



**Thursday 10<sup>th</sup> October:** 5.45pm for 6pm start.

**Session runs 6pm – 7.30pm**

**Where: Te Pokapū Hapori 105 Manners St Wellington**

## **Longing for what we already have**

In this session we will create space to celebrate what we already have, look for the gems in our everyday life, and find the vitality of spring and renewal in ourselves.

**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.zso.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](mailto:aanzpacentrallni@gmail.com) with your name, email, and mobile.

**Next session: Thursday November 14<sup>th</sup> with Bev Hosking**

*Organised by the Wellington sub-branch of the Australian and Aotearoa New Zealand Psychodrama Association,  
Cissy Rock, Diana Jones and Zsofi Kigyossy [aanzpacentrallni@gmail.com](mailto:aanzpacentrallni@gmail.com)*