

EXPLORE THE KARPMAN DRAMA TRIANGLE: USING ART AND ACTION



Suncoast Psychodrama presents **In-Person! Orlando January 29, 2023.**
SPACE IS LIMITED; REGISTER NOW!

WHERE: Institute of Playful Healing
108 Robin Rd, Altamonte Springs, FL 32701
WHEN: Sunday, January 29, 2023 9:30-4:30pm (6 CEU)
COST: \$125 (student/intern cost \$75)

Sign up for FL Location

Stephen Karpman and Transactional Analysis examined how we unconsciously play different roles in our relationships in our efforts to keep ourselves safe. The three roles are: *Victim; Rescuer & Persecutor*. Although we play ALL the roles, we usually have one that we habitually occupy. These roles develop in childhood, and since the roles permeate and drive our motives, our books, our art, our music, and our entire culture; art is an easy gateway to exploring this dynamic.

When on the Drama Triangle, interactions never lead to mutually satisfying connection and often lead to toxic relationships. By using art to access these roles, some distance is allowed and clients can more objectively view their behaviors and can more effectively learn strategies to make changes.

Explore how action-insight and embodiment practices, paired with art, can help change unhealthy relationship patterns.

LEARNING OBJECTIVES:

1. Label and identify characteristics of the three roles of the Karpman Drama Triangle
2. Practice the use of art with the Karpman Drama Triangle to assess a client's home base and for warm-up
3. Discuss three reparative roles to exit the Karpman Drama Triangle
4. Recognize the influence of societal assumptions and persuasions common in art and art's impact on individual and group perceptions
5. Identify three ways to use images and art to explore relationship dynamics



Suncoast Psychodrama About Julie

TRAINER: Julie Wells LCSW, CP, TEP

Julie Wells is a Licensed Clinical Social Worker with over 26 years of experience in Human Services. She has a Private Practice in Clearwater and offers trainings for various Healthcare and Social Services organizations, the Tampa Bay area, Orlando and internationally.

She is also a Certified Practitioner and Trainer, Educator and Practitioner in Psychodrama, Sociometry and Group Psychotherapy and a member of International Association of Group Psychotherapy and Group Processes (IAGP). She serves as Vice President of ABE and was awarded ASGPP 2022 Fellow. Julie was the ABE Newsletter Editor of ABE Special Edition 100th anniversary issue, May 2021 and is dedicated to the teaching of psychodrama in her community and throughout the World.

Email any questions, concerns or comments to Julie at journeywellness@aol.com

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