



**SEPT 20, 21, 22**

FRI: 9AM - 5:30PM

SAT: 9AM - 5:30PM

SUN: 9AM - 1:30PM



**Location:**

Old Central School  
10 NW 5th St, Suite 109  
Grand Rapids,  
Minnesota 55744

**Trainer:**

Mary Anna Palmer  
LICSW, LMFT, Certified  
Psychodrama Trainer

Mary Anna is a board  
certified trainer,  
educator, practitioner of  
Psychodrama,  
Sociometry and Group  
Psychotherapy by the  
American Board of  
Examiners.

**BONUS!!**

Open Night  
Thursday 6-9:15pm  
Come and experience  
psychodrama in action!

# PSYCHODRAMA WEEKEND TRAINING

*In person, experiential training*

This training is for people who are new to Psychodrama and for those who are interested in learning more about the method. During this eighteen hour training, participants will learn about the five elements of psychodrama, warm-up, action and sharing; and some basic psychodramatic concepts such as doubling and role reversal. People will be introduced to beginning Sociometry and will have a chance to learn the psychodramatic process through group participation.

CEUs are pending. Please check the webpage for updates.

**What is Psychodrama?**

Psychodrama is an experiential method of exploring the world in which we live, both internal and external. It allows for safe expression of strong feelings, the development of insight and a wider perspective on individual and community problems and an opportunity to try out new, desired behaviors. Psychodrama is used the world over in clinics, substance abuse programs, rehabs, hospitals, schools, community agencies, police departments, and industry.

**Hosted By:** Kimberly Erickson,  
Growing Harmony Within  
[growealpacaman.com](mailto:growealpacaman.com)



**For More Information and To Register:**

<https://growingharmonywithin.com/PsychodramWorkshop.html>