

For English see below

Vsi, ki vas zanima, kaj je psihodrama in vsi tisti, ki ste se s psihodramo že srečali, ste vabljeni na informativni delavnici

UVOD V PSIHODRAMO

3. septembra 2016 od 11:00 do 15:00

PSIHODRAMA IN GLEDALIŠČE

4. septembra 2016 od 11:00 do 15:00

ki ju bo vodil

Izr. Prof. Tomi Janežič, gledališki režiser in psihodramski psihoterapevt

Na delavnicah v studiu na Kruščah se boste lahko seznanili tudi z delom rednih skupin, ki se bosta sestajali v prihajajoči sezoni:

- klasična izkustvena **PSIHODRAMSKA SKUPINA**
- izkustvena skupina **PSIHODRAMA IN GLEDALIŠČE**

Skupini bosta do konca sezone potekali redno, enkrat mesečno v naslednjih terminih:

PSIHODRAMA IN GLEDALIŠČE

10. september 2016
15. oktober 2016
12. november 2016
17. december 2016
4. februar 2017
4. marec 2017
1. april 2017
6. maj 2017
3. junij 2017
8. julij 2017

PSIHODRAMSKA SKUPINA

11. september 2016
16. oktober 2016
13. november 2016
18. december 2016
5. februar 2017
5. marec 2017
2. april 2017
7. maj 2017
4. junij 2017
9. Julij 2017

od 11:00 do 15:30

od 15:30 do 17:30 (odmor za kosilo)

od 17:30 do 19:45

Skupini bosta zaprtega tipa.

Če bi želeli sodelovati v eni ali obeh psihodramskih skupinah, ste vabljeni na uvodni razgovor.

Info in prijave za delavnici in skupini: tomi.janezic@guest.arnes.si

PSIHODRAMSKA SKUPINA

Psihodrama je po vsem svetu znana in v stroki uveljavljena akcijska skupinska psihoterapevtska metoda, ki jo je razvil Jacob Levy Moreno. Osnovna lastnost psihodrame je odrsko odigravanje notranjega sveta in življenjskih situacij posameznika.

Član skupine, ki to želi, lahko razišče lastno doživljanje sedanjosti in preteklosti ter vizijo prihodnosti, situacije, ki so se zgodile (ali bi se lahko, pa se niso), izgovorjene in neizgovorjene misli in čustva, želje, fantazije, sanje. Lahko se sreča z ljudmi iz preteklosti, razreši in dokonča odnose, ki jih ni zmožel ali smel dokončati, odkriva lastne omejitve in potencialne, se srečuje s svojimi čustvi in se uči, kako svobodno izražati sebe.

V psihodrami nedostopni viri duševnosti in medosebnih odnosov postanejo dostopnejši zavedanju ter možnosti spremembe. Skozi psihodramo se osvetlijo nejasni vzorci vedenja, razjasnjuje se narava odnosov, razkrivajo se resnične potrebe, kar vodi do boljšega razumevanja sebe in drugih.

Psihodrama udeležencem nudi podporo in varno okolje, v katerem trenirajo nove, učinkovitejše vloge in vedenje, pospešuje osebno rast, integracijo kognitivnega, emocionalnega in vedenjskega nivoja osebnosti, povečuje zavest, empatijo in socialne interakcije ter skupinsko kohezijo in produktivnost, primerna je za vzpostavljanje boljših komunikacijskih sposobnosti, zmanjšanje stresa, delo s travmami in drugimi duševnimi težavami.

Psihodrama vzpodbuja ustvarjalno mišljenje, da bi posameznik prevzel iniciativo in našel ustrezen in dovolj dober odgovor na novo, nepoznano situacijo kot tudi nov, boljši odgovor na situacijo, ki se ponavlja.

Moreno je bil v svojem delovanju povezan tako s področjem psihologije (študiral je medicino in teologijo na Dunaju in bil Freudov sodobnik, navdahnjen z idejami Martina Bubra, filozofa dialoga) kot s področjem gledališča (ustanovil je gledališče spontanosti - Stegreif theater).

Na njegovi nagrobni plošči piše: »J.L. Moreno, človek, ki je v psihiatrijo prinesel smeh.«

V psihodrami je dobrodošel vsak odrasel posameznik ne glede na leta ali poklic, ki se skozi igro želi srečevati s sabo in drugimi. Za psihodramo niso potrebne posebne igralske sposobnosti.

IZKUSTVENA SKUPINA PSIHODRAMA IN GLEDALIŠČE

Izkustvena skupina *Psihodrama in gledališče* je psihodramska skupina usmerjena v raziskovanje osebnih izzivov in potencialov v ustvarjalnih procesih ter spoznavanje igralskih ustvarjalnih tehnik in aplikacij psihodramskih tehnik v umetniških in umetniško-pedagoških procesih. Deluje v skladu z ustaljenimi dogovori v psihoterapevtskih skupinah.

Vsak ustvarjalni izziv je osebni izziv. Izkustvena skupina je prostor soočanja s težavami v ustvarjalnih procesih ter iskanja poti do novega ustvarjalnega odzivanja nanje.

Psihodramske tehnike učinkovito podpirajo učne in ustvarjalne procese. S pomočjo psihodrame in na podlagi teorije vlog je mogoče bolje razumeti kompleksne osebne in medosebne procese v umetniškem ustvarjanju.

Skupina raziskuje orodja za ustvarjalno reševanje osebnih in medosebnih ovir in odporov v umetniških in pedagoških procesih ter orodja kvalitetnejšega razumevanja osebnih in medosebnih odnosov, vlog ter skupinske dinamike. Hkrati skupina pogloblja znanje in ustvarjalno izkušnjo na področju igre, igralskih ustvarjalnih tehnik in rabe psihodramskih tehnik v gledališču in umetnosti.

Cilj iskustvene skupine je vzpostavljanje bolj učinkovitega in inspirativnega ustvarjalnega procesa, ki vodi k za posameznika izpolnjujočim kreacijam.

Izkustvena skupina *Psihodrama in gledališče* je posebej namenjena ustvarjalnim posameznikom, ki se ukvarjajo z gledališčem ali drugim umetniškim poljem, vendar to ni pogoj za vključitev v skupino.

Tomi Janežič je eden redkih mednarodno uveljavljenih umetnikov, ki se že več let ukvarja z aplikacijo psihodramskih tehnik v ustvarjalnih in umetniško-pedagoških procesih.

Tomi Janežič je gledališki režiser, univerzitetni profesor in psihodramski psihoterapevt. Diplomiral in magistriral je iz gledališke režije na Akademiji za gledališče, radio, film in televizijo v Ljubljani ter se skozi obdobje petindvajsetih let poglobljeno študijsko izpopolnjeval pri nas in v tujini predvsem na področju številnih igralskih ustvarjalnih tehnik, psihodrame in skupinske analize. S psihodramo se ukvarja od leta 2000, psihodramsko edukacijo pa je zaključil v okviru beograjskega Instituta za psihodramo ter zagrebškega Centra za psihodramo. Uvodni študij skupinske analize je zaključil v okviru Inštituta za skupinsko analizo v Ljubljani. Vodil je vrsto psihodramskih delavnic v Sloveniji in drugod ter več let tudi redno psihodramsko skupino. Janežič je eden najbolj priznanih slovenskih gledaliških režiserjev v tujini ter mednarodno uveljavljen strokovnjak na področju igre. Predaval in kot povabljeni umetnik je sodeloval v številnih državah (Slovenija, Hrvaška, Srbija, Bosna in Hercegovina, Črna Gora, Makedonija, Bolgarija, Romunija, Madžarska, Slovaška, Češka, Italija, Avstrija, Francija, Belgija, Norveška, Portugalska, Rusija, ZDA). Njegove predstave so gostovale na vseh najpomembnejših festivalih v državah bivše Jugoslavije ter na vrsti mednarodnih festivalov po vsej Evropi, v Rusiji in ZDA. Za svoje umetniško delo je prejel več kot trideset mednarodnih priznanj in nagrad. Od leta 1996 vodi Studio za raziskavo umetnosti igre, v okviru katerega se - ob sodelovanju s sorodnimi organizacijami in strokovnjaki iz tujine - posveča raziskavam s področja igre.

Studio za raziskavo umetnosti igre je zavod za kulturno dejavnost, ki se ukvarja z umetniško, pedagoško, raziskovalno in rezidenčno dejavnostjo na področju igre. Studio je od leta 1996 realiziral vrsto mednarodnih projektov (gledališke koprodukcije, raziskovalni in izobraževalni programi, umetniške izmenjave in rezidence) ter v Sloveniji gostil vrhunske pedagoge s področja igre in umetnike z vsega sveta. Studio izvaja vse svoje dejavnosti v okviru delovnega centra na Kruščah, zaselku v bližini Cerknice. Krušče so v desetih letih od začetka obnove gostile mednarodno uveljavljene umetnike in strokovnjake iz več kot dvajsetih držav s področja uprizoritvenih umetnosti, filma, glasbe, likovne umetnosti in književnosti, posebno mesto pa zavzema tudi raziskovalno-izobraževalna dejavnost na področju psihodrame. Krušče sledijo svojstvenemu načinu organizacije, finansiranja, distribucije ter izmenjave ustvarjalnosti in umetnosti v sodobnem času, zaradi česar postajajo pomemben in prepoznan prostor umetniške raziskave in refleksije tako v Sloveniji kot v širšem mednarodnem prostoru.

Prosimo vas, da to sporočilo posredujete vsem, ki bi jih psihodrama utegnila zanimati.

ENGLISH

All of you, who are interested in what psychodrama is and those who have already met psychodrama, are kindly invited to the informative workshops

INTRODUCTION TO PSYCHODRAMA

September 3rd 2016 - 11:00 a.m. to 15:00 p.m.

PSYCHODRAMA AND THEATRE

September 4th 2016 - 11:00 a.m. to 15:00 p.m.

directed by **Assoc. Prof. Tomi Janežič**

Theatre Director and Psychodrama Psychotherapist

At the workshops you will also be able to find out more information about two psychodrama groups that will be meeting during the next season:

- classical experiential **PSYCHODRAMA GROUP**
- experiential group **PSYCHODRAMA AND THEATRE.**

Groups will meet regularly once a month.

PSYCHODRAMA AND THEATRE: Sept 10th, Oct 15th, Nov 12th, Dec 17th,
Feb 4th, Mar 4th, Apr 1st, May 6th, Jun 3rd, Jul 8th

PSYCHODRAMA GROUP: Sept 11th, Oct 16th, Nov 13th, Dec 18th, Feb 5th,
Mar 5th, Apr 2nd, May 7th, Jun 4th, Jul 9th

Schedule:

11:00 a.m. to 15:30 p.m.

15:30 p.m. to 17:30 p.m. lunch break

17:30 p.m. to 19:45 p.m.

Both groups will be of a closed type during the season.

If you would be interested to participate in one or both psychodrama groups you are invited to an initial interview.

Info and contact for workshops and groups:

tomi.janezic@guest.arnes.si

PSYCHODRAMA GROUP

Psychodrama is a worldwide well-known and established action group psychotherapeutic method, developed by Jacob Levy Moreno.

The basic characteristic of psychodrama is the stage enactment of the inner world and life situations of the participants.

Members of the group can explore their experience of the present, the past and the vision of the future, situations that occurred (or could had, but did not), spoken and unspoken thoughts and feelings, desires, fantasies, dreams. They can confront/encounter people from the past, resolve and complete relations, discover their own limitations and potentials, meet with their emotions and learn how to express themselves freely.

In psychodrama inaccessible sources of psyche and interpersonal relationships become more accessible to consciousness and the possibility of change. Through psychodrama the patterns of behavior become enlightened, the nature of relationship clarifies, real needs are being revealed, which leads to a better understanding of ourselves and others.

Psychodrama provides participants with support and a safe environment in which they can train new, more effective roles and behavior that fosters personal growth, integration of cognitive, emotional and behavioral personality level, it increases awareness and consciousness, empathy, social interaction and group cohesion and productivity. It is suitable for establishing better communication skills, stress reduction, work with trauma and other mental health problems.

Psychodrama encourages creative thinking to enable an individual to take the initiative and find a suitable and good-enough response to a new, unfamiliar situation, as well as a new and better response to a situation that is repeating.

Moreno worked in the field of psychology (he studied medicine and theology in Vienna and was a contemporary of Freud, inspired by the ideas of Martin Buber, philosopher of dialogue) as well as in the field of theatre (he founded the theatre of spontaneity - Stegreif theater).

The epitaph on his gravestone reads: "J. L. Moreno, the man who brought laughter to psychiatry."

In psychodrama any adult person who wants to encounter herself/himself and others through play, is welcome, regardless of age or profession. No special acting skills are required for it.

EXPERIENTIAL GROUP PSYCHODRAMA AND THEATRE

Experiential group Psychodrama and Theatre is a psychodrama group focusing on the exploration of personal challenges and potentials in creative processes and on applications of psychodrama techniques in art and art-teaching processes. It functions in accordance with established agreements in psychotherapy groups.

Any creative challenge is a personal challenge. Experiential group is a space to cope with the problems in creative processes and find ways to new creative responses.

Psychodrama techniques effectively support learning and creative processes. Through psychodrama and on the basis of theory of roles an individual can better understand the complex personal and interpersonal processes in artistic creation.

The group explores the tools to creatively solve personal and interpersonal obstacles and resistances in creative and pedagogical processes and tools to understand better the personal and interpersonal relations, roles and group dynamics. At the same time the group deepens the knowledge and practical experience in the field of acting, acting creative techniques and the use of psychodrama techniques in theatre and the arts.

The aim of the group is the establishment of a more functional, effective and inspirational creative process that leads to fulfilling creations for an individual.

The group is specially designed for creative individuals who work in theatre or other artistic field, although this is not a requirement for participants.

Tomi Janežič is one of the few internationally renowned artists, who has for many years applied psychodrama techniques in artistic and art-pedagogical processes.

Tomi Janežič is a theatre director, university professor and psychodrama psychotherapist. He obtained his degrees in theatre directing from the Academy of Theatre, Radio, Film and Television in Ljubljana, and was additionally educated through a period of twenty five years in Slovenia and abroad, particularly in the field of various acting techniques, psychodrama and group analysis. He started to practice psychodrama in 2000. He finished psychodrama education in the frame of Belgrade Institute for Psychodrama and Zagreb Center for Psychodrama. He was educated in the group analysis introductory studies at Ljubljana Institute for Group Analysis. He has directed several psychodrama workshops in Slovenia and abroad and for a number of years also a regular psychodrama group. Janežič is one of the most recognized Slovenian theatre directors abroad and an internationally recognized expert in the field of acting. He has lectured and collaborated as an invited artist in several countries (Slovenia, Croatia, Serbia, Bosnia and Herzegovina, Montenegro, Macedonia, Bulgaria, Romania, Hungary, Slovakia, Czech Republic, Italy, Austria, France, Belgium, Norway, Portugal, Russia and USA). His performances toured on dozens of festivals in the countries of ex Yugoslavia, around whole Europe, in Russia and USA. Janežič has received over thirty international prizes and awards for his artistic work. He has directed Studio for Research on the Art of Acting within the framework of which - and in collaboration with parallel foreign organizations and experts - he has done research projects in the field of acting since 1996.

Studio for Research on the Art of Acting works as an institute for cultural activities devoted to artistic, educational, research, and residency activities in the field of acting. Since 1996 Studio has realized numerous international projects (theatre co-productions, research and educational programs, artistic exchanges and residencies) and hosted a number of distinguished acting teachers and artists from all over the world. Studio has transposed all its activities to the work-center in Krušče, a small village near Cerknica. In the course of last ten years since the beginning of the estate renovation, Krušče hosted internationally acclaimed artists and experts from more than twenty countries in the field of performing arts, film, music, fine arts, and literature, beside that importance is given also to the research and educational activities in psychodrama. Following its own particular way of dealing with the question of how to organize, finance, distribute and exchange creativity and art in the current modernity, Krušče is becoming recognized and valued as an important space for artistic investigation and reflection in Slovenia as well as in the wider international space.

Please, forward this message to the ones that might be interested in psychodrama.