Psychodrama Institute of Melbourne
Term 3
2020 Training Program

Training in Psychodrama, Sociometry, Role Training, Sociodrama, Role Theory, Leadership and Group Work
Hi

Our new online program continues into Term 3 and commences on 14 July 2020. Working in cyber space allows us to carry on psychodrama training during the era of coronavirus and give the best support and encouragement to you during these amazing times so that your work and training continues well. There are additional workshops and events, befitting the current conditions, including the Theatre of Spontaneity (ToS) on the last Sunday of the month for our trainees, practitioners, the general public and guests. **We are beginning a new training group soon (Level 1), enrolment dates and details are imminent.**

You may have questions, so please orient these directly to me on 0417 586 791. I am coordinating our training program. All you need to do is let me know what you are interested in doing and we can discuss this. Trainees in the ongoing training programs (3 groups) will receive letters of confirmation regarding their group. Ongoing and regular one-to-one supervision for all trainees continues to be a significant part of this year’s training program. It protects and supports every trainee and also the people you are working with. It is therefore necessary for ongoing training and the completion of your course (see further on).

This program attached also contains the general program, structure and guidelines along the lines of previous programs. It includes the PIM philosophy, methodology, training structure and content. However, in brief, there will be six-week training groups and activities in Term 3, and at the end of this period, we will evaluate together our next steps.

We are creating anew, ‘in the new, in the here and now’, and therefore this requires our greatest spontaneity and creativity. It is a very exciting time, with many opportunities.

**Term 3 venue:** The venue is the Zoom Room. Housekeeping and zoom guidelines will be carried out prior to each workshop starting.

**The Six Week Training Groups:**
There are 3 training groups in Term 3 and the focus is determined by the Trainer and the group members. These groups will be run with a trainer at each session. A commitment to the entire 6-week program is required, however payment may be made on a weekly basis. We envisage that trainees will take turns to conduct warm ups, and direct vignettes and sharing phases at each session under supervision. The use of various techniques will be explored and practised. There will be times for processing sessions and homework. The duration of each group is 1.5 hours. The fee is $35.00 per session.

**The Trainers:**
Lethe Gaskin is conducting the training group on Tuesday mornings, from 10-11.30 am. Katrina Gaskin is running the training group on Wednesday mornings from 11.30 am to 1 pm. Sue Daniel is leading the night training group, from 7.30 – 9 pm on Thursday evenings. Trainees may attend all three groups if they wish, however an interview is necessary.

**Term 3 dates for your diaries!**

**Training Group 1 – Tuesday mornings: Lethe**

**Training Group 2 – Wednesday mid-mornings: Katrina**
Beginning Wednesday 15 July from 11.30 am – 1 pm and continuing 22 & 29 July, 5, 12 & 19 Aug.

**Training Group 3 – Thursday nights: Sue**
Beginning Thursday 16 July from 7.30 – 9 pm and continuing 23 & 30 July, 6, 13 & 20 August.

After the six-week program, there will be a break and we will then decide where to next given what is happening at that time in our world.
What’s interesting to me? Psychodrama Reading Groups for trainees and practitioners: Lunchtime on the last Monday of the month from 12-1 pm; the next one is July 27. The structure is small group. This Monday group is now full. A second Reading Group is beginning on the last Friday of the month (31 July) from 1-2 p.m. Each month a moderator will present something from their reading of books, articles, podcasts that have relevance for their day to day living or psychodrama practice. Enquiries: Sue - 0417 586 791

“Have a coffee with me!” Lunchtime weekly ‘Drop In’ Meetings: We are currently taking a break from this drop-in café, which took place through Term 2 every Thursday from 12-1. Thanks to Katrina Gaskin, who hosted this event, we were able to provide a virtual place to connect and chat. Let’s see if it takes off again in term 3, or we can create something new. Enquiries and Ideas: Sue - 0417 586 791

The Writing Bud led by Helen Fryer fortnightly on Monday evenings from 7-8.30 pm ends on 27 July.

Monday Evenings & Saturday Mornings: Yogic breathing and Psychodrama: Settling with Self and Others: On Monday evening 20 July from 7 – 8.30 p.m Gavin O’Loughlin will lead a session so that people can meet and connect with the yoga practice of Pranayama (a breathing practice) and Psychodrama Concretisations. This is one of two evening sessions, the other being a fortnight later, on 3 August. In addition Gavin is conducting two Saturday morning sessions, 25 July & 8 August. You can do one or more sessions. The fee is $10.00 per session payable to PIM. Interested? Text Gavin first on 0403 597 685.

The Moreno Psychodrama Society continues to host its monthly online electronic Theatre of Spontaneity (ToS); last Sunday of the Month, 6.30- 8.30 p.m.

Supervision and Professional Development Groups

NEW! Short-Term Small Group Supervision for Advanced Trainees: This group is specifically for PIM trainees who are working toward taking their Practicum. Enquiries: Sue - 0417 586 791

Open Monthly Supervision Group on Friday Mornings (9 sessions): Katrina Gaskin is conducting a Psychodrama Supervision Group on the first Friday morning of the month; 7 August, 4 September, 2 October and 6 November. This ongoing group, which commenced in March, is for psychodrama practitioners, advanced trainees and other professionals. You will have the opportunity to bring forward aspects of your work with clients or groups, to further develop your skills and roles as group leaders, clinicians and practitioners, and also to lead the group and practice your directing. You can expect a sparkling year of growth and fun. An interview is required to join this group. Contact Katrina (katrinagaskin@hotmail.com).
Fees: $30.00 payable to Katrina (0455 254 801).

Professional Development Group for Accredited Practitioners: 6 Mondays, 1-2.30 pm.
How to develop and further grow the skills that you have within you including those you gained through your training? In this series of 6 workshops, one each week, it is envisaged that a different practitioner may lead or co-lead the group. This group is for certified practitioners only. Lethe Gaskin and Helen Fryer are the organisers. The material will come from the group. Continuing 27 July and continuing 3 & 10 August. Contact: Lethe (lethegaskin@hotmail.com) +64 22 500 1266

Note: Whilst the above two groups are now full, other groups can be formed. Interested? Contact Sue – 0417 586 791
The Psychodrama Institute of Melbourne

The Psychodrama Institute of Melbourne (PIM) provides training, supervision, and professional & personal development courses in leadership, psychotherapy, counselling, staff development and organisational consultancy. The institute has at its core the sociometric principles of the founders of psychodrama, Dr. J. L. Moreno (1889-1974) and Zerka T. Moreno (1917-2016). The Director of PIM is Sue Daniel.

The Training Program in the Era of Coronavirus – Term 3

The aim of the training is to develop theoretical knowledge and practical ability in the methods of psychodrama, sociometry, sociodrama, role training and group work through informal mini-lectures, supervision, reading, writing and supervised practice in groups. The training is designed for people working or studying in such fields as psychology, psychiatry, psychotherapy, social work, education, welfare, the arts, health, counselling, organisations and pastoral care. The program is very broad to allow for the online nature of our groups this term. There are weekly training groups, supervision groups, professional development groups, a practicum group and a range of new events.

Methodology:

The experiential method interwoven with theoretical knowledge is at the core of the program. This method involves trainees actively experiencing the emotional and sensory impact associated with participation and involvement in a situation, while experiencing full intellectual functioning. Role analysis and group interaction are all part of the learning process. While psychodrama techniques and role theory are integral to the training process other creative methods are also used.

Training Activities:

Training generally begins with Level 1 (1 year), followed by Level 2 (2 years) and then Level 3 (2 years). This ongoing training is held over 4 terms each year and includes workshops, writing and supervised practice. Trainees are encouraged to apply their new learning between terms as this contributes richly to their growth. We expect trainees to be able to recognise their strengths and growing edges as the learning proceeds. One-to-one supervision is a requirement and additional fees apply. There is a 4-Day ONLINE Psychodrama Workshop in October. Other events and workshops in our program are open for our trainees, for our practitioners, or those interested in the diverse applications of the psychodrama method.

Supervision and Professional Development Groups:

A short-term **Weekly Supervision Group** is being held for those advanced trainees working toward their Practicum.

The **Monthly Supervision Group** allows for a unique small group supervision process. The sessions provide an in-depth focus on all aspects of practice, philosophy and theory as well as participants’ functioning as group leaders or one-to-one practitioners. This group is open for accredited practitioners, advanced trainees and other professional people.

*Several of our trainees and practitioners are conducting a range of groups (see PIM website: Other Services).*
Description of Curricula

The training program for 2020 includes the essentials of psychodrama theory and practice and its practice in any culture or setting. Knowledge and application of systems theory, role theory, surplus reality, psychodramatic techniques, sociometry, sociodrama and role training are covered. To encourage a full experience of the method, the training groups may sometimes be made up of participants from all levels. This structure exposes new and advanced trainees to a rich experience of the method including learning about group dynamics and processes, making the training very lively. Trainees are taught directing, role analysis, group leadership and auxiliary skills through coaching and supervised practice. Trainees who apply their learning in their workplace are required to have regular supervision and each trainee’s unique expression is encouraged. This process of training equips trainees in the greater application of the psychodramatic method in their work and life as well the development of the skill and confidence to conduct different types of group sessions and do psychodramatic work with a range of people.

Creativity and spontaneity are at the heart of the psychodrama process and trainees are encouraged to take initiative in their own development. It is expected that they will attend all sessions of their training group, some additional workshops and other events. There is some written work. At the end of the first year, a reflection piece is required. Within two years of training we expect that most trainees will have completed a paper on the practical application of psychodrama, or, a social and cultural atom paper. Trainees may also start to prepare their major paper, a journal article or thesis on a specific interest or on their application of the method, or create a project. The ability to work independently and have a clear sense of self is a significant factor in becoming a psychodramatist. Every advanced trainee must have run a group and be in an ongoing one-to-one supervisory process in order to complete their training. Membership of the Moreno Psychodrama Society is a requirement for our trainees. It is also the registration body for our accredited practitioners in order to maintain their certification as Psychodrama-Directors (Psychodramatists).

Practicum for Psychodrama Directorship:
Trainees who have completed two papers or a paper and a project or thesis, and have a minimum of 800 training hours, 100 of which comprise at least 50 hours of one-to-one supervision and 50 hours of small group supervision, may, after consultation with their trainers, supervisor and training group, apply in writing to the Australian and Aotearoa Board of Psychodrama to do their practicum.

Supervision: Ongoing one-to-one supervision is essential for all trainees. We also recommend attending monthly small group supervision sessions on Friday mornings and/or the Practicum Group.

Personal and Professional Development Groups: These psychodrama groups are open for anyone who wishes to explore and enter into new and vital ways of living. Trainees may also want to avail themselves of some extra role development in this therapeutic environment and practice their auxiliary skills.

Individual Psychotherapy and Counselling:
Sessions for individuals, couples, children and families are by appointment. Contact the office (0417 586 791) or the individual practitioners.

Counselling and Psychotherapy Sessions
Individual, couple and family therapy sessions are available from practitioners working at PIM. Several advanced trainees and practitioners are offering a range of services (see PIM website). They, and the following practitioners may be contacted directly for supervision or counselling: Sue Daniel: 0417 586 791, Lethe Gaskin: +64 22 500 1266, Katrina Gaskin: 0455 254 801, and Helen Fryer: 0402 029 069.
PIM Faculty

TRainers

Sue Daniel is the Director of the Psychodrama Institute of Melbourne. She is an international trainer, educator and practitioner of Psychodrama (TEP), who teaches in universities, hospitals and institutes worldwide, and a psychologist and psychotherapist in private practice in Melbourne. Sue founded PIM, the Moreno Psychodrama Society and the Australian and Aotearoa Board of Psychodrama. She enjoys travelling and yoga.

Lethe Gaskin is a Psychodramatist (TEP), psychologist and group psychotherapist working in private practice in Melbourne and Wellington, Aotearoa (New Zealand). She is a founding member and past-Chairperson of the Australian and Aotearoa Board of Psychodrama. Lethe is actively involved in the life of the Moreno Psychodrama Society.

Katrina Gaskin is a Psychodramatist (TEP), counsellor and supervisor working in private practice in Melbourne. She is a founding member of the Moreno Psychodrama Society and the Chairperson of the Australian and Aotearoa Board of Psychodrama.

Visiting Teachers

Helen Fryer is a psychodramatist and psychotherapist, living and working from her home in Hobart, looking over Kunanyi/Mt Wellington and the ever-changing River Derwent in Tasmania. Here, she co-facilitates a creative art therapy program, ‘Awakening the Heart’. Helen is currently completing her studies in Jungian sand play therapy. Besides playing the piano, Helen loves African dancing, singing and drumming.

Gavin O’Loughlin is a Psychodramatist (AABP) and Yoga Teacher. He has a Social Work qualification and has worked in Youth Justice, Child Protection and Disability Employment. He has a strong environmental interest, sailing, sculpture and drawing amongst other recreations. In 2020 he is offering personal development groups incorporating some understandings from yoga.
Other Training Information

Qualification for Admission

Applicants are not required to have previous experience in psychodrama, but must have other relevant training, for example, a graduate degree or the equivalent and have the resources to commit themselves to the training program and its requirements. Although many trainees go on to certification, some may enrol to enlarge their armamentarium of intervention, to learn more about action and group methods. Interviews are essential for Level 1 applicants and trainees resuming training, transferring from other institutes or those from overseas.

Assessment and Accreditation

The training events within this program are assessed within the institute in consultation with the Australian and Aotearoa (New Zealand) Board of Psychodrama (AABP). On completion of a year of training a person may achieve the level of Auxiliary Ego. The second certificate of Psychodrama Assistant-Director may be gained after three years of ongoing training and completing a written paper. After five years of psychodrama training a person may apply to become a Psychodramatist. This may involve a further year in a practicum group, and ongoing individual and group supervision. A minimum of 800 hours of training is required which includes 700 hours of ongoing training and education, 50 hours of group supervision and 50 hours of one-to-one supervision, two papers or a paper and a project. There are extra fees for supervision, paper assessments and the practicum. Practicums are normally held in November. All training courses for PIM trainees are accredited through PIM, the Australian and Aotearoa Board of Psychodrama and the Moreno Psychodrama Society.

Applications and Fees

Applications for each event are to be made to PIM, or where specified to a Trainer or Practitioner. Payment of fees are by bank transfer or credit card. Training and supervision fees are inclusive of and attract GST. Fees have once again been kept to a minimum for Term 3, so please respect that they are non-refundable.

The PIM Library

At the present time materials are open to our trainees and members of MPS through an online Drop Box system. Please contact the Administrator (details below) for admission to this resource. The PIM library is a rich resource with papers, theses and projects, written and created by our trainees, practitioners and trainers, illustrating the wide application of the Morenian Psychodrama Method. Membership of the Moreno Psychodrama Society includes an online e-Journal ‘The Mirror’. December 8, 2020 will see the publication of the 16th edition.

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