

Therapeutic Spiral International

www.therapeuticspiralmodel.com

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TRAUMA TEAM ROLES AND OVERVIEW

THE TEAM LEADER/DIRECTOR:

OVERVIEW

The Team Leader/Director is the pivotal role around which the TSM action trauma team revolves. S/he is responsible for maintaining a smooth-running team that works effectively and efficiently in service of the group members. Although TLs are the primary Directors of the clinical sessions, their role extends beyond clinical competencies as psychodrama directors to the clinical, sociometric, personal, and interpersonal competencies needed to direct, coach, and utilize the team.

TLs must demonstrate the skills necessary to work with their TAEs and through their ALs.

The Team Leader also serves as the primary administrative coordinator of the workshop, working with the team members and the local organizer (when available) to develop and implement a working budget and fee structure, all promotion materials, coordinate workshop registration, and complete all needed paperwork.

THE TEAM LEADER IN ACTION

The Team Leader Role is unique to the TSM, in that utilizing a team approach to treatment of trauma is the norm rather than the exception. The Team Leader has mastered the TAE and AL role functions, is aware of the pitfalls and challenges, and is, therefore, able to direct and supervise team members in their roles. The competent TL is not a solo performer, but knows how to use the team in service of the group. S/he must have good communication with each team member and know their vulnerabilities, strengths, etc. The AL begins the team warm-up process via email. The TL participates in this process and utilizes it to begin assessing team strengths, vulnerabilities, and potential personal issues—“doodahs.”

During the e-mail and the in-person team warm-up (the day the workshop starts), the TL is aware of the individual team member needs and sociometric connections and is aware that *this warm-up is often a parallel process to what the participants may be bringing into the weekend*. The TL makes sure that communication is clear between the AL and TAEs, so that the AL has the information needed to support the TAEs during the workshop sessions. The TL works with the AL to hold the therapeutic container so the drama can be a clinically successful one.

In holding the container, both during the dramas and in the team meetings, the TL and AL notice whatever is needed and assign someone to fill the role or do the job. They know what is needed for each role by using awareness of each person's strengths and needs and work together to maintain a broad enough perspective to attend to the multiple needs of the sessions. The dance that exists between the TL and the AL is at the core of the team's functioning and the TL must be a strong “lead” in the dance, while allowing the spontaneity and creativity of the AL and the other team members to contribute to the co-creative process.

The TL assesses his/her need for role relief and assigns the AL to direct parts of the workshop, including a trauma drama. Usually the AL will direct part of the Friday evening structure, develop the art project for a personal growth weekend, direct a drama or vignettes during the Saturday sessions, and share or fully take on the directing of the final Sunday closing session. Although this is the tradition, it is up to the TL, in consultation with the AL and the Team, to assign leadership tasks in a manner that is appropriate to the team and to the group.

TLs are continually aware of the basic principles of the TSM, the contract of the drama, the ego strength of the protagonist, the needs of the group, and their own process. During the practicum and assessment process they are given feedback on their skills development from an accredited TL or Trainer serving on the team or acting as Consultant, in the form of the “skills checklist.”

FUNCTIONS OF THE TSM TL ROLE INCLUDE:

- Serving as primary leader of the workshop, and communicating with the Assistant Leader to provide safety.
- Directs the majority of any TSM dramas during workshop.
- Having primary responsibility for the safety, care and work of the group.
- Having primary responsibility for leading TSM Six Safety Action Structures.
- Anticipating the protagonist’s and other group members physical needs of the action.
- Facilitating or assigning to other team members all supportive tasks at the workshop, e.g., art project.
- Facilitating the Team warm-up and/or processing sessions.
- Directing/supporting the AL to facilitate the team warm-up prior to the workshop, including via e-mail.
- Leading team processing and meetings.
- Utilizing an Action Healing Team to its full potential; being aware of the strengths and personal issues (“doodahs”) of each team member, and working with them to create a well-functioning team.

REQUIRED CLINICAL AWARENESS AND KNOWLEDGE OF TSM INCLUDES:

- Four Roles of Team Leader: Analyst, therapist, group sociometrist, producer.

- Direction of dramas with appropriate clinical contracting.
- Trauma Survivor's Intrapsychic Role Atom (TSIRA) and which roles are necessary for protagonist's safe experiencing.
- Being cognizant of potential roles required by the action.
- Knowing when to assign the role(s) of Containing Double, Body Double, and/or Manager of Defenses for both protagonist and/or group members as needed.
- Recognizing Projective Identification and how/when to bring it into the drama.
- Maintaining communication with the AL to incorporate into the drama, as appropriate, clusters that may be forming in the group.
- Supporting containment or expansion of affect and states of awareness as needed both within the protagonist cluster and (through the AL) the group.
- Supporting auxiliaries and group members in role within the protagonist cluster.

SUMMARY

Trainer's Signature

Date

Trainee's Signature

Date