

B - RESEARCH CONCERNING TRAINING

3. TRAIN

Towards Research Applied in an International Network of Trainees

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Goals

- To integrate research in the PD training curriculum
- To stimulate international cooperation in research
- To increase motivation and interest in research
- To develop skills in quantitative and qualitative research
- To share ideas, experiences and results in an international community of PD-researchers

Procedure

Basic level (1-2 year of training)

Trainees apply research tools to become familiar with them by evaluating their own development. The frequency of applications can be decided in a flexible way (every session or every day according to the decision of the group, continuing in one way after the group has decided)

Writing the minutes of a session should be taught in this level. (Burmeister: documentation of sessions)

Advanced level (assistant level)

Trainees apply research tools to their clients in their practice groups

Research question

General research question:

How effective is psychodrama group work done on a trainees level?

How does this kind of training stimulate the interest of later practitioners in research?

How can this project promote later international research projects?

Tools

- Core,
- PQ (Personal Questionnaire)
- HAT Form (Helpful Aspects of Therapy)

- CI (Change Interview),
- SAI (Spontaneity Assessment Inventory)
- MSAPT (Moreno Social Atom Projection Test)

Design of the project

Pre-Post-Study

Core, Personal Questionnaire is given at the beginning of every session

HAT Form is given at the end

CI, SAI, MSAPT is given as pre, as post and if possible as follow up after 4 months

The CI, SAI, MSAPT is given every 10 sessions.

Beside these tools every session has to be minuted

One session should be between 1,5 -3 hours (h=60 min)

In order to separate the role of the researcher and the therapist we suggest that the co director is in charge to administer the research tools and in order to integrate the research procedure into the group the therapist asks the clients in the warm up period if someone wants to refer to the content of the questionnaires. During the closure the HAT is given and the director is asking afterwards if anyone wants to mention something about it.

Qualitative research can be integrated according to the interests of the trainee.

The outcome should be analysed and discussed by the trainees in their final theses.

Network

- Training groups in different countries (at the moment: Austria, Portugal, Turkey) are following the same procedure to do quantitative and qualitative studies on their psychodrama practice.
- Exchange of experiences of the trainers
- Meeting of trainers and trainees (advanced level) sharing experiences and preliminary results
- Create sub-research groups on specific issues (regarding clients, techniques etc.)
- Conference (as part of a PD conference like FEPTO, IAGP, Bergama etc)
- Presentation and discussion of results.
- Reflection on the experiences of trainers how to support trainees as researchers: What are helping and hindering aspects of supporting trainees?
(paper/article after two years)