

ACTING OUT: PLAYING WITH PARTS

Merging Action Methods and IFS for use with individuals and Groups



We will be spending five impactful days together exploring IFS through action methods, specifically Psychodrama and Sociometry. Come and discover what happens when we meet our sacred parts outside of ourselves, bringing them to life, and help others to do the same.

Psychodrama and Sociometry:

Psychodrama and Sociometry were created by J.L. Moreno in the early 1900s. Psychodrama is a method which utilizes guided dramatic action to examine problems or issues raised in a group, or in individual counseling. Sociometry is a branch of the social sciences, based on the work of Moreno, which studies the formation and construction of groups and which features methods to describe and account for the interpersonal relations in groups.

Where: Ecology Retreat Centre: <http://www.ecologyretreatcentre.com>

When: 9:30 Monday Sept 30 - 2:00 Friday Oct 4 2024

Who: Practitioners in the mental health community with some experience of IFS, interested in experiencing and learning more about Psychodrama and Sociometry

- ★ **This retreat will be mainly an introduction to Psychodrama and a chance to experience what can happen when these two powerful models come together**
- ★ **To register you must be a practitioner in the mental health field. Because this is not an IFS training, participants are required to have some experience with Internal Family Systems.**

Facilitators:



Miriam Zachariah, MA, TEP

Miriam has been a public school educator for 30 years and recently retired as an elementary school principal. Granddaughter of Dr. J.L. Moreno, creator of Psychodrama and Sociometry, Miriam is a certified trainer in psychodrama, sociometry and group psychotherapy. She is also a recognized trainer in restorative practices and Peacemaking Circles. The focus of her work as an educator, consultant and trainer has been on developing community in workplaces, intervening in conflict and supporting dialogue across differences.



Danielle Phegan AAMFT, RT

Danielle has been working with groups, families, individuals and relationships of all shapes and sizes for 25 years. Rooted in healing for addiction and trauma, Danielle is a certified AAMFT therapist and registered with CRPO. She has trained in psychodrama for over 10 years, level one and two times level 2 IFS trained in Somatic IFS and IFIO. When Danielle is not with her clients she loves to assist other trainers in teaching IFS. Danielle brings a passion for the work and a deep compassion for everyone she works with.

<https://courageouspassages.com>

Learning Objectives:

1. Participants will learn the method of Psychodrama and Sociometry by experiencing it themselves
2. Participants will gain more access to the attributes of Self Energy by concretising their parts through action methods to feel a literal separation between Self and parts
3. Participants will explore how they might use these methods to enhance their work with groups and also individuals

About the Ecology Retreat Centre

The Retreat Centre is located in the Hockley Valley “with access to over 20 acres in a lovely rural forest setting. With open meadows, babbling brooks, forest trails and a wonderful, peaceful energy.” All meals are homemade “with an emphasis on using locally sourced, seasonal, and wholesome ingredients” and most dietary needs can be accommodated.

Rooms will generally be shared with one other person, though there will be some single rooms available by lottery and for an additional cost. Bathroom and shower facilities are shared. There is a campfire area deep in the woods, walking trails, and labyrinth on the grounds.

Please see www.ecologyretreatcentre.com for more details and photos.

To Register

Please complete the Application form, <https://forms.gle/dqj4UtrkmD4RiVSs5> , and Danielle will contact you to arrange payment to secure your spot.

Cost: \$2000 CAD (Includes All Food & Accommodations and applicable tax); **early bird rate is \$1800 if registered by March 1 2024**

*Space is limited to 20 participants

Payment Details

\$300 CAD deposit to secure your spot

\$1700 CAD final payment due by July 1, 2024; you can also pay by 2 installments of \$850 on April 1 and July 1; the early bird rate would be \$1500 by July 1 or two installments of \$750 on April 1 and July 1

If you require another option for payment please let Danielle know.

Pay via E-transfer or Paypal to courageouspassages@gmail.com.

*Cancellation policy: Deposit is non-refundable. Remaining fee is fully refundable until July 1.

Covid Risks & Mitigation

*based on current situation and public health guidance, may change over time

Vaccination: Encouraged

Masking: Optional

Testing & Symptoms: All participants and staff are required to send results of a rapid antigen home test taken in the 24 hours before the retreat begins. We know this is far from perfect. The best thing we can all do is take extra precautions for at least a week before.

If you test positive for Covid you will not be able to attend the retreat.

If you develop any testable symptoms during the retreat you will need to take a rapid test, and if positive you will need to self-quarantine elsewhere (note this could mean hotel expenses). If negative and very mild you will be able to mask and continue participating, and take a second covid test after 24 hours. ie. we accept the risk of some viral illnesses.

- ★ A Whatsapp group will be available to connect, coordinate ride sharing and other details as needed.

We look forward to learning with you!!