VedaDrama

psychodrama

SAMPURNA

HUMANISTIC PSYCHODRAMA
IN PSYCHOTHERAPY 2022

VIRTUAL PSYCHODRAMA DIPLOMA

This all virtual Psychodrama Diploma is designed for Students, Professionals and Trainers of Psychology and Psychotherapy. The duration of the course is 240 hours within 12 months (January to December 2022) mostly on Saturdays and Sundays. Your trainers are Ms. Sadhana Mishra and her cotrainer partly assisted by Dr. Jochen Becker-Ebel. Pls register by Mail through Montfort College or Vedadrama India.

OBJECTIVES

The participants will learn, practice with each other and reflect appropriate application of:

1. Essential communication/counselling skills so that the student is able to develop, maintain, and successfully terminate a therapeutic relationship
2. Models of communication/counselling through psychodrama, that are consistent with current professional research and practice in the field so that they can begin to develop a personal model of counselling
3. Self-awareness so that the counsellor-client relationship is therapeutic and the counsellor maintains appropriate professional boundaries
4. Participants will learn the approach and methodologies of psychodrama in interactive sessions in a group setting
5. Participants will experience and reflect and later guide group processes and thus improve their leadership skills

YOUR TRAINERS

Sadhana Mishra, trainer PAT (centre) MSc applied psychology, advanced training in Counselling (Parivarthan) & TA. Psychotherapist &Founder of Listening Corner.

Chitra Vijay, co-trainer CP, MA Eng. Lit., advanced training in TA. Training in NLP, Family Constellations, Gestalt. Psychotherapist in own practice.

Jochen Becker-Ebel, PhD Theology, Adj.Prof. f. Psychodrama, supervisor, author, founder of Vedadrama

COURSE STRUCTURE (LEVEL 1)

1. **Through witnessing and participating** students will experience themethodologies and learn from an inside-view, how to perform.
2. **After each "warming" up and each "acting"** there will be a "processing" of the seen/experienced and thus a deep understanding of theprocess as such from both the roles: conductor/trainer and participant/client
3. **There will be some 24 units of each 5 study hours plus practicals** (see next pages)
4. **The units will not follow strictly this system from 1 to 10,** but will be interactive and related to the groups process. The group process will be included into research and focus as well.
5. **The course has twenty-four academic online modules:**

- Module 1 to 6: (30 teaching hours, 2 times 3 days): Introduction and Sociometry
- Module 7 to 12: (30 teaching hours, 2 times 3 days): Role reverse and Doubling
- Module 13 to 18: (30 teaching hours, 2 times 3 days): Stage, Protagonist Play, 1 to 1 setting
- Module 19 to 24: (30 teaching hours, 2 times 3 days): Surplus reality, application, exam

6. **If any of the modules is missed,** this module can be taken at other places of offers of such courses with Vedadrama India Pvt. Ltd. as to reach the minimal attendance.
7. **The practical part of the study is:**

- Read literature (at least Falko von Ameln and Jochen Becker-Ebel, Fundamentals of Psychodrama - see below)
- Write a short case study (5 pages)
- Meet in peer-groups to practice psychodrama-therapy

8. **Exam:** In Modul 24 each participant gets an oral feed back of the co-participants and the trainers. There will be a short oral online exam (10 minutes). Prior to that, a short case study (max 5 pages) has to be handed in. One has to attend at least 80 % of the 24 modules to appear for exam.
9. **Credit points:** You reach 15 Vedadrama India Credit points on "Humanistic Psychodrama" and 15 Credit points for "practice and study". The participation in the course and exam gives the right to continue for further studies at Bangalore for CP (120 credit points), which will be completed with oral and written exam after 4 years.

THE UNITS ARE SELF-EXPLORATIVE

1. Sociometry and warming up: How to get the group in a mood to start working? What are the topics, the group like to work on now? Who will be protagonist? And: Why?
2. Methods of Psychodrama: role change, doubling, mirroring, role-interview
3. Use of Psychodrama in the non-therapeutical sector: like constellations work or "inner team"
4. Magic tree/shop work and other creative work to regain power.
5. Psychodrama a deux (=Monodrama) and psychodramatic protagonist centered group work
6. Winding up methods after a work: Sharing, Role-Feed-Back
7. Sociometry and sociometric test and Group dynamics
8. Group Process Analysis: The group will process the Process of the group itself and understand in depth group dynamics and how to handle them.
   Psychodrama will be understood as a group healing methodology and as sociatry.
9. Philosophy of Psychodrama and Humanistic Psychodrama: Inner Self, Reason behind role-reversal and doubling in the Indian context and Life of the founder Dr. J.L. Moreno
10. Application and practice.

ADMISSION/ ELIGIBILITY

- A Bachelor's Degree, in any discipline from a recognized University/College. Preference will be given to those with work experience in clinical, social, educational, developmental and psychotherapeutical settings
- The participant must work (or intent to work) in the field of psychotherapy and counselling
- The participant has to have a sound mind set up (presently not under psycho-mental prescriptions), can have had psychotherapy himself/herself, but not during the time of the course
- The student must be willing to entre self-exploration and feel comfortable with self-exploration within the learning group

PSYCHODRAMA FOR PSYCHOTHERAPISTS

Course for 2022 (level 1)

Topic: Individual psychotherapy,
one-to-one, online theraphy.

Dates: Saturday and Sunday 4 to 9 pm

Feb 12th/13th & March 12th/13th, 2022

May 14th/15th & June 11th/12th, 2022

July 16th/17th & Aug. 13th/14th, 2022

Sep 10th/11th & Oct. 15th/16th 2022

Nov 12th/13th, Dec 10th/11th, 2022

and two special events (daily 5.30 to 9.30 pm)

April 15th to 17th, 2022 with Dr. Karen Drucker TEP and Dr. Steven Durost on Trauma

June 17th to 19th, 2022 with Dr. Jochen Becker-Ebel on History & Philosophy of Psychodrama

FEES

The fee for the whole course is just 45.000 INR & GST, which can be paid in two installments.

Special rates are there upon application for a limited number of seats, if a student/alumni can´t pay full fee:

a. **For present Students of Montfort college:** 24.000 INR & GST
b. **For Alumni of Montfort College:** 35.000 INR & GST

The fees includes all seminars, one copy of the book "Fundamentals of Psychodrama" (published value 8.000 INR) and certification.

CERTIFICATE

The participant will get a DCP Diploma issued by Montfort College jointly accredited and issued by the German PIB (founded in 1973) and Vedadrama India. Vedadrama India is an affiliated member of IAGP, and an institutional member of ASGPP and ISPS. The German Partner PIB is the accrediting partner of Vedadrama India is accredited itself with the local German Medical Council.

More Information on Vedadrama and Indian Psychodrama

HUMANISTIC 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 Memomed Medical Education 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 Medical Council and the DFP. Becker-Ebel expanded 2012 to India and teaches now with his Indian Trainer-Partners Rashmi Datt PAT, Madhu Shukla PAT, Swasthika Ramamurthy PAT, Hase e naAbdullah PAT, and Raguraman K PAT at Bangalore, Mangalore, Coimbatore, Mumbai and New Delhi. He is joined by other international and board accredited e xperts like Dr. Steve n Durost, Dr. Karen Drucke r 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, Singapore, 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 & CEO of Vedadrama, centre) and Sadhana Maishra (PAT, right) and others: K. Raguraman PAT, Chitra Vijay CP and Seema Naik CP.

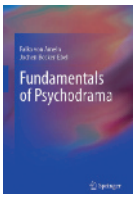
STRUCTURE

Details you will find on http://www.VedaDrama.com. The typical learning group of 10 to 18 persons will have a continuous experience of learning for at least one year with 16 days. Annual certificates are given after the first and second year. Pls find details on the website. After 16 days of training (160 hours, f.e. 4 times 4 days) the Psychodrama Leadership Prac-titioner 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 / Psycho-drama Director CP.

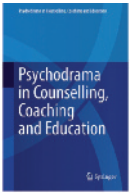
ACCREDITATION

The Executive Education of Vedadrama 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 and Montfort College since 2020. Vedadrama is organizational member of ASGPP, IAGP 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

SAMPURNA
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