



LAUREL PSYCHODRAMA
TRAINING INSTITUTE
HOLISTIC • INTEGRATIVE • EXPERIENTIAL

Working Skillfully with Shame: Sociodramatic Explorations and Psychodramatic Interventions



**Sunday, May 1 – 9:15 am to 5:15 pm
(7.0 CEs/ABE hours)**

Investment: \$195

Live and In-Person at LPTI

Limited to 12 Participants* Must register early.

Helping clients navigate the complex terrain of strong emotions, such as fear, anger, shame and grief, can be challenging for even the most seasoned therapist or other helping professional. In this one-day workshop, experienced psychotherapists and psychodramatists, **Paula Catalan Bayon** and **Cathy Nugent**, offer theory- and research-based concepts and interventions to bolster participants' understanding of and competence working with **shame** and its manifestations in clinical practice and related settings.

Through self-assessments, experiential activities and demonstrations, we examine ways clients may present with shame in your office or other service setting. We identify clinical strategies and psychodramatic action structures to help ourselves and our clients work more skillfully with strong and/or unmodulated shame responses.

The intention is for participants to leave with knowledge, skills and experience leading to greater mental clarity, improved nervous system regulation, new skills and psychodramatic interventions, and a more open and spacious heart--all in the service of holding sacred and healing space for clients to explore and heal shame.

***Priority registration:**

1. LPTI Training Cohort Members
2. Action Methods Institute Members
3. General LPTI Community

Register early to save your space.

Email Cathy for registration instructions:

cathynugent@verizon.net

LPTI FACULTY/WORKSHOP LEADERS – MAY 1, 2022



PAULA CATALÁN BAYON, LCPC, CP/PAT, the owner of 3Elements Counseling, LLC, is a licensed clinical professional counselor in Maryland and a Certified Practitioner (CP) of psychodrama, sociometry and group psychotherapy. Paula is an enthusiastic and energetic clinician committed to bring integration to mind-body-spirit. In her clinical practice, Paula weaves together developmental and attachment theory within a family systems and relational-cultural framework. Paula integrates these perspectives with her expertise in experiential methods, offering an approach described as enthusiastic, creative, assertive and compassionate that enables her clients to see themselves with softer eyes and renewed hope for healing.

Paula is a Board-certified psychodramatist and Practitioner-Applicant-for-Trainer with the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. She has presented workshops at national and international conferences and at LPTI. Paula recently created **Action Methods Institute**, an online platform that teaches live and online self-paced psychodrama courses.

CATHERINE D. NUGENT, LCPC, TEP, is Executive Director & Principal Trainer with Laurel Psychodrama Training Institute. Cathy has over 40 years' training and experience in psychodrama, sociometry and group psychotherapy. She is a Board-certified psychodrama trainer; a Fellow of the American Society of Group Psychotherapy and Psychodrama (ASGPP); President of the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy, and humble recipient of the 2019 ASGPP *J.L. Moreno for Lifetime Achievement*.



Cathy was fortunate in her early psychodrama journey to train with notable first-generation psychodramatists, Doug Warner, Ann Hale and Bob Siroka. Other significant mentors and teachers include Jacqueline Dubbs-Siroka and Dale Richard Buchanan. During her early years in psychodrama, Cathy completed her first Master's degree in Applied Behavioral Science, where she studied adult education and theories and processes of planned change. As a psychodrama trainer, Cathy is known for the clarity of her teaching and her ability to design learning experiences to meet a range of learning preferences and styles.

As a clinician, Cathy draws on her background in psychodrama, sociometry and group psychotherapy, along with sensorimotor psychotherapy, Imago Relationship Therapy and the ancient wisdom traditions of yoga and other diverse spiritual/philosophical systems. Working skillfully with shame continues to be a life-long learning process! Cathy looks forward to offering what she has learned. Cathy is delighted to be working with such a skilled clinician and psychodramatist as Paula Catalan for this workshop.