



**Linda Ciotola**

**M.Ed., CET III, TEP**

is a board certified trainer-educator-practitioner of group psychotherapy, sociometry, and psychodrama. She is a Fellow of the American Society of Group Psychotherapy and Psychodrama, and received the 2008 Zerka Moreno Award for outstanding contributions to the field. With Nancy Alexander, LCSW-C she received the 2019 ASGPP Collaborators' Award for teamwork in healing trauma and for the co-creation of ACTS an on-line education program about healing trauma with action methods.

[www.ac-ts.com](http://www.ac-ts.com) She practices in MD and has presented widely at national and international conferences. She is a certified trainer in *The Therapeutic Spiral Model* of psychodrama, a clinically designed adaptation for work with trauma survivors, and co-developer of the TSM Bodyworkshops. In addition, Linda is a certified Reiki Master Trainer and Yoga and Fitness Instructor.

Visit Linda's website:

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# *Healing Bridges*

*presents*

## **Psychodrama: From the Outside In**

*by psychodramatist, health coach and author  
Linda Ciotola*

### **Dates and Location: TBA**

Experience a full workshop of psychodrama training from Linda Ciotola, a leading psychodramatist who employs trauma-informed methods to enhance her work. Her knowledge, character and experience will guide participants through experiential learning exercises to help concretize the information presented. Trauma-Informed Experiential Therapy engages the body through a set of safety structures, slowly and safely moving the participants in a controlled manner to a deeper understanding of self, greater self-esteem and self-compassion. When safety, skills and support are in place, trauma work can be done and deep body-based healing can happen.

This experiential workshop is for all levels of participants working or studying in the field of counseling and social work, educators working with adolescents, teens and/or adults, or other students and professionals interested in this form of action therapy. This workshop offers participants an opportunity to learn experientially the basic theory and methods of psychodrama, group psychotherapy, and sociometry. Participants will explore personal growth issues in action, combined with education about the Morenean healing arts and sciences. This workshop will be a unique personal and professional growth experience.

#### **Participants will:**

- Engage in the development and structure of the psychodrama format
- Expand their clinical intervention repertoire through use of action therapy techniques
- Increase body awareness in the counseling process

For an on-line introduction to psychodrama for healing trauma visit [www.ac-ts.com](http://www.ac-ts.com).

#### **Psychodrama Training Hours provided.**

Linda Ciotola is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for Category 1 continuing education units.

Training hours in Psychodrama, Sociometry and Group Psychotherapy also apply.