

Certified Practitioner training

2022-2025 / Latvia - Riga

The training is presented in cooperation with Latvian Moreno Institute and Tartu Psychodrama Institute and it follows the CP Standard of The Nordic-Baltic Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy.

The main trainer and group supervisor will be **Endel Hango** (TEP) and visiting trainers and personal supervisors will be **Eduardo Verdu** (TEP), **Reijo Kauppila** (TEP), **Pille Isat** (TEP), **Urban Norlander** (TEP) and **Jolanta Baltina** (TEP). Training and supervision will be provided in English.

CP is a certified professional working with groups and individuals using psychodrama, sociometry and (inter-)action methods based on J. L. Moreno's philosophy of spontaneity-creativity and role theory. The role of the psychodramatist develops throughout the education. The trainer's role is to help the students, or create an environment that helps the students, to move from role-taking through role-playing to role-creation and to shift role from student to colleague.

Trainer's challenge is to not get stuck in the Frankenstein syndrome. The Frankenstein syndrome means: to awaken and feed "dead meat" or crystalized creativity, and basically trying to get the students to do more of the same but without a "deeper" understanding; giving them knowledge without role transformation.

Applying for CP training:

- Successful applicant has completed Group Leader training in one of NBBE recognised institutes (3-4 years with one main trainer, 100 ECTS credits). Applicant must provide copy of diploma / certificate.
- All applicants must send a short letter of motivation and the main trainer will carry out an selection interview (tele-interview) with each applicant.
- A contract will be concluded with successful applicants listing all details of the training.

Deadline → 30th of September 2022 → moreno.instituts@gmail.com

CP training 2022-2025 will provide 80 ECTS credits.

APPLIED PSYCHODRAMATIC PRACTICE

The students must have at least 500 hours of applied psychodramatic practice outside their own training program (this means that students need to lead their own groups). This must include:

- Long-term regular psychodrama groups (120 hrs min) (long-term group is at least 40 hours in no less than 5 months)
- Short workshops of 4 academic hrs (20 academic hrs min)

And they must use: Psychodrama (300 hrs min); Sociodrama (10 hrs min); Axiodrama (10 hrs min); Group or team sociometry (this is not warm-ups, a separate sociometric exploration of at least 3 hrs) (10 hrs min)

The rest can be practiced in any psychodramatic application area that the student chooses. They must practice protagonist and group centred and individual work. The student must have experience with leading alone and with co-leading.

TRAINING SUPERVISION

The needed number of hours is at least 200 hrs.

Certified Practitioner training

2022-2025 / Latvia - Riga

SOCIOMETRY

The student should show knowledge in sociometric group structures, sociometric diagnostics of a sociogram and its application to psychodrama and group psychotherapy. The student should experience the full Sociometric Test. Training in sociometry should last at least 120 hrs (include own experience).

THEORY AND METHOD

The candidate must show knowledge in Moreno's and Morenian theory, philosophy and methodology. The candidate must be anchored within this reference system.

Training group supervision, sociometric test and theory teaching will be done in the form of group sessions in Latvia - Riga:

1 st session	11.-13.11.2022	23 hrs	Introduction	Endel Hango
2 nd session	13.-15.01.2023	23 hrs	History	Endel Hango
3 rd session	28.-30.04.2023	23 hrs	Philosophy	Eduardo Verdu
4 th session	11.-13.08.2023	33 hrs	Methodology	Endel Hango
5 th session	30.09-2.10.2023	23 hrs	Research and evaluation	Reijo Kauppila
6 th session	12.-14.01.2024	23 hrs	Related fields	Endel Hango
7 th session	12.-14.04.2024	23 hrs	Ethics	Jolanta Baltiņa
8 th session	17.-23.06.2024	48 hrs	Sociometric test	Pille Isat
9 th session	2.-4.08.2024	23 hrs	Sociometry in Action	Endel Hango
10 th session	15.-17.11.2024	23 hrs	Onsite practice	Endel Hango

To complete the training the students will be given the possibility to make **the written examination** in two parts (provided they have application experience):

- 1st part (including history, philosophy, methodology) in September 2023 and
- 2nd part (including sociometry, ethics, research and evaluation and related fields) in January 2025

On-site sessions can follow this.

Investment

The full cost of the Certified Practitioner training program in Latvia - Riga 2022-2025 is **2200 euros (+ VAT)**.

This includes:

- 10 sessions of group supervision (172 hrs), theory teaching (47 hrs) and one full sociometric test (48 hrs).
- Personal supervision (14 sessions).
- Study materials are provided electronically – they include online links, materials, copies of trainers' presentations, theory, and other materials. No books will be provided.
- Extra study groups and/or practice groups (without trainers) for the written examination and on-site workshop are encouraged.
- Training room in Riga for group sessions (if the group decides to have sessions outside the city, this comes with extra cost). Coffee and water are included.
- No travelling nor other personal costs of the students are included.

Certified Practitioner (CP) follows country laws and the Code of Ethics of FEPTO and/or the local/ regional Code of Ethics of Psychodrama.

CP applies and integrates Morenian action methods [1] and its' philosophy consciously and systematically into one's own field of practice (to meet respective challenges).

A. Knowledge

- 1.CP knows the Morenian concept of mankind and the philosophical foundations of Morenian action methods.
- 2.CP has a thorough knowledge of the core concepts of Morenian action methods (e.g., spontaneity, creativity, tele, encounter, role, surplus reality, stage, action, warm-up, sociatry, role reverse, mirror, double).
- 3.CP understands the basics of Morenian action research.
- 4.CP knows the theory of sociometry and principles of sociatric action.
- 5.CP knows well the challenges and ethical rules concerning using Morenian action methods.
- 6.CP knows the principles of staging and dramatizing.
- 7.CP knows phases, techniques, and processes of psychodramatic, sociodramatic, axiodramatic and sociometric action.
- 8.CP knows similarities and differences between psychodramatic, sociodramatic, axiodramatic and sociometric action.
9. CP has a knowledge of human and group development.
10. CP understands differences between automatic (or defensive) and spontaneous action (acting out and acting in phenomena)
- 11.CP understands group processes.
- 12.CP understands working in group dialogue mode and working on stage, and their relation.
- 13.CP understands personal psychology and group theory, and relation between individual and group dynamics.
- 14.CP has knowledge about how to promote psychodrama.

B. Skills

- 1.CP can inspire co-creation.
- 2.CP can lead groups in different developmental phases to facilitate structures that help the group to reach specific goals.
- 3.CP can conduct a sociometric exploration (both a full sociometric test and a sociometric exploration in action).
- 4.CP can make the group aware of the sociometry and help them to deal with "unresolved issues".
- 5.CP can introduce the Morenian action methods to the group.
- 6.CP can move from action in group to action on stage, and/or can create dramatic action based on protagonist's theme.
- 7.CP can warm up oneself and the group to work with a specific theme.
- 8.CP can help the group to find a significant starting point for the work on stage and can choose and interview the protagonist.
- 9.CP can conduct protagonist-centred or group-centred drama, with psychological, social and/or axiomatic themes.
- 10.CP can use technics diversely and appropriately.
- 11.CP can conduct auxiliaries.
- 12.CP can conduct sharing.
- 13.CP can conduct processing.
- 15.CP can process one's own action.
- 16.CP can make use of improvisational and theatrical techniques to enhance the dramatic production and to train and release the spontaneity and creativity in the group.

[1] Morenian action methods include psychodrama, sociodrama, axiodrama, group psychotherapy and sociometry.

16. CP can promote psychodrama using Morenian action methods in one's own professional field:
- a. CP projects positive image of psychodrama.
 - b. CP creates relationships and new openings in one's professional field for Morenian action methods.
 - c. CP invites people to the application of Morenian action methods in one's own professional field and informs them about psychodrama education.

C. Values and attitudes

1. CP values **personal development**

- a. CP shows self-awareness (and continuously develops it).
 - i. CP shows awareness of strengths and challenges connected to one's role repertoire.
 - ii. CP shows awareness of one's own limits, projections, transferences, tendencies (as the result of having worked with one's shadow).
 - iii. CP is seeking and receiving feedback and develops one's role repertoire adequately to any given circumstance.
- b. CP is being a role model.
 - i. CP shows aware of one's role responsibility and ethics.
 - ii. CP respects oneself and others, and one's boundaries.
 - iii. CP takes care of one's own physical and mental health, and is not dependent (e.g., on drugs, on gambling, on extreme religious practices).

2. CP values **professional development**

- a. CP develops one's professional skills and knowledge.
- b. CP knows and applies new development and research on Morenian action methods.
- c. CP takes responsibility for one's professional role (communication, ethics, spontaneity, role repertoire, contracts etc.).
- d. CP recognizes different perspectives in conflict situations and reaches for win/win solutions.
- e. CP is sociometrically conscious in one's professional and everyday life.
- f. CP is getting professional supervision regularly.

General skills helpful for CPs:

- Negotiation skills
- Time-management skills