



LAUREL PSYCHODRAMA TRAINING INSTITUTE

HOLISTIC • INTEGRATIVE • EXPERIENTIAL



The Heart is Like a Garden: Helping Clients Cultivate the Seeds of Self-Compassion

New Date Added:

**Sunday, August 14 –
09:45 am - 6:00 pm**

A growing body of research (Gilbert, 2013; Neff, 2013; Neff & Germer, 2018; Neff, 2020) points to the power and effectiveness of cultivating self-compassion as an antidote to difficult states such as anger, fear, grief and shame.

Developing the intrapersonal connections necessary for cultivating self-compassion requires learning and practice. In this one-day workshop, we introduce the *yin and yang of self-compassion* through the lens of *role theory*.

Participants learn how to help clients develop the six roles of self-compassion through the phases of: role perception (including somatic/kinesthetic perception); role-taking; role-playing and role-creating.

The workshop is highly experiential, demonstrating how participants can use psychodramatic role-play to teach these important behaviors and skills to their clients and others they serve.

To register: Send an email to: cathynugent@verizon.net.
You will receive a link to register and submit payment.
The workshop is limited to no more than 10 participants,
so please register early.

WORKSHOP TEAM

Catherine D. Nugent, LCPC, TEP, Trainer/Workshop Director



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. Cathy is current President of the American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy.

Carley Foster, LCPC, Assistant Director



Carley has been training in experiential action methods since 2018. She is an active member of both regional and national psychodrama communities. Prior to receiving her Master's in Professional Counseling, Carley completed undergraduate coursework in Child Development and Women's Studies, which both inform her clinical practice.

Carley's methods combine psychodrama, somatic mindfulness, and strengths-focused work. A trauma-informed framework is central to her practice and an area of ongoing training.

Tania Lanning, LCPC, RYT 200, Trained Auxiliary Ego



Tania is a Nature Informed Integrative Wellness Therapist, mental health psychotherapist, licensed massage therapist/body worker, and yoga and mindfulness teacher with over 15 years practicing in the wellness community.

Tania uses a Nature-informed, strength-centered empowerment model, with an energetic and creative approach to stress and pain management, oncology care, and women's wellness. Her trauma-informed integrative approach combines numerous holistic therapies including psychodrama, mindfulness meditation, Tree Ally Practices (TAP), yoga, and wellness consultation. She offers experiential workshops on varied topics including Mindfulness and Movement in Nature, Partners Movement and Massage, Tree Ally Practices (TAP) and many more.

She delights in connecting with Nature with her two daughters and family, hiking, dancing and sharing laughter and love in community!

Thomas Northrup, MA, Trained Auxiliary Ego



Thomas began studying psychodrama in 2018, which he has since incorporated into his creative and professional roles through dance-movement and teaching. He is preparing to enter a program to acquire his MSW, so that he can work with populations beyond elementary school students and their families.

CONTINUING EDUCATION INFO – 7.0 CEs/Psychodrama Training Hours

These training hours may be counted towards 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.

Catherine D. Nugent/Dramatic Transformations is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for **7.0** Category I continuing education units.

Dramatic Transformations/Laurel Psychodrama Training Institute has been approved by NBCC as an Approved Continuing Education Provider with the National Board for Certified Counselors (AEP # 6788) and certifies that this program 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.

INVESTMENT: \$195, includes training fee, materials and refreshments.

LPTI's policy: We never turn away anyone away who is truly committed to learning psychodrama because of financial barriers. If you need a partial scholarship, please inquire. There are also limited work/study possibilities.

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.

FOR FURTHER INFORMATION OR REGISTRATION INFO:

Cathy – cathynugent@verizon.net or 410-746-7251