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**Using Psychodrama to Explore Post Traumatic Growth: Moving from Pain to Peace**

It is a challenging and difficult journey to process traumatic life experiences and come to a place of transformation, hope and peace. Tedeschi & Calhoun have identified five categories of personal growth that indicate ‘Post-Traumatic Growth’ (PTG). Research shows that people are better equipped to manage traumatic events when given opportunities to foster: a heightened appreciation of life; healthy relationships with people we love; a vision of new personal and professional possibilities in life; increased emotional strength and resilience, and greater spiritual connection. This workshop will utilize psychodramatic interventions to explore these concepts and participants will have the opportunity to learn action tools to assist in alleviating suffering and promoting post traumatic growth.

**WHEN:** Saturday, Feb. 25, 2023 – 9:30am-5:00pm

**WHERE:** 26133 US 19 N, Suite 310, Clearwater FL 33763

**COST:** $135 (Intern & Student rate: $80)

**TRAINERS:**

Linda Condon, LMHC, TEP & Julie Wells, LCSW, TEP

Linda is a Licensed Mental Health Counselor and Trainer, Educator and Practitioner in Psychodrama and Group Psychotherapy. She has a private practice in Clearwater FL and has facilitated many psychodrama training groups. She is the author of *“The Warm-Up Ring: Keys for Energizing Your Group”.* Linda also has served as a past president of the American Society of Group Psychotherapy and Psychodrama.

Julie is a Licensed Clinical Social Worker and a Certified Trainer, Educator and Practitioner in Psychodrama, Sociometry and Group Psychotherapy. She has a private practice in Clearwater FL and offers trainings in the Tampa Bay area, Orlando and internationally. She is currently the Vice President of the American Board of Examiners for Psychodrama and Group Psychotherapy.

**TO REGISTER:**  Click on the following link: <https://forms.gle/yBM9PSdTWib8rZjB9>

**QUESTIONS:** Contact Linda at [Lincondon@yahoo.com](mailto:Lincondon@yahoo.com) or by phone at 727-543-9128

Contact Julie at [journeywellness@aol.com](mailto:journeywellness@aol.com) or by phone at 727-688-5800

