



Psychodrama Association for Europe e.V.

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Thesis – General Information & Guidelines for Thesis preparation for certification as Psychodrama Trainer/ Psychodrama Therapist

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Document prepared by Bernd Fichtenhofer and Ludmila Litvinenko
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Thesis – General Information

Participations of training groups must write a thesis to get the admission to take part to the colloquium. Within the thesis the participant presents the ability to understand Psychodrama in Theory and Praxis.

Therefore, in the centre of the thesis stands the author as Psychodramatist – and not the persons with whom was worked in a psychodramatic way.

The author chooses one aspect of Psychodrama, in which the author is interested in and has practical experience. The author shows it in several examples, not only describing what the author has done, but reflecting and this means to describe which psychodramatic intervention the author has done in this situation, why it was done in this way or why the author has not done special things.

Reflecting can mean, that the author is shown what the author has done and why. But because of the authors own development as Psychodramatist, today the author would act in different way. So, the author describes these different interventions and why too.

In addition, the author must show that the author has understood Psychodrama theory. The author chooses too one aspect of Psychodrama theory which connects with title of the thesis and with the practice examples. Its necessary to quote from psychodrama literature, but also to write the authors own thinking about. If the author combines other theory with Psychodrama, it's obvious the Psychodrama must get the most space.

In the reflection of the authors psychodramatic action, the author must combine theory and practice!

Formal requirements:

The thesis must have not less than 20 pages and no more than 40 pages, line spacing 1,5.

The thesis must have an index of contents with page numbers and a list of literature.

The commission of the Colloquium must inform about the closing date and the author must send an exemplar to each member of the commission. If one member of the commission of the colloquium is not able to read the thesis in the language of the country, the author must make a summary about 10 pages as translation. There will be 3 possibilities of appraisal:

- It will be accepted
- It will be refused
- The author must write some part again.

The commission must inform about the appraisal before the colloquium.

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Guidelines for Thesis preparation for certification as Psychodrama Trainer/ Psychodrama Therapist

Thesis components

While writing the Thesis, it's important to organize it correctly including several interconnected parts:

- Title page
- Table of Contents
- Introduction
- A comprehensive review of the relevant literature, according to disciplinary norms (subchapters contain literature review of selected psychology domain, the research statements, and the hypotheses).
- Empirical part (Body of research)
- Conclusion
- Bibliography

Introduction:

An introduction is about 10% of general volume. An introduction must clearly state the rationale and objectives of the research, practical relevance (there may be a statement of individual relevance of the topic, may be a specific individual topic within it).

Theoretical background:

History and theory of the issue studied; the literature review; the author's statement (no more than 8 pages; some words about J.L. Moreno, his approach to the topic, references to his and other theories).

Empirical part: Body of research:

Group description (frames): Where did it take place, who was a co-therapist? Enrolment process, whether was a contractor whether it was a thematic group (working with a symptom, conflict resolution, for women, for cancer patients, etc.). Schedule of the meetings, timetable, list of participants, age, brief characteristics of members (what's learned from an interview, family, occupation, etc.) It's important that people reviewing the thesis could have a clear picture of the group.

Analysis of one participant's play: (during the thesis presentation this case will be performed and presented) Watch the group, which participants manifest in the theme the most, indicate them. Select one participant and analyse carefully, how the theme is discussed, and how the participant is developing in this theme. Trace the participant in individual work, group plays, in those roles which the participant performed in other plays (in connection with the theme). It's important to show the participants development, how psychodrama has contributed to it.

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When analysed a play with protagonist, rationale should be given, why the author chooses this specific scenery, why move from one scenery to another.

Case study and process analysis in the thesis reflects the ability of candidate to apply psychodrama and employ psychodrama theoretic frameworks.

Conclusion:

Following important part of the work is the discussion of results. Conclusion must be short and thorough, and present outcomes, the most important conclusions of an author.

References contain the sources that have been cited, literature and the theme, and psychodrama works. List publications according to the existing standards for papers, monographs.

Example: "Blatner, A. Role dynamics. In Foundations of psychodrama: History, theory, and practice. New York: Springer. – 1988

Any figure/drawing/photo/chart/graph must be set apart from the text, on the Appendices. Description of the practical psychodramatic work must be about one third of thesis's length.

Formal requirements

The thesis must be written in compliance with norms for academic and scholarly expression, according to the language standards.

The thesis must be proofread and edited. The thesis does not exceed 40 pages in length (minimum 20 pages). Appendices are not counted. The thesis should be printed, one-sided, on standard quality paper. Line spacing must be 1.5

Left-hand margins should have a width of 30mm, the right-hand margin of 15mm. The top and bottom margins should be 20mm. Fonts are Times New Roman 14; headings Arial 16, semi-bold, capitals.

Pagination: Arabic numbering starting with page 1 on the first page of the first chapter, right side bottom of the page.

Theses supervision

Thesis Supervisor should be a supervisor attached to this group and approved by the PAfE e.V. Board. In some cases, appearing questions that may arise during research and composing the thesis, can be addressed to the second level Trainer.

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Thesis Supervisor:

- Assists a student with addressing the issues on selected research theme.
- Advises a student during research, provides individual and group supervision, evaluates the draft thesis.

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