

INTRODUCTORY SEMINAR

Each new trainee is integrated in the programme by means of participating in a 16-hour introductory seminar organized by the Centre. Introductory seminars are held regularly throughout the year to ensure the participants' experiential contact with the psychodramatic method, while presenting the theoretical framework of psychodrama.

INTERVIEW

Following participation in the introductory seminar, applicants are interviewed by the head trainer. The interview is conducted in two stages:

The first one is about assessing the applicant's experience, taking an extended personal and social history and identifying their need for the relevant training. Applicants commit themselves to participation in the training programme.

In the second part of the interview, applicants undertake to furnish a detailed CV and any accompanying proof of professional experience requested. After the interviews, applicants are assessed and notified of the outcome of the assessment, with reasons.

INITIAL STAGE: Experiential training

The first year training spreads over 12 weekends, covering 192 hours.

Training is delivered one weekend a month, covering 16 working hours, beginning at 11.00 am and finishing at 19.00 pm on both days. Trainees come in contact with and experience the psychodramatic method and process, while being given the opportunity to experience the role of the main character (**protagonist**), bringing their own personal issues to the group for processing. They practice the **auxiliary egos** through participation in other trainees' **dramas** and become familiar with the **psychodrama techniques**. The experiential work carried out during the weekend is placed in the context of the theory of psychodrama and is followed by analysis and elaboration of the respective topics.

Additional requirements: Hours of training delivered by external trainers (other than the main trainer) in the form of two-day experiential workshops, each focused on a specific topic. The total number of hours of training with other trainers required during the five-year training course is 160. Trainees may choose how many extra weekend training sessions organized by the Centre every year they are willing and able to attend.

NB: The Centre gives trainees the opportunity to attend an additional two to three similar weekend workshops a year, delivered by internationally acclaimed and renowned trainers-psychodramatists, partners of the Centre.

SECOND STAGE: advanced

The training is structured along the lines of the first stage, consisting of 14 weekends over 14 months, covering a total of 224 hours.

At this stage, trainees start practicing the psychodramatic scene, the key concepts of psychodrama and the gradual use of psychodrama techniques, starting with basic warm-ups for the group and the potential protagonists. They gradually practice using the techniques in relation to six key elements of psychodrama:

- the scene
- the protagonist
- the auxiliary egos
- the group
- the director
- the psychodrama techniques

Trainees also prepare three theoretical projects on psychodrama and the theories of personality development, which they have twenty minutes to present.

At this training stage, they are taught sociodrama and sociometry, as well as the recommended ways of applying psychodrama techniques in individual psychodrama.

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THIRD STAGE: Practical

It consists of 22 weekends and covers a total of 352 hours of training. Trainees enhance their skills by practicing within the group, in order to be able to direct a full classical psychodrama, and also develop proficiency with sociodrama.

Another basic requirement is that trainees prepare two project papers: their diploma assignment, based on their practical experience as psychodramatists, as well as a second project, which describes and assesses their experiences and involvement as trainees, and takes stock of the gains in terms of personal and professional development. Trainees are taught the code of ethics that governs psychodrama practice and is respected internationally (FEPTO).

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Additional requirements: At this stage of training, trainees are required to start their practical training outside the training group. They have to run a 220-hour psychodrama group for the following two years, i.e. 88 (eighty-eight) 2.5-hour sessions, directed by themselves under the supervision of a psychodramatist who is a partner of the Centre. During the two-year period they run their group, they receive 96 hours of supervision, i.e. 4 hours per month.

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For information about enrollment, please contact the Head of the Centre.

Psychodrama Training Hours (Total: 1450 hours)

Psychodrama self-experience	200 hours
Psychodrama advance training	384 hours
Psychodrama–Sociodrama-Sociometry theories	120 hours
Group Dynamics theory	80 hours
Psychopathology theory and mental health	40 hours
Psychodrama training with external trainers	160 hours
Psychodrama supervision (group and individual)	96 hours
Participation in Psychodrama interventions	136 hours
Psychodrama practice	220 hours
Evaluation	14 hours