



# ONGOING EXPERIENTIAL AND PSYCHODRAMA GROUP

**2nd and 4th Tuesdays starting January 9, 2018  
6:30 - 8:30 pm**

**\$150 a month, paid by the first meeting each month  
to hold your space in the group.**

**10% discount for payments paid in full for six months.  
Must be paid by January 9.**

Psychodrama and Experiential Processes are specifically designed to get you out of your head and into your body, allowing you to explore the subconscious roots of the issues and early childhood decisions that hold you back in life. Whether you participate in your or other's psychodramas, or even just observe the work of others, you will gain insight, clarity and the tools to help you move through your blocks to a happier, more fulfilling life.

This popular ongoing therapy group is filled with two hours of experiential group work, psychodramas and relevant teachings on topics such as codependency, communication skills, empowerment, manifestation techniques, and emotional management. It is a very safe and supportive environment for you to find the acceptance and support you need to be able to work through trauma and life issues in a fun, interesting way.

A six-month commitment is required. Group is currently forming and is scheduled to begin January 9.  
Please register at [www.beverlyjmatthews.com](http://www.beverlyjmatthews.com)

**For more information, please contact Beverly Matthews  
at 470-326-0560 or [bejoiful@gmail.com](mailto:bejoiful@gmail.com)**



**BEVERLY MATTHEWS  
MS, LPC, NCC, CPCS**

Beverly Matthews is a seasoned psychotherapist, having worked with individuals, couples and groups for over 23 years. Although she is a licensed practitioner, her ongoing training and development has formed the basis of her approach to helping people. She works with clients from a mind-body-spirit perspective, focusing on the needs and goals of an individual's personal development, utilizing the body and the soul to inform the mind of what it needs to heal. She has had intensive training in trauma work, including 20 years of training in and teaching experiential therapeutic modalities, such as hypnotherapy, psychodrama, energetic breathwork, meditation, energy healing techniques, and psychological shock treatment. She is currently working toward certification in Somatic Experiencing Trauma Healing. She has led healing intensive workshops and retreats throughout this time which incorporate these modalities.



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