



Minimal Training Standards (MTS) for psychodramatists

1. MINIMAL QUANTITATIVE REQUIREMENTS

1.1. To become a psychodramatist (psychodrama psychotherapist or a psychodrama leader) your organization needs a Training Programme of 880 hours:

- The minimum contact training hours is 720
- The minimum number of psychodrama practice hours is 160.

The minimum duration of the psychodrama training is 4 years in a Training Organization and 3 years in a University (Equivalent to a Master's Degree).

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

- psychodramatist for psychotherapy; psychodrama psychotherapist. and
- psychodramatist in other fields; psychodrama leader; sociodramatist; creative therapist.

1.2. DEFINITIONS

- **Psychodramatist:** a person who is recognized as competent to take the responsibility for organising and directing a PD group and individual PD sessions, within his/her area of competence.

- **Hours:** There is a difference between training and “training hours”, between learning theory and techniques and “theory and techniques hours”, between practising psychodrama and “practice hours” and so on. See further.

- **Contact training hours:** the hours of training in professional contact with a recognised trainer or assistant trainer. It can be hours used for PD self-experience, or for theory and techniques, 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 actual start till the end.

1.3. CONTENT IN THE 720 CONTACT TRAINING HOURS

Minimum of hours:

- **200 hours of Psychodrama self-experience** (ongoing group): 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 protagonist and of auxiliary (ego) while working on own psychic and relational problems.
- **120 hours for theory and techniques:** Hours of activity with a trainer and centred on theory or techniques; it is usually given as seminar or workshop.
- **200 hours of training for conducting** inside the advanced training group: In this group, the accent is more on practising than on experiencing. Practising by being director, co-director and auxiliary and processing this practice.
- **80 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 their training institute. In these 80 hours of supervision, there will be a minimum of 40 hours of supervision of the individual psychodrama trainee or of a trainee team conducting a group.
- **The remaining 120 hours** can be decided freely by the training organisation or by the trainee, as supplements of these 4 subsections.

2. MINIMUM 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.