

Introduction to Online Psychodrama



What is Psychodrama?

One can describe Psychodrama as a kind of laboratory for the exploration of psychosocial problems, but instead of physical equipment, the devices of role-play and one's own behavior are vehicles for experiments.

Neuroscience is validating what Psychodramatists have 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.



Who is it for?

This is for:

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

Psychodrama provides 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. Our 90 long term participants come from India,
Germany, Finland, Quwait, Qatar, Iran, Dubai, Abu Dhabi and China.



What is the scope of learning?

Psychodrama tools, techniques and concepts you will learn:

Sociometry

How can you use it to warm up the group? And also 'scan' the group demographic and emotional profile.

Social Atom

A sociometric pencil and paper exercise which involves making a diagram of significant relationships in a person's life.

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 foreground 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 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.

Magic Shop

and other creative work to regain power.



Details

Dates: August 28-29, 2021, Sat-Sun

Timings: 9am to 1pm

On: Virtual Platform

Trainers: Rashmi Datt
with Chithra Vijay

Certification : Upon full participation, Vedadrama will issue a certificate on: 'Introduction to Psychodrama' (1 credit).

Program Fee: Rs 8,000 plus GST= Rs 9,440

For Registration:
Contact Pooja Khanna at
poojakhanna07@gmail.com

Fees to be paid to:

Vedadrama India Private Limited ,
account details to follow post
confirmation.

Lead Trainer

Rashmi Datt

Rashmi is a Performance & Presence coach who works with individuals and teams in helping them become the best they can be.

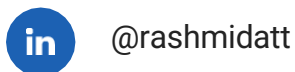
In 3 decades of industry experience in OD, learning and development, she has worked with over 40 organizations and their leadership teams to empower them in finding alignment and synergy in their functioning. This resulted in to employee engagement, productivity, fulfillment—with goal achievement being 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 the Lion Smiled at the Rabbit - Manage Emotions to Win”

Rashmi is also Leadership Development Advisor for IIT Gandhinagar.



Co-trainer



Chithra Vijay

Chithra is a Psychodrama Director CP and has been a practicing Psychotherapist for over a decade. Other modalities she draws from are Transactional Analysis, NLP and Gestalt.

She integrates spirituality and mindfulness both in her personal life and professional practice. Her profession is her passion, and she feels grateful in being a part of her clients' processes.

She works with all age groups and specializes in couples and family therapy.

 chithrajust@gmail.com

Advanced training

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. 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 an exam and 880 training hours spread over 4 years. The successful learner 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 / Psycho- drama Director CP.

For more details: <http://www.VedaDrama.com>.

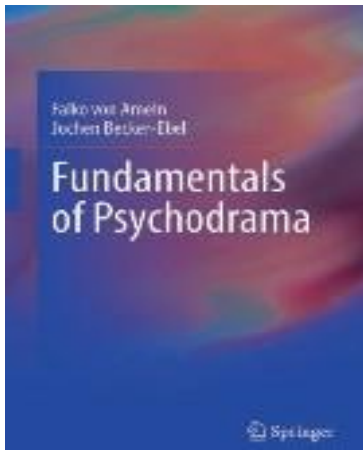
Accreditation

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.

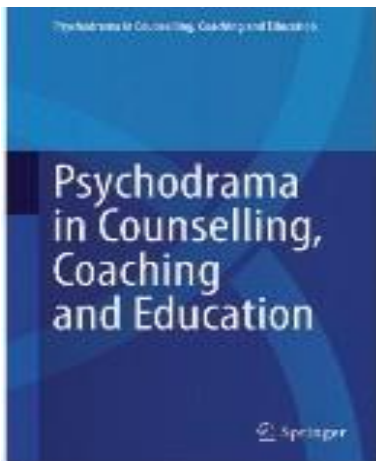
In India, Vedadrama Education is part of the advanced learning program of the Medical faculty of the Yenepoya deemed to be an University at Mangalore since 2018. Vedadrama India (and/or PIB) are organizational members of ASGPP, IAGP, IAC and ISPS.

Literature



In July 2020 Springer nature published: “Fundamentals of Psychodrama” by Dr. habil Falko von Ameln and Prof. Dr. Jochen Becker-Ebel. It is the new textbook of Psychodrama Education for Vedadrama.

www.springer.com/gp/book/9789811544262



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

More about Vedadrama

Psychodrama in India

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.

Vedadrama Founder

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.

Vedadrama Trainers

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.

More details:

https://www.youtube.com/watch?v=7_m6dKUnPmY





www.vedadrama.com

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 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

Vedadrama India Training
Center, Bose Enclave,
Lakkasandra,
Wilson Garden,
Bengaluru 560 030,
Karnataka, India