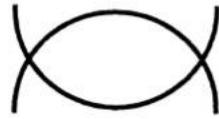


# Psychodrama Institute of Melbourne



## 2021 International Training Program



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



## Zoom into Term 1 for the 2021 PIM online Program

2021 marks PIM's 20th anniversary as a psychodrama training institute. We are planning a number of events from 22-24 July in celebration of this remarkable anniversary.

Our online program commences for Term 1 in 2021 with the [Opening of the Institute](#) on [Friday evening, 19 February 2021](#). Working online enables us to broaden our psychodrama training globally and gives our participants an immediate experience in their learning and development. The program includes courses held over 4 terms per year, supervision groups, lots of additional workshops to choose from, an annual 4-Day International Psychodrama Intensive (15-18 October 2021, page 4) and the electronic Theatre of Spontaneity (ToS), which is held on the last Sunday of the month from February to November: see [www.moreno-psychodrama-society.com](http://www.moreno-psychodrama-society.com)

Information about our institute is on pages 6-8 in this program. You may have questions, so please direct your enquiries to Sue Daniel on 0417 586 791. As the Director of PIM she is coordinating the training program and conducting the interviews for new applicants. Those in ongoing training will receive information and letters of confirmation regarding their groups in January. Regular one-to-one supervision and small group supervision for all advanced trainees is a significant part of our training program and a requirement both for ongoing training and the completion of your course. Supervision is tailored to suit each trainee and the application of psychodrama to their field of work.

This document outlines the general program including its structure and guidelines. It includes the PIM philosophy, methodology, training structure and content. In brief, there will be 4 x six-week ongoing training groups, and many other activities during the year, with our final training on Monday, 29 November 2021 (see page 3 for dates and times).

We are continuing to create in the 'here and now', and therefore this requires everyone's greatest spontaneity and creativity. It is a very imaginative time, with many opportunities for all to develop new roles and leadership skills.

**Term 1 Venue:** The venue is the Zoom Room. Housekeeping and zoom guidelines will be carried out prior to each workshop starting.

### The Six Weekly Training Groups

In 2021 there are 4 training groups beginning in Term 1. A commitment to the entire 6-week program is required. We envisage that trainees will conduct warm ups, as well as directing vignettes in their sessions with supervision. The use of various techniques will be explored and practised. There will be time allocated for processing sessions and writing. The duration of each group is 1.5 hours. The fee is \$240.00 per term.

### The Trainers

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

A new, open training group is being held on Monday evenings, from 5.30-7pm. All our trainers will be involved in the teaching, during different terms of 2021 for this group.

*For a description of our Faculty's Trainers see page 5.*

## Term 1 Dates for your Diaries!

Open Night: Friday 19 February 2021, 7.30-9pm

### **Open Training Group (NEW) – 5 Monday Evenings + 1 Friday Evening all from 5.30-7pm:**

Beginning 22 February from 5.30-7 pm and continuing 1 March, (no session 8/3 due to public holiday) Friday, 12 March, then continuing on Mondays, 15, 22 & 29 March.

Trainers in Term 1: Sue Daniel & Lethe Gaskin

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### **Advanced Training Group 1 – Tuesday mornings: Lethe Gaskin**

Beginning 23 February from 10-11.30 am and continuing 2, 9, 16, 23 & 30 March.

### **Advanced Training Group 2 – Wednesday mid-mornings: Katrina Gaskin**

Beginning 24 February from 11.30 am – 1 pm and continuing 3, 10, 17, 24 & 31 March.

### **Advanced Training Group 3 – Thursday nights: Sue Daniel**

Beginning 25 February from 7.30-9 pm and continuing 4, 11, 18 & 25 March and 1 April.

**Plus** the Monday Lunchtime Reading Group, at least 3 ToS events, a possible solo or co-led presentation at a ToS during 2021, and membership of a monthly supervision group (see all dates and times next page).

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## Term 2-4 Dates

### **Monday Evening Open Training Group (NEW), from 5.30-7 pm**

**Term 2:** Beginning 10 May from 5.30-7 pm and continuing 17, 24 & 31 May, 7 June (no session 14/6 due to Public Holiday) & 21 June. (Trainers: Sue Daniel & Katrina Gaskin.)

**Term 3:** Beginning 26 July, 2, 9, 16, 23 & 30 August. (Trainers: Lethe & Katrina Gaskin.)

**Term 4:** Beginning 11 October, (no session 18/10 due to the 4-Day Intensive), Friday 22 October, and then continuing on Mondays, 25 October, (no session 1/11 due to Melbourne Cup long weekend) 8, 15 & 22 November. (Trainers: Sue Daniel & Lethe Gaskin)

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### **Advanced Training Group 1 – Tuesday mornings from 10-11.30 am**

Term 2: Beginning 11 May and continuing 18 & 25 May and 1, 8 & 15 June, plus 2 -3 Peer meetings.

Term 3: Beginning 27 July, 3, 10, 17, 24 & 31 August, plus 2 -3 Peer meetings.

Term 4: Beginning 12 October and continuing 19 & 26 October, (no session 2/11 due to Melbourne Cup long weekend), continuing 9, 16 & 23 November.

### **Advanced Training Group 2 – Wednesday mid-mornings**

Term 2: Beginning 12 May from 11.30 am – 1 pm and continuing 19 & 26 May and 2, 9 & 16 June plus 2 - 3 Peer Meetings after Terms 2 & 3.

Term 3: Beginning 28 July, 4, 11, 18 & 25 August and 1 September.

Term 4: Beginning 20 & 27 October and 3, 10, 17 & 24 November.

### **Advanced Training Group 3 – Thursday nights**

Term 2: Beginning 13 May from 7.30-9 pm and continuing 20 & 27 May and 3, 10 & 17 June plus 2 -3 Peer Meetings after Terms 2 & 3.

Term 3: Beginning 29 July, 5, 12, 19 & 26 August and 2 September.

Term 4: Beginning 21 & 28 October and 4, 11, 18 & 25 November.

**Plus don't forget** the 4-Day Psychodrama Intensive, Friday-Monday, 15-18 October and the PIM 20<sup>th</sup> Birthday Celebrations 22-24 July 2021; Thursday online get together, Friday workshops & Saturday Party.

*The Training Review night for all groups is on Monday, 29 November 2021 from 7.30-9 pm.*

**What's interesting to me? Monthly Monday Psychodrama Reading Group** for trainees and practitioners: from 12-1 pm. **Dates:** 1 March, 29 March, (none in April), 3 May, 7 June, 5 July, 2 August, 6 September, 4 October & 8 November (none on 1/11) (9 meetings). The structure is medium group. Each month a moderator will present something from books, articles, podcasts that are related to psychodrama. **Enquiries:** Sue - 0417 586 791

The Moreno Psychodrama Society hosts its monthly online *electronic* Theatre of Spontaneity (ToS) in 2021: On the last Sunday of the Month, 6.30- 8.30 p.m. **Dates:** 28 February, 28 March, (none in April), 30 May, 27 June, 25 July, 29 August, 26 September, 31 October and 28 November (9 workshops). **Enquiries:** Ted – 0410 536 791

## The 4-Day Annual International Psychodrama Intensive 15-18 October 2021

In this 4-Day event, Friday through to Monday, we will be meeting either in a true encounter in virtual reality or in a four-day retreat by the sea or in the mountains. If by zoom the workshop will be creatively designed to accommodate several different world time zones. For example, Australia: 2.30-7.30 pm (5 hours each day), Aotearoa (New Zealand): 4.30-9.30 pm, Japan: 12.30-5.30 pm and India: 9 am -2.30 pm. The practice of being in the 'here and now' is our methodology, with spontaneity at its core. English Language. Friday and Monday sessions must be attended for a full learning experience. We start and finish on time each day. Confidentiality is observed, no recording of sessions or screen photos. An interview with the leader of the workshop, Sue Daniel, is required.

**Who can apply:** The workshop is open to practitioners, trainees, group leaders and trainers across a range of disciplines, including the health and education fields.

The workshop will be on sociometry, sociodrama, role theory and psychodrama. The content will come from the group.

**Dates:** Friday – Monday 15-18 October 2021

**Online Fees only:** \$AUD350.00 (4-Days), \$300 (3 Days). If we decide to have a retreat, meals and accommodation fees will be extra.

All enquiries to the PIM administrator, Ted Bugarski: 0410 536 791, pim@netspace.net.au

## Supervision Groups

**Monday Small Group Supervision** for Advanced Trainees from 1.30 – 3 pm (10 sessions):

Sue Daniel and Lethe Gaskin are conducting a Psychodrama Supervision Group on the Last Monday afternoon of the month beginning 22 February, continuing 29 March, 26 April, 31 May, 28 June, 26 July, 30 August, 27 September, 25 October & 29 November.

**Fees:** \$40.00 payable to PIM.

**Open Monthly Supervision Group on Friday Mornings** (8 sessions) from 9.30 am-12.30 pm:

Katrina Gaskin is conducting a Psychodrama Supervision Group on the first Friday morning of the month.

**Dates:** 5 March (none in April), 7 May, 4 June, 2 July, 6 August, 3 September, 1 October & 5 November.

**Fees:** \$40.00 (Trainees) MPS members (\$50.00) Others (\$60.00) payable to PIM.

**Short Online Groups in 2021 – Brochures on application**

Personal and Professional Development Groups – 4 week courses.

Coaching Using Action Methods (Individual and Group Sessions).

Groups for Teachers: Sociometry in the Classroom.

The Use of Sociometry and Psychodrama in One-to-One therapy.

Role Theory in Couple Counselling.

All enquiries to Sue Daniel: 0417 586 791

### 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 in 2001, and the Moreno Psychodrama Society and the Australian and Aotearoa Board of Psychodrama in 2003. 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.

During 2021 we will invite several other psychodramatists to contribute to our program.

### Celebrating 20 years of Psychodrama at PIM 22-24 July 2021



The opening of PIM 22 July 2001 in Collingwood, Melbourne was a grand event. Almost 90 people attended. Since then we have expanded our program and work in Morenian Psychodrama worldwide. The accompanying association, Friends of Psychodrama (FoPIM) developed into the Moreno Psychodrama Society (MPS) in 2003, along with the inauguration of the Australian and Aotearoa (New Zealand) Board of Psychodrama. It is a tripartite structure, made up of institutes (3), a society and a board. All our practitioners and trainers are accredited through the Board, and, as practitioner members of MPS, are registered and board certified psychodramatists.

In celebration of our 20<sup>th</sup> birthday, we are holding several events:

On **Thursday 22 July**, we are holding an online get together, from **6-8pm** and inviting all our practitioners and those who have travelled with us over the years, to join us.

On **Friday 23 July**, there will be several online workshops with several leaders, starting at 1.30 pm and finishing at 5.30 pm.

There will be a party on **Saturday 24 July 2021**. Food has always been a focus at PIM; everyone bringing interesting foods from their respective cultures to our events, especially for sharing at our lunch table on workshop days. This brought such an added richness to our relationships, and much warmth to PIM.

With this menu of events, all our friends, from near and far can join in the celebrations.

Enquiries, RSVP and details contact Ted on 0410 536 791 or write to him at:  
[pim@netspace.net.au](mailto:pim@netspace.net.au)

# 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), with its focus on relationships. The Director of PIM is Sue Daniel.

## The Training Program in the Era of Coronavirus – Term 1

The aim of all training is to develop theoretical knowledge and practical ability in the methods of psychodrama, sociometry, sociodrama, role theory, role training and group work through informal mini-lectures, individual supervision, reading, writing and supervised practice in groups. The program is designed to meet the needs of the trainees as they develop. In 2021 the program will largely continue online with additional training events being organised once social distancing becomes redundant. There are the weekly training groups, supervision groups, reading groups and personal and professional development groups, and a specific supervision program for those going for their practicums. Our training program is suitable for people working or studying in such fields as psychology, psychiatry, psychotherapy, social work, education, welfare, the arts, health, counselling, organisational development and pastoral care.

### 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, and to have the necessary resources for group work. Both one-to-one and small group supervision is a requirement and additional fees apply. There is a 4-Day Psychodrama Workshop in October, which may take the form of a retreat, or be online. This will depend on the state of the world. Other events and workshops in our program are open for trainees, practitioners, and those interested in the diverse applications of the psychodrama method.

### Supervision and Professional Development Groups:

A *Monthly Supervision Group* is being held for advanced trainees working toward their Practicum. Lethe Gaskin and Sue Daniel are the leaders.

A second *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 to accredited practitioners, advanced trainees and other professional people. Katrina Gaskin is the leader.

### Other Services:

Several of our trainees, trainers and practitioners are conducting a range of groups or individual counselling and supervision sessions in 2021. See the link below for Other Services on the PIM website.

## Description of Curricula

The training program for 2021 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 workplaces must 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, additional workshops and other events hosted by the MPS. There is some written work. At the end of the first year, a reflection essay 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, journal article or thesis on a specific interest, their application of the method, or create a project around this time. 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 regular ongoing one-to-one supervision in order to complete their training. Membership of the Moreno Psychodrama Society is a requirement for all of our trainees. MPS is also the registration body for our accredited practitioners so that they can be registered Psychodramatists.

### Practicum for Psychodrama Directorship:

Trainees who have completed two papers or a paper, 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 primary trainers, supervisor and peers, 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.

### 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 individual practitioners (see Other Services on the PIM website).

### Counselling and Psychotherapy Sessions

Individual, couple and family therapy sessions are available from practitioners working within PIM. Several advanced trainees and practitioners are offering a range of services (see Other Services on the PIM website).

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. Meenakshi Kirtane (For India only) is available for supervision: meenakshi.kirtane@maanastis.com

## 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 (roles) to commit themselves to the group training program and its requirements. Although many trainees go on to certification as a psychodramatist, some may enrol to enlarge their armamentarium of intervention, to learn more about action and group methods. Interviews are essential for Level 1 applicants, trainees resuming training, those transferring from other institutes, or those from overseas.

### The Discipline of Psychodrama

Psychodrama is the study of human beings in their environment. It is also an interpersonal, experiential practice, with an underlying philosophy of creativity and spontaneity, and theory of human relations. It sits alongside the disciplines of psychology, sociology and anthropology.

### Assessment and Accreditation

PIM is an accredited training institute with the Australian and Aotearoa (New Zealand) Board of Psychodrama (AABP). The training events are assessed within the institute. On completion of one year of training in Level 1, a person may achieve the certificate of Auxiliary Ego. Level 2 is two years of training and supervision. On completion of a written paper the person achieves the certificate of Psychodrama Associate. Level 3 is 2 years of training, during which all trainees must have run a group under supervision. After the fifth year of training a person may apply to become a Psychodramatist after discussion with their primary trainer and their peers. This may involve a further year in a practicum training group and ongoing regular individual and group supervision. To fully complete the training course a minimum of 800 hours is required; 700 hours of ongoing training, 50 hours of group supervision, 50 hours of one-to-one supervision, and a second paper, project or thesis. Practicums are held anytime during the year, with at least 3 months notification. Once through the practicum, the person gains the certificate of Psychodrama Director. They are then entitled to call themselves a Psychodramatist. After a provisional year as a Psychodramatist, the person is invited to become a registered and certified Psychodramatist with the MPS.

There are extra fees for supervision, paper assessments and the practicum.

### Applications and Fees

Applications for each event are to be made to PIM. 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 in 2021, so we would appreciate that you realise 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 (see below) for admission to this resource. The PIM library has a rich resource of papers, theses, DVD's and projects, most of them written and created by our trainees, practitioners and trainers, illustrating the wide application of the Morenian Psychodrama Method.

### The Moreno Psychodrama Society

All advanced trainees are required to be a member of MPS. They can enjoy the community of psychodramatists and friends of psychodrama; likeminded people, with similar aspirations as they, with a long experience in this unique field. Membership of the Moreno Psychodrama Society includes an online e-Journal 'The Mirror'. The publication date for 17<sup>th</sup> & 18<sup>th</sup> edition of this journal is June 8 and December 8, 2021. Copy is required at least 2 months before these dates.

## Psychodrama Institute of Melbourne

<https://psychodrama-institute-melbourne.com>

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