

Agenda

The Future Projection: A Trauma-Informed Psychodrama Technique

1:00-3:00 PM EST

- 1:00-1:15 Introduction to Psychodrama and workshop
- 1:15-1:30 Embodied warm-ups and sociometric work
- 1:30-1:45 What is a future projection and why is it trauma-informed?
- 1:45-2:15 Future Projection example and sharing
- 2:15-2:30 Deconstruction of piece with attention to scaffolds
- 2:30-2:45 Application to current practice and Q and A
- 2:45-3:00 Closure