



Perth Campus

Introduction to Training in Psychodrama

Training Programme

2020

2020 Full-Year Psychodrama Core Learning – Level 1 – Perth Campus

Overview

Psychodrama is a general term that includes the philosophy, theory, and methods of Dr JL Moreno (1898-1974). Training in psychodrama, which is also referred to as action methods, is conducted in groups in which participants develop group-work leadership and the value of personal and professional development in a supportive group setting. Each participant brings to the training group a wide range of prior educational and life experiences. We gain from each other as we proceed throughout the course.

This full-year course covers the key aspects that are the basis of psychodrama methods. These include knowledge and skills in psychodrama, sociodrama, sociometry and role training. The process of training will enable integration of the theory and practice of the psychodramatic method into your professional practice.

The course includes the essentials of the theory and practice of psychodrama and is aimed at Level 1 trainees.

Who is the Course for?

This full-year course is designed for people who work with people as counsellors, coaches, organisational consultants, team leaders, community group leaders, managers, teachers or health professionals. Psychodrama training is a post-graduate course and is open to those with a degree, diploma or workplace equivalence in a relevant field.

We welcome interested newcomers. To be eligible for the course you must have had a minimum of 12 hours experiential work in psychodrama and have an initial interview with the trainer of the Campus.

Training Standards.

This training is designed in accordance with the Training & Standards Manual as set out by Australian & Aotearoa New Zealand Psychodrama Association Inc. (AANZPA Inc.) Board of Examiners Training hours are accredited with Psychodrama Australia Perth Campus towards accreditation as a Certified Psychodramatist.

For further information about psychodrama and training please visit frequently asked questions (FAQs) at www.psychodramaaustralia.edu.au

The Learning Process

Training is taught through supervised experiential learning processes, supported by reading and writing assignments. The experiential nature and reflective practice of the training will develop your thinking, appropriate new professional practice approaches and expand your creative responses in personal expression and relationships. The training involves personal development as well as skills development. Training involves teaching, supervised practice in action, shared learning and group interaction.

TOTAL TRAINING HRS 61.5	FEES <u>Full-Year</u> : Deposit to ensure a Place for the year : \$200 by 31 January. Full-Year Total: \$1,397 ; Discount if Full-Year Paid by 14 February: \$1,200 (minus Deposit) <u>Individual Workshops</u> : Payment can be Made for Individual Workshops – Payment to be received 7 days before Workshop.
FEES Pay to:	Psychodrama Australia Perth Campus (ABN 53163084151) BSB: 036041 Acct No: 284884 Please Include your name on the payment and notify Kevin when payment is made, Thank you.

Semester 1

<p>FEB 14,15</p> <p>Fri 6:30-9:00 Sat 1:00-6:00</p> <p>7.5 hours</p> <p>Cost \$170</p>	<p style="text-align: center;">Psychodrama Basics and Roles</p> <p>Scope of the Learning:</p> <ol style="list-style-type: none"> 1. Understand the Stages of Psychodrama and 5 elements of psychodrama 2. Introduce and demonstrate Psychodrama Techniques of self-presentation, doubling, role reversal, soliloquy, aside, mirroring & modelling, concretisation, maximisation and surplus reality. 3. Describe key concepts of Role and Role Theory - building on the prior learning 4. Role training, as an application of role theory; the purpose and stages in a role training session. 5. Participate in a role training exercise, 6. Demonstrate the development and naming of roles with the protagonist as a co-creative learning process, identifying the emergence of a new role. 7. Appreciate role systems in our group, our life and work
<p>MAR 27,28</p> <p>Fri 6:30-9:00 Sat 9:30-4:00</p> <p>8.5 hours</p> <p>Cost \$192</p>	<p style="text-align: center;">Roles and the Social & Cultural Atom</p> <p>Scope of the learning</p> <ol style="list-style-type: none"> 1. Understand Social & cultural atom – as the inter, intra & interactive system of roles 2. Personality as a system of roles – psychosomatic, psychodramatic & social roles; role theory 3. Create a personal sociogram on paper or participate in action 4. Understand familial roles in nucleus family and workplace/community system 5. Identify and name roles and counter-roles, complementary and reciprocal roles and understand how these relate. 6. Understand mapping role development over time 7. Recognise your own role development that has taken place over the weekend (or chosen time frame) 8. Writing – write a short paper on role development
<p>MAY 8,9</p> <p>Fri 4:30-7:00 Sat 9:30-4:00</p> <p>8.5 hours</p> <p>Cost \$192</p>	<p style="text-align: center;">Systems and Sociometry</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Systems Theory applied to the social sciences 2. Sociometric view of the structure of a system – inclusions/exclusions 3. Basic elements of sociometry; tele, networks, star, leader, isolate, rejectee, dyad, triangle. Identify application as group leader and group member. 4. Sociometric questions, investigations, measures e.g. continuum, diamond of opposites 5. Sociometric mapping of choices. 6. Conduct a sociometric measure – developing criteria and explore response 7. Writing – write a brief description of applying a sociometric measure,
<p>JUNE 19,20</p> <p>Fri 6:30-9:00 Sat 1:00-6:30pm</p> <p>8.0 hours</p> <p>Cost \$180</p>	<p style="text-align: center;">Sociodrama and Social Systems</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Sociodrama principles, concepts and practice 2. Developing a sociodramatic question, 3. Create and demonstrate Setting out the system – differences with protagonist focussed and group focussed sociodrama 4. Understand sociometric structure of the group 5. Describe the system, appreciating different world views 6. Demonstrate assessing options for system intervention 7. Writing – write a brief description of producing a sociodrama

Semester 2

<p>Aug 22,23</p> <p>Sat 9:30-5:00 Sun 9:30-1:00</p> <p style="text-align: center;">10.5 hours</p> <p>Cost \$236</p>	<p>Group Work Leadership</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Focus on Group work leadership – “the group is part of the healing” – models of group work. 2. Understand development of group-warmup and quality of group interaction, 3. Describe process of Selection of protagonist. Action cues, when & how to move into action. 4. Conduct a session including warming up the group, choosing protagonist, interview for contract, directing action, and sharing 5. Demonstrate brief reporting and self-assessment of directing practice. (Identify aspects of session such as setting out system, sociometry, body responses, auxiliary coaching, dramatic production, engagement with group), 6. Participate in processing with the group – group warmup, group development, group engagement, development or not of intergroup connections, moments of shifts in group sociometry, group dynamics. Individual responses – links with own learning edge in Groupwork or directing. 7. Write a brief paper on group leadership, demonstrating understanding of at least 2 models of group work
<p>SEPT 19,20</p> <p>Sat :1:00 – 6:30 Sun 9:30-1:00</p> <p style="text-align: center;">9 hours</p> <p>Cost \$202</p>	<p>Expanding Sociometry</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Deepen understanding of Tele and criteria of choices 2. Understand Sociometry positions, beginning with Identifying one’s sociometric position in group 3. Deepen understand of the range of sociometric techniques and appropriate use. 4. Deepen Understanding of role tests for participants when using sociometric techniques. 5. Understand patterns of relationships (e.g. sociometric distance, direction, strength) and mapping sociometric choices. 6. Understand progressive impacts and other shifts in sociometry after interventions or interaction when facing conflict.
<p>NOV 28,29</p> <p>Sat 9:30-4:30 Sun 9:30-1:00</p> <p style="text-align: center;">10 hours</p> <p>Cost \$225</p>	<p>Canon of Creativity and Integration of Learning</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Understand warmup, spontaneity and creativity as the essence of psychodrama purpose – Moreno’s Canon of Creativity 2. Conduct psychodrama or Sociodrama vignette Deepen and Integrate Learning - 3. Recognise action cues and emerging new role. 4. Naming key aspects of a role or social system in the production 5. Name the significant steps in warming up a group and a protagonist in one of the Psychodrama vignettes 6. Name some sociometric aspects of the group or the system in the production 7. Name aspects to consider in creating a Sociodrama production
<p>Venue</p>	<p>Lesser Hall, North Pert, 22 View Street, North Perth, WA 6006.</p> <p>Morning and Afternoon Tea Provided. Lunches – bring food to share or access local coffee, food and supermarket nearby.</p>

Please Note:

Comfortable clothes are recommended and participation in action is encouraged.

Each session in the series may include aspects of theory; demonstrations and participation in the Psychodrama method in action; coaching as director, protagonist and auxiliary & group sharing.

Sessions will include some processing of action and techniques, and discussions on Moreno’s philosophy will also be woven into the curriculum.

Perth Campus

Perth Campus (PC) is the Regional Western Australian learning and training campus for Psychodrama Australia (PA) which is Accredited by the Australian and Aotearoa New Zealand Psychodrama Association (AANZPA.) Board of Examiners undertake training level articulated in the AANZPA Training & Standards Manual.

**Director of Training:
Qualified Practicing
Psychodramatist &
Trainer Educator Practitioner** **Dr Kevin Franklin;** BA, BPsych, PhD, B Psych, BA Dip Ed. (Reg. clinical psychologist & psychotherapist), Member, AANZPA Inc.
Contact: M 0478 641 763, E kevfrank@westnet.com.au

**Qualified Practicing
Sociometrist:** **Helen Phelan;** MA (Human Rights), Personal & Professional Coach & Group-work Leader; Member Executive AANZPA Inc., Member ICF
Contact: M 0407 225 116, E hjphelan@iinet.net.au

**Interstate & Overseas
Trainers** For some weekend workshops and other fixtures, we invite visiting trainers from time to time

**For Further Information go
to:** www.psychodramaaustralia.edu.au & www.aanzpa.org

PAYMENTS PSYCHODRAMA AUSTRALIA Perth Campus (ABN 53163084151)
BSB: 036041 Acct No: 284884
**Please Include your name on the payment and notify Kevin when payment is made,
Thank you.**