



CHRISTCHURCH INSTITUTE FOR TRAINING IN PSYCHODRAMA

**Psychodramatic
Couple Therapy Training
Course Outline**

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CITP, PO Box 22376, Christchurch Christchurch
Website: psychodrama.org.nz/citp
Email: citp@psychodrama.org.nz

Psychodramatic Couple Therapy Training

About Psychodramatic Couple Therapy Training

Psychodrama is a philosophy and a method to foster creativity. The therapist works as a psychodrama director to promote exploration and experimentation. The aim is for the couple to find effective options for their relationship.

The aim of the training is for the participants to develop the presence of a psychodrama director. The director has the vitality, originality, adequacy and flexibility to be present with the couple. A couple therapist offers process directions and at the same time keep an objective eye on the process as a whole, honouring the relationship.

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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.

Much of Moreno's *Psychodrama* Volume 1 is devoted to marriage therapy. Psychodrama has a theory of child development that is related to adult functioning. Central to psychodrama theory are the concepts of *spontaneity* and *tele* (*the relationship between people including love*). *Begegnung* - translated as *encounter* is the heart of psychodramatic couple therapy. 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.

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). 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

Walter Logeman

The CITP is collaborating with a group of NZ trainers to offer this course. Walter Logeman is the main trainer. He is a Trainer, Educator and Practitioner (TEP) in the CITP. He has conducted *Working with Couples* professional development workshops since 2009. He has a background in education and social work and is an Imago relationship therapist.

Walter describes his motivation for presenting this course:

"In 2009 I wrote an article in the AANZPA Journal called *The Imago Affair*. I concluded with the intention: "... to explore how we can develop relationship therapy beyond what we know today. I think we can use the psychodrama process to expand and to enrich couple therapy, to explore possibilities and to consciously learn and evolve." Since then, I have been teaching and practising couple therapy using psychodrama. It is a comprehensive and holistic way to teach couple therapy. In May 2018 it thought it was time to offer this course.

"Couple therapy is a form of group work and psychodrama. This training 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. *We produce encounter*. The relationship is a drama. Each partner is, in turn, the protagonist and the auxiliary ego. 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 our 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.

"We live in a time of urgent warnings about the planet. I am reminded of J.L. Moreno's book, *Who shall Survive?* (1978) as I write this. He was dismayed that survival was approached by biological and technological means and not by social means. He developed new relational tools and they remain vital for the survival of humankind. This vision motivates me to bring this course in psychodramatic couple therapy to your attention. My hope is you will be inspired and take up the call."

Central Concepts and Principles

1. Encounter

A central concept of the training is encounter. 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.”*

2. Experiential training

Couple therapy is taught in a practical way using the psychodrama structure of warm up, action and sharing.

3. Holistic assessment and practice

Skills for assessing what is possible for a couple are developed using sociodrama. Couple therapy will aim to have a positive impact 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.

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 Manual outlines how the psychodramatic method is used with couples.

The Aim of the Course

Is for participants to

- Gain confidence and competence in working with couples in a relational paradigm.
- 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 robust training and collaborative learning in couple therapy.

Workshops

Workshops involve teaching, demonstrations, enactments, supervised practice, writing and group interaction. Psychodramatic methods including sociometry, sociodrama and role training will be used. In practice this means 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 more experienced practitioners. The workshops will have one or two trainers. Participants will bring forward relevant content from their work related to the course programme. We will work together with central concerns.

The training will be in 2, 3 or 4 day blocks. An Introductory Day and two Four-day workshops are offered in Christchurch in 2019. More workshops will be offered in 2020. Workshops may be held in other places in New Zealand (depending on who enrolls). See the current flyer for the workshops:

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

Interview — Training and Supervision Plan

An interview is organised to discuss the enrolment criteria and to assist in making a plan for workshop attendance and supervision.

Fees

The fee for of 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.

Process:

1. Enrol on the website <https://psychodrama.org.nz/citp/programme-2019> The deposit of \$150 is refunded in full if your application is not accepted.
2. We will contact you to discuss your enrolment and training plan.
3. Submit a training plan indicating areas of development, a plan for workshop attendance and supervision.
4. Pay the course fee
5. Agree to the [CITP's Training Agreement](#)

Topics

Topics will include:

Warm up Phase

- Engaging with couples in the early stages (often by phone, text or email).
- Assessing suitability for couple therapy:
 - Levels of risk
 - When and how to see partners alone
 - Considering the place of couple therapy in the context of the whanau.
 - Making appropriate onward referrals e.g. mediation, social work, parenting help.
- Working with couples who have ambivalence about the relationship — discernment therapy
- Conducting the early phase of a session as as a warm up to action.
 - When and how to intervene in the group process.
 - Choosing the protagonist.

Action phase

- Producing encounter - face to face, eye to eye - using mirroring, role reversal and doubling — dialogue format
 - The concept of protagonist and auxiliary.
 - Turns — response
- Doubling a protagonist and an auxiliary
 - Avoiding blaming, shaming and criticism.
- Individual dramas with a protagonist — how to include the partner
- Dramas with the relationship as the protagonist.
 - Relationship with self (H)
 - Joint enactments
- Techniques such as soliloquy, asides and concretisation.
- Working with the original social and cultural atom

Sharing

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

Embracing a relational paradigm

These conceptual topics and implication for practice:

- Moreno’s concept of therapeutic *tele*
- Social and cultural atom, tele, *status nascendi*
- Assessing couple dynamics using role theory
 - Describing the dance or pattern to assist the couple
 - Progressive, coping and fragmenting role gestalts
 - Evaluation
- Approaches to affairs, addiction and violence
- Specific topics: parenting, finances, sex
- Cultural factors in couple therapy
- When and how to see people individually as part of the couple therapy.

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. These requirements are to be met within a two year period (unless other arrangements are made):

- Participation in a minimum of 12 days of workshops.
- Written assignments.
- Collaboration with other trainees to develop their ability in couple therapy (peer practice outside of the training workshops).
- A minimum of 9 (supervised) sessions with a couple 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

A Psychodramatic Couple Therapy Training Manual will be available on the website that includes

- Course material
- Handouts
- Reading list and links to useful material

See the flyer for this course here:

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

References

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Moreno, J.L. (1977). *Psychodrama* First Volume (4th edition). Beacon House, Beacon, New York.

Moreno, J.L. & Moreno, Z.T. (1959/1975). *Psychodrama Second Volume: Foundations of Psychotherapy* (Second Printing). Beacon House, Beacon, New York.

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:

http://www.americandeception.com/index.php?action=downloadpdf&photo=PDFsml_AD/Who_Shall_Survive-J_L_Moreno-1978-879pgs-PSY.sml.pdf&id=290