



**Birmingham
Institute for
Psychodrama**

Therapy, Groupwork & Training

Information for
Applicants and
Course Overview

2010-2011

Diploma in Psychodrama Psychotherapy

A professional qualification in psychotherapy, accredited by the British Psychodrama Association and recognised by the United Kingdom Council for Psychotherapy



Diploma in Psychodrama Psychotherapy

Information for Applicants and Course Overview 2010-2011




INTRODUCTION

This document is for people considering applying for the Diploma in Psychodrama Psychotherapy offered by the Birmingham Institute for Psychodrama (BIP). It provides an overview of the course and outlines the requirements of the training.

The Birmingham Institute for Psychodrama offers a range of services, including training, weekend workshops, residential workshops, group psychotherapy and bespoke services such as in-service staff training and contracted groupwork facilitation. Full details about these services can be found on the website:

www.birminghampsychedrama.co.uk

BIP offers a fully accredited psychotherapy diploma course, a professional qualification recognised by the British Psychodrama Association (BPA) and the United Kingdom Council for Psychotherapy (UKCP). This is a post-graduate level training and normally takes a minimum of four years to complete on a part-time basis. The diploma course provides a theoretical and practical understanding of the methods of psychodrama, sociometry and group psychotherapy. It is both didactic and experiential, and there is a strong focus on observing and working with group process. Diploma trainees typically attend six to eight weekend workshops and two 4-day residential workshops in each of their first two years of training, and slightly fewer events during their 3rd and 4th years, when they focus more on clinical practice.

BIP adheres to the code of practice for training organisations issued by the British Psychodrama Association. It is committed to non-discriminatory practice on cultural, class and religious grounds in the selection process and throughout the training.



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COURSE STRUCTURE

THE CORE OF THE TRAINING: WEEKEND WORKSHOPS AND RESIDENTIALS

Weekend Workshops

Weekend workshops are held eight times per year (usually on the first weekend of the month) and are an essential component of the training. These workshops will typically have a theme or topic. Each weekend counts as 16 psychodrama training hours.

There are two types of weekend workshop:

- 1. Trainee weekends** provide opportunities for trainees to direct psychodramas, with time for processing. These weekends are restricted to registered trainees and people who are considering entering psychodrama training. People from related professions who have a specific interest in psychodrama or the topic being covered may also attend in some circumstances.
- 2. Open weekends**, where the trainers direct the sessions. These weekends are open to trainees, people in related professions and also members of the public.

Residential Workshops

There will typically be two 4-day residential workshops each year (these run from 5pm Thursday to 5pm Monday). Trainees in their first and second years are expected to attend two residentials each year. Trainees in their third and fourth years are expected to attend at least one residential per year.

These 4-day workshops will include a number of psychodramas and also teaching sessions, assessments, planning of the yearly programme and training committee meetings. Residential workshops are usually restricted to registered trainees and people who are seriously considering entering psychodrama training. Residential events count as 50 psychodrama training hours.

OTHER IMPORTANT ELEMENTS OF THE COURSE

Tutorials

Each trainee will have a minimum of four tutorials with their primary trainer each year. These will cover any aspect of the training and are usually one to one meetings. Some group tutorials can be arranged if required.

Seminars

Trainees may also wish to attend seminar groups which may be arranged as demand dictates.

Log Book

Each trainee will have a log book. This will include forms to keep a record of the different training hours achieved, the roles played, feedback from processing, written work, information from the diploma handbook, etc. The log will be used to help in the review process each year. Trainees are also encouraged to keep a personal journal of their experience during their training.

Trainee Days

Twice each year, there is a Saturday meeting of all BIP trainees. On these days, issues about training can be discussed with other trainees, the course leaders and other members of the training committee. General feedback / concerns about the training can be discussed and appropriate action will be taken.

REQUIRED HOURS

The required hours divide into two areas:

- 1. 1,200 hours of direct contact with a trainer or teacher** (some of which can be credited through APL and APEL - see details below). These hours further divide into **780** hours of learning about psychodrama, and **420** hours of academic study and other training hours.
- 2. 450 hours of clinical practice.**

In addition to these hours, there is a requirement for therapy, supervision, writing and private study.

PLEASE NOTE: These hours and other requirements are further explained in the following section on curriculum. *Please also see the figure on page 7 for a summary of the hours required.*

ACCREDITED PRIOR LEARNING (APL) and ACCREDITED PRIOR EXPERIENTIAL LEARNING (APEL)

APL and APEL will be taken into account during the initial planning tutorial:

APL: Accredited Prior Learning - this will be composed of actual training course hours attended with recognised trainers that are considered appropriate towards the total number of hours needed to complete the diploma course.

APEL: Accredited Prior Experiential Learning - this will be composed of experiences that are either entry requirements or contribute towards a diploma, e.g. previous mental health experience. APEL cannot be counted twice; what is an entry requirement cannot be counted as contributing to diploma hours.

COMMITMENT REQUIRED

Applicants should be aware that, although this is a part-time course, it is nevertheless concentrated and commitment will be needed to complete the course. In particular, if trainees do not work in a context where they can undertake clinical practice as part of their work, they may find the clinical practice requirement particularly demanding.



CURRICULUM

This section describes the five components of the diploma:

1. PSYCHODRAMA TRAINING EXPERIENCE

Trainees are required to take part in a minimum of 780 hours of experiential groups involving psychodrama and their subsequent processing. These 780 hours are divided into two main categories, "internal psychodrama hours" and "external psychodrama hours."

Internal psychodrama hours

530 hours must be gained in BIP training workshops (whether 'open' or 'trainee-only' workshops) facilitated by BIP trainers.

External psychodrama hours

250 hours must be gained at courses run by external psychodrama trainers, and approved by the primary trainer. On some occasions, external trainers may provide training sponsored by BIP, and these would count as external psychodrama hours for BIP trainees.

NOTE: Within these specified 780 hours, there are also the following two requirements:

- 50 of these hours must be gained in sociodrama groups (either externally or internally, or a combination of both).
- At least 120 hours of the total 780 must have been acquired by attendance at residential courses, again approved by the primary trainer. (These may be internal or external hours, or a combination of both.)

Please see page 7 for a summary of these hours.

A.P.E.L and A.P.L. Psychodrama Hours:

- A maximum of 100 of the total psychodrama training hours may be obtained prior to entering into training.

2. ACADEMIC STUDY AND OTHER TRAINING HOURS

A further 420 hours of relevant academic and practical learning are required ***before or during*** the diploma course. BIP will endeavour to provide most of these hours. However, some hours may need to be obtained from other sources, and the Institute will help trainees access this training where needed. The 420 hours break down into eleven categories, labeled **A - K** as follows:

A Psychodrama Theory and Philosophy 90 hours

This includes key elements such as:

- History, constructs and terminology of psychodrama.
- The process of psychodrama.
- Warm-up, enactment and sharing.
- Use of techniques and their development.
- Co-creativity and co-responsibility.
- Spontaneity.
- Role theory.
- Therapeutic factors.
- Moreno's child development theory.
- Philosophical aspects of psychodrama.
- Social context, including sociodrama.
- Integration with other therapies.
- Development of role play.

B Group Process and Sociometry 60 hours

Group process and sociometry will be an ongoing process throughout the four years. However, the trainee is expected to complete the majority of this by the end of the second year, before commencing their long-term clinical practice group. There should be discussion of reading material in either seminars and/or tutorials with the primary trainer.

C Psychotherapeutic Principles Common to all Models of Psychotherapy 50 hours

- **Theories of child and human development:** Trainees are expected to develop a good understanding of the major models of child development, including the work of Piaget, Freud, Klein, Winnicott and Bowlby as well as the theories of Moreno. There will be an emphasis on both Object Relations Theory and Attachment Theory, and a good understanding of these will be required. Teaching will be through internal and external workshops, seminars and tutorials. There will also be an Infant Observation Study, where each trainee will be expected to observe an infant weekly or fortnightly for a period of six months.
- **Therapeutic principles:** Trainees will be expected to develop an understanding of the following:
 - The therapeutic relationship
 - Transference and counter-transference
 - Defense mechanisms
 - Establishing rapport
 - Working with resistance
 - Therapeutic aspects of groups
 - Assessment and selection for groups.
 - Trans-cultural issues including racial awareness.
 - Gender and sexuality.
 - When to seek other professional help.



D Experience and Study of One Other Model of Psychotherapy 50 hours

It is a requirement of the training that trainees have a direct experience of one other model of psychotherapy before or during their training. This part of the training must be obtained from an outside source. Advice will be provided by the course leaders.

E Overview of Other Psychotherapeutic Models and their Connections with Psychodrama 40 hours

A basic understanding of the major therapies within the headings below are required:

- Humanistic and existential models.
- Psychoanalytic approaches.
- Cognitive and behavioural therapy.
- Systems theory.

F Ethics of Psychotherapeutic Practice 10 hours

Trainees will discuss the BPA Code of practice and understand the meaning and importance of its requirements. By the end of their training, trainees will be expected to have a basic understanding of child protection issues and process, and the principles of the 1989 Children's Act.

G Models of Mental Illness 30 hours

Trainees with mental health training will normally be exempt from this aspect of the course, as they will have covered these areas in their previous training. If a trainee does not come into the training with this experience already gained, they must complete a minimum of 100 hours within a mental health setting. This should be structured to give the best experience for the trainee. BIP can offer assistance in locating suitable placements. It is suggested that a minimum of 50 of these hours be in an in-patient setting.

H Drama, Theatre and Dramatherapy 20 hours

The trainee will be expected to have an understanding of stagecraft, and demonstrate this through the use of scene setting and their use of the psychodramatic stage. The experience of being in a drama group and/or attendance at plays to observe the dramatic process in action will be valuable. The trainee will be expected to be fully aware of the commonalities and differences between psychodrama and drama therapy, and be able to give a verbal presentation on the subject.

I Communication skills 30 hours

Key elements:

- Presentations in seminar and training groups, and tutorials with the Primary Trainer.
- Discussions related to psychodrama in the workplace and written work will also be taken into account.
- The trainee's use of the processing in psychodrama, both of their own work as director, and that of other trainees.
- The use of supervision is also an important aspect of communication.
- Presentations that the trainee may give in other areas - day workshops, weekend workshops, introductory talks.
- How to communicate the psychodramatic method is of fundamental importance.
- Other aspects of communication include assessments, written reports, liaison with GP's and other professionals.

J Educational and Non-Clinical use of Psychodrama and Sociodrama 30 hours

There are many non-clinical applications of the psychodramatic process and techniques that are useful in staff development, in-service training, social skills groups and child and adult education in general. Trainees are expected to become familiar with this work, appreciating its advantages and limitations. It is important for trainees to adapt their use of psychodrama in order to gain the skills needed to present a half day, day or weekend workshop. Also, action methods can be an excellent way of learning, so including them in a more educational setting will be helpful.

K Research Methodology 10 hours

Trainees are expected to have some understanding of research methodology appropriate to psychodrama, and to have knowledge of the current psychodrama research. They will learn to understand the basics of qualitative and quantitative research methods, and to critically evaluate research papers. It is a requirement for all trainees to complete a research project on some aspect of psychodrama and to present this in a training workshop. This research may also form part of the trainee's final dissertation (see later section on "Written Work").



3. PERSONAL DEVELOPMENT

Personal development, mainly in the form of personal psychotherapy, is an intrinsic part of psychodrama psychotherapy training. It is a requirement that trainees are in weekly group or individual psychotherapy throughout their training, unless the trainee takes an agreed break from training due to personal circumstances. The form of therapy can be either humanistic or psychodynamic, and it should be with a UKCP registered psychotherapist.

If the trainee does not have the experience of being in a weekly psychodrama psychotherapy group prior to entering into training, then they should spend at least one year in such a group before the completion of training, if one is available. If no psychodrama group is available locally, another form of group psychotherapy or individual psychotherapy is required on a weekly basis. In any case, it is recommended that trainees have one year of individual psychotherapy. At any time during their training, the primary trainer may recommend or require the trainee to undertake further psychotherapy.

4. CLINICAL PRACTICE AND SUPERVISION

The minimum amount of clinical practice before one can register as a psychotherapist with the UKCP is 450 hours. This clinical practice is made up of both group and individual sessions with adults and/or children (see below, the "note regarding clinical work with children", which addresses the proportion of child and adult work), and must include the following:

1. One long term psychodrama group consisting of a minimum of 80 sessions, achieving a minimum of 160 hours. If the minimum sessions are not achieved because the group has to end prematurely, how long a further group must run will be at the discretion of the primary trainer.

A short term - or another long term - psychodrama group consisting of a minimum of 20 sessions, achieving a minimum of 40 hours.

Both groups can be 'slow open' (i.e. with people joining and leaving on a slowly rotating basis) or 'closed' in style.

Total minimum hours gained: 200

2. Individual sessions consisting of a minimum of 5 clients, one of whom must be a long term client for at least 40 sessions. If this client should end prematurely, then the same arrangement as for the long term group applies. The total individual client practice should amount to a minimum of 80 hours.

Total minimum hours gained: 80

3. Assessment sessions, consisting of a minimum of 20 clients and achieving a minimum of 20 hours.

Total minimum hours gained: 20

4. A further 150 hours of clinical practice can be achieved in a variety of ways as agreed by the primary trainer. These may include any of the above categories plus the use of action methods in groups, working with children and running brief therapy groups such as days or weekends.

Total minimum hours gained: 150

All clinical practice must have a therapeutic contract and be supervised by a UKCP or equivalent supervisor.

NOTE regarding clinical work with children: For those trainees working with children, 25% of their clinical practice hours can be obtained through work with children, and the remaining 75% - short term groups, individual work, long term group - must be gained through work with adults in consultation with their primary trainer.

5. WRITTEN WORK

Trainees will be required to complete nine (or ten, if they are required to do a mental health placement) pieces of written work for the diploma in psychodrama. This includes the dissertation. The written work will include:

Year one

- **A review of previous academic and experiential learning**, including an overview of the trainee's own personal development and therapy -

2000-3000 words

- **Reflections on the trainee's experience of being in the protagonist role**, and how that impacts on their understanding of the director role -

2000-3000 words

- **Infant observation report -**

3000-4000 words



Year two

- **An essay on a theoretical aspect of psychodrama - 3000-4000 words**
- **An essay on a theoretical model of psychotherapy other than psychodrama - 3000-4000 words**
- **If the trainee has had to complete the 100 mental health hours placement, an account of their experience and learning will be required - 2000-3000 words**

Year three

- **An essay on the ethics of psychotherapeutic practice - 3000-4000 words**
- **A written case study** of one of the trainee's clients from clinical practice - **4000-5000 words**

Year four

- **A 2,000-3,000 word essay** about the **trainee's reflections on their clinical practice experience.**
- **A 12,000 - 16,000 word dissertation** focusing on the theoretical issues related to the practice of psychodrama. It should include other therapy modalities and use the trainee's experience of clinical practice for examples. The research component may be included in this dissertation.

In addition to the written work, trainees will be expected to demonstrate their understanding of the following subject areas, and indicate the relevance to psychodrama. This can be done through writing, presentations at workshops, seminars or tutorials with their primary trainer:

1. Moreno and the history of psychodrama.
2. The philosophy of psychodrama.
3. The psychology of psychodrama.
4. A psychodrama book review.
5. Group dynamics.

6. Sociometry.
7. Child development.
8. Psychodynamic Psychotherapy.
9. Humanistic Psychotherapy.
10. A comparison of psychotherapy models.
11. Dramatherapy and/or the theatre and therapy.
12. Research methodology.

COURSE READING

There will be approximately five to ten books listed as required reading each year, and most of these will be available on loan from BIP, to share with other trainees. The books on the required list cover key aspects of psychodrama, psychotherapy, human development and research topics. BIP will also make available rare or out of print material that is considered essential reading.

This figure summarises the required hours for the
Diploma in Psychodrama Psychotherapy

Diploma trainees will be required to complete the following:

TRAINING HOURS (see pages 3-4)		
Psychodrama Training Experience 780 hours (Up to 100 of these hours can be credited through APL and APEL)		Academic Study & Other Training Hours 420 hours (Some of which can be credited through APL and APEL)
INTERNAL PSYCHODRAMA HOURS (With BIP trainers) 530 hours	EXTERNAL PSYCHODRAMA HOURS (With other trainers) 250 hours	A. Psychodrama theory and philosophy B. Group process and sociometry C. Psychotherapeutic principles D. Experience and study of one other model of psychotherapy E. An overview of other psychotherapeutic models and their connections with psychodrama F. Ethics of psychotherapy G. Models of mental illness H. Drama, theatre and dramatherapy I. Communication skills J. The educational and non-clinical use of psychodrama and sociodrama K. Research methodology
SOCIODRAMA HOURS: 50* RESIDENTIAL HOURS: 120* (* These are part of the total 780 hours. They can be internal or external hours.)		
Total: 1,200 hours of direct contact with a trainer or teacher		

PLUS

CLINICAL PRACTICE (see page 5)	
	Hours Gained
One long term psychodrama group consisting of a minimum of 80 sessions, achieving a minimum of 160 hours.	200
A short term - or another long term - psychodrama group consisting of a minimum of 20 sessions, achieving a minimum of 40 hours.	
Individual sessions consisting of a minimum of five clients, one of whom must be a long term client for at least 40 sessions.	80
Assessment sessions consisting of a minimum of 20 clients.	20
A further 150 hours of clinical practice can be achieved in a variety of ways as agreed by the primary trainer.	150
TOTAL	450
Total: 450 hours of clinical practice	

PLUS

PERSONAL DEVELOPMENT (see page 5)
Trainees are required to attend regular psychotherapy sessions for their own personal development throughout their training. See the section on personal development on page 5.



OTHER POLICIES & PROCEDURES

CONTINUOUS ASSESSMENT

Trainees are assessed on an ongoing basis throughout the course. At the end of each year, the trainee will complete an annual appraisal form which is part of the trainee log. Both trainers of BIP will communicate with each other following each training event, indicating the perceived progress of each trainee. This will be fed back to the trainee.

DEFERRALS

Trainees who choose to defer training for one year (e.g. for personal reasons) will be required to pay a deferral fee of £150. This fee will entitle them to receive two tutorials during the deferral year. If the trainee needs to extend their period of deferral, they must make a new application to the course trainers stating the reason why they are not ready to return to the course. There will be a further charge of £150 for this. Should a trainee defer for more than two years, their return to the course would be at the discretion of the Senior Trainer(s) of BIP.

THE FINAL ASSESSMENT PROCESS

Before obtaining the diploma, each trainee must fulfil the requirements of training. They will have completed at least twelve hundred hours and have achieved the minimum hours in all the specified areas. All the written work must have been completed to the required standard and approved by the Senior Trainer(s) of BIP.

The External Assessment / Practicum

After the completion of at least three years of training and at least one year of clinical practice, trainees are eligible for entering the external assessment. Both Course Leaders of BIP must be in agreement that the trainee is ready.

The trainee will be required to illustrate practically their competence as a director under 'exam' conditions. This will take the form of directing a session in the training group with both Course Leaders of BIP and an external examiner present. The session will be processed within the group after a half hour break. The final decision regarding the assessment will rest with the external examiner.

COURSE LEADERS

BIP has two Course Leaders, Susie Taylor and Clark Baim. Both trainers are registered with the BPA and the UKCP. The trainers have their work supervised and adhere to the code of practice for trainers and practitioners of the BPA. Other external trainers run some aspects of the course and will be accredited with the BPA, unless coming from a different modality of therapy.



Susie Taylor

(UKCP registered psychodrama psychotherapist) is registered with the BPA as a Senior Trainer and is a co-founder of the Oxford Psychodrama Group. She has also run psychodrama training groups internationally in Greece, Finland, Montenegro, Macedonia, Serbia and Croatia. She has an ongoing

commitment to psychodrama training in both Serbia and Croatia. Susie originally trained as an Occupational Therapist and worked in mental health settings from 1975-84. Since qualifying as a psychodramatist in 1983, she has been in continuous practice as a therapist in clinical groups, individual work and supervision. Her clinical work includes working with offenders in Grendon prison; Roman Catholic Brothers, Priests and Sisters; alcoholics; victims of abuse; and people with personality disorders. Susie was a co-founder of the BPA and serves on the Accreditation Committee.



Clark Baim

(UKCP registered psychodrama psychotherapist) trained with the Oxford Psychodrama Group and qualified as a psychodrama psychotherapist in 1999. He is a BPA registered Trainer. Since 1987, Clark has facilitated groups and provided supervision and training for criminal

justice and mental health practitioners across the UK and Ireland. He has also led workshops and training events in Sweden, Greece, South Africa and the USA. In addition to his other work, Clark is a Lead National Trainer for the Probation Service's sexual offending programmes. A native of Chicago, Clark settled in the UK in the 1980's, where he established and served as the first Director of Geese Theatre UK, a company specialising in rehabilitative drama with offenders. He has held several posts on the Executive Council of the National Organisation for the Treatment of Abusers (NOTA). Clark currently serves on the Accreditation Committee of the BPA.



ACCREDITING ORGANISATIONS

The British Psychodrama Association

The British Psychodrama Association is the accrediting body for Psychodrama Psychotherapists in the UK. The BPA is a member of the Humanistic and Integrative Psychotherapy Section of the United Kingdom Council for Psychotherapy (UKCP). It holds registers of trainees, practitioners, trainers and training organisations. All trainees and trainers with BIP are required to be members of the BPA. The BPA holds a conference in the summer of each year. It is strongly advised that trainees attend this conference, which will count as part of their training hours. The BPA contact address is:

Flat 1/1, 105 Hyndland Road
GLASGOW G12 9JD

Telephone: 0141 339 0141

e-mail: jscan@bpad.co.uk

Web site: www.psychodrama.org.uk

The administrator's name is James Scanlan.

United Kingdom Council for Psychotherapy (UKCP)

The UKCP is the umbrella organisation for psychotherapy in the UK. The contact address is:

United Kingdom Council for Psychotherapy,
2nd. Floor, Edward House,
2 Wakley Street, LONDON EC1V 7LT

Telephone: 020 7014 9955.

Web site: www.psychotherapy.org.uk

PRACTITIONER REGISTRATION

Trainees are able to register as a practitioner with the BPA immediately on being awarded the diploma. UKCP registration can be completed when all 450 hours of clinical practice are achieved.



FEES AND PAYMENT TERMS

BIP uses a flexible approach to booking and paying for workshops and fees. There is one annual trainee registration fee, and all weekend workshops and 4-day residential events are charged at a reduced trainee rate.

2010-2011 fees are as follows:

Initial registration fee for new trainees (a one-off fee): **£120**

- Annual registration fee: **£900***
- Trainee fee for each weekend workshop: **£90**
- Trainee fee for each 4-day residential: **£355**

Number of workshops to book each year

Trainees in their first two years are expected to attend all BIP trainee weekends and one or more BIP open weekend workshops each year, and two 4-day BIP/OPG residential each year. After the second year, trainees normally attend fewer workshops, as they are more focused on clinical practice.

Example 1: A 1st year trainee attends 8 weekends and 2 residential.
Total is £900 + £720 + £710 = £2,330

Example 2: A 2nd year trainee attends 7 weekends and 2 residential.
Total is £900 + £630 + £710 = £2,240

Example 3: A 3rd year trainee attends 5 weekends and 2 residential.
Total is £900 + £450 + £710 = £2,060

Example 4: A 4th year trainee attends 5 weekends and 1 residential.
Total is £900 + £450 + £355 = £1,705

Booking and payment terms

Trainees must make their workshop selections in writing by September 30th each year. Trainees will be invoiced for the year based on their workshop selections, and they will be committed to pay for those workshops. Any additional courses booked after 30th September each year will be payable at the full rate. In the case of illness or injury lasting more than six months, fees for missed workshops will be paid.

Fees may be paid in one payment, in three instalments or in ten monthly instalments. (A standing order may be set up.) Where course fees are to be covered by an employer, only one invoice will be sent and full payment must be received before the start of each academic year in October.

Additional costs to budget for

In addition to these fees, trainees should budget for the cost of attending therapy sessions, supervision and external psychodrama training hours. The costs of this will vary depending of the type of therapy and supervision attended (e.g. group or individual), where external hours are gained, and other factors. Fees for therapy, supervision, and external hours will be paid by the trainee directly to that person or organisation. Trainees should also budget for the cost of travel, if relevant, and the cost of accommodation at weekend workshops, if needed.

All fees are subject to annual review and possible alteration.

* The annual registration fee includes the British Psychodrama Association annual trainee registration fee, 4 tutorials each year, two student days and administration costs. Additional fees will apply for seminars and extra tutorials beyond four per year, where applicable. Seminars are charged at £30 per session & tutorials at £40 per session.)

Trainees joining the course after 1st October of each year will pay proportionally less for their annual registration fee in their first year, i.e. £675 from 1st January, £450 from 1st April, and £225 from 1st July.



APPLICATION PROCESS

ENROLMENT CRITERIA

- 1. The applicant should normally be at least 25 years old.** There is no maximum age, and this will be at the Course Leaders' discretion.
- 2. Applicants must be physically and emotionally able to fulfill the requirements of the training and the practice of psychodrama.** Furthermore, the prospective trainee must be in a position to meet the practical and intellectual requirements of the course. Normally this means a first degree or recognised professional training. If this is not the case, the applicant must provide an academic reference and also produce a piece of written work on a subject appropriate to the course. Special provisions will be made for people with a physical disability or dyslexia.
- 3. The applicant must have experience of working with people in a helping or caring role, or in a position of responsibility,** e.g. teaching, health care, mental health, social work, criminal justice, counseling and therapy, community work, workplace supervision or related types of work.
- 4. Experience (or training) in working in the mental health field** is required either prior to or during the diploma training. Applicants who have no work experience or formal training in working in mental health must undertake to obtain at least 100 hours of structured mental health experience by the end of the second year of the course. BIP can offer some assistance in locating suitable placements.
- 5. Applicants must have relevant and sufficient experience of psychodrama.** Ideally, this would mean participating for at least one year in a psychodrama therapy group. If this is not possible, applicants should have 50 hours of direct experience of psychodrama (e.g. through introductory courses, certificate courses or other psychodrama training experiences). Any variation from this will be at the discretion of the course leaders.
- 6. Two references,** one personal and the other professional, will be required.

Personal Reference: This should be from someone who knows the applicant well and for at least five years, and not a partner or family member.

Professional Reference: This should be from a current manager or senior work colleague.

Both referees are asked to indicate why they think the candidate is suited to the work of a psychotherapist, and if they think the candidate would successfully complete the course. The referees should indicate the positive qualities of the candidate and comment on their suitability for psychodrama training, both personally and academically, and any concerns they may have about the applicant's abilities, circumstances or ability to cope under pressure.

In the professional reference, if the candidate wishes to use psychodrama in their work setting, it will be helpful to know if this will be supported by the referee.

TO APPLY

Trainees may join the course at any point in the year. In order to apply, please supply a detailed CV with a brief covering letter to:

Course Administrator
Birmingham Institute for Psychodrama
PO Box 13804
Birmingham B16 6EE
England, UK

The two letters of reference should normally be sent directly to BIP by the referee.

You will then be asked to attend an informal interview with the Course Leaders, Susie Taylor and Clark Baim. The purpose of this interview is to assess the physical, emotional, intellectual and academic capabilities of the candidate. Discussion will focus in part on your training and experience thus far and the reasons you wish to train in psychodrama. It is also an opportunity for you to ask questions and gain clarification about the course. Applicants will be asked about their work and personal circumstances, and will be required to disclose any criminal convictions or cautions, or any physical or mental health issues that could have implications for their training. The course leaders may need further information if they have reason to be concerned about the applicant's suitability for psychotherapy training.

Once accepted for the diploma course, BIP will ensure you are registered as a trainee with the BPA throughout your training (this is a requirement). The annual BPA registration fee is included in the annual fee for the Diploma Course.

Candidates not accepted after the interview will be informed of what conditions they would need to fulfil before re-applying if this is seen as an option. If not, the candidate will be given the reasons why they have been refused.





**Birmingham
Institute for
Psychodrama**

Therapy, Groupwork & Training

Correspondence to:

**The Administrator
Birmingham Institute for Psychodrama
PO Box 13804
Birmingham B16 6EE, UK**

Tel: 44 (0)121 454 3871

Email: admin@birminghampsychedrama.co.uk

Web: www.birminghampsychedrama.co.uk