



Freedom & Interdependence

an experiential **psychodrama workshop** to explore our relationship
with freedom and interdependence

led by Craig Whisker

psychodramatist (New Zealand) & trainer (UK)

1 – 3 May 2026

Čiekurkalna 3. šķērslīnija 30, Vidzemes priekšpilsēta, Rīga, LV-1026

your investment is €190 – €250 income dependent

(also see living in Ukraine rate)

online registration: [CLICK HERE](#)

enquiries to: craigwhisker1161@gmail.com

or phone WhatsApp: **+64 2121 39921**

Freedom and Interdependence

Today, perhaps more than at any other time since the Soviet era, the conscious right and reality of freedom and respectful interdependence for each person and group in the world is under threat. Globally, mass profiteering from war or environmental degradation is overwhelming the delicate balance of the finite and the infinite on the only habitable planet known to humankind. Socially, people are being dominated by financial markets, labour exploitation, and physical displacement, which break down families and communities, pitting people against one another. Individually, peace of mind, relational connectedness, intimacy, and a sense of hope for the future, are being eroded by daily pressures that flow from the mega rich, personality politics, media, and consumerism.

What hope is there for freedom and respectful interdependence? What can we do for the world, for our loved ones, for ourselves? This is where JL Moreno's vision for psychodrama is an inspiration. He wrote: "A truly therapeutic procedure cannot have less an objective than the whole of mankind (sic)." Psychodrama is that method. Its aim is our freedom from cycles of destruction at both personal and societal levels. An opportunity is created by us meeting together in this workshop in Riga, where we are a microcosm of human society at large. Our work is the work of each individual and of the group as a whole. You are invited to join me. No previous psychodrama experience is required.

Programme:

The workshop begins at 2pm on Labour Day, Friday, 1 May, a public holiday. The workshop continues through Friday and Saturday before ending at 4pm on Sunday 3 May. There are mid-morning, lunch time, and mid-afternoon breaks each day. The day following the workshop is Independence Restoration Day, which is also a public holiday (Monday, 4 May).

Friday 1 May (Labour Day)	2pm - 9.30pm	2 x 3-hour sessions	6 hours
Saturday 2 May	9am - 9.30pm	3 x 3-hour sessions	9 hours
Sunday 3 May	9am - 4pm	2 x 3-hour sessions	6 hours
			21 hours (total)

Your investment

The workshop fee is income dependent, as follows (no proof of income required):

- Level A: €250 for incomes over €65,000
- Level B: €190 for incomes under €65,000
- Level C: €90 for participants currently living in Ukraine

The fee covers your attendance at the workshop only. Accommodation and meals are not provided. Light refreshments (drinks & fruit) will be available for morning and afternoon tea. Lunch and dinner are taken off-site at each participant's own cost.

Craig Whisker is a psychodramatist and educator with the Australian and Aotearoa New Zealand Psychodrama Association (AANZPA), a trainer and supervisor with the British Psychodrama Association (BPA), and a member of the Psychodrama Association for Europe (PAfE). His first experience of psychodrama was in 1988, and he started training in psychodrama in 2000. His primary trainer was the Australian, Max Clayton. Craig currently lives in the UK and works as a systemic psychotherapist in the paediatric renal team at Southampton Hospital.

