

The FEPTO member's voice

HOW TO BECOME PD TRAINER

Minimal training Standards for Psychodrama trainers

This year, FEPTO AM didn't happen in beautiful Ohrid (Macedonia), due to a pandemic caused by Covid 19 virus. I am sure that everyone missed this Encounter, with our FEPTO family, which is „going on“ every year. I decided to believe that we'll gather next year for the AM in Ohrid, hope in a large number.

For almost 20 years, I am in some way present in FEPTO, as a trainer and representative of different training organisations (JUPA, BPC), now I am a trainer of SPA Moreno Association. I remember, that in the beginning of this difficult century, Pierre Fontaine worked hard, seriously considering not only the FEPTO standards for PD, but also standards and criteria for becoming PD trainer. I think, our workshop with him was the last time in Cluj-Napoca (correct me if I am mistaken). Some of us were present in his intervision sessions, which he led for the PD trainers and practitioners. But unfortunately, FEPTO never developed standards for PD trainers. This issue is especially important. This issue has been raised several times before, but the fact is, we still do not have common standards for trainers.

After Santander AM, a think-tank group took place in Sofia in 2014. The topic of the think-tank meeting was "The core competencies of the trainers". I was not present at this meeting, but those who were considered that good work was carried out. But, further development of PD trainer standards did not continue after that.

So what happened? Some PD Associations promoted a large number of PD trainers in a short period of time and others hadn't promoted any trainers for many, many years. Can we think of the reason? Is it a question of quality or something else entirely? Motivation of PD therapist to become a trainer? Luck of training for trainers? Vastly different criteria in different FEPTO organisations (very high, very low)? Many questions raised, at this moment without answers. I am sure, that the FEPTO family has more questions and different answers. It's important to have minimal training standards for PD trainers in FEPTO.

I want to share something with you. What is the immediate cause for writing this? There's always some immediate cause. In SPA Moreno, where I am a PD trainer together with senior PD trainer Du-



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san Potkonjak and we considered the standards and criteria (training for PD trainers), which he had previously made by himself. Together we are trying to form good standards for PD trainers. We are also trying to be objective and demanding but not to overdo the demands; and it's normal that we have some difficulties, disagreements, dilemmas. As a model we have that of BPA, where Dušan became a PD trainer, but we don't have a FEPTO model, or FEPTO criteria and FEPTO standards. We have a first generation of our students, PD therapists who are preparing to become PD trainers. Judith Theszary gave me important information which refers to the distinction between the psychodrama therapist and psychodrama leaders in Hungarian Psychodrama Association.

So, it would be extremely useful and important (I hope for all FEPTO organisations), to collect the praxis from the FEPTO member institutes and make a general standard.

Reality is that criteria must be harmonized. It's true that there are large differences between the trainers in organisations which are FEPTO members as also between the way of becoming a PD therapist. Those differences are wonderful, and we appreciate them very much, but we must have some basic and very clear principles, like some reference framework.

I am sure that this basic principles should be helpful for many people who are included in the process of education, in their national PD Associations. The clear standards would offer some kind of protection, producing feelings of security and something to rely on for both trainers and trainees. The FEPTO Training Committee needs to incorporate this issue on the agenda.

Finally, I'll share my fantasy with you.... Maybe it's a future projection. FEPTO made education: training for trainers. For instance, in the beginning, the first group of trainees for trainers, consisted of people from different countries (organisations and associations which are FEPTO members). And I don't think that it's impossible...Maybe it's difficult now, in the Year of Covid 19, but we can talk, communicate, make future plans, produce ideas together, discuss criteria for PD trainers, write about practice in our associations, etc. Maybe, we should have a FEPTO Zoom workshop to exchange ideas. Maybe not. It depends on us.

Thank you Judith and Katerina for enabling me to write my simple thoughts on this issue. Warm regards to all the FEPTO members. I wish you to be well and creative.

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