

# Action Methods for Somatic Practitioners

Action methods drawn from the practice of Sociometry and Psychodrama are a powerful complement to the approaches used by somatic practitioners, and can especially support clients moving from a state of freeze, to moderate activation, to access of affect.

In groups, action methods can quickly create safety and cohesion, support co-regulation and strengthen interpersonal connections. As Psychodramatists and Somatic Practitioners, we are eager to introduce our fellow Practitioners of SE, EMDR, Sensorimotor Psychotherapy, etc to a set of a set of simple, practical tools they can apply with individuals, couples, groups and families, to help clients build capacity and tolerate deeper expression of emotion. Please join us for a half-day workshop to learn, experience and gain competence in the use of these techniques, so that you may easily implement them in your practice.

## **DATES, TIMES AND LOCATION**

January 11, 2019 - 9:00 am -1:00 pm

Mariposa Center - 200 E Katella Avenue, Orange, CA

## **FEE:**

\$80 if *registered and paid* 1 month in advance; \$90 thereafter

Please visit [www.theactioninstitute.com](http://www.theactioninstitute.com), call 310-909-9780 or e-mail [actioninstitute@mac.com](mailto:actioninstitute@mac.com) for further information or to register.

## **CONTINUING EDUCATION CREDITS:**

Course meets the qualifications for a total of 3.75 hours of continuing ed credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. CAMFT approved CE Provider #123417. Approved by CCAPP-EI, Provider Number 2N-10-135-0220 for 3.75 CEHs. Approved for 3.75 CEHs for CET and Psychodrama. Visit [theactioninstitute.com](http://theactioninstitute.com) for cancelation/grievance policies, educational goals, special needs accommodation and information regarding course completion documents issuance.



**Facilitator: Jean Campbell, LCSW, CIPP, TEP** is a Board-Certified Trainer and Practitioner of Psychodrama, Sociometry and Group Psychotherapy, a Trainer and Practitioner of Psychodramatic Bodywork® and a Somatic Experiencing® Practitioner-in-Training (Advanced Level I completed). She has dedicated her 23 years in the addiction and behavioral health field to bringing communities and families together to heal. As Founder and CEO of Action Institute of California, Jean provides Psychodrama Training for Professionals, Leadership Workshops, Team Building and Program Development. She is committed to using action to effect change and believes what we can't do alone, we can do together.



**Facilitator: Michael Gross, PhD, SEP, CADC-I, CP, PAT** is a Board Certified Practitioner of Psychodrama, Sociometry and Group Psychotherapy and a Somatic Experiencing® Practitioner. He has worked in the field of addiction recovery for over seven years, and, for more than five years, has facilitated psychodrama groups for survivors of trauma and neglect, as well as addictions and eating disorders. He integrates principles of twelve-step recovery into his work with groups and individuals, and seeks to embody them in his own life.