

PSYCHODRAMA GROUP

... when the words are not enough ...

WOULD YOU LIKE TO ...

EMOTIONS: Build self-esteem and explore coping strategies in emotionally challenging situations so you can learn new ways of managing thoughts, feelings and behaviours.

COMMUNICATION: Develop communication skills and practise new behaviours in communicating more positively with peers, family, intimate partners, friends, professionals, etc.

BEHAVIOUR: Develop understanding of why we behave in certain ways in given situations if we feel threatened, insecure, upset or angry.

RELATIONSHIPS: Explore ways of creating, improving and living healthy and stable relationships based on reciprocity and trust with others.



WHAT IS PSYCHODRAMA?

Psychodrama is a group therapy conceived and developed by Jacob L. Moreno. It is a group therapy process where we work in action to explore how we can develop new thinking and behaviours in order to approach old situations differently. It is a powerful method that helps us reconnect with our creativity and spontaneity and encounter one another in an authentic way.

Sometimes we can feel that we keep repeating the same old patterns. It can be helpful to know where and why we behave in the way we do in order to make positive changes for the future.



ABOUT ME

My name is Pavla Cveckova, MA, BSc., DiS., and I am a UKCP-registered Psychodrama Psychotherapist and a member of the British Psychodrama Association. I dedicate my clinical practice to working with complex needs clients in a forensic setting as well as in my private practice. I have also completed a Master's degree in Applied Theatre which I, alongside Theatre of the Oppressed, Theatre in Education and Action Methods have applied in both custodial and community settings over the past years on an international level - the UK, Czech Republic, Malawi and South Africa. I am passionate about restoring human lives and positively contributing to social change via education and therapy.

CURIOUS TO KNOW MORE?

To book an assessment or to learn more, contact me on: psychodramapractice@gmail.com

TIMINGS AND COMMITMENT

Date & time: Saturday: 9am - 11,30am
(2,5 hours)

Size of the group: 8

Type: mixed (all genders welcome)

Length of the group: ongoing

Location: Central London (Oxford Circus)

PRICING:

£160 per month (£40 per session)