

# Minimal Training Standards

## 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 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 Psychodramaself-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 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 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.

## 3. FEPTO QUESTIONNAIRE FOR TRAINING ORGANIZATIONS

[download here doc or pdf](#)

## 4. QUESTIONNAIRE FOR FEPTO ACCREDITING ORGANISATIONS

In the FEPTO Council we wish more contact with you. We think there are different ways to be a National Accrediting Organisation and wish to understand better how you work and how you see your role? How can we work together in FEPTO and for Psychodrama in Europe? Is it possible for your Organisation to agree with such a project or to adapt it? And in what sense? How can we implement some EAP tasks together, like ECP? Among many other issues.

Please note graduates wishing to apply for ECP require a minimum of 1400 hours of training. This might be achieved by offering a post graduate year.