

## **WHAT IS ACTION METHODS TRAINING?**

Our group sessions and programs using various action methods also serve as training opportunities in such diverse fields as psychotherapy, medicine, religion, life-coaching, education, law, management and the corporate world. Our aim is to provide a better understanding of the action method processes and to increase skills for clinical practice and coaching. Our training groups offer a meeting point for professionals to gather and connect with one another, to receive support, nourishment and inspiration, and to increase their spontaneity and enthusiasm in their professional, personal and spiritual lives. The training is both didactic and experiential with time for personal exploration and skill development. Training in action method techniques is useful for working with groups, couples and individuals of all ages. Culture-drama is especially useful for professionals working with diversity issues, different culture groups or couples of mixed culture, race or ethnicity.