

# Humanistic Psychodrama - Training Regulation

## Overview of the training courses

Psychodrama is a psychotherapy form that has been established and proven for decades and that combines group therapeutic approaches, role-playing forms and therapeutic theater in its work.

Jakob Levy Moreno (1889-1974), the founder of the psychodrama, united in psychodrama his group therapeutic experiences, which he had gained in manifold work with problem and fringe groups, with forms of therapeutic theater and role-play. He tried in theory and practice to create a consistent form of therapy from these two different elements. The following generations of psychodrama therapists have developed Moreno's thoughts and accentuated psychodrama by referring to and differentiating from other forms of therapy.

The Psychotherapeutic Institute Bergerhausen under the direction of Hans-Werner Gessmann relies on Jakob Levy Moreno's important idea of an integration of interactional reality and biographical autonomy of the individual and emphasizes in the therapeutic work the unity of both parts.

When one speaks of the interactional reality of the individual, it seeks to understand the phenomenon that turns sociality into a real common ground, in which a social reality is created that also deeply affects the individual in the situation certainly. Since the individual shapes the situational reality, it does not become a mere externally determined object. The interactional reality can be understood as a function of the creative process to a commonality. The individual, however, can never be understood as a pure, merely belonging individuality, but only in the current, creative design of his individual biography for a social situation.

Socialism not only has a material value, so that the individual expresses itself in a social context, but is a separate active factor, which, together with the biographical individual parts, creates the interactional reality. This situation is called the term of expression. On it the psychodrama therapy builds up and allows a therapeutically guided work on the expression situation.

This expressive attitude, which occurs when people come together and is the more open, the lower the official part of the situation, involves many different factors: social and cultural conditions of the situation, spatial and temporal circumstances, and above all biographical-individual shares of the participants.

Every interactional situation manifests itself as an integration of social and individual-psychological parts. It forms a position of expression that is more flexible or more encrusted depending on the nature of the conditions and factors involved.

The Humanistic Psychodrama sets in at this point of each active and integrating process in the encounter of people. Through the many group therapeutic experiences with the psychodrama, methods have been developed that make it possible to support a group formation in which an open expression emerges, in which other or more biographical parts are received than is possible for each of the present in his normal life situation ,

Together with the leader, the group members create a therapy situation through their interaction with each other, in which the individual is provided with an extended space of experience and action. Based on this, the therapeutic forms of theater and role-play are used to deepen the experiences, memories or wishes that have become current in the interactions and to reshape and experience them in the context of biography in the current state of expression.

The Humanistic Psychodrama is therefore only briefly addressed in his theory and practice and outlined in some important thoughts. It has based on the work of Jakob Levy Moreno the experience of recent psychotherapeutic developments.

At the same time, the Humanistic Psychodrama refers to the therapeutic experiences of Humanistic Psychology, which seeks to open up to the individual on the basis of common social experiences, an area of action and experience in which he can develop his mental and spiritual potential in his social reality. The therapeutic play in the group, which has found itself to such a, offers the possibility, both contents in the therapy really become, so that it becomes for the involved ones a healing and dissolving experience.

The Humanistic Psychodrama can be used as a form of therapy in special therapeutic groups, but also as a method within life groups. Thus, psychodramatic methods can be used in inpatient settings, in homes, in therapeutic communities and in special outpatient groups of patients. The Humanistic Psychodrama has also proven its worth within child, gerontology and addiction therapy.

In addition to these psychotherapeutic fields of work, it has also proven to be an accompanying method for self-experience work, supervision and as a pedagogical instrument. Depending on the field of application, for example in employee and management development, psychodrama has undergone certain changes, but without having changed its basic conditions.

### **Training Psychodrama Assistant**

The advanced training course "Psychodrama Assistant" introduces the Humanistic Psychodrama. In a self-awareness group, the participants are familiarized with the establishment of a psychodrama group. In this group they learn to deal with the specific diagnostic and therapeutic methods of psychodrama. In the context of their own sociality and biography they will be able to use the methods of psychodrama, to direct the therapeutic work to a group and each of its members, and to see the limits set to them in their respective knowledge.

In the accompanying practical work and the reflective supervision, the participants should transfer their psychodramatic knowledge to their work experience and reflect on it within the group.

As a therapy and self-experience method, psychodrama is always closely related to a practical implementation that already takes place during the training as a psychodrama assistant. The training takes place in groups of self-experience in which and with whom the relevant practical knowledge is gained and communicated. This highly practical

work is conceptually and systematically reflected in theoretical seminars and presented in a comprehensive psychological context.

### **Training objectives**

The training course is intended to enable the individual

- Be able to work psychodramatically as an assistant to a psychodrama therapist in therapeutic groups,

- To lead groups psychodramatically who work self-related and / or topic-related

To develop conflicting experiences, attitudes and behaviors from one's own biography and socialization and to change one's own views, if necessary

To be able to master the diagnostic and therapeutic methods of psychodrama and apply them in groups,

- Tackle problems psychodramatically, plan their investigation and methodically develop possible solutions,

- To master the psychodrama relevant knowledge in psychological diagnostics, group development and personality psychology and to apply it in psychodramatic practice,

- Getting to know psychodramatic concepts, hypotheses and modeling taking into account subject-specific methodological criticism.

### **Training requirements**

1. Admission to training in psychodrama generally requires vocational training, employment or studies that relate to people in terms of content. The professional spectrum ranges from medical, psychological, social, school-pedagogical and theological to nursing professions.

2. The candidate should have experience in psychodramatic group work or in other therapeutic groups.

3. The motivation for this training is particularly important. They are highly valued in the selection of applicants, and they are decisive in marginal or exceptional cases.

### **candidature**

The application for participation in the advanced training must be in writing. Please send them to the office of PIB GmbH.

As application documents you need:

- A tabular CV,



- A passport photo,
- Presentation of motivation for further training in handwritten form,
- Certificate copies of the school and career path.

The candidate is invited to a conversation. Admission to the training is provided by the Examination Board of the Center.

The focus of the training in Humanistic Psychodrama is the acquisition of competence in therapeutic action. Basics are psychodramatic diagnostics and psychodramatic methods. Accordingly, the training is essentially practically oriented.

It takes place in an experience group in which the participants learn the essential therapeutic contents of psychodrama in their social and psychologically current situation. At the same time, the training content is never presented abstractly, but always mediated in relation to one's own self-awareness.

The further education work takes place as a concrete therapeutic work, which is also systematically developed in reflection phases and finds its way back into the reality of the group of self-experience in exercise sequences. Care is taken to ensure that the professional and private experiences of the participants are integrated into the training course.

Every psychodramatic method and every psychodramatic concept of action is thus practiced in a current group situation, which suggests the use of such concepts or methods, so that the training always remains practice-oriented.

In order to ensure this practical relevance outside the training group, supervision work is required in which the further training candidates gain additional experience. These experiences will be documented in writing and processed in the supervision group. This practically orientated teaching method based on self-experience is supplemented by theoretical seminars in which the essential contents of the training are theoretically reflected and systematically developed. Not only the theory of humanistic psychodrama is presented, but also delineations of and similarities with other therapies are presented.

Continuing education teaching methods make it difficult to establish a thematic training cycle that sets a theme for each lesson because the content of the training evolves from the current situation of the group. Nevertheless, there is the possibility and necessity of planning the basic thematic course of further education.

### **Training structure**

The training covers a period of about 2 years. During this time, the training candidates deal personally with the psychodrama in order to acquire the desired qualification. Within these 2 years 208 practice hours, 32 supervision hours and various theory-day seminars take place.

In order not to interrupt the learning process of the group and the individual participants, a continuous participation in all events is required. Within the training, the

trainee candidate may be excused from 32 hours of apprenticeship. Further absences are not possible and lead to a termination of the training.

possible theory seminar topics

- History and development of group psychotherapy and psychodrama
- The structural and methodological foundations of the Humanistic Psychodrama
- Philosophical and psychological foundations of psychodrama
- Sociometry and group processes
- Interaction and communication concepts
- Role theories in the Humanistic Psychodrama

Completion of the training

After completion of the overall training over 13 practice weekends and after completion of the supervision work, the final examination for the Psychodrama Assistants can be taken. It takes place practically in the training group; the theoretical exam is taken as a written paper. A certificate will be issued of the examinations on the successful completion of the overall training. (Further details can be found in the examination regulations.)

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