

Amigdala is a Non-Profit Organization for Psychotherapy and Education. Within this NGO, is the school of psychodrama AMIGDALA.

School of Psychodrama "AMIGDALA" is recognized and certificated at Chamber of Psychologist of RSM.

School of Psychodrama "AMIGDALA" is a member of the Macedonian Psychotherapeutic Association

In 2004 Mirjana Jovanovska Stojanovska registered the psychotherapy office "Here and Now", and forms the first psychodrama group for personal growth and development. In 2005, she formed an education group for psychodrama. Amigdala NGO is registered in 2007 and the Psychodrama school became part of it.

In 2012 Amigdala became member of FEPTO.

Mirjana Jovanovska Stojanovska is founder of Amigdala NGO and AMIGDLA School for Psychodrama. She is the main trainer and supervisor. Other trainers are: Margarita Nikolovska, who is also the president of Amigdala NGO; Vesna Blazevska and Ilija Dojcinovski.

For implementation of the educational program, AMIGDALA collaborates with many domestic psychologists and psychiatrists that have conducted workshops and lectures. We also collaborate with international trainers that have held workshops: Sofia Simeonidou, Peter Haworth, Oded Nave, and Vladimir Milosevic.

Today AMIGDALA has three educational groups with 37 educators.

We strongly believe that learning through personal experience is powerful way of learning, because a very important part of becoming a good psychotherapist is the process of personal growth and maturing.

Goals of School for Psychodrama AMIGDALA

- Education for psychodrama psychotherapy by European standards
- Promotion and popularization of Psychodrama as a method of psychotherapy
- Organizing various seminars and workshops for education
- Scientific Research on the Impact of the Educational Process on the Personality of Trainees and the Effectiveness of Psychodrama as a Psychotherapeutic Method
- Publishing and promotion of scientific literature
- Organization of events, publishing materials and exchange experiences and information through membership in relevant national, regional and international networks and associations.

Activities

- Over 40 workshops and seminars have been organized
- In 2011 AMIGDALA has organized (CCTDP) Cross-Cultural Training Days of Psychodrama in Berovo, Macedonia.
- In February 2017, we organized FEPTO Research Committee Meeting

- In order for Trainees of AMIGDALA to gain hands-on experience in the use of psychodrama in different fields, the students volunteer in various Red Cross projects, the Clinical Center, work organizations, sports organizations, social centers in RN Macedonia
- Trainees also participate in international projects such as European Erasmus Plus programs. Amigdala NGO has been part of the European Erasmus Plus programs ten times, where the participating countries were: Romania, Turkey, Slovakia, Bulgaria, Serbia, Portugal, Poland.