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**Dates: Friday June 20, July 25, and August 22, 2025**

**Time: 9:00 a.m. to 12:00 p.m.**

**Optional lunch/ consultation hour immediately after 12 - 1 p.m.**

**Location: TCC Fellowship Hall**

**759 Winona Blvd. Rochester, NY 14617**

**Cost: \$315 for the series; \$45 for the optional consultation hour**

This three session series will begin to explore some of the history and methodology of psychodrama (founded by Jacob Moreno, MD) along with an introduction to sociometry and its use to build connections in groups. Sociometric exercises are used as warm-ups for individual, family or group therapy to decrease anxiety and increase access to spontaneity. The goal of this series is to teach the psychodramatic techniques of doubling, mirror position and role reversal and the sociometric technique of the social atom.

### **June 20, 2025 - Doubling**

The technique we call doubling in psychodrama is multifaceted and has many uses. 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.

#### *Objectives*

- Explain the uses or benefits of the doubling technique
- Describe one aspect of developmental theory and its significance

Each session is 3 hours totaling 9 credits of training or Continuing Education for the series. Training can be used for credit hours towards certification in psychodrama; training hours do not expire and you do not need to be pursuing certification in order to join this series. An application for CEs has been submitted.

## **July 25, 2025 - Mirror technique and the social atom**

This session will expand on Moreno's developmental theory introducing the non-linear stage called mirroring. Often our clients have not received adequate mirroring in childhood, therefore the mirror technique in psychodrama methodology allows an opportunity to see one's self more objectively. We will expand our use of sociometry for continued group cohesion. We will utilize a pencil and paper exercise introducing the social atom and its uses along with putting parts of the social atom into action.

### *Objectives*

- Differentiate between mirroring in Moreno's developmental theory and the mirror technique
- Describe how the social atom can be used as a diagnostic tool, to aid in treatment planning, and for research.

## **August 22, 2025 - Role Reversal**

A third vital technique in psychodrama is called role reversal, which aids in changing our understanding and perception. We will examine Moreno's role theory and how this applies in our lives as well as in service of a protagonist/client. This session will identify strategies that role train participants to play auxiliary roles as well as support clients in taking on new roles. There will be an experiential component to practice role reversal in small group vignettes.

### *Objectives*

- Identify strategies to aid clients in role training.
- Recognize the technique of role reversal in action.

There is a personal growth aspect to all training, yet this is not a substitute for your own therapy. Issues may surface and it is highly recommended that you have a current alliance with a therapist you trust.