VedaDrama

psychodrama

EXECUTIVE COACHING
THROUGH PSYCHODRAMA

EXECUTIVE COACHING THROUGH PSYCHODRAMA

Neuroscience is validating what Psychodramatists has intuitively understood - that action methods, psychodrama, role play and experiential exercises reach deep into the weave of the brain and the body to transform consciousness. The multi-sensory aspects of the method are friendly to the brain, and create safe experiences for your clients which alter neurobiology and make lasting changes in their lives.

As Zerka Moreno said, Psychodrama allows our experience to 'be first concretized and then reflected upon after it can be experienced'.

These exceptional interventions will enable you to help your clients make unconscious preferences conscious.

SCOPE OF LEARNING

Psychodrama tools, techniques and concepts you will learn:

- Social Atom: a sociometric pencil and paper exercise which involves making a diagram of significant relationships in a person's life.
- Constellations to explore relational dynamics with objects like stuffed animals, sand tray figures or objects around the room.
- Role Theory: Moreno looked at development in terms of roles a person plays at a moment in time; and how interventions can change/ expand roles for their benefit. The process of repairing some roles, adding new ones and allowing others to move from the forground to the background is part of the healing process in role-play.
- Role Play techniques: Role Reversal, Role Interview, Doubling, Mirroring
- Empty Chair: when the client is able to talk **TO** the other (boss, colleague, etc) in the empty chair, instead of talking **ABOUT** her problems, it enables and entering and rooting in the here-and-now moment. It also allows for the client to role reverse with the other's perspective by changing chairs if appropriate.
- Sculpture: The client is invited to express an emotion or 'stuckness' as a kind of "sculpture" with a sound; and then to change it into a desired state. This action movement brings an experience of change.

PARTICIPANTS

Coaches, Trainers, Facilitators, People Enablers, Leadership Development professionals, Business leaders, those on a journey of self-awareness/ discovery

DATES AND TIMINGS

Dates: **26th Dec** (Sat)/**27th Dec** (Sun), **2020**

Timings for 26th Dec:
1030 hrs to 1330 hrs (IST)
(1 hr 30 min lunch break) and then
1500 hrs to 1800 hrs (IST)
Timings for 27th Dec:
0930 hrs to 1330 hrs (IST)

Dates: **16th Jan** (Sat)/**17th Jan** (Sun), **2021**

Timings for 16th Jan:
1030 hrs to 1330 hrs (IST)
(1 hr 30 min lunch break) and then
1500 hrs to 1800 hrs (IST)
Timings for 17th Jan.:
0930 hrs to 1330 hrs (IST)

CERTIFICATION

Upon full participation, Vedadrama will issue a certificate on: **Executive Coaching through Psychodrama (4 credits)**

FEES

18.000 INR & GST
(early bird until Dec 10th: 16.000 INR & GST)

LEAD TRAINER

Rashmi Datt is a Performance & Presence coach who works with individuals and teams in helping them become the best they can be. In 3 decades of industry experience in OD, learning and development, she has worked with over 40 organizations and their leadership teams to empower them in finding alignment and synergy in their functioning. This had led to employee engagement, productivity, fulfillment— with goal achievement being a natural outcome. She is an (ICF) certified coach, and PAT in Psychodrama.

She has authored two books

- "Managing Your Boss", which was translated into Mandarin and Bahasa Indonesia; and
- "And the Lion Smiled at the Rabbit: Manage Emotions to Win".

She is a Leadership Development Advisor for IIT Gandhinagar.

CO-TRAINER

Vipul Malhotra is a Psychodrama Co-Director, Executive Coach (Columbia University, NY), Leadership Facilitator and an Actor. His passion is to work specifically in areas of Individual Leadership and Organizational Development with expertise in Executive Presence, Situational Leadership, Storytelling and Emotional Intelligence. Apart from Psychodrama, he combines his training from TA, NLP, Gestalt techniques and to unlock people's potential.

GUEST TRAINER

Jochen Becker-Ebel, PhD Theology, Adj. Prof. f. Psychodrama, Supervisor, Author. Founder of Vedadrama India. (see more below!)

ON PSYCHODRAMA

Originally developed by Dr. Jacob L. Moreno (since 1921), and later expanded by Prof. Dr. Hans-Werner Gessmann (Founder of PIB Germany, established in 1973) it is one of the Humanistic Therapy methods (amongst Gestalt Therapy - Fritz Perls; client centered approach - Carl Rogers ; Logo Therapy - Viktor E. Frankl; and Transactional Analysis TA - Eric Berne) practiced widely in Europe and US and brought to India by the new owner of PIB, Prof. Dr. Jochen Becker-Ebel in 2012.

FOUNDER AND TRAINERS

Jochen Becker-Ebel, a former priest, PhD in Philosophy and Theology, is the founder of Vedadrama. He is owner and CEO of the German MediAcion Palliative Care training institute and of PIB-Zentrum. Becker-Ebel found his second home in Tiruvannamalai India in 1985. After falling in love with India, he comes back every year for a few months. Since 1990 he trained 3000 German and Indian Medical Doctors in Palliative Care, now as Adjunct Professor. In 2008 Dr. Grete Leutz and others requested him to give formal psychodrama training accredited by the Hamburg Psychotherapy Council and the DFP. Becker-Ebel expanded 2012 to India and teaches now with his Indian Trainer-Partners Rashmi Datt PAT, Madhu Shukla PAT and Haseena Abdullah PAT at Bangalore, Mangalore, Coimbatore, Mumbai and New Delhi. He is joined by other international and board accredited experts like Dr. Steven Durost, Dr. Karen Drucker TEP, Klaus E. Harter, and Savita Dhawan TEP. Savita Dhawan, born from Mumbai, started to give psychodrama training in India back in 1996:
https://www.youtube.com/watch?v=7_m6dKUnPmY

PARTICIPANTS

Psychodrama as a method provides both: insights into the psyche leading to personal and spiritual growth; as well as applications in training, facilitation and coaching. Psychodrama is a postgraduate study suitable for degree holders in Medicine, Psychology, MBA, and similar fields. Most of the participants are either Coaches/Trainers or Counsellors/ Therapists. Leadership skills are developed and therefore Company owners (future) leaders and HRD are attending. As psychodrama is apt for training and education we have Professors and lecturers attending the courses. The 90 long term participants come from India, Germany, Finland, Quwait, Qatar, Iran, Dubai, Abu Dhabi and China.

PHASES OF PSYCHODRAMA

First Step: “warming up”

Second Step: “action”

Third Step: “reintegration”

OUR INDIAN TRAINERS

Haseena Abdullah PAT (left), Rashmi Datt PAT (centre) and Madhu Shukla PAT (right) with their co-trainers Swasthika Ramamurthy CP, Vipul Malhotra and K. Raguraman and the other co-trainers Seema Naik CP, Shabari Madappa CP, Chaitali Shetty CP and Dr. Sunita Chugh.

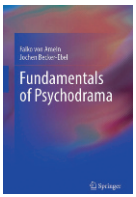
ADVANCED TRAINING

Details you will find on http://www.VedaDrama.com. The typical learning group of 12 to 20 persons will have a continuous experience of learning for at least one year with 4 times 4 days. Annual certificates are given after the first and second year. Pls find details on the website. After 16 days of training (160 hours, 4 times 4 days) the Psychodrama Leadership Practitioner certificate, called PLP can be obtained. After 32 days PLEP is reached. The Psychodrama Director certified Practitioner (CP) is obtained after exam and 880 training hours spread over 4 years. The successful learned can call themselves according to the profession of origin: Coach / Psychodrama Director CP; Counsellor (or) therapeutic Practitioner / Psychodrama Director CP as well as Educator (or) Trainer / Psychodrama Director CP.

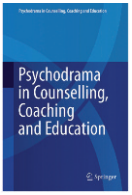
ACCREDITATION

The Executive Education of Vedadrama India Pvt. Ltd. is a unique offer in itself. It does not match to a single focused profession or path of accreditation. The Education is internationally accredited by the PIB, Germany, which is accredited itself by the respective Medical council and the German authorities. In India Vedadrama Education is part of the advanced learning program of the Medical faculty of the Yenepoya deemed to be an University at Mangalore since 2018. Vedadrama India (and/or PIB) are organizational members of ASGPP, IAGP, IAC and ISPS.

LITERATURE



In July 2020 Springer nature published: "Fundamentals of Psychodrama" by Dr. habil Falko von Ameln and Prof. Dr. Jochen Becker-Ebel
www.springer.com/gp/book/9789811544262
It is the new textbook of Psychodrama Education for Vedadrama, who supported the translation.



More books in the new series on Psychodrama in Counselling, Coaching and Education, edited by Prof. Dr. Jochen Becker-Ebel and Dr. Scott Giacomucci DSW
www.springer.com/series/16448

Vedadrama in Europe via:
PIB Zentrum (established in 1973)
Prof. Dr. J. Becker-Ebel, Grundstr. 17
20257 Hamburg, Germany
+49 179 4928186
www.pib-zentrum.de

Vedadrama India Training Center
Bose Enclave, Lakkasandra, Wilson Garden,
Bengaluru 560 030, Karnataka, India
(all photos in this flyer were taken here)

Vedadrama India Pvt. Ltd.
(Member of IAGP, ISPS, IAC)
41/54 Sardar Patel Rd. Guindy
Chennai 600 032, Tamil Nadu, India
www.vedadrama.com
ceo@vedadrama.com