

Psychodrama

By Maryann Frantz, MSW, LCSW

I am one who is not afraid to explore the depths of my “self.”

I am one who feels safe enough to wade into the deep unknown, knowing others
share my experiences.

I am one who will allow the ebb of creativity and spontaneity lap over and
immerse me in the flow of awareness.

This is a poem written by Maryann Frantz following the program “Psychodrama Training Intensive” at Psychodrama New Jersey. Psychodrama New Jersey submitted this work on her behalf.