



PSYCHODRAMA WORKSHOP

with Ali Watersong and Simon Jones

Craigieburn Forest Park, Canterbury High Country

16-19 May 2024

You are invited to join this annual personal development workshop being held at Craigieburn in the Canterbury High Country. The workshop uses the psychodrama method to promote and expand creativity and spontaneity in all aspects of life, including personal, global and spiritual issues. During the workshop you can expect to enhance or regenerate life by developing new responses in your relation to yourself, your family, friends, workplace or community.

The Craigieburn Environment Centre is nestled in beech forest at the base of the Craigieburn Mountain Range. This beautiful setting has been chosen to support mental and emotional restoration, and to promote creative expression. This will be our tenth annual psychodrama workshop in the mountains. Our aim is to offer experiential psychodrama to a wide range of people, including those with no previous psychodrama experience.

The retreat fee ranges from \$900-\$1300 depending on your annual income and provides for your use of retreat facilities, group sessions, home-cooked meals, and 3-nights' accommodation.

Your Investment:	\$900.00 (for annual income under \$30,000)
(incl. GST)	\$1100.00 (for annual income between \$30,000 & \$75,000)
	\$1300.00 (for annual income over \$75,000)

TO REGISTER ONLINE: [CLICK HERE](#)

Enquiries to: Ali awatersong@gmail.com or 027 276 5992

Simon simonvjones.57@gmail.com

Schedule:

The workshop begins with a meal at **6.00 p.m.** on Thursday 16th May and concludes at 3pm on Sunday 19th May. You are welcome to arrive at the venue any time from 4pm on Thursday.

Catering:

The workshop is fully catered from dinner on Thursday evening through to lunchtime on Sunday. The serving of meals and cleaning up afterwards is undertaken communally.

About the Leaders:

Ali Watersong is a certificated psychodramatist now living in Whakatu/Nelson. She has led numerous personal growth groups over the past 30+ years and delights in using the psychodrama method to assist people to create the lives they want. She loves being in nature whether that is through tramping, kayaking, skiing or playing with her dog, Sophie.

Simon Jones is an experienced qualified psychodramatist and has been leading psychodrama groups for the past 20 years. He knows that Psychodrama is an effective, enlivening, experiential method, that he uses with individuals and groups. He has lived in Golden Bay with his partner Carol for most of the last 45 years, where he has a counselling practice.

Venue:

Located in Craigieburn Forest Park, the Craigieburn Environment Centre is set in the spectacular Canterbury high country, surrounded by mountains and beech forest, just over 100km west of Christchurch. It is approximately one-and-three-quarter hours travel by road from Christchurch on State Highway 73.

The Craigieburn Environmental Centre is a cosy venue and a base for a range of recreational activities, including walking, tramping, mountain and rock climbing, skiing, mountain-biking, caving, and fishing. You are encouraged to bring comfortable indoor clothes and footwear, together with outdoor apparel for exploring the local surroundings. As air temperatures can vary from being very hot midday to cool in the evening, we recommend you bring clothing for all climates. For further information, see <http://enved.org.nz/EECentreAccessMap2012.pdf>

Accommodation:

Korimako Lodge is the main Centre building and can comfortably accommodate 28 people with its large kitchen, main workshop room, and four separate bunkrooms, and electricity throughout. Recent improvements include new individual bunks and mattresses, and a large night-store heater in the kitchen. There is also a log burner in the main workshop room.

Accommodation is provided on Thursday, Friday and Saturday nights in single bunk beds. No bedding is supplied so bring your own sheets, duvets, pillows and towels. Bathroom, shower and toilet facilities are shared.

On Sunday, the workshop concludes by 3pm and there will be approximately an hour of cleaning up to do prior to leaving the venue. Please schedule this into your plans for homeward travel.