

***Ethics in Action for Action-Oriented Psychotherapists***

***Sunday, October 24, 2021***

***9:30 am - 5:30 pm***

*Note: Use this workshop to meet your ethics training requirement for licensure renewal. This is a required course for LPTI certification at any level.*

**Led by**: Catherine D. Nugent, LCPC, TEP

**Location:** If safe to meet in person, the workshop will be held at LPTI in Laurel, Maryland--off Route 198, between I-95 and Route 29. If Covid rates make it unsafe for fully vaccinated individuals to meet in person, the workshop will be offered via Zoom.

**To Register**: Send an email to [cathynugent@verizon.net](mailto:cathynugent@verizon.net) or call 410-746-7251.

**Overview:**  Psychotherapists who practice from an integrative perspective often incorporate action methods into their work. Examples of action methods include psychodrama, sensorimotor psychotherapy, somatic experiencing, yoga therapy, and other experiential and body-based approaches.

As action-oriented psychotherapists, we engage with clients in non-traditional ways, stepping out of our chairs and into a less clearly defined zone of collaborative action with clients. In this action space, we find opportunities for powerful healing and recovery. However, we also encounter ethical issues that do not arise—or don’t arise in the same way—in many other, less experiential, modalities.

In action-oriented therapies, we sometimes focus on the body and body movement. We may use **touch** to support a client or facilitate an intervention. In addition to the use of touch, psychodrama offers a structured way for therapists to make conscious, intentional use of **self-disclosure** with participants.

This workshop offers a deep dive into these two important ethical issues: **the** **intentional therapeutic use of touch and of self-disclosure.** We consider findings from theory and research and use psychodramatic role-play and related methods to explore these topics in depth.

**Intended Audience**: This workshop is especially relevant for therapists who use experiential and/or body-based approaches in their clinical practices, and/or for those interested in learning more about psychodrama.

**What Participants Will Learn:** In addition to exploring conceptual and pragmatic concerns about touch and self-disclosure in therapy, group members will learn two psychodramatic action structures they can apply to topics other than ethics. Participants can replicate these structures with clients in their own practice setting.

***The Sociodramatic Role Wheel***: We explore concerns about touch in psychotherapy via *The Role Wheel* (Warner, c. 1979). With this sociodramatic action structure, group members participate in collective perspective-taking related to a specific situation. Here, we use *The Role Wheel* to examine an ethical dilemma about touch in psychotherapy, viewing it through the eyes of different persons or organizations that have a stake in the situation.

***The*** ***Diamond of Opposites***: During a demonstration of *The* *Diamond of Opposites* (Carlson-Sabelli, Sabelli, Patel & Holm, 1992; Hale & Little, 2002), participants learn a process for resolving ambivalence about different courses of action that could be taken in an ethical dilemma related to therapist self-disclosure. The *Diamond of Opposites* can be done as a paper-and-pencil activity and/or an exploration in action using psychodramatic role-play.

Using the ***Ethical Social Atom*** (Nugent, 2018), we also explore significant influences on our development of personal and professional integrity and ethics. This is a special adaptation of the classical psychological social atom.

**Intended Outcomes**: *As a result of the workshop, participants will be able to:*

* Identify key concepts from the research and professional literature on the intentional use of touch and self-disclosure in psychotherapy;
* Explore ethical dilemmas using two different action structures—*The Sociodramatic Role Wheel* and *The Diamond of Opposites*—to raise awareness of the complexities of ethical decision-making and move toward resolution.
* Describe *The Ethical Social Atom* as a way to understand the development and evolution of their personal and professional ethics.
* Discuss how these action interventions can be used with clients to explore and resolve different types of issues and situations.

**Workshop Leaders:**

**Catherine D. Nugent** is a licensed clinical professional counselor and Board-certified psychodrama trainer. Cathy is an adjunct instructor at Johns Hopkins University, where she teaches in the graduate mental health counseling program. She is the current President of the American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy (ABE).

Cathy’s awareness of potential ethical dilemmas for action-oriented psychotherapists has emerged over her 30+ years’ experience as a psychodramatist and integrative psychotherapist. Additional training and experience in sensorimotor psychotherapy and yoga-as-therapy have further sensitized Cathy to the importance of the highest standards of personal integrity when entrusted with holding a sacred space for clients doing deep therapeutic work.

Cathy’s leadership roles in national organizations—as Ethics Chair of the ABE, and as a member of the American Counseling Association’s Task Force on Counselor Impairment & Wellness—have provided her with opportunities to consider many different ethical issues psychotherapists encounter. Her 20-year tenure with the Substance Abuse & Mental Health Services Administration (SAMHSA) gave her hands-on experience resolving complex diverse ethical dilemmas at the individual, group and organization levels.

**Continuing Education**: **7.0** hours Category I, Maryland Board of Social Work Examiners (can be used for licensure requirement); National Board for Certified Counselors (NBCC – ACEP #6788); American Board of Examiners in Psychodrama, Sociometry & Group Psychotherapy. (*See below for full continuing education information.)*

**Cost:** $195-general admission; $160-members of LPTI ongoing training cohort; $160-three or more from the same organization; $100-students from JHU counseling program (current or within one year of graduation).

*A limited number of partial scholarships are available. Please inquire.*

**To register**: Send an email to [cathynugent@verizon.net](mailto:cathynugent@verizon.net) or call 410-746-7251. You will receive instructions for registering and submitting a $50 deposit to hold your place.

Space is limited, so please register as soon as possible and no later than October 3.

Continuing Education Information:

**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 **7.0 hours** of Category I continuing education for social workers in Maryland.

**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 **7.0 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, LCPC, TEP,** is a Board-certified psychodramatist and psychodrama trainer. Up to **7.0 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.