



Group Spirituality: A Workshop Approach

Roger Grainger

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Group spirituality is an increasingly popular area of focus, and working in groups raises some very different and valuable consequences which wouldn't necessarily arise in a one-to-one encounter. In *Group Spirituality*, Roger Grainger, an author already established as an authority on Drama therapy, provides a functional guide to group spirituality and workshops. Derived from the authors' experiences of working with groups of people interested in exploring their own and other people's spirituality, *Group Spirituality* turns an abstract idea into a practical and recognizable experience. The nature of group work, the embodiment of ideas and feelings, and circumstances aiding personal encounter are discussed. Workshop examples aimed at establishing group identity and the introduction of the idea of the 'safe place' are explained. The symbolism of spiritual awareness is approached, and a firm distinction between spirituality and religion is made.

Group Spirituality's approach to spirituality from a workshop focus, successfully attempts to embody spirituality and provide a framework for consciously examining and integrating spirituality within the rest of our life.

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