

The Healing Stage

A 3-Month Psychodrama Group for Personal and Collective Growth

Transformation begins the moment our stories are seen, heard, and held.

This personal therapy group offers a transformative 3-month journey of self-discovery and healing. In a nurturing, confidential environment, you'll harness the power of creativity and dynamic action to ignite your growth. Through art, writing, and experiential techniques, you'll challenge limiting beliefs and behaviours that have held you back, paving the way for healthier relationships and more fulfilling life choices. As a closed group, we foster a strong sense of trust and community, allowing for deeper exploration and mutual support. This immersive process empowers you to connect deeply with your own experiences and those of others, creating a powerful catalyst for personal transformation and lasting positive change.

What is lived in action can be transformed in connection.

This group is suitable for anyone wishing to explore their personal situation, those who are interested in personal and social growth and those with a therapy, professional or training focus requiring CPD. Participants are required to commit to 3 Saturdays and pay the full fee (non-refundable unless the workshop is cancelled) before commencement.

When: Saturday 26th September; 24th October; and 21st November 2026

Where: South Belfast Quaker Meeting House 22 Marlborough Park N, Belfast BT9 6HJ

Time: 10 – 4.30pm

Cost: £295

Group size: maximum10 participants

19.5hrs CPD

If you would like to be part of this psychodrama group, contact Biggi for more information to arrange an initial meeting if required, and a booking form:

E: psychodrama.ie@gmail.com

Biggi Hofmann, psychotherapist and author, has 26 years' experience leading workshops and residential retreats. She is an experienced group psychodrama psychotherapist with a passion for facilitating healing and change through creative expression.