

For many Counselor Education students the internship (Supervised Fieldwork) is their first experience with actual counseling. Often these students feel overwhelmed by the needs of the population they are serving. Some students feel insecure of their abilities to help, and feel weighed down by the emotional issues they are being introduced to through their clients. Psychodrama techniques used at three debrief sessions throughout the semester enable these interns to process their emotions, instill confidence, and help them establish personal boundaries. Techniques can be used for everyone and include: warm ups, empty chair, doubling, sculpting, making emotions come to life, and closure.

This interactive session complements the theme and goals of the One Voice International Conference by supporting and empowering participants through demonstrating practical psychodramatic solutions and techniques. Voices cannot be strong and united unless individual helpers and educators take care of themselves, are aware of helper burnout and set personal boundaries.

Session Outcomes: Please provide the 3 desired learning objectives or attendee outcomes of your proposal.

As a result of participation in this session, attendees will learn/come away with:

- 1) Knowledge of Psychodrama techniques
- 2) Uses of Psychodrama for groups or self
- 3) Awareness and prevention of helper burnout

Dr. Marion Beach

Jose State University, Counselor Ed. Dept.

Address

One Washington Square

City State Zip

San Jose, CA 95192-0073