

## Core Psychodrama Training Brisbane 2010

Core psychodrama training in Brisbane gets underway in 2010 on the 27th February. Participants will actively develop themselves as a psychodramatist and group leader using the experiential learning method of psychodrama. The helping professions: mental health, psychotherapy, family therapy, community and organisational development, group leadership, counselling, pastoral care, allied health and other people centred professions, can immediately use elements of what is learnt in core training in their work.

If you are keen to experience the training method but are not ready to commit to 100+ hours of training for the year, then please consider enrolling in [Understanding People: A short course in Psychodrama Essentials](#) or join one of the intensive training programs: Sociodrama in June and Psychodrama and Group Work in October. Click on these programs in the left column. Contact Elizabeth (Diz) Synnot on 0411 876 969 or email her at [diz@eis.net.au](mailto:diz@eis.net.au). All trainees enrolling in this program are to make a time with Elizabeth to discuss your purpose and begin creating a learning contract for the year.

### **The Training**

Psychodrama training operates on an ongoing cycle with trainees enrolling and committing to one year of training at a time. This experiential training uses a graduated and recursive learning cycle to integrate your development as a psychodramatist in your professional practice and larger life. By the end of the year you will have expanded your professional competence. Along the way, you will do personal work that emerges in connection with your professional development. At times the training will be an intense and life changing experience with flow-on impacts to the rest of your life.

The Core Psychodrama Training program is being run by [Elizabeth Synnot](#). After completing the first day of the core program you will be asked to make a commitment to attending throughout the program. Full attendance enables the group's development as a training cohort committed to each other's progress. Participants commit to being trainees for the year-long program of about 118 hours.

### **Group functioning and group leadership**

Good group leadership is essential for good group functioning. Being a psychodramatist requires being a capable group leader. You will be encouraged to experiment with a wide range of responses to group concerns and group leadership. You will take leadership and engage with others cooperatively in a wide variety of ways. You will learn ways to recognise both individual and group progress and development. In doing so, you will learn a great deal about yourself and how you function in groups with others. You will learn how to maintain adequate thought, feeling and action in familiar as well as novel times.

### **Reflective learning practices: reading, writing and discussion.**

Written reflection and written tasks form an indispensable part of the curriculum. Writing that is based on your experience is a powerful integrative process providing a mirror for developing your own ideas and understanding from experiences. When coupled with reading you also place yourself with your colleagues and leaders in the field. There will be some handouts and texts as part of the core curriculum. Expect an hour between core sessions on these and related tasks.

### In Core training you will:

- **Be coached and supervised.** The focus will be on your unique learning and encouraging you to extend yourself. Supervision often takes the form of coaching you in the moment as you practice. Supervision is tailored to you and enables you to recognise and consolidate previous learning. All trainees using this method in their work are required to have regular 1:1 supervision sessions with Elizabeth or another member of the Moreno Collegium staff.
- **Integrate theory with action** via practice, supervision, report writing and forming a peer group. Theory is taught as themes emerge in the group and as the curriculum unfolds. Spontaneity theory, role theory, sociometry and group dynamics will be the foci.
- **Produce enactments and expand your other group leadership and membership capabilities.** You will integrate the use of psychodrama production techniques. You will experiment with a wide range of group interventions techniques and processes.
- **Expand you professional identity.** You will find ways to extend what you already know and do, and at the same time find overlaps and congruencies with psychodrama. This will assist you in experimenting in applying this method in appropriate ways in your work and community environments.
- **Experience being part of the educational arm of a respected professional body, ANZPA.** You will appreciate the comprehensive training standards set by the ANZPA Board of Examiners, and experience the alignment of the training curriculum, and the training itself, with this considerable body of wisdom and knowledge.

### Dates and times

The 2010 **Core Training** program will be run on a four-semester basis on a series of four Tuesday evenings and weekends at the beginning and end of each semester. The weekends run Saturday afternoons and Sunday mornings. This is designed to give families and working people time to work and time to play and be with their families and prepare get ready for work.

#### CORE TRAINING DATES

Semester 1	Semester 2	Semester 3	Semester 4
<b>February 27 &amp; 28</b> Sat 27, 1.00 pm - 6.30 pm & Sun 28, 9.30 am - 12.30 pm	<b>May 1 &amp; 2</b> Sat 1, 1.00 pm - 6.30 pm & Sun 2, 9.30 am - 12.30 pm	<b>July 31 &amp; August 1</b> Sat 31, 1.00 pm - 6.30 pm & Sun 1, 9.30 am - 12.30 pm	<b>October 30 &amp; 31</b> Sat 30, 1.00 pm - 6.30 pm & Sun 25th 9.30 am - 5.00 pm
Tuesdays 6.30 pm - 9.30 pm March 2,9,16,23	Tuesdays 6.30 pm - 9.30 pm May 4,11,18,25	Tuesdays 6.30 pm - 9.30 pm August 3,10,17, 24	Tuesdays 6.30 pm - 9.30 pm November 2,9,16,23
<b>March 27 &amp; 28</b> Sat 27, 1.00 pm - 6.30 pm & Sun 28, 9.30 am - 12.30	<b>May 29 &amp; 30</b> with Brigid Hirschfeld Sat 29, 1.00 pm - 6.30 pm & Sun 30, 9.30 am - 12.30 pm	<b>August 28 &amp; 29</b> with Peter Howie Sat 28 1.00 pm - 6.30 pm & Sun 29, 9.30 am - 12.30 pm	<b>November 27 &amp; 28</b> Sat 27, 1.00 pm - 6.30 pm & Sun 28, 9.30 am - 12.30 pm

**Venue:** Moreno Collegium, 45 Clarence St, Coorparoo, Brisbane

**Fees:** The fee for the year for **CORE TRAINING** is \$1,950 including GST. It is our policy to only accept people for training who are up to date with previous fees and have pre-paid for this training, or who have come to other arrangements with Elizabeth. Contact [Elizabeth Synnot](mailto:Elizabeth.Synnot@morenocollegium.com.au) on 0411 876 969 and organise an interview with her **prior** to the commencement of the program. **Enrol** by downloading the registration form at <http://www.morenocollegium.com.au/node/619/>