

- Psychodrama Experiential Workshop

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Psychodrama is an action-based method of psychotherapy founded on the principles of creativity and spontaneity.

We follow the principle “Show me, don’t tell me!” and through this method, we explore your ways of being or “roles” in different contexts on the psychodramatic stage. During the psychodrama therapy, you will be given an opportunity to develop your role repertoire in the safe context of a confidential group.

This workshop provides a chance to explore your own role(s) of possibility by identifying individual strengths, values, and beliefs through concretization, role reversals, and dramatic exercises. Through the workshop, you may expand your role repertoire, which gives you the flexibility to deal with life challenges and hopefully try out a new (adequate) behavior in an old situation.

Speaker



Ms Ckan Cheung is a registered psychotherapist based in London with the British Psychodrama Association. She is also a graduate of Hong Kong Academy for Performing Arts and passionate about integrating art, culture & therapy among communities. With a background in playback theatre & psychodrama psychotherapy, she works as a facilitator and psychotherapist (individual & group) with individual beings, including SEN students, disabilities, parents, etc. Her approach to psychotherapy is based on the values of creativity and spontaneity, underpinned by psychodynamic and existentialist thinking.

All students are welcome!

Enquiries: Ms. Echo Wang
 ☎ 2948-8830 ✉ wangz@eduhk.hk