



Thursday 12th September: 5.45pm for 6pm start.

Session runs 6pm – 7.30pm

Where: Te Pokapū Hapori 105 Manners St Wellington

Me in the presence of another

When two people engage with each other, there is an invitation for many roles to emerge! During this session we will approach relationships as a fascinating field of human interactions in which a variety of roles are engaged, each of them manifesting different desires and needs, potentials and dilemmas, complicity and conflicts. When two people interact many roles appear; some of them are welcome, others might be more difficult, some might be remaining in the background, others are hiding from awareness. In Psychodrama we are encouraged to bring these roles into the light and explore them through play.

Led by Zsófi Kigyóssy, is a psychodramatist and psychotherapist. She runs personal development groups, individual and couple therapy sessions in Miramar. By living on three different continents she has gained multicultural experience to see how psychodrama works in different cultures. When not working Zsófi loves exploring the wilderness in Aotearoa. For more information visit <https://www.zsofi.fi/>

Come and take part in an evening of psychodrama conducted by experienced group practitioners. Psychodrama is a participative and interactive method which aims to strengthen our abilities to express ourselves relevantly in the ordinary here and now situations in our work and lives. The range of methods used help strengthen relationships and build community.

In these monthly open sessions, we will explore what emerges in the group around a theme relating to personal or professional development. Psychodrama is relevant to people drawn to greater vitality in their personal, interpersonal and leadership functions in a wide range of fields.

Spontaneity = Vitality Adequacy Originality Flexibility Creativity

Fee: \$10 per session payable by cash or by bank transfer to AANZPA Central 38-9006-0439605-00 with your name and month

Enrol: email aanzpacentrallni@gmail.com with your name, email, and mobile.

Next session: Thursday October 10th with Zsófi Kigyóssy

Organised by the Wellington sub-branch of the Australian and Aotearoa New Zealand Psychodrama Association, Cissy Rock, Diana Jones and Zsofi Kigyosy aanzpacentrallni@gmail.com