ORGANIZERS:

LITHUANIAN PSCYHODRAMA ASSOCIATION

PSYCHODRAMA-INSTITUT FÜR EUROPA E.V.

PSYCHOdRAMA TRAINING

1ST (BASIC) LEVEL TRAINING

2017

„Studies gave me better and deeper understanding of myself and others, awakened my creativity and spontaneity“.

Past participant

What is psychodrama?

Psychodrama is the system of psychotherapy, based on the theory of roles by J. L. Moreno, and using action methods to explore one's inner world.

During psychodrama action a person becomes a master of his own problems. He is able to express his/her feelings freely with the help of the role play restoring past situation on the stage, while others help him/her to get important emotional and cognitive information playing the roles of significant others. Group members at the same time can also recognise their own problems and learn how to deal with them.

Psychodrama can be applied individually and with the group.

PURPOSE OF PSYCHODRAMA:

- Using action methods explore and help people to understand their problems, thereby fostering the integrity of personal growth at cognitive, attitudinal and behavioural levels, and increasing his physical and emotional well-being.

In psychodrama deep emotions can be disclosed more efficient than by verbal methods for expressing problems. Past life situations are restored here and now. In psychodrama people can experiment, try more effective behavioural models and more constructive roles.

WHY IS IT WORTH TO LEARN PSYCHODRAMA?

- Psychodrama methods help to work creatively and spontaneously;
- Action methods help to warm up group for therapeutic work more efficiently;
- One can learn the variety of methods, find your own working style;
- Qualified lecturers from Lithuania and other European countries;
- In Lithuania psychodrama is recognized as a separate branch of psychotherapy;
- The certificate is recognized in Europe;
- When you start learning you become the member of international psychodrama learning community.

"In the beginning was the act" (J. L. Moreno)

Authors: Assoc. Prof., PhD Albina Kepalaite and PhD Viktorija Vaisvilaite, 2014. Training program prepared in accordance with the requirements of PIfE (Psychodrama Institut für Europe, Berlin).

TRAINING STRUCTURE

1 STEP: 1ST (BASIC) LEVEL

Introduction session (20 h.)

- Introduction to training program
- Personal experience in the group
- Setting learning contract

12 sesssions (240 h.)

- Personal experience in the group
- Presentation from theoretical studies
- Practical application of psychodrama techniques
- Sessions takes place once in 2-3 months (Friday 4 p.m. – Sunday 5 p.m.)

Writing protocols (40 h.)

- Protocols about process of sessions from regular group

Individual psychotherapy (40 h.)

- Individual psychotherapy

Theoretical studies (100 h.)

- Theoretical studies in small groups
- Small groups meet in between the sessions

Certification: ***psychodrama assistant***

Total duration - **560 h.**

Special seminars (36 h.)

- Special and theoretical seminars are led by psychodrama specialist from PIfE or other foreign institutions
- The purpose of these seminars is to deepen the skills of psychodrama (special seminars) and theoretical knowledge (theoretical seminars), and to gain insight about foreign psychodrama practice
- Seminars are organized by Lithuanian Psychodrama Association (LPA)

Theoretical seminars (54 h.)

Paper work (30 h.)

- Writing theoretical paper work on chosen theme
- Presenting paper work for the learning group

Authors: Assoc. Prof., PhD Albina Kepalaite and PhD Viktorija Vaisvilaite, 2014. Training program prepared in accordance with the requirements of PIfE (Psychodrama Institut für Europe, Berlin).

2 STEP: 2nd (QUALIFICATION) COURSE

Certification: ***psychodrama therapist or leader***

Total duration - **1060 h.**

Introduction session (20 h.)

- Introduction to training program
- Modelling the role of psychodrama therapist
- Setting learning contract

12 sessions (240 h.)

- Personal experience in the group
- Presentation from theoretical studies
- The analysis of psychodrama process, psychotherapy factors

Writing protocols (40 h.)

- Writing 15 protocols about group process

Special and theoretical seminars (each approx. 60 h.)

- Special and theoretical seminars are led by psychodrama specialist from PIfE or other foreign institutions
- Seminars are organizes by Lithuanian Psychodrama Association (LPA)

Paper work (30 h.)

- Paper work on chosen theme, disclosing variety of possibilities to apply psychodrama

Intervision (100 h.) and theoretical studies (100 h.)

- Independent work in peer intervision groups
- Practical application of psychodrama

Applying psychodrama at work (160 h.)

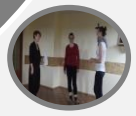
- Practical application of psychodrama at work

Supervision (90 h.) and individual psychotherapy (80 h.)

- Supervision (individual and in the group)
- Individual psychotherapy

Finnal paper work (60 h.)

- Presenting final paper work in the group
- The analysis of psychodrama application at work – must be part in the final paper work



Finnal egzam (20 h.)

- Presenting final paper work for commission in psychodrama way

REQUIREMENTS:

FOR 1ST (BASIC) LEVEL:

- **To gain psychodrama assistant's qualification:** higher education in the social sciences (psychology, sociology, educational science), biomedical sciences (medicine, nursing), humanities (philosophy, philology, theology) or the various arts (theater, dance, visual arts, culture) + 2 years practice in professional field.

FOR 2nd (QUALIFICATION) LEVEL:

- **To gain psychodrama therapist's qualification:** Master's degree in psychology, social work or medical fields + psychodrama assistant diploma.
- **To gain psychodrama leader's qualification:** psychodrama assistant diploma.

ADMISSION PROCESS:

- **1st step.** Write to mokymai@psichodrama.lt

- **2nd step.** Fill in application form and motivational letter (you will get it from training coordinator with the reply to your inquiry).

- **3rd step**. Come to the interview with trainers.

- **4th step.** Participate in the introduction session and make final decision to study, setting learning contract with the group.

CONTACTS

E-MAIL: mokymai@psichodrama.lt

LPA WEBSITE: www.psichodrama.lt

FACEBOOK: https://www.facebook.com/lietuvospsichodramosdraugija.lpdd

PIFE WEBSITE: www.pife-europe.eu