



Special Topic Workshop:  
***Explore the Karpman Drama Triangle Using Art and Action***  
With Guest Trainer,  
**Julie Wells, LCSW, TEP**

**OVERVIEW:** Stephen Karpman and Transactional Analysis examined how we all unconsciously play different roles in our relationships in our efforts to keep ourselves safe. The three roles are: *Victim*; *Rescuer* and *Persecutor*. Although we play ALL the roles, we usually have one that we habitually occupy. These roles develop in childhood, and since the roles permeate and drive our movies, our books, our art, our music and our entire culture, art is an easy gateway to exploring this dynamic.

When on the Drama Triangle, interactions never lead to mutually satisfying connection and often lead to toxic relationships. By using culturally-charged art to access these roles, some distance is allowed and clients can more objectively view their behaviors and can more effectively learn strategies to make changes. Experience how action-insight and embodiment practices, paired with art, can help change unhealthy relationship patterns.

**LEARNING OBJECTIVES:** *After this workshop, participants should be able to:*

1. Label and identify characteristics of the three roles of the Karpman Drama Triangle;
2. Practice the use of art with the Karpman Drama Triangle to assess a client's home base;
3. Discuss three reparative roles to exit the Karpman Drama Triangle;
4. Recognize the influence of societal assumptions and persuasions common in art and art's impact on individual and group perceptions; and
5. Identify three ways to use images and art to explore relationships dynamics.

## ABOUT THE WORKSHOP LEADER:



**Julie Wells LCSW, CP, TEP** is a licensed clinical social worker and Board-certified Trainer, Educator and Practitioner (TEP) of psychodrama, sociometry and group psychotherapy. She holds a BSW and MSW from the University of South Florida and AA in Human Services with over 20+ years trauma-informed post-graduate education. Julie's counseling experience includes working with teens and adults in individual, couples and group therapy settings focusing on a variety of issues including depression, anxiety, grief, trauma, couples/family dynamics, and empowerment/co-dependency. Julie is Director and Founder of Suncoast

Psychodrama Training. A highly sought-after workshop leader and facilitator, Julie regularly presents psychodrama training to national and international audiences. She is an expert in sociodrama and an innovator in the use of art as a warm-up for psychodrama and sociodrama. Julie is current Vice-President of the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. LPTI is proud and pleased to have Julie as a guest expert trainer.

**LOCATION:** LPTI, Laurel, Maryland – a few turns off I-95 or Route 29.

**INVESTMENT:** \$195\*, includes training, materials, light refreshments and Continuing Education credits and psychodrama training hours\*\*

**Early Registration Discount:** Register by August 15 to receive a \$20 discount (\$175).

**TO REGISTER/FOR FURTHER INFORMATION:** Space for this workshop is limited, so register early by emailing Cathy Nugent ([cathynugent@verizon.net](mailto:cathynugent@verizon.net)) to request the registration link.

\* ***No one is ever turned away for financial reasons.*** Some partial scholarships and work-study opportunities are available. Please inquire if you need financial support.

***Please help if you can!*** If you can afford to pay a little more to help defray the costs of scholarships, we welcome your contribution. Please add whatever you can to your payment amount. Thank you for helping to support the LPTI community with your scholarship contribution.

**\*\*CONTINUING EDUCATION CREDIT/PSYCHODRAMA TRAINING HOURS:**

Provider with the National Board for Certified Counselors (AEP # 6788) and certifies that this training meets the criteria for up to **7.0** hours of continuing education for counselors. Programs that do not qualify are clearly identified. Dramatic Transformations/Laurel Psychodrama Training Institute is solely responsible for all aspects of the programs.

Catherine D. Nugent/Dramatic Transformations is an Approved Provider of Continuing Education with the Maryland Board of Social Work Examiners and certifies that this training meets the criteria up to **7.0** hours of Category I continuing education for social workers in Maryland.

Julie Wells, LCSW, TEP, is a Board-certified psychodramatist and psychodrama trainer. Up to **7.0** hours may be credited toward the Certified Practitioner in Psychodrama, Sociometry and Group Psychotherapy certification, C.P. credential, as approved by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.