

# Therapeutic Enactment

**Therapeutic enactment (TE) is a group-based intervention designed to address complex life problems. This form of group work has proven to be a powerful means of working through traumatic life events or critical issues that are impeding an individual's sense of vitality and growth. In a TE group, participants are able to safely enact and integrate past traumas and current or anticipated struggles in a supportive group climate. The approach is highly participatory and healing is not limited to the person whose story is enacted. Those taking part in the enactment and those bearing witness to the unfolding story, often report experiencing a personal sense of renewal as they join with others in a supportive group.**



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