



# American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy

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## PSYCHODRAMA DISTANCE LEARNING

### Introduction to Psychodrama Distance Learning

Psychodrama distance learning is a clearly developed, formalized training specifically designed to be used through the Internet. Technologies and Internet allow interactive experiences between the psychodrama trainer, the trainee and the group. Psychodrama online training programs are offered by a certified trainer, educator, practitioner in psychodrama (TEP) or a practitioner-applicant-for-trainer (PAT). The American Board of Examiners accepts a maximum of 120 training hours for psychodrama distant learning from a certified trainer; TEP or PAT. The total amount of training hours from a PAT may not exceed 160 hours.

### What is Psychodrama Distance Learning?

Distance learning provides access to psychodrama training for individuals who are separated by time and/or geographic location from a trainer and other psychodrama trainees. It offers the option to do a certain amount of training in psychodrama at the convenience of your home or location. Distance learning requires access to a computer, the Internet and electronics technology to connect with the trainer and perhaps other trainees in either real or delayed time or on an as-needed basis. E-learning and online learning are used synonymously with distance learning.

The training and learning can be collaborative to involve small group activities and team projects that build an online community of psychodrama learners. Distance learning connects learners to each other, the trainer and relevant resources. For example, trainees can use interactive message boards, participate in live discussions and scenes, observe or interact with a training piece and utilize online materials.

### What is Not Psychodrama Distance Learning?

Distance learning is not a correspondence course, where the trainee would read an assigned book and submit a report on it. It is not an ongoing email discussion with a trainer, neither is it watching a collection of videos and writing a summary of them.

### What are the Interactive Types of Distance Learning?

The interactive aspect of distance learning is critical in psychodrama training. There are 2 types of interactive aspects to distance learning; synchronous and asynchronous. Synchronous learning is when the trainee and the trainer interact online at the same time while being at different locations. This type of distance learning requires the trainee to log on to their computer at a set time and date. Often times, synchronous learning includes group chats, web seminars, video conferencing and call-ins by phone. Trainees can have direct dialogue, discussions, observe a training piece that is happening at the present time and be involved in it. If a trainee works best with a more structured format and higher amounts of interaction, then a synchronous online program may be a good choice.

Asynchronous distance learning is when the trainee and the trainer interact on their own time schedule, not at the same time, from different locations.

Trainees in asynchronous activities are able to complete their training work at their own pace. Asynchronous distance learning relies more heavily on e-courses, online forums, audio recordings, video recordings and email. This format is more adaptable for a trainee who is unable to commit to a specific time and date with distance learning. It offers greater flexibility but less immediate feedback and interaction.

Blended distance learning is where the trainee participates in a face-to-face training group and distance learning concurrently. For example, the group of trainees and their trainer may meet face-to-face twice a year and use distance learning as the backbone for readings, group discussions, videos and practice projects to deepen the learning.

Hybrid distance learning uses the Internet and other electronics technology to supplement the primary method of training, which is face-to-face.

### **How are Resources Used in Psychodrama Distance Learning?**

Trainers who offer programs through distance learning typically organize and list numerous resources for their online trainees, often attaching relevant articles to make them easily accessible. Psychodrama resources are used to establish a foundation for skill development and philosophical understanding. Resources provided through psychodrama distance learning can be observed, felt, heard, read, written about and discussed. For example, trainees can develop a video library of training skills, observe or interact with a training piece and utilize online materials.

### **What are the Expectations of a Psychodrama Trainer in Distance Learning?**

The trainer is expected to maintain an active and steady presence throughout the online training course. A consistency and frequency in communication between the trainer and the trainees must be established from start to finish. The Board recommends clear communication of program objectives, training expectations, work tasks and evaluation plans.

All trainers of psychodrama distance learning must be certified TEPS or registered PATs by the American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy. Trainers will be independently responsible for the quality, requirements for completion and standards of their distance learning programs.

### **What is the Approval Process for Psychodrama Distance Learning?**

Two tracks for approval of training hours from distance learning:

(1) Pre-approval – When the trainee has an existing Primary Trainer who will review the proposed distance learning course to see that it meets the American Board of Examiners (ABE) standards for psychodrama distance learning as well as the trainee’s specific training needs.

(2) Post-approval – If the trainee acquires psychodrama training hours through distance learning prior to obtaining a primary trainer, the trainee is to submit their completed distance learning course(s) to the primary trainer. The primary trainer will review the distance learning course(s) to see if it meets the American Board of Examiners (ABE) standards for psychodrama distance learning as well as the trainee’s specific training needs.

### **Resources on Distance Learning**

#### **Mercy College of Ohio**

<https://mercycollege.edu/academics/distance-education/what-is-distance-learning>

#### **International Association of Distance Learning**

<http://www.iadl.org.uk/Article20.htm>

#### **Applied Educational Systems**

<https://www.aeseducation.com/blog/2013/09/difference-between-online-learning-and-distance-learning>

#### **University of Oregon CAS Online Education**

<https://oe.uoregon.edu/types-of-online-courses-2/>

#### **Fordham University**

<https://www.fordham.edu/info/24884/online-learning/7897/types-of-online-learning/1>