

25th Anniversary of the Commencement of Psychodrama Training in Australia

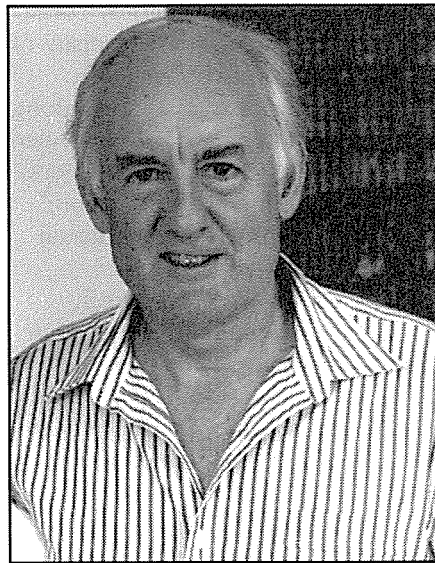
by Max Clayton

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These few paragraphs are for the purpose of celebrating the 25 years of effective training, the spread of effective psychodrama practice throughout all parts of Australia and New Zealand, the development of ten Training Institutes which have made a great contribution to the lives of thousands of professional people and to the injection of spontaneity into fields of endeavour which had become prosaic and mediocre.

We celebrate the work of the Presidents and Executive Committees of the Association, the work of the Psychodrama Institute of New Zealand, the work of those who have completed practical assessments, theses, articles and books, those who have brought about Training Institutes, training events, Gatherings, Conferences, and all the other innumerable events that have contributed to our training and development.

The Psychodrama Institute of Western Australia was founded in December 1971 by Max Clayton and Lynette Clayton. This marked the



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beginning of formal training in sociometry, psychodrama, sociodrama, role training and general group work in WA. The first course conducted by the Training Institute was in general group work in early 1972 and was attended by 32 professional people. Subsequently regular weekly training groups were conducted. Standards of training were refined during the 1970s

leading to the development of the Training and Standards Manual which was accepted by the Australian and New Zealand Association of Psychodramatists, Sociodramatists, Sociometrists and Role Trainers formed in January 1980.

The conduct of national training workshops at the University of New England in Armidale, commencing in January 1974, marked a rapid growth of the psychodramatic method and in particular led to the organisation of the first psychodrama training workshop in New Zealand by Lorna McLay conducted at the University of Auckland in August 1974. The training workshops, conducted along similar lines to workshops developed by Jacob Moreno and Zerka Moreno at the Moreno Institute in Beacon, New York, were definitely unusual, challenging and inspiring to participants, opening up a fresh vision of what could be achieved in work with groups, families and individuals. Participants opened up hitherto unknown or hidden aspects of their being and to their surprise discovered that this was not as frightening as they had previously thought but, on the contrary, caused them to appreciate abilities which had been ignored and to integrate roles which had previously expressed themselves in a fragmented form.

This reference to the 25 years of psychodrama has also the purpose of all of us who are practitioners or trainees building on what has been achieved so far. This is a good time to focus on the end of 50 years of psychodrama training which will come about in December 2021. I wonder what the world will be like at that time. Irrespective of what the world will be like, we are all capable of developing in such a way that our

spontaneity will still be a catalyst for the creativity which resides in all of us.