology and practices under the supervision of a Clinical Psychologist. Esta has over 18 years experience as a therapist in Europe and the US, and specialized training in Hypnotherapy, Psychosynthesis, Gestalt Therapy, Inner Child Work, Psychodrama, EMDR, and Primal Therapy. She is a Board Member of the International Primal Association. Esta is a certified psychodrama therapist.

ABOUT THE FACILITY

Spacious 400 sq feet group room with walk-out to a 2 tier deck with a hot tub and ravine setting for you to enjoy.

