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# LAUREL PSYCHODRAMA TRAINING INSTITUTE

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**HOLISTIC • INTEGRATIVE • EXPERIENTIAL**

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## **2022-2023 PSYCHODRAMA TRAINING COHORT**

**CATHERINE D. NUGENT, LCPC, TEP**  
Executive Director & Principal Trainer

Training in psychodrama, sociometry and group psychotherapy will enhance your knowledge and skills as a mental health practitioner, addictions counselor, life or wellness coach, educator, spiritual facilitator, or other helping or healing professional. Whatever your professional role, you will acquire new competencies through this nine-month psychodrama program to work with greater clarity, confidence and effectiveness.

### **Through the LPTI Cohort Training, you will be able to:**

- Acquire skill using psychodramatic role-play with individuals, couples & groups.
- Integrate body-based and creative/expressive methods with other approaches you practice.
- Describe sociometric/psychodramatic concepts that support a holistic, integrative and experiential approach in your therapy, coaching or other professional practice.
- Receive peer support and coaching as you apply psychodramatic methods in your work.
- Experience inspiration, compassion and support from a cadre of diverse and dedicated professionals.

**LPTI TRAINING APPROACH:** LPTI training sets itself apart from other trainings because every workshop or training we offer is **holistic, integrative and experiential**. Participants are offered a full-bodied, “whole person” experience. LPTI uses powerful and effective learning modalities including sociometry, sociodrama, psychodramatic role-play, brief action structures and full classical psychodramas. We emphasize four core learning domains in every LPTI training: **theory, skills development, personal growth and professional application**.

**LPTI CONCEPTUAL FRAMEWORK:** LPTI training integrates classical psychodrama, sociometry and group psychotherapy as developed by J.L. Moreno (1889-1974) and Z.T. Moreno (1917-2016) with contemporary knowledge from interpersonal neurobiology (Corzillano, 2010; Siegel, 2015; Kain & Terrell, 2018) and attachment theory (Brown & Elliott, 2016; Heller & LaPierre, 2012; Wallin, 2007). Concepts and techniques from sensorimotor psychotherapy (Ogden, Minton & Pain, 2006) and mindful hatha yoga (Emerson 2015, Fay 2018) are skillfully integrated. The result is a theoretically-grounded and research-informed model that is holistic, integrative and experiential.

**TRANSFER OF LEARNING:** We want to be sure you actually apply the concepts and skills presented in the training to your work setting. Applications to specific settings and populations can be explored during training sessions or through individual consultations. The LPTI listserv is also a way for cohort

members to share ideas, ask for assistance with their work, and share key learning from the training experience. Individual and small group consultations on a specific topic are available outside of the training cohort. LPTI also offers referrals to other experts when the expertise is not available at LPTI.

**BENEFITS OF SMALL GROUP COHORT FORMAT:** Each training cohort of approximately 8-12 members meets as a closed group once per month for 9 months. The continuity of meeting as a closed group fosters an environment where members can experiment with psychodrama in many ways according to their learning interests, preferences and needs. Under normal circumstances, the cohort meets in a home environment with comfortable rooms for relaxing and outside gardens to enjoy.

Participant-Led Approach: As a training institute, LPTI recognizes the important and value of participant voices in developing policies, practices, curriculum and other topics of significance in program design and implementation. The LPTI Leadership Circle consists of five LPTI students who offer input and feedback to the Executive Director/Principal Trainer. LPTI values transparency and welcomes comments and critiques to refine our operational policies and program offerings.

Peer Support/Resources: LPTI values peer-to-peer learning and offers three opportunities to participate with peers in small groups during and outside of the training sessions:

- A peer-led **Reading Group** focuses on psychodrama and related literature to supplement teaching of theory during the training sessions, and to support students in reading and discussing significant works by prominent psychodramatists.
- **Resource Pairs/Pods** are created each year to offer various types of peer support outside of the formal training sessions. Resource Partners/Pods focus on current concerns or needs specific to the pair/pod members. Typically, Resource Partners share encouragement and feedback on psychodrama directing, clarification of concepts and methods demonstrated in a session, support in applying psychodrama techniques in their specific practice setting, and generally, emotional and instrumental support.
- The **Peer Mentoring Program** provides opportunities for more advanced psychodrama students to support newer members. The Peer Mentoring Program Coordinate matches mentors who offer specific talents/expertise with mentees looking with needs the mentors can meet.

#### **TRAINING SCHEDULE: LPTI 2020-2021 PSYCHODRAMA TRAINING COHORT**

To accommodate participants' schedules and to maintain small group size, LPTI is offering two cohorts for 202-2021. One will meet on Wednesdays and the other on Saturdays, as follows:

***Second Wednesday of each month, October 2022 through June 2023.***

**TIME: 9:00 a.m. to 4:45 p.m.**

**IMPORTANT-- Please Note: Cohort members make a commitment to participate in the entire series.** If you think you will be absent more than once, please check with LPTI about the advisability of enrolling at this time. Payment is expected for the full series (9 sessions).

**LOCATION:** Laurel Psychodrama Training Institute, Laurel, Maryland (near Route 29 and I-95)

**INVESTMENT: \$195 per session** paid at the beginning of each training day. You may pay in three installments of \$585, if you prefer (\$585 for 3 months, Oct-Dec; Jan-Mar; Apr-June). Checks, credit cards, Zelle and Pay Pal are accepted. (There is a \$5 service charge on credit cards.) A limited number of partial scholarships opportunities are available. Please inquire.

**CONTINUING EDUCATION CREDIT/PSYCHODRAMA TRAINING HOURS:** For each session, **7.0 hours** are granted through the Maryland Board of Social Work Examiners, National Board for Certified Counselors (NBCC), and the American Board of Examiners in Psychodrama. For completing the entire series, **63.0 credit hours** are given. See below for full information and disclaimer\*.

**FOR FURTHER INFORMATION/TO REGISTER:** Contact: 410-746-7251 or [cathynugent@verizon.net](mailto:cathynugent@verizon.net). **Space is limited**; please register early. **New students** are required to participate in a brief screening interview to help ensure a good fit between students' interests, preferences and needs and the LPTI program offered.

**New and returning students are required to submit an application form; review, sign and submit the *LPTI Training Agreement*, and provide payment for the first session before final acceptance into the 2021-2022 cohort.**

\*Continuing Education Information:

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 live interactive webinar 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/Dramatic Transformations is an Approved Provider of Continuing Education with the Maryland Board of Social Work Examiners and certifies that this live, real-time, interactive webinar meets the criteria up to **7.0** 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 **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. (ABE allows psychodrama students to acquire up to 120 hours of distance learning in consultation with their primary trainer.)