

# OPEN PLENARY SPEAKER



## FRIDAY OPENING PLENARY SPEAKER:

***Cultivating 'Brain-Savvy' Approaches to Group Process and Psychodrama***

## **KATE COOK, LPCC, TEP**

***KATE COOK, LPCC, TEP, lives in Santa Fe, New Mexico where she practices as a therapist, educator and consultant. Kate has been doing psychodrama since 1986, holds a national certification as a trainer in Group Psychotherapy and Psychodrama and provides trainings nationally. A core faculty member of Southwestern College graduate school since 1990, Kate also founded and directs their certificate program, *Interpersonal Neurobiology, Somatics and Action Methods*. For many years Kate created and directed groups for juvenile and adult offender in the Santa Fe County Detention Center. Her current passions are her grandson and teaching group process and action methods through the lens of interpersonal neurobiology.***

This presentation will highlight the astounding parallels between the philosophy and methods developed by J. L. Moreno in the early 1900's and recent discoveries in neuroscience. Lending new hope for understanding the possibilities of human development, neuroscience can also revitalize our approach to psychodrama by reconfirming its efficacy as a leading and 'truly therapeutic' method.