

Guidelines for Psychodrama Peer Practice Groups

Christchurch Institute for Training in Psychodrama

Psychodrama Peer Practice Groups are an important part of the training and integrated into the training program. The groups arrange their own venue and meeting times. It is envisaged the groups meet every two weeks, this may vary.

Purpose of the Groups

The purpose is for all members to practice psychodrama directing and writing. Sessions include warm-up, enactment and sharing. The aim of the group is to foster peer connections, collaborative learning and to gain confidence in using the psychodrama methods.

Forming the groups.

This usually happens at the start of the training year. These guidelines are discussed. The groups are formed sociometrically based on criteria that may include frequency of meeting, location, time, and the interests of members.

Meeting Procedure

It is recommended that the groups have an organiser who ensures the dates and venue is clear to all members and a facilitator to plan with the group who will direct sessions. These tasks can be shared throughout the year.

Relationship with the Training Group.

Matters from the peer practice group can be brought back to the Training Group. The peer practice groups are part of the larger group, and confidentiality is maintained within the training group as a whole.

Reporting

From time to time the groups report back to the training group, this may be in action and can be used to further psychodrama training.

Each peer group session appoints someone to write a short piece on the session and send it to the training email group. This is to inform and share learning with all group members and to develop writing ability that is enlivening, informative, and sensitive to the group participants.

Closure

The groups conclude at the end of the year and members make a plan for the final session.

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