



Proposal of a MINIMAL TRAINING STANDARD IN SOCIODRAMA for FEPTO

Made by the “standardization working group” (Wg4) in the Erasmus+ KA2 PERFORMERS 2. Sociodrama Project

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1. Introduction

In the last decade, Sociodrama has had an explosive expansion in Europe and the countries surrounding the Mediterranean sea, basically, the FEPTO area. Sociodrama attracts social scientists, mental health workers, pedagogues, organisational consultants and professionals dealing with social issues, social transformations, group dynamics, and group processes.

Sociodrama as a group method is used when working with problems in society, between countries or cultures, collective trauma, actual issues such as climate change; sustainability issues; refugee questions; building bridges and networks globally. Or to deal with bullying in classrooms and many areas where groups are. Thus different Sociodrama training starts in countries without a joint agreement about quality and standards.

The thorough work in the early years in FEPTO led to minimal training standards (MTS) in Psychodrama as a requirement and guidance for the member institutes to harmonise the psychodrama training in Europe and the Mediterranean countries. To be truly able to follow the ideas, theory and philosophy of J.L. Moreno, psychodrama and sociodrama should be able to work side by side. Since sociodrama is a group method created by Moreno, it needs equal status. Therefore, by creating a training standard, we promote the development of sociodrama in FEPTO, following the tradition of Moreno's SOCIATRY movement. We have to remind ourselves that Moreno's first achievements were in the social fields. His sociometric work in the Mittendorf refugee camp in Vienna, shelters and medical care for poor people, his research and intervention work in the Hudson Valley Institution for Girls in the US.

We open the door for widening and broadening our perspectives as professionals. We wish to invite other professionals than clinicians — those who deal with social, human rights, cultural and spiritual issues.

In the Erasmus+ PERFORMERS 2. project, we created a working group of partner organizations to deal with Sociodrama practice and training questions. By working on

the method's minimal training standard, we step forward to protect the interest of the sociodramatists and the quality of the method, to establish and maintain high professional and ethical norms.

Some of the partners participating in this work had their background in the sociodrama training of the BPA (British Psychodrama Association). This training was inspired by the ANZPA Australian Psychodrama Association's training. This organization had right from the beginning sociodrama training besides psychodrama in its curriculum. The Portuguese Psychodrama Society (SPP) also has a separate sociodrama curriculum besides its psychodrama training. Another part of the experts came from this sociodrama school.

The Minimal Training Standard in Sociodrama does not aim to rule the sociodrama training in detail but to give qualitative and quantitative standards guidelines. The training institutes are free to build their own training programs. In creating the standards of Sociodrama, we followed the model of the already existing MTS in Psychodrama and Child Psychodrama.

The most important criticism concerning this model, says that people today do not wish to follow a long training but rather wish to have modules or shorter workshops, which is more manageable economically. For FEPTO as a partner organisation in the project, it was crucial to safeguard the quality of sociodrama training, uphold a high quality standard and protect the interest of sociodramatists.

2. Proposal for the sociodrama minimal training standard

QUANTITATIVE REQUIREMENT

	Modules	Short description	FEPTO Psychodrama standard (hours)	PERFORMERS Proposal for Sociodrama standard (hours)
1.	Self-experience	psychodrama self experience	200	150
2.		Sociodrama self experience		50
3	Theory and techniques of the Morenian methods:	Sociodrama, Sociometry, Psychodrama, Role training and Ethics		125
4.	Training in conducting inside an advanced training group	Sociodrama leader training	200	120
5.		Sociodrama project		80

6.	To be decided freely by the institute of the trainee.	Domestic and international workshops in sociodrama (min 50 hours) and in sd research (min. 20 hours)	120	70
7.	Own sociodrama practice hours (supervised)		160	100
8.	Supervision		80	60
	TOTAL (hours)		880	755

Explanation of the quantitative standard:

Modules

(1 - 8) 525 hours out of 755 are contact hours within a continuous training group (online or in-person depending on the conditions).

(1-8) One hour is 45 minutes of pure PD/SD work from actual start till the end.

(1) Self-experience in psychodrama should be in a continuous PD group and should proceed the sociodrama training

(2) Self-experience in sociodrama should be the first part of the sociodrama training.

(3) Theoretical formation should be an integral part of the training of directing.

(4) Contact training hours are the hours of training in professional contact with a sociodrama trainer. These contact hours are for sociodrama self-experience, for theory and techniques and training of directing.

(5) A sociodrama project: The trainees plan to carry out a sociodramatic intervention from the beginning of the training and proceed with it during the whole training.

(6) Freely decided hours by training organisation or trainee (depending on the curriculum) as supplements of previous four subsections: hours of self-experience, hours of theory and techniques, hours of conducting sociodrama and hours of supervision.

(7) Practice hours are hours of practising as a sociodramatist under supervision. The practicum can be in the training group, in a peer group of sociodrama trainees, or autonomous sociodrama practice of the trainee.

Practice hours consist of a.) the session, b.) preparation c.) processing with the co-director before and after the session.

All practice hours should be supervised.

(8) Supervision can be individual or group; it can be direct or indirect supervision.

QUALITATIVE REQUIREMENTS

Definition: A Sociodramatist or sociodrama director or sociodrama leader is a person who is recognised as competent to organise and direct sociodrama in groups within their area of competence.

(1) Admittance:

Primary education level for admission of new trainees:

- BA
- Experience in working with groups
- PD self-experience

Admission procedure. The minimum process is a file or form, an introduction or admission seminar, and a trainer's interview.

(2) Graduation:

- Fulfillment of the sociodrama training and own practice under supervision (min. 755 hours)
- Thesis about the own sociodrama work and its presentation in an onsite session with external examiners.
- The evaluation of the trainee should cover practice, theory and personality.

3. Procedure for the implementation of the MTS in Sociodrama in FEPTO

- Presentation of the proposal to the FEPTO Council
- Meeting with FEPTO members interested in Sociodrama to present and discuss the proposal. Make the necessary amendments proposed by FEPTO members.
- Put up the proposal for voting at the General Assembly.
- Create a Sociodrama Network group in FEPTO to carry on the further development of SD.
- The SD Network group will continuously put information about their work on the PERFORMERS' website.
- Additional information: during the work with the Constitution change of FEPTO, the Council included the promotion of Sociodrama training as one of the purposes of the federation.

4. Further issues to work on

- How to become a sociodrama trainer?

- What are the qualitative and quantitative requirements for a psychodramatist to become a sociodramatist?
- SD ethical standards