Three Cups

Ali Begg

Ali Begg has contributed the photograph of her glorious ceramic mugs for the cover of this *Journal*. Ali is a Psychodramaist who lives overlooking Lyttelton Harbour near Otautahi Christchurch, Aotearoa. Psychodrama has both awakened her creativity and given her permission to pursue it.

I've been affected by psychodramatists' valuing of beauty and aesthetics that comes out strongly when people deck themselves out for the conference dinner dance. Getting to know myself more through attending workshops and conferences has enabled me to recognise what gives me joy and the courage to pursue this. I look forward to getting together with my pottery friends every Monday morning at the studio. It is very enjoyable and sustaining playing with clay and creating useful and artistic objects. It is no coincidence that our group of five contains four psychodramatists!