

The Christchurch Institute for Training in Psychodrama

The Christchurch Institute for Training in Psychodrama is an ANZPA accredited Training Institute providing training which leads to certification as a Psychodrama Director, Sociodrama Director, Sociometrist, or Role Trainer. The programme is conducted in accordance with the standards established by the Board of Examiners of the Australian and New Zealand Psychodrama Association Inc (ANZPA). The CITP is an Educational Trust, and is operated by a Management Committee in liaison with a Board of Trustees.

Training has been provided by the CITP, in both Christchurch and Dunedin, since it was established in 1986. All courses are open to those who wish to develop their professional abilities without necessarily becoming certificated practitioners. The CITP has a co-operative relationship with the local branch of ANZPA.

The Purpose of Training

Training in the psychodrama method and/or group work will assist those in leadership roles to develop their abilities. They will be enlivened and challenged to expand their creative edge and professional competency. Through a greater awareness of their own behaviour and the development of leadership roles, a network of satisfying relationships will be developed and sustained. Psychodrama is primarily a group method. Developing an appreciation of group dynamics is therefore fundamental in psychodrama training. Specifically trainees learn to recognise and value the sociometry which occurs in groups and work with this both as group member and leader.

Accreditation

The process of accreditation is described in the ANZPA training manual, and involves both written and practical assessments.

Who Can Enter Training

Trainees come from a wide range of backgrounds such as counselling, psychotherapy, pastoral care, social work, medicine, clinical psychology, psychiatry, nursing, occupational therapy, community work, law, management, organisational development, personnel work, theatre, outdoor pursuits, and politics. They come from the many areas of life and work in which people are learning, changing, and relating to others.

Programme

An up to date training programme can be obtained by contacting the Administrator.

Supervision

Supervision is an integral part of the training process. As trainees progress in their training, and apply the method in their life and work, supervision assists in the integration of new learning.

Individual and group supervision sessions are available from the Institute staff and other approved supervisors. A suitable supervisor is selected in consultation with the current trainer.

Training Records

The Institute maintains a record of the courses it conducts. In addition to this trainees are expected to keep a record of their own attendance at training events.

Psychodrama Library

ANZPA Canterbury/Westland maintains an up to date library, with a range of articles, books, journals and theses. These may be borrowed by trainees.

Website <http://psychodrama.org.nz/institutes/citp/>

CITP, 79 Bealey Avenue, Christchurch 8001.

Telephone: (03) 365 2687 Fax: (03) 365 2688 email: citp@extra.co.nz