

Reports from Committee Meetings

FEPTO Training Committee Meeting, Helsinki March 4th- 6th, 2016:

”Psychodramatist’s core and specific competencies”

Participants:

Pille Isat and Aivar Simmerman,
Tallinn Psychodrama Institute, Estonia

Endel Hango and Liis Aavaste-Hango,
Psychodrama Institute, Tartu, Estonia

Hannah Salomè, Academy for Psychodrama
and Group Processes, The Netherlands

Nita Wissink, NBES, The Netherlands

Reijo Kauppila, Helsinki Psychodrama Institute, Finland (organizer)



In this meeting, our task was to define competencies of psychodrama therapist. We decided to start from psychodramatist’s competencies, and from these to specify and broaden competencies needed in psychotherapy. This will be done in accordance to specific competencies of psychotherapy by EAP (European Association for Psychotherapy).

The profile of competencies is descriptive not normative: it is not a catalogue about what a psychodramatist must do, but more a description of what s/he can do and (ideally) knows how to do, what is apt or necessary.

Before starting to describe and list competencies, we need to have similar enough image, what we mean with competence. For this purpose we formulated our definition for competencies:

”Competency is a state of being adequately qualified to act as professional psychodramatist and develop the quality of the profession.”

- this definition is especially from perspectives of learning and training

”Competency means to have the ability to interpret the situation in the context, have right repertoire of actions, and capabilities to take these actions to adequate outcomes.”

- this definition is especially from perspectives of agency and professional activity

Competencies include and consist of:

- knowledge: cognitive, emotional, social and intra- and interpersonal,
- skills,
- values and attitudes,

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and combination and concretization of these three in action (and behaviour) in specific context and relations in that context.

We started to create a list of competencies for psychodramatist. This list of competencies is based on psychodrama training, which takes about 6 years. We used mainly as material existing competency profiles from the participating institutes. These institutes use competencies, which are based on the same level degree requirements by Nordic Board of Examiners (NBE) and Nederlandse and Belgische Examen Stichting (NBES).

We managed to create the first version during this weekend. Our work continues virtually, and we have a google drive in use. We shall have a short lunch meeting in Marathon during AM.

The **next Training Committee meeting** will be on **September 16-18, 2016 in Tallinn, Estonia.**

I want to thank you very much, Pille, Hannah, Nita, Liis, Aivar and Endel, for your very professional contribution in TC meeting in Helsinki.

And all, who are interested in developing your competencies as psychodrama trainers, you are very welcome to join us!

Reijo Kauppila

Chair of FEPTO Training Committee

training@fepto.com

