

PSYCHODRAMA INSTITUTE OF
MELBOURNE
2025



TRAINING IN PSYCHODRAMA
SOCIOMETRY
SOCIODRAMA
ROLE THEORY
ROLE TRAINING
LEADERSHIP
GROUPWORK

Welcome to the 2025 PIM Program

(Physical and Online Workshops)

The Psychodrama Institute of Melbourne opens on Saturday Afternoon, 22nd of February 2025 from 2.00-5.00 pm at the Hurstwood Clinic, 16A Toorak Rd, South Yarra.

(The 'Online Open Night' is on Tuesday, 25 February from 7.30-8.30pm (AEDT) for people who live in other Australian cities or overseas and are interested to attend an online training course.)

The **2025 PIM Program** includes ongoing psychodrama training courses and workshops held over 4 terms and an annual 4-Day International Psychodrama Intensive, 10-13 October 2025.

About our training program:

The program offers all participants a rich experience of the method including learning about group dynamics and processes. Trainees are taught directing, role analysis, group leadership and auxiliary skills through coaching and supervised practice. Trainees who apply their learning in their workplaces undertake regular supervision with each trainee's unique expression encouraged. This process of training equips them in the application and integration of the psychodramatic method in their work and life as well as the development of the skill and confidence to conduct different types of group sessions with a wide range of people.

The program is designed to include the essentials of psychodrama theory and practice and its practice in any culture or setting. Knowledge and application of Morenian systems theory (sociometry), role theory, surplus reality, psychodramatic techniques, sociodrama and role training are covered. 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.

To encourage a full experience of the method, our Open Day (February 22), the Empty Chair Workshop (February), and the 4-Day Annual Psychodrama Intensive (October) are Open Groups. Monthly Reading Groups are open to MPS members, trainees and practitioners.

Our physical venue is the *Hurstwood Clinic* in South Yarra. Online sessions are held in the PIM Zoom Room. Working online enables us to continue our psychodrama training globally giving all trainees and participants the opportunity for a very rich cultural experience. In addition, we offer a range of groups which you can find on our website.

Faculty members in 2025: Sue Daniel, Lethe Gaskin, Katrina Gaskin, Jun Maeda and Helen Fryer. Further information about our institute can be found in this program, including a brief outline of the program and its structure, content, guidelines, philosophy and methodology.

All enquiries, contact the Director of PIM, Sue Daniel on 0417 586 791
or the PIM Administrator, Ted Bugarski on 0410 536 791.

PsychodramaInstituteMelbourne@gmail.com

Thursday Evening Training Group

Hurstwood Clinic, 16A Toorak Rd, South Yarra
FEBRUARY-NOVEMBER 2025

TERM 1

Open Day: Saturday Afternoon, 22 FEBRUARY 2025 from 2.00-5.00pm.

Includes an Afternoon Tea

4 Thursday Evenings, 27 FEB, 6, 13 & 20 MARCH.
and 1 Sunday, 23 MARCH from 10.00am-5.30pm.

The Thursday Evening group commences on the 27th of February and continues on 6, 13, & 20 March from 7.00–9.30pm plus Sunday March 23 from 10am to 5.30pm. Included in Term 1 is the Opening of PIM on Saturday Afternoon, 22 February from 2.00–5.00pm.

Fee: \$610.00.00 (inc GST)

The Empty Chair Technique for Individual & Group Practitioners

Sunday, 23 February 2025 from 10.00am-5.30pm (\$110.00 inc GST for trainees only).

TERM 2

6 Thursday Evenings, 1 MAY - 5 JUNE.
and 1 Sunday, 25 MAY.

The 6 Thursday Evening group commences on 1 May and continues 8, 15, 22 & 29 May and 5 June from 7.00-9.30pm. The group's Sunday workshop is on May 25 from 10.00am to 5.30 p.m.

Fee: \$610.00.00 (inc GST)

TERM 3

4 Thursday Evenings, 24 & 31 JULY and 11 & 18 SEPTEMBER.
2 Sundays, 27 JULY & 14 SEPTEMBER.

Term 3 begins with 2 consecutive Thursday Evenings on 24 & 31 July from 7–9.30pm, and between these sessions, and the group's Sunday workshop is on 27 July, from 10am to 5.30 pm.

There is a Semester break of 5 weeks.

Term 3 continues with 2 consecutive Thursday Evenings on 11 & 18 September from 7–9.30pm, and between these sessions, and group's 2nd Sunday workshop is on 14 September from 10am to 5.30pm.

Fee: \$610.00.00 (inc GST)

4-Day International Psychodrama Intensive

10-13 October 2025 from 10am-5.30pm each day (\$610.00 inc GST, for trainees).

TERM 4

4 Thursday Evenings, 6, 13, 20 & 27 NOVEMBER and 1 Sunday, 9 NOVEMBER.
PIM End of Year Session, Sunday afternoon, 30 NOVEMBER *with an Afternoon Tea.*

The 4 Thursday Evening workshops are on 6, 13, 20 & 27 November from 7-9.30 with a one-day Sunday workshop on 9 November from 10am-5.30pm. The PIM End of Year celebration for all trainees, members of MPS, friends and guests is on Sunday Afternoon, 30 November from 2-5pm.

Fee: \$610.00 (inc GST).

Tuesday Evening 'Online' Training Group

FEBRUARY-NOVEMBER 2025

TERM 1

PIM 'online' Open Night, Tuesday, 25 February from 7.30pm–9.30pm (AEDT)
Plus 4 Tuesday Evenings from 7.30-9.30pm, and 2 Saturdays from 1.30-6.30pm.

This online group commences with an Open Night on Tuesday, 25 February from 7.30-8.30pm (AEDT) conducted by Sue Daniel and Lethe Gaskin. The Tuesday Evening sessions continue on 4 Tuesday Evenings with Sue on the 4th, 11th, 18th & 25th of March from 7.30-9.30pm. Plus there are 2 Saturdays of 5 hours each with Lethe Gaskin on 1 & 22 March from 1.30pm-6.30pm.

Fee: \$610.00

TERM 2

6 Tuesday Evenings from 7.30–9.30pm and 2 Saturdays from 1.30-5.30pm (AEST)

Commencing *online* on Tuesday 6 May from 7.30-9.30pm (AEST), and continuing 13, 20 & 27 May, and 3 & 10 June. Plus there are 2 Saturday workshops of 4 hours each, on 17 & 31 May from 1.30-5.30pm (AEST).

Fee: \$610.00

TERM 3

4 Tuesday Evenings (2 in July & 2 in September), 2 Saturdays, 26 July & 13 September from 1.30-7.30pm and 4 Peer Sessions (throughout August) (all AEST).

2 Tuesday Evenings 22 & 29 July from 7.30-9.30pm, plus Saturday 26 July from 1.30-7.30pm.

4 Peer nights, 5, 12, 19 & 26 August from 8.00-9.30pm.

2 Tuesday Evenings, 9 & 16 September: 7.30-9.30pm, plus Saturday 13 Sept.:1.30-7.30pm.

Fee: \$610.00 inc GST.

4-Day International Psychodrama Intensive, Melbourne, Australia

10-13 October 2025 from 10am-5.30pm each day (\$610.00 inc GST, for trainees).

TERM 4

4 Tuesday Evenings (AEDT), includes the End of Year Session, 25 November from 7.30-9.30pm.

2 Saturdays, 8 & 22 November from 1.30-5.30pm.

Commencing *online* Tuesday, 28 October from 7.30-9.30pm, (no Session 4 November), Saturday, 8 November from 1.30-6.30pm, 2 Tuesday nights, 11 & 18 November, 7.30-9.30pm, and Saturday 22 November from 1.30-6.30pm, then Tuesday Evening, 25 November from 7.30-9.30pm.

Fee: \$610.00 inc GST.

(Trainees living in Melbourne are also welcome to come to the end of year PIM celebratory event, Sunday Afternoon, 30 November, from 2-5pm at the Hurstwood Clinic, 16A Toorak Rd, South Yarra).

Open Workshops and Events

The Empty Chair Technique for Individual & Group Practitioners

Sunday, 23 February 2025 from 10.00am-5.30pm.

Director: Sue Daniel

This one-day psychodrama workshop is designed for practitioners who work mainly in one-to-one situations or in groups, in a variety of settings. It will suit psychologist, counsellors, group leaders, coaches, educators, parents and business people. Participants can expect to have new experiences and gain new perspectives while learning to apply this unique psychodrama technique in their work or life.

Fee: \$330.00 (MPS members \$220.00 and current trainees \$110.00). All fees include GST.

(Applications and a deposit of \$50.00 or full payment are due on 1 February.)

Venue: Hurstwood Clinic, 16A Toorak Rd, South Yarra.

Ground Control to Major Tom*

A Sociodramatic workshop for our turbulent times
Saturday & Sunday, 3 & 4 May 2025 from 10.00am-5.30pm.

Director: Sue Daniel

This two-day psychodrama workshop is for people who are concerned about our world today, and their future. Participants can expect to explore some of the things that are worrying them, shining some light on areas of confusion and darkness, develop new roles and gain new perspectives. Sociodrama can be effectively applied in response to significant major events, and their aftermath.

Fee: \$440.00 (MPS members \$330.00 and current trainees \$220.00). All fees include GST.

(Applications and a deposit of \$50.00 or full payment are due on 1 February.)

Venue: Hurstwood Clinic, 16A Toorak Rd, South Yarra.

*"Space Oddity" David Bowie

4-Day Annual International Psychodrama Workshop: 'Role Reversal for Real'

Friday to Monday, 10-13 October 2025 from 10am-5.30pm each day

Director: Sue Daniel

What does it mean to role reverse, to be in the shoes of the other? In this experiential workshop, participants will have the opportunity to understand what it is to role reverse with another, and the life-giving effect of having mutual role relationships. You may fine tune your psychodramatic skills, techniques and practice through directing small vignettes, taking the role of protagonist, or being an auxiliary in a drama. The workshop is open to practitioners, trainees, group leaders and trainers across a range of disciplines, including the health, business and education fields, individual and group psychotherapists, and those new to psychodrama.

Fees: \$790.00 (MPS members \$690.00, PIM Trainees \$610.00)

Venue: Hurstwood Clinic, 16A Toorak Rd, South Yarra.

(A deposit of \$50.00 is required on application with the balance due by 10 September 2025)

All enquiries to the PIM Administrator, Ted: 0410 536 791

Other Events in 2025

A variety of half, one-day and weekend workshops and short series of supervision and personal development groups are to be offered during the year. To join our mailing list contact Ted Bugarski on 0410 536 791 or browse our website.

Personal and Professional Development Group (online)

1st Friday morning of the month from 10am-1pm (3 hours) (NZ:12-3pm).

Director: Lethe Gaskin

This monthly 3 hour online Open Group begins in March and concludes in November. Participants may expect to learn about Psychodrama, while also having the chance to process aspects of their personal and professional lives in a group setting.

Beginning 7 March 2025, continuing 4 Apr, 2 May, 6 Jun, 4 Jul, 1 Aug, 5 Sept, 3 Oct & 7 Nov.

Fee: \$80.00 per session (payable on the day to PIM)

Enquiries: lethegaskin@hotmail.com

Psychodrama Lunchtime Reading Group (online)

4th Friday of the month beginning Friday 28 February from 12-1 pm, and hosted by Katrina Gaskin.

Each month a moderator presents something from books, articles, YouTubes or podcasts about psychodrama.

Dates: 28/2, 28/3, (no April), 23/5, 27/6, 25/7, 22/8, 26/9, 24/10 & 28/11.

Donation: \$10.00 (payable to PIM) - proceeds go to building the online resources.

Enquiries: Contact Katrina on 0455 254 801 or Ted on 0410 536 791.

Peer Practitioner Group (online)

2nd Monday afternoon of the month beginning in March from 1.30-3.30pm (2 hours).

Starting 10 Mar, 14 Apr, 12 May, 9 Jun, 14 Jul, 11 Aug, 8 Sep, (no Oct.) and 10 Nov.

Hosted by Helen Fryer (helenfryer01@gmail.com)

Onscreen: Explorations through Psychodrama (online)

A monthly online psychodrama group on Monday nights, February - December from 7.30-9.30pm.

Maximum number in group: 9

Enquiries: Sue Daniel, 0417 586 791 or PsychodramaInstituteMelbourne@gmail.com

PIM Trainer Development Workshops

Led by Sue Daniel

Dates & Times: *Saturday, 22 February 2025 from 9.30am-12.30pm*, in South Yarra. Followed by 4 online sessions, the dates to be agreed upon by the group throughout 2025.

PsychodramaInstituteMelbourne@gmail.com

PIM Faculty



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 individual and group psychotherapist in private practice in Melbourne. Sue is the founder of PIM, the Moreno Psychodrama Society and the Australian and Aotearoa Board of Psychodrama. She practices Hatha Yoga and enjoys photography, reading, baking and nature.

Lethe Gaskin is a Psychodramatist (TEP), psychologist and group psychotherapist working in private practice in Australia and New Zealand. She is a founding member of the Australian and Aotearoa Board of Psychodrama and the Moreno Psychodrama Society.



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

Helen Fryer is a Psychodramatist and psychotherapist, living and working from her home in Hobart, overlooking Kunanyi (Mt Wellington) and the ever-changing River Derwent. Here, she co-facilitates a creative art therapy program, 'Awakening the Heart', and practices Jungian sand play therapy. Besides playing the piano, she loves African music and singing.



Jun Maeda is a Psychodramatist (TEP), clinical psychologist and professor of Psychology at the Muroran Institute of Technology. He is a pioneering member of the Sapporo Psychodrama Group (1986-now). Jun began conducting a psychodrama training program in Sapporo this year. He is the Local Organising Committee Chairman for the 2025 IAGP Congress, to be held on the 20th-23rd August in Hokkaido, Japan.

The Psychodrama Institute of Melbourne

The Psychodrama Institute of Melbourne is renowned for its training, supervision and professional & personal development courses in psychodrama, sociometry, sociodrama, role theory, role training and groupwork, and the application of these in areas of leadership, psychotherapy, counselling, education, health, the Arts, staff development and organisational consultancy.

The institute has at its core the sociometric principles of the founder of psychodrama, Dr. J. L. Moreno (1889-1974) and Zerka T. Moreno (1917-2016), with its focus on two-way relationships and living in the 'here and now'. The Director of PIM is Sue Daniel.

The Training Program in 2025: 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 2025 the program will largely be physical with face-to-face groups, and online training especially designed for those living in other cities and countries. There are ongoing weekly training groups, weekends and a 4-Day Intensive workshop in October. In addition we conduct personal and professional development courses. Supervision is by arrangement. All trainees are required to be in one-to-one supervision as they apply their psychodrama learning in their workplace.

The PIM 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.

Training Activities: Training begins in Level 1 (one year), followed by Advanced Training in Psychodrama (a further 4 years). The yearly training is held over 4 terms and includes a 4-Day International Intensive in October. There is also a similar online training program.

Trainees are encouraged to apply their new learning between terms as this contributes richly to their growth. We expect trainees to be able to value their learning, recognise their growing edges and to have the necessary resources for groupwork. Supervision is a requirement for all advanced trainees and additional fees apply. Our events and workshops are open to trainees, practitioners, and those interested in the diverse applications of the psychodrama method.

Other Services: We offer counselling, one-to-one psychotherapy, personal and professional development groups, couple and family therapy, and consultancy in business, corporate, community and educational institutions. By appointment.

For all enquiries contact our Administrator, Ted Bugarski, by email or text:

E: PsychodramaInstituteMelbourne@gmail.com

M: (+61) 0410 536 791

Description of Curricula

The **2025 training program** is designed to include the essentials of psychodrama theory and practice and its practice in any culture or setting. Knowledge and application of Morenian sociometry (system theory), role theory, psychodramatic techniques, sociodrama and role training are covered.

To encourage a full experience of the method, our training includes attendance of open groups. 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 require regular supervision and each trainee's unique expression is encouraged. This process of training equips trainees in the greater application and integration of the psychodramatic method in their work and life as well as the development of the skill and confidence to conduct different types of group sessions with a wide range of people.

Creativity and spontaneity are at the heart of the psychodrama process. It is expected that trainees will attend all sessions of their training group and some additional workshops and events.

There is some written work but no exams. At the end of the first year, a reflection piece of writing, or a creative piece is invited. After another year of training most trainees will have completed a paper on the practical application of psychodrama or a social and cultural atom paper. Trainees may also have started to prepare their major paper, journal article, projects or thesis, on a specific interest or an application of the method.

The ability to work spontaneously and be open to ongoing learning and development is a significant factor in becoming a psychodramatist. Every trainee must have conducted a group and be in regular ongoing one-to-one supervision to adequately complete their training.

Membership of the Moreno Psychodrama Society is necessary for advanced trainees and practitioners. MPS is a community of like-minded people and a major source of connection and networking for the members. Members can enjoy 24 editions of the e-Journal, 'The Mirror', a major resource for reading about psychodrama, role theory and its applications in work and life.

<https://www.moreno-psychodrama-society.com>

Practicum for Psychodrama Directorship

Trainees who have completed their writing or projects, and have a minimum of 800 training hours, (100 of which comprise supervision hours), may, after consultation with their trainer, supervisor and peers, apply in writing to the Australian and Aotearoa (New Zealand) Board of Psychodrama to do their psychodrama practicum, leading to certification as a psychodramatist (Psychodrama Director).

Contact our office: +61 (0) 410 536 791 for additional information.

Other Training Information

What is Psychodrama?

Psychodrama is the study of human beings in relationship to and with their environment. It is also an interpersonal, experiential practice, with an underlying philosophy of creativity and spontaneity, and the 'here and now'. As a discipline, it sits alongside psychology, sociology and anthropology. Its theoretical base is role theory, the spontaneity theory of child development and a general spontaneity theory. Branches of Psychodrama include sociometry, sociodrama and role training.

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 and 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 new applicants, trainees resuming training, those transferring from other institutes, or living overseas.

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, a person might achieve the certificate of Auxiliary-Ego. An Advanced Level of training and supervision follows and training is usually held over an additional 4 years. On completion of a written paper a trainee is eligible to apply to become a Psychodrama Associate-Director. After the 5th year of training a person may apply to conduct their Practicum to complete the journey to become a Psychodramatist, after a discussion with their trainer, group of peers, and the director of PIM. Practicums are normally held in June or November.

To fully complete their training, a minimum of 800 hours is required, comprising 700 hours of ongoing training, and at least 100 hours of supervision (50 hours each in group supervision and 1-1 supervision), two papers or a project or thesis. The trainee must also have run a group under supervision and have the necessary roles of a psychodrama director. On completion of their practicum, a trainee becomes an accredited Psychodrama Director, and may call themselves a Psychodramatist. As a full member of MPS they then become a registered Psychodramatist, certified by the AABP. Extra fees apply for supervision, assessments of papers, 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 fees are inclusive of and attract GST in Australia. Our fees are in Australian Dollars. They have been kept to a minimum, so we would appreciate that you realise that they are non-refundable. Trainees will receive letters of confirmation of their enrolment early in February.

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