



IKON INSTITUTE
OF AUSTRALIA

GRADUATE DIPLOMA OF DRAMATHERAPY

IKON is Australia's leading, specialist provider of therapeutic and human services training and is dedicated to advancing knowledge and understanding in humanistic studies through vocational and higher education, leadership and practice.

The IKON Institute aims to produce graduates who are enabled to continually develop their own potential, and whose skills, knowledge and therapeutic client-centred practice contribute to the creation of an international community of people and practitioners committed to social change, community building and individual healing.

At IKON, you'll gain more than a nationally recognised qualification, you'll gain a rewarding career where you can make a positive difference in your life and the lives of others.

What is Dramatherapy?

Dramatherapy is an active, experiential approach to facilitating psychological, emotional and social change. Dramatherapy makes use of role play, voice work, myth, ritual and storytelling and can provide the context for participants to tell their stories, set goals, solve problems or express feelings.

It can help increase clients' self awareness and offers a creative way for people to explore and solve personal and social problems, both individually and in groups.

Graduate Diploma of Dramatherapy

The Graduate Diploma of Dramatherapy equips graduates with the knowledge and skills to undertake professional practice as a dramatherapist, either as an independent practitioner or within the mental health or community services industries. The course is intended to both broaden and deepen existing knowledge and skills that have been gained through prior study or professional experience in therapy or a related field, and provide new skills and knowledge to practice specifically as a dramatherapist.

As dramatherapists, we are aiming to:

- Use the imagination to explore ideas, issues and memories
- Address real-life relationships and social situations through drama
- Become playful with your life script, telling your story in a new way
- Improve motivation, social skills, self-awareness and self-esteem
- Develop concepts of responsibility for the self and others in relationships

An understanding and trust is developed with the dramatherapist, so that these aspects of can be explored safely and with understanding.

GRADUATE DIPLOMA OF DRAMATHERAPY

Topic 1: Introduction to Dramatherapy	Course Name: Dramatherapy Qualification: Graduate Diploma of Dramatherapy (10572NAT) Study Location: SA, QLD, WA, VIC & NSW Course Duration: 14 months + practicum
Topic 2: Embodiment and Projection	
Topic 3: Role and Distancing	
Topic 4: Storymaking	
Topic 5: Psychodrama and Playback Theatre	
Topic 6: Dramatherapy in Practice (Group)	
Topic 7: Dramatherapy in Practice (Individual)	
Topic 8: Professional Practice (Includes a 4 day clinic)	
Topic 9: Practicum	

Course Duration

14 months (659 nominal hours). The expected completion time of the course work is 14 months and the 220 hour practicum will normally be completed following completion of the course work.

Entry Requirements

1. A relevant Diploma, Undergraduate degree or higher qualification in Counselling, Psychotherapy, Psychology, Social Work, Social Science or discipline deemed appropriate by the Head of Creative Therapies awarded no more than 10 years prior to commencement of course.
2. A minimum of 50 hours of formal study or informal participatory experience of drama.
3. Submission of full CV. CV should include two names of referees.
4. A 500 word essay outlining reasons for applying for the Graduate Diploma of Dramatherapy course.
5. Interview - this may be face-to-face or by video conference.
6. Fluency in verbal and written English language.

Evidence of entry requirements are subject to review by the Head of Creative Therapies.

Delivery Methods

Course delivery is through a combination of facilitated classroom training, out of class self directed learning and online tutorial sessions.

Given the experimental nature of the course content, and the importance of building a rapport with colleagues, it is not possible to complete this course primarily through distance education.

Delivery Format

Topics 1-8. For each topic, students will be required to attend 1 x4 day intensive (Fri-Mon), 2 days of classroom learning and 4 online tutorials.

Students should allow at least 8 hours per week of self directed learning and spend additional time on practice and case studies outside of class time.

Students will undertake a minimum of 220 hours work/ field placement in an approved organisation with training supervision. During the placement period, students will attend weekly tutorials with the goal of integrating theoretical learning and capitalising on opportunities for development that present through placement.

Tuition Fees

Please contact IKON to confirm the current tuition fees or visit our website www.ikoninstitute.edu.au

Payment Options

This qualification is not currently on the eligible student loans list. Alternative payment methods include;

1. Monthly / Periodic payments through Direct Debit
2. Full upfront payment
3. Payment through an external student loan (i.e. with a financial institution)



TOPIC 1

Introduction to Dramatherapy

- Dramatherapy history
- Key concepts and methods in Dramatherapy
- Core Dramatherapy processes
- Approaches to group and individual Dramatherapy work
- Introduction to a structured Dramatherapy session
- Ethical aspects of group and individual Dramatherapy work

TOPIC 2

Embodiment & Projection

- Embodiment technique
- Projection technique
- Metaphor and symbol
- Embodiment Projection and Role (EPR) as lifespan development
- Skills in recognition of body memory and sensory responses
- Application of knowledge and practices in the area of human developmental theory

TOPIC 3

Role & Distancing

- Role theory
- Empathy and Distancing used in role & improvisation
- Dramatherapy for diverse populations
- Personification & impersonation

TOPIC 4

Storymaking

- Life/Drama connection in storymaking
- Role identification in story work
- Drama for dementia
- Personal stories and witnessing
- Narrative therapy and positioning of storymaking
- Child drama and Playing
- Individual and group storymaking
- Programming in storymaking

TOPIC 5

Psychodrama and Playback Theatre

- History and method of psychodrama
- Techniques of psychodrama
- Playback Theatre and its application
- Short forms in Playback Theatre
- Role, Self and Clinical Application
- Processing for understanding and building ensemble
- Surplus Reality as crossover between the symbolic and the Imaginary realms.

TOPIC 6

Dramatherapy in Practice (Group)

- Narrative drama and Narrative Therapy
- Groupwork theory and practice
- Dramatherapist 'in role/out of role' as mean of exploring of various interventions in therapeutic alliance within Dramatherapy
- Developmental Transformations
- Transformation technique
- Narradrama
- Playback Theatre

TOPIC 7

Dramatherapy in Practice (Individual)

- History of puppetry
- Construction and one-to-one operation of puppets in therapy
- History of mask
- Complex mask construction
- Therapeutic safety with masks
- Therapeutic performance process (core)
- Autobiographical performance
- Interviewing in Dramatherapy

TOPIC 8

Professional Practice

This topic includes a 4 day clinic practice and considers knowledge and skills in the following areas:

- Industry infrastructures
- Administration and management
- Quality assurance
- Ethical, legal and indemnity issues
- Skills in professional practice
- Career and life planning

TOPIC 9

Practicum

Placement in an appropriate agency for acquisition of experience and skills concerned with agency structure, service delivery protocols, and legislative framework incorporating the following:

- Ethical issues of Dramatherapist and duty of care
- Networking
- Team work with other multi- disciplinary professionals
- Experience direct service delivery to individuals and groups
- Supervision models and their place in practice
- Case study: formulation and delivery

Recognition of Prior Learning (RPL)

RPL is a process whereby knowledge and skills you already have may be recognised, irrespective of where or how they were acquired. Applications for RPL must be submitted and assessed PRIOR to enrolling in the course. Please contact the IKON Institute if you require information on the RPL application process and associated fees.

Professional Recognition

Graduates will be able to practice as Dramatherapists in Australia and be eligible to join the Australian Counselling Association (ACA).

Graduates are also eligible to join the Australian Creative Arts Therapists Association (ACATA) at 'Trainee' membership level. Professional Level membership may be granted immediately upon completion of the Graduate Diploma, if other education is adequate. Many graduates with higher education qualifications will be eligible for Professional Membership with ACATA (e.g. Psychologists and Social Workers). Others may remain a member at Trainee level after graduating until such time as they become eligible to apply for a Graduate Category.

Professional Level membership with ANZATA may be granted upon completion of Provisional Registration. Program is based on trainee status until time of successfully fulfilling of 700 hours of supervised clinical practice hours and submission of case study to the relevant Sub-Committee for approval and recognition of Professional Level of membership.

Graduate Pathways

According to the AQF, the vocational Graduate Diploma is equivalent to the higher education Graduate Diploma qualification, therefore it is anticipated that graduates will be eligible to enter into post-graduate programs related to dramatherapy.

As the program included units of competency from national training packages, these units will count as credit when enrolling to study other VET level qualifications that contain these units.

A career as a Dramatherapist

What problems do Dramatherapists treat?

Dramatherapists treat a range of presenting problems. The major ones relate to managing life's obstacles and challenges, including mental illness, relationship difficulties, family conflicts, anxiety, stress, loss and trauma. Behaviour change, skill-building, emotional and physical integration, and personal growth can be achieved through dramatherapy. Adult therapy, couples therapy, family therapy, child therapy, and group therapy are all available by a qualified Dramatherapist.

How long is a session?

Sessions can range from 30 minutes to 2 hours, depending on the group or client.

How many sessions will my client(s) need?

Sessions are usually weekly and run from roughly 10 weeks to several years depending on the aims of the therapy and the needs of the client.

Is Dramatherapy a group therapy?

Dramatherapy can be offered in groups but it can also be done one-to-one if a client requires it.

What is the difference between a Dramatherapist and someone who runs a drama group?

Dramatherapists follow a strict code of conduct and ethics and are able to provide in-depth psychotherapy through the art form of drama.

"Studying at IKON was a life enriching experience that helped me consolidate my previous training and experience and hence has improved my business and expanded my opportunities in many aspects of my life." Tanya, SA