

Week-end workshops

Online: on Zoom



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, Kuwait, Qatar, Iran, Dubai, Abu Dhabi and China.



Foundational Psychodrama Theories

Spontaneity - Creativity Theory

Moreno believed the ability to create something new—art, music, an idea, a new response, a child—was inherently Godlike.

He believed both spontaneity and creativity to be foremost spiritual qualities .

For Moreno, the twin principles of spontaneity—creativity are the ultimate force underpinning all human progress and all human activity. He defined spontaneity as the ability to “respond with some degree of adequacy to a new situation or with some degree of novelty to an old situation” .

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.

Moreno’s ideas on catharsis.

Action insights from experiential learning are different from intellectual insights or self-awareness...in that they are more fully embodied and integrated in self because they are achieved through action rather than simply talking or reflecting.

Action insights are a function of spontaneity and are often preceded by an emotional catharsis.

The etymology of the word “emotion” derives the meaning “to stir up” or “to move out.” Our emotions prime us for social action through varying experiences of emotion in the body

Psychodrama is often associated with emotions because of its power to create intense emotional experiences or catharses for participants.

Method of Learning

WE will use action methods to learn even theory!



Details

Psychodrama: Fundamentals- Application and Practice

Dates: October 14,15,16, 2022

Timings: 5-9 pm IST

Trainers: Scott Giacomucci

Certification: (2.5 credit points).

Program Fee: Rs 12,000 plus GST=
Rs 14,160

For Registration:

Contact: Nidhi Sekhar

cdo@vedadrama.com

Whatsapp: +971504027599

Trainer

Dr. Scott Giacomucci

Scott is an expert in group work, psychodrama and experiential therapy,

He is the Director, Founder, & Owner of the Phoenix Center for Experiential Trauma Therapy in Pennsylvania, USA . He provides clinical services at the center as well as supervision, consultation, and training.

His training sessions are interactive and experiential. Rather than just teaching content, he teaches action-based processes that can be adapted for use in any setting with any population and any topic.

In his group work, he uses action methods, including sociometry, psychodrama, and the Therapeutic Spiral Model.

He is:

- Doctorate in Clinical Social Work (DSW) from University of Pennsylvania (dissertation [here](#))
- Masters in Social Services from Bryn Mawr College (MSS)
- Certified Group Psychotherapist (CGP)
- Diplomate of the American Society of Group Psychotherapy & Psychodrama (DASGPP)
- Board Certified Trainer, Educator, & Practitioner of Sociometry, Psychodrama, and Group Psychotherapy (TEP)

And the author of many books and publications.



What some of our PCP* graduates are saying

"The past two years have been a rollercoaster, with the global pandemic.

Two things that kept me sane? Exercising daily, at 6 am. Psychodrama coaching practice with Vedadrama - I have to "thank" the pandemic, which enabled me to do this course while not physically in India.

I never pursued coaching in the past because I felt the approach was too prescriptive: checklists, smart questions, focus on the outcome no matter what.

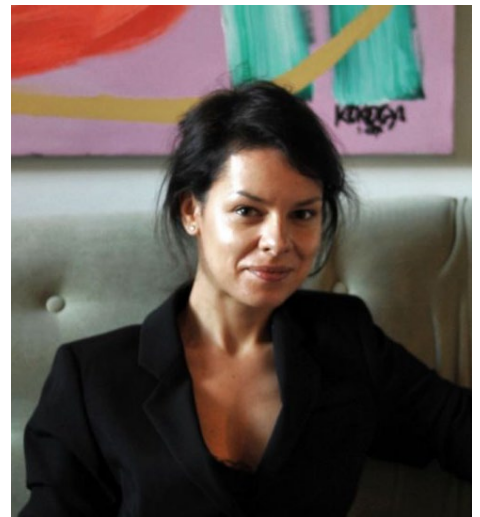
With psychodrama, it is different. It does not even feel like a coaching session - we roleplay, use objects, wear masks, and use many creative methods. Very often, classes with Rashmi are the highlights of my week. I have never been so in touch with myself before, recognizing the triggers and adjusting my reaction to various situations. "

"This course has truly supported me, giving me more tools to choose as a coach. I've become braver and more spontaneous working my clients. Rashmi and her co Trainer Vipul created a safe space, allowing us to experiment, practice, make mistakes, share, learn and grow.

Rashmi's management of the program and people has allowed me to really look inside myself, challenge and just be honest with myself. Her questions are curious and the angles she approaches from are so gentle, yet very effective.

My experience in the group has really opened my eyes to the endless possibilities to the benefits and uses of psychodrama. I highly recommend this program to every coach who wants to improve."

Karina Uffert, CEO,
European Chamber of
Commerce in Myanmar

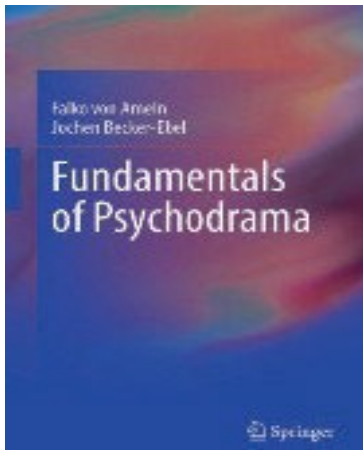


Reem Al-Khater,
Process Improvement
Manager in Public Transport,
Doha, Qatar



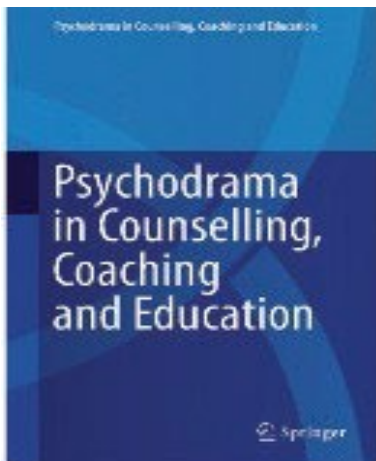
*Psychodrama Coach Practitioner

Literature



In July 2020 Springer nature published: “Fundamentals of Psychodrama” by Dr. 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



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 (Member of IAGP,
ISPS, IAC)

1203, Magnolias, DLF Phase 5,
Golf Course Road, Gurgaon
122009

www.vedadrama.com

ceo@vedadrama.com