



Psychodrama Association for Europe e.V.

Training Curriculum for Psychodrama Assistant / Psychodrama Therapist/ Psychodrama Leader / Psychodrama Director

The training consists of four sections:

1. Introductory Level
2. Elementary Level
3. Advanced Level
4. Final thesis + Colloquium

A list of the training-hours can be seen in the appendix.

1. INTRODUCTORY LEVEL:

The aim of the introductory stage is:

To give those applicants who are interested a first impression of the content and methods of Psychodrama and an insight into how it works. Then to ascertain if the applicant satisfies the requirements for the training and to help them decide if the course is suitable for them.

The applicant has to take the introductory seminar and where possible, a personal interview with the leader/s of the ensuing basic level course, which will concern motivation, prerequisites and also questions the applicant has.

The introductory stage is a total of 19 hours.

2. ELEMENTARY LEVEL:

2.1. Prerequisites for starting the elementary level training course

2.1.1. Participation in an introductory seminar combined with a recommendation from the leader to take the course;

2.1.2. An interview with the leader of the elementary level training group;

2.1.3. For training candidates who want to qualify as a Psychodrama Therapist on completion of the higher training course: a degree in psychology (clinical branch) or medicine.

These regulations were formulated by the executive board and ratified during the international committee on 14-9-2007.

They are adopted by Psychodrama Association for Europe e.V.'s TCWG as they meet the FEPTO standards. They are valid for the Psychodrama Association for Europe e.V. and its member organisations, and constitutes the basis for the issuing of a certificate for each level and type of qualification.

2.1.4. For training candidates who want to qualify as a Psychodrama Leader on completion of the higher training course: a degree in a relevant subject/branch of higher education.

Exceptions to these regulations can only be made in highly unusual cases concerning specially talented and motivated candidates, and are only possible with the agreement of the Training and Education Committee of the member country concerned.

2.2. The elementary level course consists of:

2.2.1. The regular training group with 2 permanent leaders of 240 hours, with the main emphasis on self-experience, study of psychodrama methodology and theory, process analysis and sociometry.

2.2.2. Two special/method seminars of 18 hours

2.2.3. Three theoretical seminars of 18 hours

2.2.4. A large group seminar (30 hours) with participants from different elementary courses taking part. The aim of this is for the participants to learn the meaning and special features of large groups both in theory and practice.

2.2.5. Study in Peer-group meetings of 100 hours

2.2.6. The elaboration of three protocols

2.2.7. The presentation of a psychodrama subject in form of scenic work in the training group

2.2.8. In the middle of the elementary course an intermediary evaluation takes place, and at the end of the course will be a final evaluation within the training group, where the leaders decide if the qualification of Psychodrama Practitioner can be awarded to the candidates.

The total duration of the elementary level is 470 hours

3. ADVANCED LEVEL:

3.1. Prerequisite for a place on the advanced training course is successful completion of the elementary course with a certificate as Psychodrama Assistant / Psychodrama Practitioner.

3.2. The advanced level course consists of:

3.2.1. The regular training group of 240 hours with the main emphasis on independent leadership including feedback and processing and an intensive study of theory and methodology

3.2.2. Three special/method seminars of 18 hours

3.2.3. Three theoretical seminars of 18 hours

3.2.4. Study in Peer-group meetings of 100 hours

3.2.5. The presentation of a paper in psychodramatic form in the training group

3.2.6. Practical application/s in the candidate's own professional field of 160 hours

3.2.7. 90 hours Supervision of practical application/s, consisting of individual supervision (minimum 10 hours) and group supervision (minimum 60 hours)

3.2.8. The drawing up of 15 protocols/documentations (a minimum of 4 from the own training group)

3.2.9. At the end of the advanced course an evaluation takes place within the training group, where the leaders decide if the candidates have completed the training course successfully.

The total duration of the advanced level training is 708 hours.

4. Final thesis and colloquium:

To take part in the colloquium each candidate must present a final paper/project, which demonstrates a thorough understanding of the theory and its implications in practical situations.

Prerequisite for participation in the colloquium is the successful completion of the advanced level course and the successful presentation of the final paper. The colloquium takes place in a group format.

In the colloquium the candidate presents aspects of his/her final work in psychodramatic form and is then questioned by the group and the commission.

On successful completion of the course the candidate is awarded the certificate of Psychodrama Therapist or Psychodrama Director.

The total duration of the training is 1,215 Hours.

APPENDIX

Description	Hours
Introductory seminar	18
Personal interview	1 (if possible)
Total	19 hours
Elementary level	
Regular group	240
Special seminars	36
Large-group Seminar	30
Study in Peer-Group	100
Theoretical seminars	54
Protocols	3 protocols
Referat / report (psychodramatic presentation)	1 / 10 hours
TOTAL	470 hours
Advanced level	
Regular group	240 hours
Special seminars	54 hours
Theoretical seminars	54 hours
Study in Peer-Group	100 hours
Referat / report (psychodramatic presentaion)	1 = 10 Stunden / 10 hours
Practical application	160 hours
Supervision:	90 hours total
Individual Supervision	at least 10 hours
Group supervision	at least 60 hours
Protocols / documentation	15 total at least 3 from the training group
TOTAL	708 hours
Final thesis	1 thesis
Colloquium	18 hours
Full training	1215 hoursⁱ

ⁱ These are general mandatory requirements of Psychodrama Association for Europe e.V. Some differences due to the national regulations might occur and are accepted if those are additional.