



Supervised Practitioner

Frequently Asked Questions: FAQ

General FAQ:

1. In which fields or settings will SPs practice?

The same as other levels of certification. Individuals certified at this level are expected to practice only within their areas of competence, educational background, and professional proficiency.

2. Can you give examples of the fields or settings SP's will practice?

SP's will practice in a diverse range of fields, including psychotherapy, coaching, education, social work, business, and law. The settings span schools, addiction facilities, grassroots community organizations, mental health agencies, hospitals, and criminal justice/law enforcement contexts. Individuals certified by the board at this level are expected to practice only within their areas of competence and professional expertise.

For example:

Education: A history teacher may use sociodrama to explore an important event or utilize sociometry in their classroom to build cohesiveness for group projects.

Social Work: Macro focused social workers can integrate principles of psychodrama, sociometry, and group psychotherapy techniques into their practice, contributing to a diverse range of interventions in community settings such as using sociodrama and sociometry to facilitate community building. Non clinical social workers in agency or hospital settings may use sociodrama and/or sociometry for psychoeducational groups, support groups, and facilitating mutual aid. Clinical social workers may facilitate a psychodrama, vignette or additional interventions more suitable to clinical treatment goals.

Business: Professionals in business-related fields could integrate principles of sociometry, for example they may use sociometric choice as a means to determine suitable team collaborations for a large project.



Supervised Practitioner

Frequently Asked Questions: FAQ

Law: Professionals can integrate principles of psychodrama, sociometry, and group psychotherapy within the legal and law enforcement professions. For example, an SP may use sociodrama for police sensitivity training.

3. Do SPs have to move on to become a CP?

No, SPs are not required to become CPs but the board encourages advancement on the certification journey.

4. Does the training and supervision accrued as an SP count for CP certification requirements?

Yes, the training and supervision accrued as an SP will count toward the training and supervision requirements for achieving the next level of certification- CP.

SP FAQ's:

5. What are the requirements to initially apply for certification as an SP?

Identify a primary trainer who can provide a consistent training and supervision schedule. The primary trainer would need to be willing to attest to the SP knowledge and skills required of this level of certification.

6. Which basic competencies will be required for the initial SP certification?

Individuals seeking initial SP certification would be required to possess a foundational understanding of psychodrama, sociometry, and group psychotherapy principles. In order for a candidate to apply for the SP certification, their primary trainer must be an ABE certified TEP and they must verify through an initial application that the following requirements have been met:

- a. 300 hours of Psychodrama training provided by ABE Certified TEPs; at least 100 of those training hours with the candidate's primary trainer.

Supervised Practitioner

Frequently Asked Questions: FAQ

- b. **A minimum** of 3 supervision sessions.
- c. Primary trainer must have observed the candidate competently direct at least 2 full psychodrama or sociodrama sessions and demonstrate an understanding of sociometric principles and processes.
- d. A minimum of a Bachelor's degree from an accredited University in the field relevant to the applicant's areas of practice.
- e. Their primary trainer would submit an application attesting to the basic knowledge, and skills required of this level of certification.

7. What is the minimum level of education required to become an SP?

A bachelor's degree from an accredited University in the field relevant to the applicants areas of practice would be required.

SP applicants require a basic foundation in five key mental health areas including; Human Growth and Development; Theories of Personality; Abnormal Behavior(Psychopathology); Methods of Psychotherapy; and Social Systems (e.g., Family Therapy, Organizational behavior, etc). Applicants must be able to provide transcripts of completed coursework in each of these areas.

SP who have a Post graduate level (Master's or doctorate) degree who are not also licensed as mental health professionals must be able to provide official graduate transcripts indicating they have completed the relevant coursework.

8. What are the annual Requirements to maintain SP certification?

Each year the SP will complete *a minimum* of 20 psychodrama training hours, 7 supervision sessions, and 10 hours of Continuing Education.

9. What is the difference between training hours and continuing education hours?

Training hours refer specifically to psychodrama training. SP's must maintain awareness of and adherence to ABE practice standards and core competencies related to psychodrama, sociometry, and group psychotherapy topics.



Supervised Practitioner

Frequently Asked Questions: FAQ

Continuing education hours refers to adherence to core competencies related to allied professional practice standards.

10. What are the specific Continuing Education hours required of SPs annually?

SPs will complete annual Continuing Education of at least 10 CE hours. Of these 10 hours;

- a. 1 CE hour must be related to Trauma
- b. 1 CE hour must be related to SP practice setting (ex. Telehealth if providing services online)
- c. 1 CE hour must be related to Ethics
- d. 1 CE hour must be related to Culture, Identity, or Anti-Oppressive Practice
- e. The remaining 6 CE hours may be related to topics relevant to the applicant's field of practice.

11. What are allowable sources of Continuing Education hours?

Continuing Education courses or programs must either be presented or approved by one of the following organizations;

1. NASW (National or state)
2. CSWE
3. State Licensing Boards for Professional Licensure (i.e. the State board of Social Work Examiners, Alcohol and Drug Counselor Committee, the State Board of Marriage and Family Therapy Examiners, Professional Counselor Examiners Committee, etc)
4. ASWB
5. NBCC
6. APA
7. Bar Association (National or State)
8. ACCME
9. AMTA
10. CBMT



Supervised Practitioner

Frequently Asked Questions: FAQ

11. NADTA
12. ADTA
13. AATA

CE courses or programs presented or approved by other organizations (not listed) may be acceptable as long as the SP has conferred and gained approval from their primary trainer and the ABE.

12. As an SP who is also a licensed mental health provider, I am already required to complete Continuing Education hours for my licensure. Can I count the Continuing Education I complete for my licensing requirements for my SP Continuing Education requirement as well?

Yes. Many licensed professionals of various disciplines are required to complete Continuing Education requirements. If an overlap exists, these Continuing Education courses may count for both requirements. For example, as a licensed social worker you may have a requirement to complete a CSWE approved ethics continuing education course. This ethics course would suffice for the SP requirement as well.

13. Is there an annual renewal for SP certification?

Yes, SP certification is maintained by renewing the annual certification fee and attestation of continued commitment to the ongoing training and supervision standards with their Primary Trainer.

14. What happens when an SP does not renew the annual attestation?

They would lose their SP certification status and have to resubmit an initial application to the ABE to be considered for reinstatement.



Supervised Practitioner

Frequently Asked Questions: FAQ

15. What happens when a Primary Trainer is no longer able to continue the supervisory/training relationship ?

The Primary Trainer can discuss transferring the SP to a different trainer and notify the Board of any changes. It is ultimately the responsibility of the SP to find a different TEP to serve as their primary trainer and supervisor. Having guidance from your existing Primary Trainer will greatly help the board and the SP with an easier transition.

16. Will SPs be able to vote for elected positions?

Yes, SPs have the same privileges of membership that any other level of certification would have. ABE By-Laws state that “Membership is open to all individuals who have been certified by the Organization”. The privileges of membership include eligibility to serve on the Board of Directors, to vote for candidates for the Board, and to vote on any matters presented to membership.

17. Do training hours at conferences count toward SP certification?

Up to 40 training hours may be obtained from individuals that are ABE certified CPs, PATs, and TEPs at local, regional, and national conferences sponsored by recognized organizations, including the American Society of Group Psychotherapy and Psychodrama, The American Group Psychotherapy Association, The North American Drama Therapy Association, The Taiwan Association for Psychodrama, or The International Group Psychotherapy and Group Processes Association.

18. Can any distance learning training count?

Yes, up to 40 distance learning training hours will be accepted as long as the training is provided by an ABE certified TEP.



Supervised Practitioner

Frequently Asked Questions: FAQ

19. Are group supervision sessions allowed?

Yes, supervision sessions must be at least 60 minutes in length and offer the SP the opportunity to discuss specific psychodrama, sociodrama, or sociometric interventions they have provided and receive specific feedback. The board recommends a maximum of 4 participants for a 60 minute supervision session.

20. What are the requirements of group supervision formats?

To maintain the effectiveness of group supervision a maximum of four SPs may participate per one-hour of group supervision. This allows the SP at least a 15 minute opportunity to discuss their own specific psychodrama, sociodrama, or sociometric interventions and receive feedback.

21. Who can I do the annual 20 training hours with?

At least 20 hours of psychodrama training must be done with the Primary Trainer. The Primary Trainer may require more training hours. Additional training hours with other TEP's may also be recommended or required by the Primary Trainer depending on the needs of the SP.

22. Why are there requirements of supervision?

SPs are not certified to practice independently. Therefore, supervision requirements are designed to provide SPs with individualized guidance and support from their primary trainers, ensuring that they receive the necessary feedback, mentorship, and oversight to practice their specific skill sets appropriately.

Group supervision allows for additional perspectives and shared learning experiences within a supportive environment. However, if supervision groups are too large it becomes impossible to provide individualized guidance and support for SP practice.

Supervised Practitioner

Frequently Asked Questions: FAQ

23. Will the 20 hours, or more, of psychodrama training I complete with my primary trainer count toward the CP requirements?

Yes! SP's are not required to move toward the CP level of certification but they are strongly encouraged to do so. All the training and supervision hours completed with your primary trainer may count toward the CP requirements.

TEP/Primary Trainer FAQ's:

24. If I act as a primary trainer for an SP can I require more training and/or supervision? I'm concerned that 7 supervision sessions and/or 20 hours of training isn't enough.

Yes, like the other certification levels, the board is setting a minimum standard, allowing Primary Trainers to set a higher number of required supervision sessions or additional training hours based on the needs and practices of their SPs.

25. Can the supervision I provide to SPs be online?

Yes

26. What if, as Primary Trainer, I am no longer able to continue the supervisory/training relationship?

Discuss options of potential new trainers with your SPs and notify the Board of any changes. It is ultimately the responsibility of the SP to find a different TEP to serve as their primary trainer but offering your guidance will greatly help the board and the SP with an easier transition.

27. I noticed that SPs have specific requirements of supervision. What do I need to know about the supervision I provide?

Yes, SPs are required to have **at least** seven (7) 60-minute supervision sessions annually. Since SPs are not certified to practice independent from your

Supervised Practitioner

Frequently Asked Questions: FAQ

supervision it is important to design supervision sessions to provide SPs with individualized guidance and support, ensuring that they receive the necessary feedback, mentorship, and oversight from you to practice their specific skill sets appropriately.

Depending on the amount of application your SP has in their work, you may require more supervision if necessary.

28. As Primary Trainer, can I provide a mixture of individual and group supervision formats to my SPs?

Yes, you can decide which format is in the best interest of you and your SPs.

Individual supervision sessions can easily allow Primary Trainers to provide feedback, mentorship, and oversight specific to SP needs whereas this can become difficult or impossible if supervision groups become too large. Therefore, to maintain the effectiveness of group supervision, a maximum of four SPs may participate per one-hour of group supervision. This allows SPs at least a 15 minute opportunity to discuss their own specific psychodrama, sociodrama, or sociometric interventions and receive feedback while also benefiting from the additional perspectives and shared learning experiences with other SPs in supervision.

29. As a Primary Trainer, can I offer my SPs group supervision?

Yes, supervision sessions must be at least 60 minutes in length and have a maximum of four SPs.

30. As Primary Trainer, what are the requirements of group supervision formats?

Yes, supervision sessions must be at least 60 minutes in length and have a maximum of four SPs. This allows the SP at least a 15 minute opportunity to discuss their own specific psychodrama, sociodrama, or sociometric interventions and receive feedback.