



LAUREL PSYCHODRAMA TRAINING INSTITUTE

HOLISTIC • INTEGRATIVE • EXPERIENTIAL

Psychodrama Intensive #1: *Let's Do Classical Psychodrama!*

Friday, Saturday & Sunday, January 17, 18 & 19*

(*Snow Dates – June 19-21)

New Format for 2020! This compressed format enables participants to have an immersion experience for 3 days and provides 21 continuing education and psychodrama training hours.

OVERVIEW: During these three days, we take a deep dive into the Hollander Psychodrama Curve (2005) and the Modified Hollander Curve (Nugent, 2018), both offering a road map for the overall arc of a multi-scene psychodrama. Through demonstration of at least two full psychodramas, briefer psychodramatic action structures, presentations and discussion, we explore strategies for the “big picture” directing skills through a trauma-informed lens. This is an opportunity to deconstruct classical psychodrama the way Cathy learned it from 1st generation trainers, Doug Warner and Bob Siroka--updated with contemporary findings from interpersonal neurobiology and somatic psychology, and complemented by the ancient wisdom traditions of mindfulness and compassion. The Intensive also provides a safe setting to do deep personal work in the confines of a group of psychologically-minded professionals and students.



TRAINING OBJECTIVES: *At the end of this training, participants should be able to:*

- Identify the three phases of a classical psychodrama session.
- Describe the *Hollander Psychodrama Curve*, and discuss its usefulness in directing a psychodrama session—from warm-up through sharing and closure.
- Explain the differences between the *Modified Hollander Curve* and Hollander’s original Curve.
- Discuss the importance of the four sub-roles of the psychodrama director (Hale, 1981; Kellerman, 1992) in all phases of a classical psychodrama.
- Describe the importance of monitoring and intervening to help the protagonist and group maintain emotional regulation throughout a psychodrama.
- Identify at least two ways to process a classical psychodrama.



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WORKSHOP LEADER: Catherine D. Nugent has been practicing psychodrama and other forms of group work for 30+ years. Cathy is Executive Director & Principal Trainer with Laurel Psychodrama Training Institute. Her clinical work has included leading psychodrama groups in a psychiatric hospital, outpatient mental health and addiction centers, a peer-run wellness and recovery center, and in private practice. Through her private psychotherapy practice, Cathy offers psychodrama and other experiential approaches, traditional psychodynamic psychotherapy and Imago Relationship Therapy, all through a trauma-informed lens. Cathy was formerly adjunct faculty with Johns Hopkins University Mental Health Counseling Program (2013-2019), and is current President of the American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy. She is the recipient of the American Society for Group Psychotherapy & Psychodrama’s 2019 J.L. Moreno Award for Lifetime Achievement.



INVESTMENT:

PARTICIPANT CATEGORY	EARLY REGISTRATION (UNTIL 12/10)	REGULAR REGISTRATION (AFTER 12/10)
General Admission	\$575	\$625
LPTI Cohort Members	\$525	\$575
3 or more from Same Organization	\$500	\$550
JHU Students (Current or within 1 year of graduation)	\$500	\$550

Note: Some partial scholarships may be available. Contact Cathy for further information.

FOR FURTHER INFORMATION/TO REGISTER: Contact Cathy at 410-746-7251 or cathynugent@verizon.net

Continuing Education Information:

Dramatic Transformations/Laurel Psychodrama Training Institute has been approved by NBCC as an Approved Continuing Education Provider with the **National Board for Certified Counselors** (AEP # 6788) and certifies that this program meets the criteria for up to **21.0 hours** of continuing education for counselors. Programs that do not qualify are clearly identified. Dramatic Transformations/Laurel Psychodrama Training Institute is solely responsible for all aspects of the programs.

Catherine D. Nugent/Dramatic Transformations is an Approved Provider of Continuing Education with the Maryland Board of Social Work Examiners and certifies that this program meets the criteria up to **21.0 hours** of Category I continuing education for social workers in Maryland.

Catherine D. Nugent, LCPC, TEP, is a Board-certified psychodramatist and psychodrama trainer. Up to **21.0 hours** may be credited toward the Certified Practitioner in Psychodrama, Sociometry and Group Psychotherapy certification, C.P. credential, as approved by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy.