



CHRISTCHURCH INSTITUTE FOR TRAINING IN PSYCHODRAMA

## Psychodramatic Couple Therapy Training Course Outline

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# Psychodramatic Couple Therapy Training

The theory and practice of Psychodramatic Couple Therapy (PCT) obviously has psychodrama at the core. Psychodrama is a philosophy and a method to foster creativity. Psychodrama is primarily a group method and it can be applied to couples. The couple therapist works with the ethos of a psychodrama director to promote exploration, experimentation and spontaneity.

The director has the vitality, originality, adequacy and flexibility to be present with the couple. To develop the presence and skills of a psychodrama director, in the context of couple relationships is the aim of the training.

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For an introduction to psychodrama see <http://psychodrama.org.nz/about/>

J.L. Moreno, the founder of psychodrama wrote about interpersonal relationship therapy:

*"... an active form of psychotherapy in which the personal and interpersonal problems ... are treated at the same time."*

Moreno, 1977:233.

*"Forms of treatment are necessary which are able to reach the interpersonal syndromes as deeply, if not more so, than it would a single person. Interpersonal therapy represents a special category; it might well be classified apart from individual and group psychotherapy"*

Moreno & Moreno, 1975:45.

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Moreno devoted much of *Psychodrama* Volume 1 to marriage therapy. Psychodrama has a theory of child development that is related to adult functioning. Central to psychodrama theory are the concepts of *warm up, spontaneity and creativity*. *Begegnung* - translated as *encounter* is the heart of psychodramatic couple therapy. There is a word, *tele*, used to describe what goes on between people, including love.

Moreno was one of the first marriage therapists, with a session recorded in 1937. In the last 30 years specialist modes of couple therapy training have been developed. Many of them draw on psychodramatic roots. Psychodrama is an open system of thought and practice and can readily absorb material from other practices.

This course provides the required training for this specialist field. Psychodrama training is a form of psychotherapy training recognised by the Psychotherapists Board of Aotearoa New Zealand ([PBANZ](https://pbanz.org.nz)). Couple therapy is one of the items covered by the psychotherapist scope of practice. The course is offered by the Christchurch Institute for Training in Psychodrama (CITP) <https://psychodrama.org.nz/citp> For enquiries please contact Walter Logeman [walter@psybernet.co.nz](mailto:walter@psybernet.co.nz)

## Walter Logeman

The CITP is offering this course with Walter Logeman as the main trainer. He is a TEP (Trainer, Educator and Practitioner) in the CITP. Walter has a postgraduate degree in social work and is a registered psychotherapist. He has conducted *Working with Couples* professional development workshops since 2009. He has a background in education and is an Imago relationship therapist.

Walter describes his motivation for presenting Psychodramatic Couple Therapy Training (PCT):

"I have been practising and teaching couple therapy using psychodrama for many years. It is a comprehensive and holistic approach. In May 2018 I was ready to offer this as a comprehensive course.

"Couple therapy is a form of group work and psychodrama. This training is also is a form of group work and psychodrama. In this course we apply the same values and methods as we do in the work with couples.

The focus in couple therapy on the relationship, rather than on the individual self can use the power of love to develop individuals as well as the relationship. People choose each other so that, paradoxically, love also brings with it moments of tension or trouble, in those moments is the opportunity for learning and development. There is a lesson in the relationship.

In PCT we *produce encounters*. The relationship is a drama. Each partner learns to be the protagonist and the auxiliary ego and to be collaborative co-leaders in the relationship. We understand the process through role theory. We think in terms of warm up, action, sharing. The therapy room becomes the stage. These technical terms are rich and useful in the training but we don't use them so much with couples, nor should we. We keep our theory backstage and relate to the couple in a way they understand and feel at home.

Approaching a couple with the theory and practice of psychodrama as a guide in the background is a delight. I'm enthusiastic to offer a course which trains people in psychodrama by focussing on one application of the method. I am sure the course will be of value to new and experienced therapists and psychodramatists.

# Features of Psychodramatic Couple Therapy Training

## 1. Encounter

Encounter, or meeting is the English translation of the German *begegnung*, is a central concept of psychodrama. In 1914 Jacob Levy Moreno (1889–1974) the founder of psychodrama wrote in a poem called *Invitation to an Encounter*:

*"A meeting of two: eye to eye, face to face...  
I will look at you with your eyes  
and you will look at me with mine."*

Intimacy in the relationship is the organising principle of the work.

## 2. Experiential learning

Psychodramatic Couple Therapy is an experiential process for the couple. We help them have a new experience. Training for the therapist is also experiential. Training and the therapy both use the psychodrama structure of warm up, action and sharing.

## 3. Holistic practice

We will work with what is possible for a couple. The therapist will have a broad view of the current social forces on the couple and the influences of the families of origin. Psychodramatic couple therapy aims to have a positive impact on the whanau.

## 4. Well developed theory

The course is based on theory and practice developed by J.L. Moreno. It has been developed in Australia and Aotearoa NZ for our current time. See AANZPA Journals: <https://aanzpa.org/journals/> The course will refer to other theory and practice when relevant.

## 5. Supervised couple therapy practice

Participants will engage in supervised couple therapy practice.

## 6. Psychodrama training

No previous psychodrama training is required however the course will be relevant to experienced psychodramatists who do, or wish to do couple therapy. The training hours count towards a qualification in Psychodrama. Psychodrama training is a pathway to registration as a psychotherapist.

## Description of the Course

Training involves attending workshops, reading, writing, peer practice and supervision. Participants will attend a minimum of 12 days (90 hours) of workshops over two years. A

Handbook outlines how the psychodramatic method is used with couples. Successful completion of the course leads to a CITP Certificate in Psychodramatic Couple Therapy.

## The Aim of the Course

The aim is for participants to

- Experience a robust introduction to couple therapy and to psychodrama
- Gain confidence and competence in working with couples.
- Develop a vital and responsive therapeutic stance with couples.
- Discover the value of working with couples.
- Enjoy the challenges of couple therapy.
- Learn the fundamentals of couple therapy based on the large body of psychodrama theory and practice that has developed over almost a century.
- Be part of a group engaged in training and collaborative learning in couple therapy.
- Develop the curiosity and the capacity to be a lifelong learner

## Workshops

Workshops involve teaching, demonstrations, enactments, supervised practice, writing and group interaction. Psychodramatic methods including group work, sociometry, sociodrama and role training will be used. We will get to know each other and connect in new ways. We will collaborate and learn using the same methods we bring to the couples we work with.

Workshops are multilevel, suited to new as well as experienced practitioners. The workshops will have one or two trainers. Participants are asked to bring forward relevant content from their work and development and relate their concerns to the material in the Handbook. We will then work together with central concerns of the group.

The training will be in 2, 3 or 4 day blocks. Four-day workshops were conducted in Christchurch in 2019 and 2020. Workshops are offered for 2021:

<https://psychodrama.org.nz/couple-therapy-training/>

## Training and Supervision Plan

Trainees in the early stages of training will make a plan indicating areas of development they will work on, workshop attendance, peer practice, writing and supervision. ***The plan will be updated at each workshop.***

## Fees

The fee for workshops is similar to other training offered by the CITP details are on the website. Residential workshops will incur an extra fee to cover food and accommodation. Supervision fees are additional to the workshop fee.

## Enrolment

### Criteria

The trainee will...

- work in a context where couple therapy is a suitable form of practice,
- be a member of a professional body that has a code of ethics and a complaints procedure,
- participate in an interview to determine suitability for the Course.

### Process

1. Enrol on the website <https://psychodrama.org.nz/couple-therapy-training/>
2. As part of the enrolment you will agree to the CITP's Training Agreement <https://psychodrama.org.nz/training-agreement/>
3. If we have not already had a discussion about the enrolment needed we will contact.
4. Pay the course fee

## Scope of the Course

Topics will include:

### Psychodrama Philosophy Theory and Methods

#### *Forms of Psychodramatic Practice*

- Classic psychodrama
- Role training
- Sociometry
- Sociodrama
- Group psychotherapy
- Interpersonal psychotherapy
- Spontaneity training

#### *The relational paradigm*

- Therapeutic tele
- Social and cultural atom

#### *Encounter*

#### *Tele*

#### *Experiential Learning*

#### *Spontaneity-creativity*

- The Canon of Creativity
- Cultural Conserves

- Warm up
- Spontaneity
- Creativity

### ***The five psychodrama instruments***

- Stage
- Director
- Protagonist
- Auxiliary ego
- Audience

### ***Three phases of a psychodrama session***

- Warm up
- Action
- sharing

### ***Psychodrama Techniques***

- Doubling
- Mirroring
- Role reversal
- Concretisation
- Soliloquy
- Asides
- Future projection

### ***Role theory***

- Role Training
- Role Naming
- Role Enactment
- Role Gestalts

## **Psychodramatic Couple Therapy in Practice**

### ***Warm up to the Therapy as a Whole***

- Engagement
- Assessment, with a focus on assessing ambivalence, violence and other factors such as affairs or drug use.
- Creation of conditions of safety for couple therapy
- Referrals and liaison

### ***Warm up in the early phase of a session***

- Therapist warm up
- Conversation
- Director directed warm-up
- Identifying Concerns

### ***Action phase — Producing Encounter***

- Producing encounter - face to face, eye to eye.
- Conversation
- Enabling mirroring, role reversal and doubling
- Doubling each partner

### ***Sharing***

- Purpose of sharing is integration—bringing back the protagonist’s work to the “group”
- Conducting the sharing: impact, learning, what they will do differently
- Being with each other
- Sharing by the therapist

### **Other topics that may be covered**

- Parenting, finances, sex
- Cultural factors in couple therapy
- Gender relations
- Gender fluidity

Participants can add topics relevant to their area of work, e.g. elderly or immigrant couples.

## **Certificate of Psychodramatic Couple Therapy**

Upon successful completion of the following requirements participants will receive a certificate from the CITP.

- Participation in a minimum of 12 days of workshops.
- Three written assignments, 500 to a maximum of 1500 words for each assignment.
- Collaboration with other trainees to develop their ability in couple therapy (peer practice outside of the training workshops).
- A minimum of nine (supervised) sessions with one or more couples and a letter from the supervisor stating the participant is able to practice psychodramatic couple therapy.
- Demonstration in a workshop of the ability to work with a couple and discuss the rationale for interventions.



## Resources

### Handbook

A Psychodramatic Couple Therapy Training Handbook is available in DRAFT form on the website that includes

- Course material
- Reading list and links to useful material
- More details about requirements for the Psychodramatic Couple Therapy Certificate

<https://psychodrama.org.nz/library/psychodramatic-couple-therapy-training-handbook/>

Handbook: — <https://psychodrama.org.nz/PCT-Training-Handbook>

Flyer: — <https://psychodrama.org.nz/wp-content/uploads/PCT-training-flyer.pdf>

This Outline:— <https://psychodrama.org.nz/wp-content/uploads/PCT-outline.pdf>

Enroll here:— <https://psychodrama.org.nz/couple-therapy-training/>

### References

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Moreno, J.L. *Who Shall Survive?* First published in 1934 as: *Who Shall Survive: A New Approach to the Problem of Human Interrelations*. Then in 1953 as *Who Shall Survive? Foundations of Sociometry, Group Psychotherapy and Sociodrama*, which is also the title of the 1978 edition available free online here:

<https://www.scribd.com/document/470556493/Who-Shall-Survive-J-L-Moreno-M-D>