

# MINIMAL TRAINING STANDARDS

## Psychodrama for Children and Youth



### 1. MINIMAL QUANTITATIVE REQUIREMENTS

**1.1.** To become a **psychodramatist for children and youth** (psychodrama psychotherapist for children and youth or a psychodrama leader for children and youth)

The minimum contact training hours is 720.

The minimum number of psychodrama

practice hours is 160.

Together 880 hours.

The minimum duration of the psychodrama training is 4 years.

There is a distinction between the training and subsequently, the title of:

- psychodramatist for children and youth for psychotherapy; psychodrama

psychotherapist for children and youth and

- psychodramatist for children and youth in other fields (education, kindergarten,

speech therapy practice, etc.); psychodrama leader for children and youth.

#### **Definitions:**

- The **Psychodramatist for children and youth** is a person, who is recognized as competent to take responsibility for organizing and directing PD group of children or youth and individual PD for children and youth sessions, within his/her area of competence.

- **Hours.** There is a difference between training and “training hours”, between to learn theory and techniques and “theory and techniques hours”, between practising psychodrama and “practice hours” and so on. See further.
- **Contact training hours** are the hours of training in professional contact with a recognized trainer or assistant trainer. It can be hours used for PD self-experience, or for theory, techniques and research or for training in conducting inside the training institute (under live supervision) or for supervision.
- **Practice hours:** hours of practising as director or co-director in own practice under (some type of) supervision. Time is time of session + time of processing with a co-director before and/or after the session.
- **One hour** is minimal 45 minutes pure PD work from the actual start till the end.

## 1.2. Content.

1.2.1. Track I. Minimal standards for non-psychodramatists, who start PD with children and youth training without previous PD experience:

Total: 880 hours

Training: 720 hours

Practice: 160 hours of PD with children and youth

### **Training:**

- 200 hours of PD self-experience (ongoing group),
- 120 hours for theory and techniques,
- 120 hours for theory and techniques and research specific to PD with children and youth, and self-experience focusing on childhood,
- 80 hours of training for conducting inside the advanced training group,
- 80 hours of supervision.

- 120 hours can be decided freely by the training organization or by the trainee, as

supplements of these 5 subsections.

1.2.2. Track II. Minimal standards for additional training for psychodrama therapists and leaders for adults to become psychodrama psychotherapists or psychodrama leaders for children and youth.

Total: 560 hours

Training: 400 hours

Practice: 160 of PD with children and youth

### **Training:**

- 120 hours for theory, techniques, and research specific for PD with children and
- youth and self-experience focusing on childhood,
- 80 hours of training for conducting inside the advanced training group.
- 80 hours of supervision.
- 120 hours can be decided freely by the training organization or by the trainee, as
- supplements of these 3 subsections.

**Hours of PD self-experience.** Time active in a basic or therapeutic PD group or in an individual experiential PD setting; it is centred on experiencing the role of a group member, of a protagonist and auxiliary (ego), while working on their own psychic and relational problems.

**Hours of theory and techniques.** Hours of activity with a trainer centred on theory or techniques; it is usually given as a seminar or workshop.

**Hours of theory, techniques and research specific for PD with children and youth and self-experience focusing on childhood:** Hours of activity with a trainer centring on theory, techniques, and research applied to children of different ages. Self-experience is meant to recall childhood's memories and play with those experiences.

**Hours of training conducted inside the advanced training group.** In this group, the accent is more on practising than on experiencing. Practising by being director, co-director and processing this practice in a group, where the group members are “playing children”.

**Hours of supervision** are contact hours with a supervisor in a training process focused on the psychodramatic relationship between the client (individual and/or group) and the trainee practising as director or co-director outside his training institute.

**Freely distributed hours:** Hours can be decided freely by the training organisation, by the trainee, or of a trainee team as supplements of the other sections.

## **2.2. MINIMAL QUALITATIVE REQUIREMENTS**

### **2.1. Preliminary educational level** for admission of new trainees

Preliminary education for an application in psychodrama training: a university or Higher Education degree (Bachelor) in a field relevant to the applicant’s area of practice.

All applicants will document training/education in the following areas:  
human growth

and development, theories of personality, mental health and pathology, methods of psychotherapy, and social systems.

**2.2. Admission procedure.** The minimum procedure is a file or form, an introduction or admission seminar and an individual interview by a trainer.

**2.3.** The **evaluation** of the trainee **before certification** shall be an evaluation of practice, theory and personality.