

Freedom to Fly:

A Psychodrama Group for Women Living in the Long Shadow of Sexual Abuse

This experiential workshop aims to give participants an experience of this 3-4 day therapeutic group, which has been run over the past 26 years in Auckland and more recently in Dunedin. The group is unique in a number of ways: First, its leadership involving two leaders and three practitioners (auxiliaries); second, engagement of individual therapists before and after the group; and third, in tailoring the psychodrama method to meet the specific needs of this population.

Embracing manaakitanga the team is at the 'heart' of the group. Their unique applications of the method will be shared. Participants will experience how shame is brought out of the shadows and transformed. They will gain a sense of how this group mitigates the deep sense of aloneness typically experienced by the women who attend.

Cinnamon Boreham (Waitaha, Kāti Māmoe, Kai Tahu) is a Dunedin-based psychotherapist and psychodramatist with 29 years' experience in community work. She specialises in trauma and abuse, trained in both Māori and mainstream approaches.



Marian Hammond is a psychotherapist and psychodramatist who has specialised in working with trauma and shame. In her practice in Ponsonby she works with individuals, couples, supervisees and groups. The Freedom to Fly group was developed out of her training in working with trauma using psychodrama in the Therapeutic Spiral Model.™

