

Psychodrama Australia Melbourne Campus
Enrolment for 2015 Psychodrama Training Group

ENROLMENTS OPEN 1 DECEMBER

Enrolments for the 2015 multi-level psychodrama training group are now open.
More details below and on our website.

<http://psychodramaaustralia.edu.au/events/melbourne/psychodrama-training-group-2015>

ENROLMENT PROCESS FOR EXISTING PSYCHODRAMA AUSTRALIA TRAINEES

Simply register interest or enrol on the website.

ENROLMENT PROCESS FOR NEW TRAINEES

If you have not attended a year-long training program with us before, please apply by sending your contact details together with:

1. A resume of your work experience and professional history (maximum of 2 pages)
2. An overview of any prior experiences or training in action methods, psychodrama, group work and/or related areas
3. A brief statement that elucidates your interest in this training program

to melbourne@psychodramaaustralia.edu.au or to PO Box 605, Northcote, Vic 3070.

ADMISSIONS PROCESS

On receipt of your application we will contact you to arrange a mutually convenient time for an interview. Early application is advised. Your acceptance into the training group will be communicated within 7 days of your interview and followed-up with an enrolment package. Your place in the group is finalized when you sign the training agreement and pay a \$100 deposit (which is a part payment of your Semester 1 training fee).

DISCUSSING YOUR REQUIREMENTS

As you read about the training group, questions may arise for you as to the suitability of the training group for you. If so, please feel free to contact us to discuss your particular requirements at melbourne@psychodramaaustralia.edu.au or phone Hilde Knottenbelt 0419 192187 / Jenny Hutt 0419 001 691.

ENTRY CRITERIA

Applicants are required to:

- Demonstrate the presence of some fundamental human capacities as a pre-requisite for beginning training in psychodramatic methods, such as:
 - A relational capacity in one-to-one and group settings.
 - Being able to see the world through another's eyes.

- Being able to reflect on their relationships with others.
- Being able to reflect on and learn from experience, including being open to positive and challenging feedback.

These capacities can be demonstrated through a one to one interview, observing the applicant's participation in an experiential group and through written references.

- Understand and practice ethical behaviour and be prepared to follow a code of ethics, which is an integrated part of the training program.
- Be willing to work with their own life experiences as part of the training and take personal responsibility for the level of their interactions and self-disclosure.
- Possess or be working towards a relevant professional qualification.
- Have relevant employment or community experiences and contexts outside the training group that will assist them to integrate the learning.
- Provide names and contact details for personal and professional referees to confirm your suitability for training

The process of trainee selection is non-discriminatory on the grounds of gender, class, ethnicity, sexuality, culture, religion or any disability or belief that does not directly interfere with the capacity of trainees to competently fulfill their trainee role.

2015 TRAINING GROUP OVERVIEW

This multi-level training is an AANZPA and PACFA-accredited program.

The Training

- Is for people with varying amounts of psychodrama experience.
- Is iterative, allowing for a gradual integration of concepts and practice.
- Is underpinned by role theory, systems theory and principles of group work.
- Provides a theoretical and practical framework for trainees to recognise patterns of interaction and interpersonal dynamics (their own and others) and provides the means by which they can develop greater interpersonal flexibility in a range of settings.
- Develops the capacity of trainees to be present to their own experience and to use it in the service of developing greater mutuality with others.
- Grounds trainees in the theory and practice of psychodrama so that they are able to make appropriate interventions with clients, groups and organisations.

For

People from a range of professional backgrounds value what our training adds to their personal and professional functioning. Many are already proficient in some field of endeavour as a result of their training and life experience. For example they may have an undergraduate degree (or equivalent) in a relevant field such as psychology, social work, nursing, psychiatric nursing, medicine, psychiatry, occupational therapy, youth work,

community development, counselling, teaching, welfare, pastoral care, arts therapy, drama therapy, human resources and management.

The training deals with the experiences of the individual in groups and emphasises a systems approach to living. Trainees can expect to develop greater sensitivity and proficiency in interpersonal, group and inter-group relations.

DATES AND TIMES

The training group runs over 8 weekends between March and November.

Semester 1

Saturday and Sunday 14-15 March 11am-6pm

Saturday and Sunday 11-12 April 11am-6pm

Friday, Saturday and Sunday 8-10 May 10am-6pm (3 days)

Saturday and Sunday 13-14 June 11am-6pm

Semester 2

Saturday and Sunday 8-9 August 11am-6pm

Friday, Saturday and Sunday 11-13 September 10am-6pm (3 days)

Saturday and Sunday 10-11 October 11am-6pm

Saturday and Sunday 14-15 November 11am-6pm

TRAINERS

Six weekends are conducted by Jenny Hutt and Hilde Knottenbelt, and the two 3-day workshops are led by Chris Hosking.

TIME COMMITMENT

- Attendance at 8 weekend workshops throughout the year (plus optional weekend electives and interstate residential workshops)
- Completion of 3 short written assignments related to experience, integration of theory and practice and applications in personal and professional life.
- Two individual supervision sessions during the year (three for advanced trainees)

CURRICULUM

Each workshop has a particular focus which relates both to the curriculum and the particular needs and development of trainees in the training group.

The training sessions involve supervised practice, working in the here-and-now of the group and developing the capacity to enter into the worlds of others with sensitivity and attunement.

Participants engage in experiential learning as a group member, auxiliary, protagonist and director. Experiences are generated, expanded, reflected on and combined with supervision and teaching to refine understanding and application of the psychodrama method.

Curriculum Semester 1

- Role theory, including warm up, the relational concept of role, role description and role analysis, the concepts of social and cultural atom
- Practice in auxiliary work, being a protagonist and directing dramas
- Group participation and leadership
- Psychodrama production techniques
- Spontaneity theory
- Role training

Curriculum Semester 2

- Practice in auxiliary work, being a protagonist and directing dramas
- Group participation and leadership
- Identification of group themes and concerns
- Working in the here and now
- Sociometry
- Systems theory
- Application of psychodrama and group work in a range of settings

FEES

Semester 1: \$1,575 Semester 2: \$1,575 Total: \$3,150

A deposit of \$100 is required to complete your enrolment. Payment of fees is due in 2 installments: the first is the balance of the Semester 1 fee due in March 2015 prior to commencement of training and the second for Semester 2 in August 2015. An alternate regular installment payment plan can be arranged.

REFUND POLICY

Trainees withdrawing from the training before the end of Semester 1 are liable for the full semester fee and those withdrawing after the commencement of Semester 2 are required to pay the full annual fee.

TRAINING AGREEMENT

This is the training agreement you will be invited to enter into:

Purpose of the training

The purpose of psychodrama training is to build your capacities in assisting groups and individuals to develop spontaneity including adequacy, vitality, flexibility, originality and creativity, in dealing with complex challenges and everyday situations.

Psychodrama Australia Obligations

In the training agreement between Psychodrama Australia and the trainee, Psychodrama Australia agrees to:

- Provide a training program that complies with the standards of AANZPA, Inc., detailed in its Training and Standards Manual and curriculum; and in accordance with the AANZPA code of ethics.
- Provide training and supervision by suitably qualified and accredited trainers.
- Provide trainees with reasonable access to staff.
- Respond to queries, concerns and complaints from trainees in a sensitive and timely manner.
- Maintain the confidentiality of trainees, except where a duty of care or legal requirements overrule that duty of care as in the code of ethics, or when you give permission for information to be passed on to a third party. Trainee progress will be discussed at trainers' meetings within the institute.
- Refer a trainee to suitable personal development or supervision, when it becomes apparent that the trainee is experiencing some difficulty related to the training program.
- Establish and maintain records of training and supervision hours and of assessments.
- Provide trainees with access to information regarding policies and procedures.
- Have a documented grievance procedure and disputes resolution process.

Trainee Obligations

In the training contract between Psychodrama Australia and the trainee, the trainee is asked to agree to:

- Commit to taking part in training sessions and engage in writing assignments.
- Communicate clearly with the trainer and the training group about absences both single occasion and more extended.
- Be familiar with, and abide by, the spirit and content of the AANZPA Code of Ethics.
- Respect the confidentiality of their training colleagues during or after each training meeting, by not discussing any personal information pertaining to any group member with anyone who is not a member of the group.
- Inform the Institute of matters that may affect the training or the Institute. This includes disclosing criminal convictions, mental health or addiction concerns, or any other matter that may affect training.
- Seek assistance when obstacles are encountered.
- Seek regular supervision for applications of the method in their work.
- Not advertise as, nor imply that you are, a Psychodramatist, Sociometrist, Sociodramatist or Role Trainer prior to certification. Specific statements of the level of training may be made to prospective employers and such.

As a trainee you understand and accept that:

- The training is experiential and will involve a range of learning opportunities, including the direct application of various forms of the psychodramatic method and group work. These activities will at times elicit strong responses and challenge your abilities and your attitude towards others and yourself. You understand that this aspect of the work is necessary and central to this training and you will need to explore these responses as learning opportunities. While the training staff will expect you to participate in all activities, participation in all aspects of the training group is voluntary, and you may object and refuse to participate in any particular activity. If you become aware that you may encounter some difficulty in participating in particular learning experiences or activities, you will endeavour to bring this to the trainer's attention.
- You are responsible for your own self-care including your physical and mental health.
- You are responsible for your conduct in relating to other trainees, and may consult with the training group and with trainers if interpersonal problems with group members arise.
- Significant personal development is essential and integral to the training and from time to time may require additional assistance. Consultation with a trainer will be helpful in creating a workable plan for further work which could include counselling, personal work, education or travel.
- As training progresses you will be required to become an associate member of AANZPA.

CONTACT US

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