



2022 Intensive: Theory and Practice of Psychodrama, Sociometry & Group Psychotherapy at Blue Mountain Retreat Center, Knoxville, Maryland

**Linda Ciotola, M.Ed., TEP, CET III
Catherine D. Nugent, LCPC, TEP**

Overview: The LPTI 2022 Intensive holds a tight focus on the theory and practice of Moreno's triadic method. As a participant, you will:

- Take a deep dive into the underlying constructs of classical psychodrama, as contrasted with contemporary adaptations.
- Practice and refine your skills as a director, auxiliary ego, audience member/witness.
- Avail yourself of the opportunity to experience psychodrama as a protagonist.
- Participate in directing practice groups with coaching and feedback from the trainer.

To honor our needs for self-care during this intensive workshop, we offer different movement practices suited to participants at all levels of fitness (*Gentle Qi Gong*, *Yoga for Every Body* and *Yoga Nidra* with Cathy; *Intermediate/Advanced Yoga* and *Dance/Movement* with Linda). We also integrate art and music, as well as time for self-reflection, journaling, reading, walking or enjoying the company of friends and colleagues.

Blue Mountain's Proprietor, Beth Erhardt, CMT, is licensed bodyworker who offers therapeutic massage onsite.

The food at Blue Mountain is outstanding! Beth prepares delicious, nutritious home-cooked meals, mostly sourced from her own organic garden and other local sources.

Blue Mountain Retreat Center: <http://www.bluemtnretreat.org/>

Continuing Education Credits: 30 Continuing Education Credits (NBCC, Maryland Board of Social Worker Examiners, and ABE.)

Investment: \$1375—includes tuition, materials, lodging and meals.

For further information or to register: Contact Cathy at 410-746-7251 or cathynugent@verizon.net

Meet the Trainers:



Linda A. Ciotola, M.Ed., CHES (Ret.), TEP. A Board-certified Trainer, Educator and Practitioner of Psychodrama, Linda has also trained extensively in Souldrama and is a certified Therapeutic Spiral Model (TSM) Trainer. Along with her colleague, Nancy Alexander, Linda created a model for a team approach to working with trauma survivors in private psychodramas. Linda is co-author of "Trauma and Teamwork," *Journal of Psychodrama, Sociometry, and Group Psychotherapy*, 62(1), Spring 2014, and co-author of *Healing Eating Disorders with Psychodrama and Other Action Methods--Beyond the Silence and the Fury*, Jessica Kingsley, London, 2013. Linda is a Fellow of the American Society of Group Psychotherapy and Psychodrama (ASGPP), the recipient of the 2008 ASGPP Zerka Moreno Award, and with Nancy Alexander, recipient of the 2019 ASGPP *Collaborators Award*. Linda is also a Certified Health Education Specialist and Lifestyle Counselor/Fitness Coach who holds numerous certifications from national fitness, nutrition and related organizations.



Catherine D. Nugent, M.S., M.S., LCPC, TEP, has been practicing psychodrama and other forms of group work for 30+ years. Cathy is Executive Director & Principal Trainer with Laurel Psychodrama Training Institute, where she offers a robust array of training experiences for psychodrama students at all levels. Through her private psychotherapy practice, Cathy offers psychodrama and other experiential approaches, traditional psychodynamic psychotherapy and Imago Relationship Therapy, all through a trauma-informed lens. From 2013-2019, Cathy was adjunct faculty with Johns Hopkins University Mental Health Counseling Program, where she taught courses in psychodrama, self-care for counselors, and spirituality as a resource for mental health and wellness. Prior to opening LPTI full-time, Cathy worked for 20 years as a program developer and administrator with the U.S. Substance Abuse and Mental Health Services Administration. At SAMHSA, Cathy was a thought leader in the recovery/recovery advocacy movement, designed as a paradigm shift from the traditional deficit-based frameworks to more trauma-informed and strength-based approaches to substance use disorders and mental health conditions. Cathy is current President of the American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy. She is the recipient of the ASGPP 2019 *J.L. Moreno Award for Lifetime Achievement*.

Tentative Schedule:

Thursday, March 10	2:00pm-6:00pm (arrive at 1:30pm to complete registration process and get settled)
Friday, March 11	10:00am-6:00pm (2-hour lunch break; yoga/movement early morning)
Saturday, March 12	10:00am-6:00pm; 7:30-9:30 pm (2-hour lunch break; 2-hour evening session; yoga/movement early morning)
Sunday, March 13	10:00am-6:00pm (2-hour lunch break; yoga/movement early morning)
Monday, March 14	9:00am-4:00pm (1-hour lunch break)