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**SHELLY BAR**  
M.D. 

**DISCOVERY**  
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CALIFORNIA  
**PATHWAYS**  
TO PRACTICE  
Symposium 

# Action Methods in Psychotherapy: A Comprehensive Introduction to Psychodrama



SATURDAY  
& SUNDAY  
May 24-25, 2025  
● ● ●  
9:00 AM-5:30 PM

## Cindy Branch, LCSW, CP, PAT

Cindy Branch, LCSW, CP, PAT, is a therapist and certified psychodramatist with over thirty years of experience. She holds a Master's Degree in Clinical Social Work from The University of Georgia and post-graduate certification in Psychodrama. Cindy is the founder of Branch Counseling, Inc., with offices in Athens and Saint Simons Island, Georgia. Her clinical experience spans inpatient and outpatient care, substance use treatment, hospice and bereavement services, and mental health care in military and public safety settings. She has worked with agencies including Onsite Workshops, the Action Institute of California, and Maui Recovery.

Cindy's approach is trauma-informed, individualized, and grounded in ongoing training. Her work is centered on the belief that clients are not broken—they are in pain. She offers a respectful, nonjudgmental space where trust is built through consistency, presence, and authentic connection.

### Assisted by:

Michelle McNevin, LCSW & Robyn Caruso, LMFT

This experiential training offers an in-depth introduction to Psychodrama as a powerful therapeutic modality. Participants will explore its philosophical foundations and practical applications in clinical settings, including individual, couples, family, and group therapy. Through direct engagement with action methods, clinicians will gain tools to support role development, increase spontaneity, and expand therapeutic options.

The workshop will include opportunities to practice core psychodramatic techniques, understand the use of props and physical space, and explore interventions that support clients within their window of tolerance. Clinicians will develop confidence in using action methods to address therapeutic challenges and enhance client engagement.

Participants will engage in both short vignettes and a full classical psychodrama session, including warm-up, enactment, sharing, and processing. This training is appropriate for clinicians at all experience levels and will emphasize safety, consent, and ethical considerations in the application of Psychodrama.

## Course Schedule

14 CE HOURS\*

Total Duration 17 hours

9:00-12:00 pm: Educational Program (3 Hours\*)

12:00-1:30 pm: Lunch break (1.5 Hours)

1:30-5:30 pm: Educational Program (4 Hours\*)

\*Note: Lunch does not count towards CE hours, exact lunchtime subject to change

**Target Audience:** Mental health clinicians

**\*Course meets the qualifications for 14 hours of continuing education credit for LMFTS, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences**

Course Completion Certificates will be awarded within 2 weeks of when course evaluation form is completed.

\*AlignED Care Eating Disorder and Mental Health Center is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTS, LCSWs, LPCCs, and/or LEPs. AlignED Care Eating Disorder and Mental Health Center maintains responsibility for this program/course and its content. CAMFT approval Number 1032797

14 CEHs available for Experiential Therapy (ISEP) and Psychodrama. A maximum of 160 hours may be counted by all PATs towards the required 780 hours of training for the practitioner certification

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By the end of this training, participants will be able to:

1. Describe the philosophical foundations and core principles of Psychodrama as a therapeutic modality.
2. Explain the value and effectiveness of action methods in therapeutic settings.
3. Identify key components of the classical Psychodrama structure, including warm-up, action, and sharing.
4. Apply basic Psychodramatic techniques within individual, couple, family, or group therapy sessions.
5. Define role theory and describe its relevance in clinical practice.
6. Analyze how role development can support therapeutic progress and clinician skill-building.
7. Demonstrate at least one Psychodrama-based intervention appropriate for use in clinical sessions.
8. Identify and utilize props or objects to support therapeutic goals in Psychodrama.
9. Describe how to assess a client's window of tolerance when using action methods.
10. Implement grounding or regulation techniques when clients become overstimulated during Psychodrama.
11. Identify potential risks and ethical considerations when using action methods with clients.
12. Evaluate therapeutic challenges that arise in using Psychodrama with different client populations.
13. Distinguish between appropriate and inappropriate use of Psychodrama techniques based on client presentation and setting.
14. Participate in and reflect on short vignette-based Psychodrama exercises to build practical skills.
15. Engage in a full classical Psychodrama and articulate the clinical value of each phase.
16. Develop a plan to integrate Psychodramatic tools and techniques into their existing clinical framework ethically.

**Please note: This training may explore themes that are activating or emotionally charged. We encourage all participants to have appropriate support in place, including access to personal therapy, supervision, or other resources, should any issues arise during or after the training. This event is not a substitute for clinical care.**

**This training is being held at a private office. Water will be available. There are local restaurants within walking distance for lunch.**

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