

Lancaster School of Psychodrama and Experiential Psychotherapies Training Agreement & Informed Consent

This training agreement identifies expectations and agreement for participants in training events conducted by the Lancaster School of Psychodrama and Experiential Psychotherapies. Please review this agreement carefully and discuss any questions or concerns with the trainer.

By signing the attached Informed Consent Form, you are assuring that you understand the terms and conditions of this agreement and agree with them.

Agreement regarding ethical practice and practice within the scope of competence.

Participants are expected to follow all ethical guidelines applicable to their field of practice. When implementing the psychodrama method and its techniques, the trainee is expected to follow the ethical guidelines of the American Psychological Association (APA) Code of Ethics. The APA Code of Ethics may be found here: <https://www.apa.org/ethics/code>.

The participant understands that the methods taught in this training are powerful approaches that should be used with the highest degree of professional care. The trainee agrees to use psychodrama, sociometry and related experiential methods only in the best interests of their clients, patients, students, consultees or other service recipients and to use the techniques within a scope of practice commensurate with the participant's current level of experience and proficiency.

It is important to recognize that proficiency in psychodrama involves a rigorous and lengthy course of study, practice and supervision that typically spans several years. Psychodrama trainees are encouraged to practice the use of action methods in their service settings but only at the level to which they are trained and capable.

Agreement to follow school guidelines.

The student agrees to the guidelines of the Lancaster School of Psychodrama and Experiential Psychotherapies, which include but are not limited to:

- Maintaining confidentiality of all disclosures by training group members.
- Being responsible and accountable for self.
- Observing time and physical boundaries.
- Meeting financial obligations to the trainer and/or the school in a timely manner.
- Participating fully in training sessions to the best of their ability.

Agreement regarding training approach.

Because trainees have different learning styles, classes are designed to address a variety of learning preferences. We aim to integrate theory, skills development, personal growth and professional application and teach trauma-informed classes related to:

- Classical psychodrama as created by Dr. J.L. Moreno, Zerka T. Moreno and their followers.

- Family Constellations and Systemic Constellations, as created by Bert Hellinger and his followers.
- Sand tray variations to classic sand tray, as informed by psychodrama, sociometry and other experiential and creative arts therapy approaches.
- Creative arts therapy approaches, as combined with psychodrama, sociometry, Tarot and/or other group sharing processes.
- Body and energy awareness approaches as defined by leaders in their fields.

Guest trainers and co-trainers may introduce other approaches to compare with the classical methods.

This is a training group, not a psychotherapy group.

Participants seeking psychotherapy will not have their needs met in this training event. Joining this training event does not constitute a psychotherapy relationship with Karen Carnabucci, LCSW, TEP, or any other trainer.

Intellectual property agreement.

The intellectual property of Karen Carnabucci and the Lancaster School of Psychodrama and Experiential Psychotherapies represents decades of study and experience in psychodrama, sociometry, group psychotherapy and related fields. This intellectual property includes but is not limited to written and electronic training materials, slides, structured activities and handouts.

- Please refrain from distributing Karen’s training materials without prior permission from Karen.
- If you would like to use materials, action structures or other resources in your class, workshop or presentation, please give attribution to Karen Carnabucci and the Lancaster School of Psychodrama and Experiential Psychotherapies.
- You may purchase Karen’s book “Show and Tell Psychodrama: Skills for Therapists, Coaches, Teachers and Leaders,” comprised of many of Karen’s handouts through the years and available online.
- The Intellectual Property Agreement extends to materials developed and used by co-trainers and guest faculty.

Confidentiality agreement.

I understand that during a training session, I may learn personal information about the trainer(s) and trainees as well as their past or present clients, students or others they have worked with. I agree to hold this information in confidence, as with any private information shared in a professional context.

I understand that I always have choice about my disclosures, including what I want to share, under what circumstances and the way in which I share it.

Informed consent agreement.

- I understand that I am enrolling in a training event what will involve physical, emotional and psychological activities and that, as in all undertakings, there is some risk involved.
- I understand that I am under no obligation to assume any role or participate in any psychodrama or other experiential activity that I chose not to.
- I attest, to the best of my knowledge, that I have no psychical, emotional or psychological conditions that would preclude me from participating in training in psychodrama and experiential therapies.
- I understand that I am under no obligation to provide personal information that I chose not to disclose to the trainer or other training group members.
- I understand that personal issues will come up during this experiential training. I also understand that the training is educational in nature and will not adequately address personal and psychological issues. Trainees are encouraged to seek psychotherapy or other consultation outside of the training to address personal issues that may emerge during or after the training event.
- I understand that experiential approaches sometimes involve physical contact or touch. I understand that I always have the right to refuse or decline touch during any training activity.
- I understand that the trainer(s) cannot always monitor my physical, emotional or psychological state, and I am responsible for assessing the risk that any activity poses for me and for choosing a safe course of action for my self-care.
- I understand that I can chose to refrain from or decline any activity that might be overly stressful or physically uncomfortable for me.

Summary.

I have read and understand the training agreement and supplementary agreements, and I agree to assume the risk and responsibility for any injuries arising out of my participation in a training event.

I understand that a training event is not a psychotherapy group. If a prospective trainee or trainee's personal issues are deemed incompatible with the intent and structure of the training, the trainee or prospective trainee will be asked to identify a more suitable format for their interests, preferences and needs.

I understand that the terms "Certified Psychodramatist" and "Certified Practitioner (CP) of Psychodrama" identify people certified by the American Board of Examiners of Psychodrama, Sociometry and Group Psychotherapy (ABE). I agree not to represent myself as a psychodramatist until I have been officially certified though ABE's protocols and processes.

Please keep this agreement for your records. Return only the signed Consent Form.

Consent to training agreement terms and conditions.

With my signature below, I affirm that I understand and agree to the terms and conditions of this Training Agreement.

Further, I agree to hold harmless the Lancaster School of Psychodrama and Experiential Psychotherapies, Karen Carnabucci and any co-trainer for any physical or psychological injury.

I voluntarily give my informed consent to participate.

Printed name

Signature

Date