

For more information:



contact Mike Davidson at  
[info@core-issues.org](mailto:info@core-issues.org) or  
(mobile) 078 3309 8998  
(landline) 028 9263 9635

Please complete and return the slip below  
to the address given to further explore the  
possibility of participating in this group.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

What would you like to get from joining this  
group?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Please return this slip to:  
Mike Davidson  
20 Riverdale Anahilt, Hillsborough, BT26 6DH.  
For further information and to discuss  
participation in this group:  
email [info@core-issues.org](mailto:info@core-issues.org) or  
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# Exploring the core issues in our lives

*An experiential  
therapeutic support  
group using action  
methods and  
psychodrama for  
personal development  
and growth in a  
Christian ethos*



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Hillsborough, BT266DH.  
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**Belfast area, weeknights  
6.00 to 8.30 pm, weekly**

**[www.core-issues.org](http://www.core-issues.org)**

## About this group

"In my journey out of homosexuality, I have found psychotherapy groups a helpful support" says Mike Davidson of Core Issues Trust. "An experiential support group aims to assist members to explore a range of personal issues which impact on mood, behaviour, sexuality, and happiness, encouraging us to live healthier and holier lives".

**In the safety and containment of a small group of people committed to supporting one another, use is made of classical psychodrama techniques, at a pace comfortable to individual participants. Confidentiality is observed and required of all group participants who acknowledge their need of repentance and regeneration under the Lordship of Christ in our journey towards spiritual health.**

Participants come from a range of backgrounds, representing diverse life experiences, challenges and achievements.

This is a "slow open" group which means that although participants commit themselves to at least ten group sessions, new members may join at any time.

Participants will meet with Mike for a pre-group meeting to discuss the group format, specific interests, issues or queries in advance of joining the group.

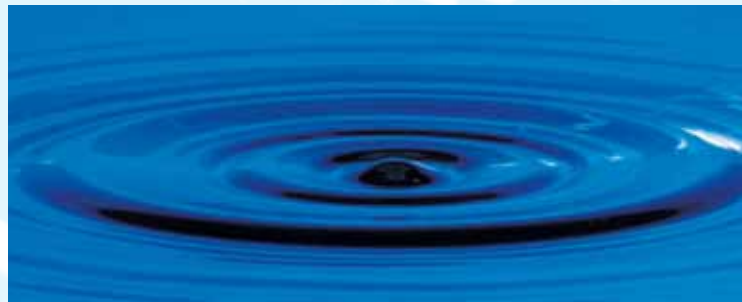
Please complete slip on page 4 of this flyer to make an appointment or to find out more.

## Group leader

Mike Davidson is a psychodrama psychotherapy trainee at the Birmingham Institute for Psychodrama and is a member of the British Association of Psychodrama. In his professional trainee practice he subscribes to that association's Code of Ethics.

Mike trained as an educator (BA., BEd., UED., PhD.,) in both the secondary and higher education sectors and in addition, in pastoral theology (BTh). He works with the Christian initiative Core Issues Trust, ([www.core-issues.org](http://www.core-issues.org)) contributing to the equipping of local churches ministering to individuals recognising their own sexual and relational brokenness.

He has found psychodrama to be a useful tool for exploring deep personal issues, developing additional roles for working through life's challenges, and establishing deeper, healthier connections with others.



- **All participants should be 18 years of age or older**
- **Confidentiality is observed and required**
- **Although no fee is required all participants are asked to consider a donation of £20.00 per weekly session.**
- **Venue: Belfast area - available on request**

## How do group sessions operate?

Each Core group session includes three elements: a warm-up, the action (or work) and sharing all undertaken prayerfully and within a Christian ethos. Using the tool of psychodrama the group is encouraged to focus on the needs and issues of one person, chosen by the group, for the "action" part of the session. The range of issues may be wide. With sensitively guided facilitation, participants in psychodrama are helped to examine areas of concern, better understand themselves and their history, resolve loss and trauma, overcome fears, improve their relationships, express and integrate blocked thoughts and emotions, practice new skills or prepare for the future. Each session will select a new person who wishes to do "their work".

## How does psychodrama work?

A psychodrama often begins with a scene examining a current problem or difficulty, and may trace it back to earlier situations in their lives. Here, the participant may have the chance to experience what was missing but needed at that time. The enactment then returns to the present, where new learning can be integrated and put into practice.

The scenes enacted may be based on specific events in a person's life, their current or past relationships, unfinished situations, desired roles or inner thoughts and conflicts.

## Where has psychodrama come from?

Developed by Psychiatrist Dr. Jacob Levy Moreno from the 1920's, psychodrama was the first recognised method of group psychotherapy and is fully accredited by the United Kingdom Council for Psychotherapy (UKCP). Psychodrama is practiced by thousands of therapists in more than 100 countries, and has contributed ideas and techniques used in many other forms of psychotherapy.