

# the play of life

## Psychodrama at your fingertips



Europe  
Group Training  
starting  
Friday 29th  
August 2025  
9:30am CEST

Join us for an exclusive opportunity to learn directly from Dr. Carlos A. Raimundo, the creator of this groundbreaking method and an expert psychodramatist in an **8 week online training course!**

*See next page for more course details*

Originally called "Le Petit Psychodrama", the Play of Life® is a hands on method, rooted in psychodrama and neuroscience that allows individuals, families, and teams to visualise emotions and relationships with clarity. Using 3D figures or a digital app, it simplifies complex emotions, bypassing cognitive biases to enhance insight, emotional intelligence, and creativity.

The Play of Life has been successfully applied around the globe for over 30 years with practitioners on every continent as a stand-alone or adjunct method.

Join a group of like-minded colleagues for weekly sessions via Zoom for 1.5hrs each week for 8 weeks



### Psychodrama foundations

Discover how to apply psychodramatic techniques using figures and our innovative digital app. You'll explore five practical techniques and gain the skills to create your own unique approaches.



### Neuroscientific process that works!

Harness the neuroscientific benefits of psychodrama with groups and individual clients without the need of a group, using our proven 5-step method. This straightforward process is designed to enhance insight and drive meaningful behavioural change.



### Online applications

The Play of Life makes psychodrama principles easily accessible for virtual sessions using either physical figures or through our digital app.

### You will learn:

- Theoretical and practical foundations of the Play of Life method
- 5 Play of Life techniques (with directions + templates)
- How to create your own techniques
- How to access & maintain bottom-up brain communication
- Active Role Theory (coined by Dr. Carlos A. Raimundo)
- Techniques applicable for any therapy situations from everyday situations to trauma, depression, anxiety and more.

Bonus: You will have free access to our Play of Life Digital app for 1 year and learn how to use it with clients.

*See next page for more course details*

# About Online Group Training

Group training is an optimal approach for learning the Play of Life as it balances flexibility with depth of understanding. We spread the training across 90 minute Zoom sessions over 8 weeks, this allows participants to absorb information gradually, reducing the risk of overload. This structure ensures that learners have time to reflect, practice, and integrate new concepts between sessions. Additionally, incorporating online course content and quizzes reinforces learning and aids retention. Partnering with a buddy throughout the process further enhances understanding by providing mutual support and opportunities to discuss and anchor the learnings.

**Number of participants per group:** 6-10 students

**Format:** online (via Zoom) every week for 8 weeks with a senior Play of Life practitioner as your trainer.

**Theoretical component:** Complete all units, reflections and quizzes following the weekly schedule (next page).

**Practical component:** Practice each technique with yourself/buddy/friends/family/colleagues in between sessions and further practice during the zoom sessions. In the final session you will direct a case in action with your buddy in front of the class and facilitators, allowing you the opportunity to showcase and practice all that you've learnt.

## **Weekly time commitment over 8 weeks**

**Zoom:** 8x 1.5hrs including case studies, questions, role play and practice (12hrs in total).

**Online class space:** 2.5hrs theory, videos, quizzes & technique revision (approximation) & technique practice.

**32hrs in total (approximation)**

**Certification:** at the end of the 8 weeks\*

\*Certification is competency based and is dependent on your practice between weekly sessions, completion of the online course and review of your use of the method from a Play of Life accredited supervisor in the final workshop.

**Cost:** €940 per person discounted to €470 per person (excluding the kit). Instalment options are available. Use discount code at checkout: EUROPE2025 or ask us for a Tax Invoice for your business.

[Click here to purchase Playmobil figures](#)

Find out more about [Accreditation](#) options and [our courses](#) at our website [www.PlayofLife.com](http://www.PlayofLife.com)

Contact us at [info@playoflife.com](mailto:info@playoflife.com) or complete our [online contact form](#).

# Level 1 – Foundations | Group Training Schedule

This 8-week Group Training Schedule is designed to have you complete this level of accreditation in 8 weeks. If you follow this schedule and complete the online course content, you should be certified by the end of the 8 weeks.

## Expectations

Bare Minimum: Complete the technique for the week by yourself (no self-logs).

Ideal: All pre-work (units in that week's schedule) + 1 practice log with your buddy, family member, colleague or friend.

Each week as part of your pre-work for that week's group session, you will need to have printed the technique for the following week and have practiced with yourself and/or your buddy.

1. **Before the group complete:** Introductory course & Level 1: Units 1 - 2  
**In the session:**
  - Getting to know each other
  - Creating buddies
  - Introduction to Level 1
  - Show Me technique (demonstration)

2. **Units:** 3 - 5  
**Group:** Show Me technique

3. **Units:** 6 - 8  
**Group:** The Brain & The Pillars of Life technique

4. **Units:** 9 - 11  
**Group:** Active Roles & The Frame

5. **Units:** 12 - 14  
**Group:** I and Thou & Self-Representation technique

6. **Units:** 15 - 18  
**Group:** The Process of Birth & The First Step technique

7. **Units:** 19 - 23  
**Group:** Anchors Technique, practice & level 1 review

8. **Units:** Catch up on any unfinished theory  
**Group:** Show Me demonstrations & closing

Level 1

**Pre-work** = Pre-work that is ideal (not essential) to have completed

**Group** = the technique you **have** to have practiced before the Zoom and have printed with you.