

GROUP PSYCHOTHERAPY in LONDON

with Julie Lacy MA, UKCP

A unique psychotherapy group combining Psychodrama & Group Analysis is currently running **Online**.

- On Tuesday evenings:
7:30 – 9:30pm for psychodrama; alternating weekly with 7:30 – 9:00pm for group analysis
- £50 per Tuesday evening session

Psychodrama has been practised for 100 years, and is found on every continent. It's a creative group modality, where an individual can examine problems or issues by engaging in enactment, guided by a skilled psychodrama psychotherapist. The essential aim is to identify personal roles and stories, which prevent authentic life choices, and to develop new roles and narratives to optimize wellbeing and relationships. It clarifies concerns, and facilitates insight and integration on cognitive, affective and behavioural levels. It also enables learning and practical skill building. Participants explore past, present and future life events in a safe and supportive therapeutic setting, and always have choice about their level of involvement. *(For more information: British Psychodrama Association - psychodrama.org.uk)*

Group Analysis **utilises psychoanalytic insights and applies them to an increased understanding of social and interpersonal functioning. It focuses on the relationship between the individual and the group and places emphasis on the interactive nature of human experience. It actualises a conscious appreciation of how unconscious material impacts behaviour, and therefore facilitates more awareness of where and when personal challenges may arise, and how to manage them effectively. It aims to achieve healthy and rewarding relationships for individuals in their intimate connections and social networks.** *(For more information: The Institute of Group Analysis - groupanalysis.org)*

This online group is suitable for people seeking to learn more about themselves, and to move away from challenging and unhelpful patterns with a view to creating lasting change and an improved quality of life.

About Julie Lacy

Julie is a UKCP and BPA registered, highly experienced psychodrama psychotherapist. She's also a group analytic psychotherapist, and an educator with an international career spanning clinical work, lecturing, training & facilitation, and the arts. A creative, holistic practitioner, Julie works with a trauma informed approach, and draws on arts therapies, mindfulness & compassion, positive psychology, CBT, and depth psychology in her group and individual practice. She also works with ancestral legacies, trans-generational patterns, and transpersonal dimensions.



Work settings have included prisons, hospitals, schools, universities, theatres, television, corporate organisations, and government & non-government agencies in arts and health sectors. She also worked with the veteran community for 14 years. Julie conducts an individual psychotherapy practise at the Tree of Life Clinic in Bloomsbury.

Currently all work is Online.

**Please contact Julie by email if you would like to discuss the possibility of joining this group.
julielacy@gmail.com**