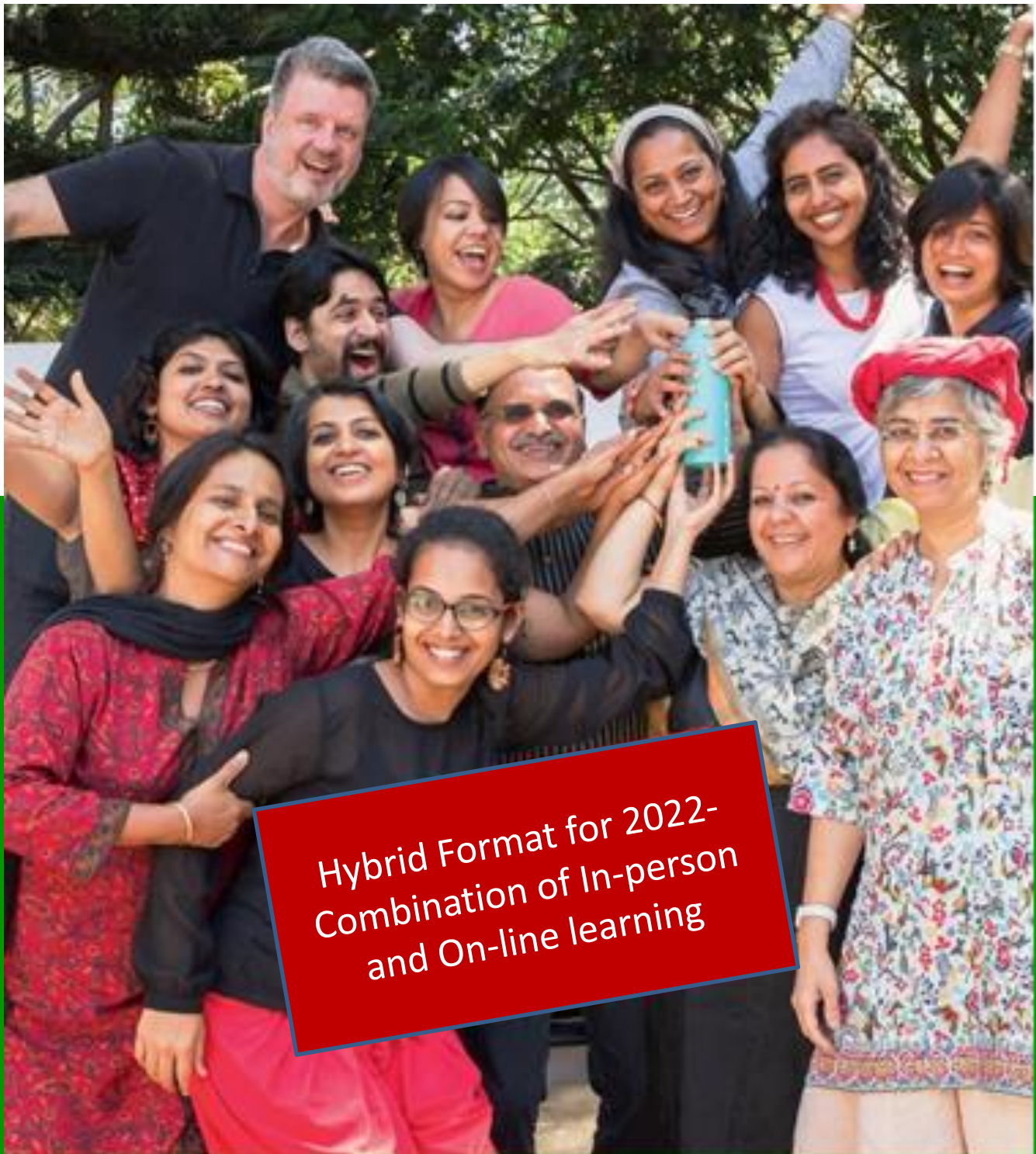


# PCP: Psychodrama Coach Practitioner

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Hybrid Format for 2022-  
Combination of In-person  
and On-line learning

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# 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.



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# 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.



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# 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 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.

## **Magic Shop**

and other creative work to regain power.

# Course Structure

This 12 –month program in 2022 includes:

1. 140 hours of classes
  - 16 classes of 5 hours each over zoom=80 hours
  - Three programs of 3 days of 20 hours of in-person learning in Gurgaon/ Delhi (if the covid situation does not allow it, we will continue with on-line learning)=60 hours
2. 5 hours of personal 1:1 supervision/ mentoring (with a Vedadrama certified Mentor)
3. 20 hours of documented peer coaching in triads (1.5 hr sessions)
4. 20 hours practice coaching with peers and clients (documented in brief as per a defined format on 2 pages)

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## Final Evaluation

- Oral Coaching competencies demonstration
- Peer feedback, Trainer's feedback
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- Written assessment of own case outside the group (3 pages)

## Contact

[Rashmi.datt@gmail.com](mailto:Rashmi.datt@gmail.com)

Phone: 9810201297

# Dates and Timings

The third Saturday and Sunday of every month, starting from January 2022.

Timings are 3.30 to 8.30pm.

Dates for the in-person sessions will be announced by end December 2021.

## Program Investment

Program fee is Rs 1,10,000 plus GST=Rs 1,29,800.

Early bird is Rs 95,000 plus GST, which can be availed if the payment is made by Dec 31st, 2021=Rs 1,12,100

This includes the book 'Fundamentals of Psychodrama' by Falko von Ameln and Jochen Becker-Ebel as both e-book and printed version. (Springer publication)

### **Additional Cost**

The course requires you to work with a Vedadrama approved mentor for 5 hours. The cost of working with your mentor is not included in the program cost and is Rs 5,000 per session.

This is an additional cost which may be paid by mid year in June 2022.

## Certificate

Vedadrama will jointly with PIB Germany, established in 1973, issue a certificate on : PCP- Psychodrama Coach Practitioner.

After graduating, you have the opportunity to continue to draw from a community of diverse coaches for mutual support.

# Lead Trainer

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## Rashmi Datt

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

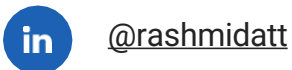
In 3 decades of industry experience in OD, learning and development, she has worked with over 40 organizations and their leadership teams to empower them in finding alignment and synergy in their functioning. This resulted in to employee engagement, productivity, fulfillment—with goal achievement being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

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## Triansha Tandan

Triansha is a Facilitator, Coach (PCC-ICF), certified Psychodrama Leadership Practitioner, certified Embodiment Coach, coach trainer and a communication consultant.

She facilitates and coaches individuals and groups, and supports communication strategy and execution for clients in corporations, social enterprises and educational institutions.

Triansha has 15+ years of experience in helping catalyse change for professionals using a range of multidisciplinary approaches. ; she supports clients at various life stages in discovering and harnessing their unique strengths, wisdom, motivation, and skills to live their values, goals, and vision.



[@trianshatandan](#)



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# 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.

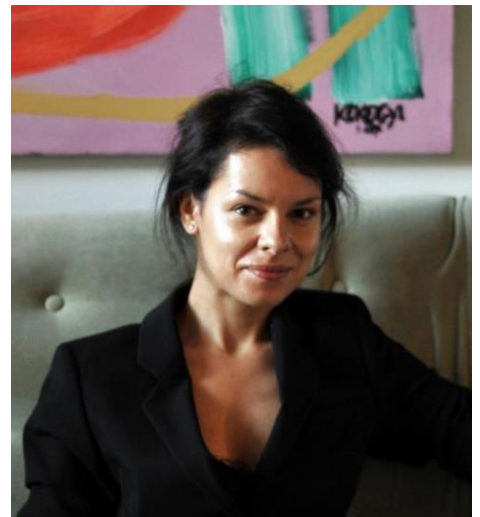
With psychodrama, it is different. It does not even feel like a coaching session - we roleplay, use objects, wear masks, and use many creative methods. Very often, classes with Rashmi are the highlights of my week. I have never been so in touch with myself before, recognizing the triggers and adjusting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



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# 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](https://www.youtube.com/watch?v=7_m6dKUnPmY)



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## 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

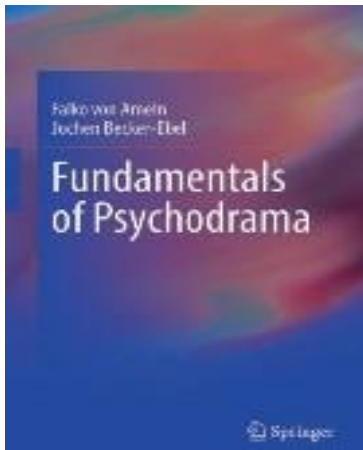
The Executive Education of Vedadrama is a unique offer in itself. It does not match to a single focused profession or path of accreditation.

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 (and/or PIB) are organizational members of ASGPP, IAGP, IAC and ISPS.

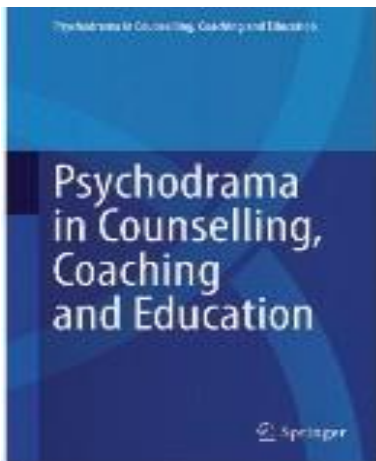
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# Literature



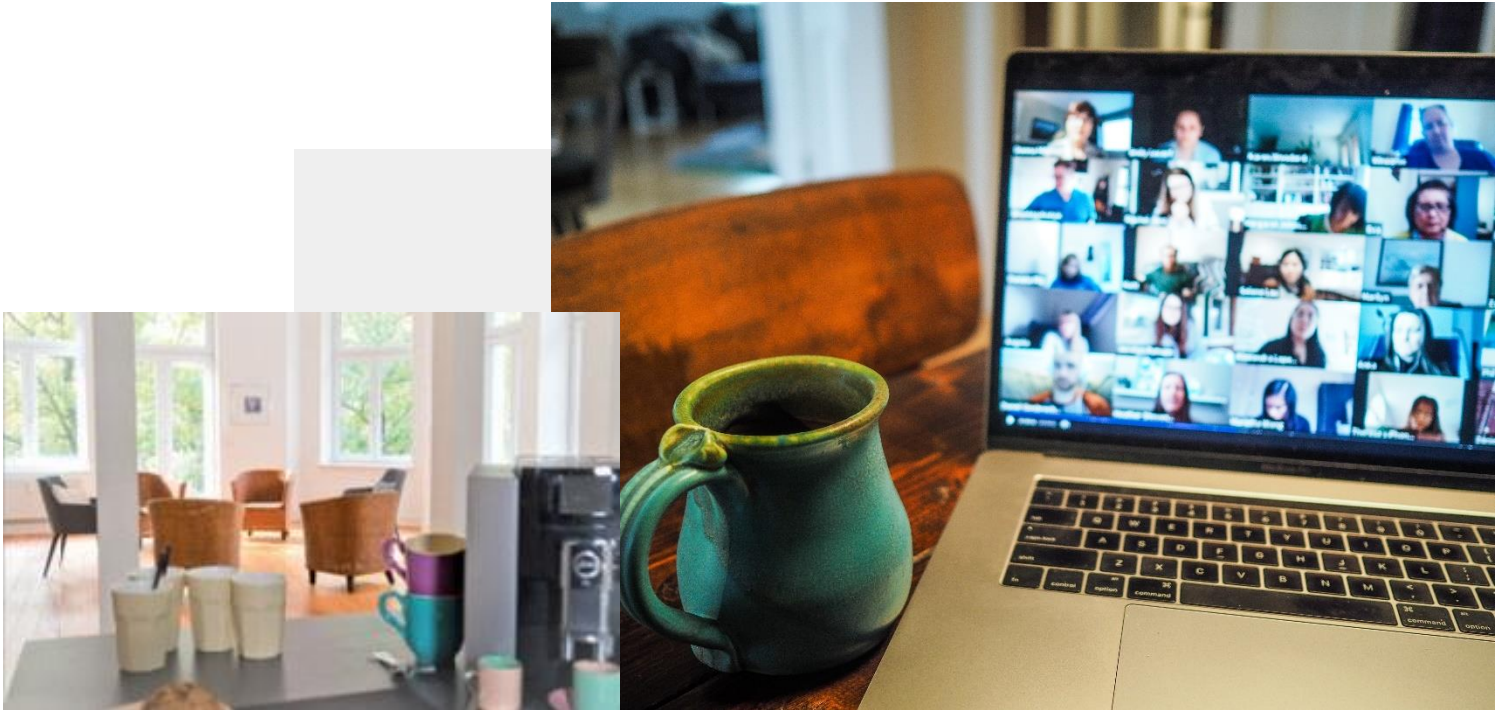
In July 2020 Springer nature published: “Fundamentals of Psychodrama” by Dr. habil Falko von Ameln and Prof. Dr. Jochen Becker-Ebel. It is the new textbook of Psychodrama Education for Vedadrama.

[www.springer.com/gp/book/9789811544262](http://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](http://www.springer.com/series/16448)



[www.vedadrama.com](http://www.vedadrama.com)

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+49 179 4928186  
[www.pib-zentrum.de](http://www.pib-zentrum.de)

Vedadrama  
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