

PREPARATION PAPER PART I

FEPTO GENERAL ASSEMBLY 2004

News from the Council

by *Judith Teszáry*

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Dear members

In this issue of FEPTO-news we present the Minimal Training Standard and the new Membership Criteria. The General Assembly approved these criteria and training standards. Some of our member institutes have much higher amount of hours, some have less and a different training structure than of FEPTO's guidelines. This is not a problem because all institutes are free to add any amount of training hours as these are just minimal standards. We would like you to read it carefully and make a comparison to your institutes' standard. We even would like you to present these guidelines to the staff of your institute and discuss how long time would it take and which changes you need to do to live up to these standards. Please prepare a paper on it, which we will discuss in Finland on our next meeting

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FROM LEFT TO RIGHT:

Marcia, Dorothy, Pierre, Jutta, Gábor, Judith, Chantal, Eva and Maurizio. Renée and Antonio are not present in this picture.

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FEPTO GENERAL ASSEMBLY 2004

Following the wish of FEPTO members, here is the first edition of the Preparation Papers, which will help you to become better-prepared to the FEPTO General Assembly 2004

Renée Oudijk - editor

- to be continued - Message from Judith Teszáry - FEPTO Chairperson Dear FEPTO members, I hope that if we manage to achieve common basics of the psychodrama training in Europe the further cooperation and exchange between the institutes and the accrediting organisations will be easier.

The next step or goal in our work will be to discuss the theory we use in the training of psychodramatists and the research we ought to do in order to gain a higher status and recognition for our method.

Dear Members,

Work in Progress

The Training Committee, the Membership Committee and the Ethics Committee have been working since our meeting in Sofia on a proposal on guidelines for Minimal Training Standards and on the new Membership Requirements. The General Assembly approved these proposals in Estoril 2003 April. On page 3-12 we present them and wish you to read them carefully and if you would like to make some changes, please send your proposal to the chairs of the different Committees 6 weeks before the General Assembly in Finland, 17 April 2004 at the latest.

Motion

If you wish to submit a motion for any subject, please send your motion to the Chairperson of FEPTO, Judith Teszáry, April 17 2004 at the latest. Only prepared requests and proposals can be voted on at the General Assembly. Thank you! Warm greetings,

Judith Teszáry-chairperson-

Dear Renée,

I talked to Pierre about your objections to speak in the FEPTO Minimal Training Standards about Certified Practitioner CP Psychodrama*) in stead of Certified Psychodramatist. The problem is that the GA approved the proposal and only the next GA can make the changes. So I wish to publish the minimal standards as it is. It is information to the members so they can think it through and make some new proposals if they wish. I would like to put some lines in the news before the text of both the Minimal Standards and the Membership Requirements: (Of course we have to present the names and the mail addresses to the Council members)



**; Note of Renée: I objected while CP and TEP are the official, well described and agreed Psychodrama titles of the American Board of Examiners, The Australian Board of Examiners, The Nordic Board of Examiners and the Dutch-Belgian Board of Examiners.*

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MEMBERSHIP COMMITTEE

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TO new applicants becoming a member of FEPTO?

FEPTO was found to deepen and develop international co-operation between psychodrama training organisations in Europe and adjacent areas.

The annual meetings and the committee work in-between offers the space for encounter and exchange of the representatives beyond borders.

More official details you will find in the Constitution, more personal information is presented in the newsletter.

The application is a procedure to become acquainted with each other and to clarify for both the applicant and the members of FEPTO if they are able to cooperate with each other.

1. To become a member of FEPTO a representative of the interested organisation must attend one FEPTO Annual Meeting (yearly held in the period April-June) **prior** to the application as possibility to encounter, introduction and start of the application process.
2. A formal application (formal requirements) should be send to the Chair of the Membership Committee **by the end of September**
3. The applying institute needs **two recommendations** from FEPTO members in good standing who know about the structure and quality of the applying institute **or one recommendation** of a member of the Committee who was invited by the applying institute for getting a personal impression of the applying organization.
The costs have to be carried by the applicant
4. The applying organization is willing to meet the FEPTO minimal training standards within 5 years. The applicant will get help and support to meet the standards.

A Training organisation has to present

1. Application form
 - a. General data's
 - b. Short description (*in English translation*)
2. Presentation of the formal structure of the organisation e.g.: constitution, treatment
3. History of the Organisation (*in English translation* Including training of the founders, process of founding and development of the organisation.
4. Published training programme (*in English translation*)

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including preliminary requirements for new trainees, the application procedure, numbers of hours and content and the final examinations.

5. List of training staff

including copies of their actual psychodrama certificates Number of training groups and students in the last three years 6. A list of psychodramatists certified by the organisation

An Accrediting organisation has to present

1. Application form
 - a. General data's
 - b. Short description (*in English translation*)
2. History of the Organisation (*in English translation*) process of founding and development of the organisation.
3. Application requirements for new members
4. List of individuals and/or organisational members

The applying organisation is willing to meet the FEPTO minimal training standards within 5 years. FEPTO is willing to help.

1. MINIMAL QUANTITATIVE REQUIREMENTS

1.1. For accreditation as Certified Psychodrama Practitioner (CP), the minimal total amount of training hours is 720 and the minimal amount of practice hours is 160. Total minimum amount required: 880 hours. **Definitions:**

- The psychodramatist or Certified PD Practitioner (CP) is a person, who is recognized as competent to take the responsibility of organising and directing a PD group and individual PD sessions on an independent way, within his area of competence.
- Definition of hours. We make a difference between training and "training hours", between to learn theory and techniques and "theory and techniques hours", between practicing psychodrama and "practice hours" and so on.

Training hours. The hours of training in professional contact with a recognized trainer or assistant trainer. They can be of PD self experience, of theory and techniques, of conducting inside the training institute or of supervision.

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- Practice hours: hours of practicing 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 (without pause).

1.2. Content. In the 720 training hours, there will be minimal:

- 200 hours of PD self experience,
- 120 h. for theory and techniques hours,
- 200 hours of training for conducting inside the advanced training group ;
- and 80 hours of supervision.
- The remaining 120 hours can be decided freely by the training organisation or by the trainee, as supplements of these 4 subsections
- In these 80 supervision hours there will be minimum 40 hours supervision of the individual psychodrama trainee or of a trainee team conducting one group.

Hours of PD self-experience.

- 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.

Hours of theory and techniques.

Hours of activity with a trainer and centred on theory or techniques; it is usually given as seminar or workshop.

Hours of training in conducting inside the advanced training group. In this group the accent is more on practicing than on experiencing. Practicing by being director, co-director and auxiliary and processing this practice.

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 practicing as director or co-director outside his training institute.

2. MINIMAL 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 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, methods of psychotherapy, and social systems.
- These are minimal standards. Member organizations wishing to make a distinction between PD psychotherapist and PD leader, clinical and non clinical have the possibility to require more.

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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.

- The guidelines are advices, recommendations offered by the FEPTO community and voted by a large majority (80%) but they are not mandatory.
- Training for PD is an active self experiential learning, containing more than the required 'training hours': reading on the subject, writing down his experience, looking at videotapes of his directing and discussions with peers are important.
- The duration of PD training is a minimum of four years including the duration of supervised practice of minimum one year.
- The absence level shall not be more than 10% each year
- It is important not to disperse the training but to work long enough with a same trainer or co-directing team.
- It is also important, especially at the end, to see other trainers working.
- We recommend minimum 200 hours with the same trainer.
- It is useful to have a self experience and training in individual psychodrama.
- In the theory and techniques hours, trainers shall present written scientific articles to enable a discussion on a theoretical level.
- In the examination board of the evaluation before certification there shall be an external member who has not been a trainer of the candidate.



*An impression of the
FEPTO Annual Meeting
2001 in France/Grasse.
Can you recognize from left
to right Pierre, Marcia,
Chantal, Anne, Judith,
Eva, Eva, Pirkko,
Ildikó and Inci?
It was in France that the
GA. decided to honor
Anne and Pierre by giving
them the honorary
membership of FEPTO*

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FEPTO Membership Application Form for Training Organisations/Accrediting Organisations

1a

1. Full name and initials of the Organisation:

Official Address:

Street

City

Postal/Code

Country

Phone number

Fax number

e-mail

website

Post Address:

Street

City

Postal/Code

Phone number

Fax number

e-mail

Name of President/Director/Chairperson

Year of founding of Organisation

The information will be used to inform the members of FEPTO

2 a Short description of the Training Organization (one page in English translation)

Name of the organization:

City / Country:

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President / Vice-president (Director / Co-director)

1. Presentation of the formal structure of the Organisation: Society or partnership agreement or Non-profit organization or?
2. History of the Organisation Training of the founders, founding year
3. Training programme:
Difference between minimal standards and own training program
4. List of training staff
Names of main trainers
5. Number of training groups
In the last three years
6. Number of psychodramatists certified by the organisation:

2b Short description of the Accrediting Organization (one page in English translation)

Name of the organization: City / Country:

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President / Vice-president (Director / Co-director)

1. History of the Organisation
2. Process of founding and development of the organisation.
3. Application requirements for new members
4. List of individual and / or organisational members

The Membership Committee kindly asks interested organizations to be aware of the following 4 points (also named in the introduction of this article):

1. *To become a member of FEPTO a representative of the interested organisation must attend one FEPTO Annual Meeting (yearly held in the period April-June) **prior** to the application as possibility to encounter, introduction and start of the application process.*
2. *A formal application (formal requirements) should be send to the Chair of the Membership Committee **by the end of September***
3. *The applying institute needs **two recommendations** from FEPTO members in good standing who know about the structure and quality of the applying institute **or one recommendation** of a member of the Committee who was invited by the applying institute for getting a personal impression of the applying organisation. The costs have to be carried by the applicant*
4. *The applying organisation is willing to meet the FEPTO minimal training standards within 5years. The applicant will get help and support to meet the standards.*

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TRAINING COMMITTEE & COUNCIL

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MINIMAL TRAINING STANDARDS

As Agreed by the General Assembly 2003

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1.1. For accreditation as **Certified Psychodrama Practitioner (CP)**, the minimal total amount of training hours is 720 and the minimal amount of practice hours is 160. Total minimum amount required: 880 hours. **Definitions:**

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- **Definition of hours.** We make a difference between training and "training hours", between to learn theory and techniques and "theory and techniques hours", between practicing psychodrama and "practice hours" and so on.
- **Training hours.** The hours of training in professional contact with a recognized trainer or assistant trainer. They can be of PD self experience, of theory and techniques, of conducting inside the training institute or of supervision.
- **Practice hours:** hours of practicing 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 (without pause).

1.2. **Content.** In the 720 training hours, there will be minimal:

- 200 hours of PD self experience,
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- **Hours of training in conducting inside the advanced training group.** In this group the accent is more on practicing than on experiencing. Practicing by being director, co-director and auxiliary and processing this practice.

- **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 practicing as director or co-director outside his training institute.

2. MINIMAL 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 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, methods of psychotherapy, and social systems.

These are minimal standards. Member organizations wishing to make a distinction between PD psychotherapist and PD leader, clinical and non clinical have the possibility to require more.

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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 a qualitative evaluation of practice, theory and personality.

- The **guidelines** are advices, recommendations offered by the FEPTO community and voted by a large majority (80%) but they are not mandatory.

- Training for PD is an active **self experiential** learning, containing more than the required 'training hours': reading on the subject, writing down his experience, looking at videotapes of his directing and discussions with peers are important.

- The **duration** of PD training is a minimum of four years including the duration of supervised practice of minimum one year.

- The **absence** level shall not be more than 10% each year. It is important not to disperse the training but to work long enough with a **same trainer** or co-directing team. It is also important, especially at the end, to see other trainers working. We recommend minimum 200 hours with the same trainer.

It is useful to have a self experience and training in **individual** psychodrama.

In the Theory and techniques hours, trainers shall present written **scientific articles** to enable a discussion on a theoretical level.

In the **examination board** of the evaluation before certification there shall be an external member who has not been a trainer of the candidate.

Your are warmly invited to send all questions and comments to

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