

PSYCHODRAMA TRAINING SERIES

Summer 2025

presented by
Sarah Davila, LCSW, CP/PAT



FRIDAYS -

- JUNE 20
- JULY 25
- AUGUST 22



9 AM - 12 PM TRAINING SESSION

Optional supervision 12 - 1 pm



JOY FULL LIVING CENTER

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This three session series will begin to explore some of the history and methodology of psychodrama along with an introduction to sociometry and its use to build awareness and connections in individual, family or group therapy.

Each session is 3 hours = 9 credits of training or CEs for the series. Social work CEs are available. An application for other CEs is being explored.



COST

- \$315 for the series
- Optional Supervision in action hour (12-1 pm) - \$45
- Deposit due by June 13 - \$105
- www.paypal.me/jflcenter

FIRST SESSION - DOUBLING

The technique we call doubling in psychodrama is multifaceted. Warm up exercises using sociometry will be facilitated. Participants will gain knowledge of the uses for doubling as well as have an experience of doubling. This session will briefly explain Jacob Moreno's developmental theory and the use of doubling as a corrective experience for clients.

SECOND SESSION - MIRROR TECHNIQUE AND THE SOCIAL ATOM

This session will expand on Moreno's developmental theory introducing mirroring. The mirror technique allows an opportunity to see one's self more objectively. We will expand our use of sociometry and utilize a pencil and paper exercise introducing the social atom. We will put parts of the social atom into action.

THIRD SESSION - ROLE REVERSAL

Another vital technique in psychodrama is called role reversal. We will examine Moreno's role theory and how this applies in service of a protagonist/client. This session will identify strategies that role train participants in a group setting and support clients in taking on new roles. There will be an experiential component with small group vignettes.