

London Centre for Psychodrama Group and Individual Psychotherapy Curriculum Brochure

Course Structure

Each year comprises ten weekends, Friday evening to Sunday. Further requirements for the training are in the Course Handbook and include Residential hours, External Training hours and Sociodrama hours.

Level 1: Certificate/ Foundation Year

This can be taken as a stand-alone course for Professionals seeking an add-on qualification to bring creative action methods into your own practice as teachers, counsellors, psychologists, social workers, trainers, probation officers etc.

It may also be taken as the foundation year forming year 1 of our 4 year qualifying Advanced Postgraduate Diploma in Psychodrama Group and Individual Psychotherapy (UKCP registered).

Modules

Theory and Philosophy of Psychodrama

Taught in a small group, the following theoretical concepts are explored in action: Existential underpinning of psychodrama ∞ History of JL Moreno ∞ Spontaneity, Creativity and Catharsis ∞ Role theory, role analysis, and their clinical application ∞ The As-if, Surplus Reality and Tele ∞ The Warm-up, Action, Sharing and Processing ∞ The Protagonist, Auxiliary and Director

Practical Skills

Certificate trainees have the chance to work as a protagonist, auxiliary, double and group member in psychodramas directed by senior trainers and diploma trainees

Comparative Approaches to Group Process

This module places psychodrama and action methods in the context of two or more different approaches to group therapy and group process, covering sociometry, social atom, and transgenerational perspectives, with theories drawn from: Bion, Foulkes, Schutzenberger and Corey.

Assessment

Attendance and participation in the training, including 2 experiential weekends:

Written assessment: submission of 2 essays:

The Theory and Philosophy of Psychodrama (5- 7000words)

Group Process (5- 7000words)

Level 2: Advanced Postgraduate Diploma in Psychodrama Group and Individual Psychotherapy

Entry to Level 2 is dependent on satisfactory completion of the certificate course and submission of a letter of intent.

Throughout the Advanced Postgraduate Diploma course trainees are required to be in personal therapy. This will include group psychodrama psychotherapy for a minimum of two years and one to one psychotherapy for a minimum of one year.

Modules

Theories

At this level the focus is on child development theories and the development of the self, and typically includes a selection from:

Moreno, Freud, attachment theorists (Bowlby, Ainsworth, Main, Holmes), mentalisation theorists (Wallin, Fonagy and Bateman) and object relation theorists (Klein, Winnicott, Guntrip)

Practical Skills – Directing 1

Introduction to Directing including a selection from:

Stagecraft, warm-up, contracting, first and second scene, vignettes.

One to One Psychotherapy module

Introduction to the therapeutic frame for one to one psychodrama psychotherapy

Participation in case presentations

Comparative Approaches to Group Process

Further experiential and theoretical learning on this theme.

Clinical Practice

Mental Health Placement

In preparation for clinical placements trainees undertake a 100 hour mental health placement. (Hours towards this can be APELed)

Clinical Placement

Dependent on readiness and experience trainees may start their clinical one to one practice towards the end of this year.

Assessment

Submission of a 2-3000 word mental health placement report

Submission of an essay on Child Development and the Development of the Self (5-7000 words)

Level 3: Advanced Postgraduate Diploma in Psychodrama Group and Individual Psychotherapy

Theories

These are drawn from a selection of the following:

Depression, personality disorders, shame and guilt, envy and jealousy. The application of these to group and individual psychodrama psychotherapy.

One to One Psychotherapy module

Skills Practice

Participation in Case Presentations

Therapeutic Frame and the Aesthetics of a session

Application of theory to one to one psychotherapy.

Comparative Approaches to Group Process

Further experiential and theoretical learning on this theme.

Clinical Practice

Beginning to accumulate the required 450 supervised clinical practice hours leading to UKCP registration. These include assessment sessions, short and long term clinical groups, short and longer term individual clients.

Assessment

Submission of short term One to One Case Study (4-5000 words)

Essay on Psychopathology and Psychodrama (5 – 7000 words) drawing on the theories taught on the course.

Level 4: Advanced Postgraduate Diploma in Psychodrama Group and Individual Psychotherapy

Theories

The application of psychodrama psychotherapy in specialist fields including: Anxiety, Trauma, Addictions, Sexuality and working with Dreams.

Practical Skills – Directing 3

Builds on Directing Level 2. The focus is on classical psychodrama practice and mock practicum examinations.

One to One Psychotherapy module

Skills Practice

Participation in Case Presentations

Therapeutic Frame and the Aesthetics of a session

Application of theory to one to one psychotherapy.

Comparative Approaches to Group Process

Further experiential and theoretical learning on this theme.

Clinical Practice

Continuing to accumulate the required 450 supervised clinical practice hours leading to UKCP registration. These include assessment sessions, short and long term clinical groups, short and longer term individual clients.

Assessment

Submission of:

Final Clinical Paper (12-18000 words)

Longer Term One to One Case Study (6-7000 words)

Submission of Learning Log