

## Training/Further Education as

### Psychodrama-Assistant/ -Practitioner through Elementary Level/First Level and Psychodrama-Therapist/-Leader or -Director through Advance Level/Second Level



#### Training Curriculum

Description	Amounts	Traininghours (= 45 Min)	Hours (= 60 Min)
<b>Pretraining Requirements</b>			
Introductory Seminar		18	13,5
Personal Interview		1	0,75
<b>Total</b>		19	14,25
<b>Elementary Level (First Level)</b>			
Regular Group		240	180
Two Seminars (Special/Method)		36	27
Three Seminars (Theory)		54	40,5
Large Group Seminar/Conference		30	22,5
Study in Peer-Group		100	75
Protocols per Student	3		0
Psychodramatic Report	1	10	7,5
<b>Total 1st Level</b>		470	352,5
<b>Advanced Level (Second Level)</b>			
Regular Group		240	180
Three Seminars (Special/Method)		54	40,5
Three Seminars (Theory)		54	40,5
Practical Application		160	120
Study in Peer-Group		100	75
Protocols per Student (at least 3 from the training group)	15		0
Psychodramatic Report	1	10	7,5
Supervision		20	15
min. Individual Supervision		10	7,5
min. Group Supervision		60	45
Final Thesis	1		0
Colloquium		18	13,5
<b>Total 2nd Level</b>		726	544,5
<b>Total of all Levels</b>		1215	911,25

1 Hour = 45 Minutes

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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.

These regulations were formulated by the executive board and ratified during the international committee on 14<sup>th</sup> of September 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.

The training consists of four sections:

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## 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 candidates who hope to qualify as a Psychodrama Assistant on completion of the elementary course a general school-leaving qualification and at least the completion of a two-year vocational training course in a profession for which psychodrama training is a recognizable asset.

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

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- 2.1.5. For training candidates who want to qualify as a Psychodrama Leader on completion of the advanced 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 especially talented and motivated candidates and are only possible with the agreement of the Training and Education Commission of the member country concerned.

2.2. The elementary level course consists of:

- 2.2.1. The regular training group with two permanent leaders of 240 hours, with the main emphasis on self-experience, study of methodology and theory, process analyses and sociometrical processes.
- 2.2.2. Two extra special/method seminars of 18 hours
- 2.2.3. 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.
- 2.2.4. Three extra theoretical seminars of 18 hours
- 2.2.5. Study in Peer-group meetings of 100 hours
- 2.2.6. The drawing up of three protocols
- 2.2.7. The giving of a paper in psychodramatic form in the training group.
- 2.2.8. At the end of the elementary course an evaluation takes place 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 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 extra special/method seminars of 18 hours
  - 3.2.3. Three extra theoretical seminars of 18 hours
  - 3.2.4. Study in Peer-group meetings of 100 hours
  - 3.2.5. The giving 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 3 from the 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.

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

#### 4. Final Theses 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 Leader/ -Director.

The total duration of the training is 1.215 Hours.