

Introduction to 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.



What is the scope of learning?

In this two-day workshop we will cover some of the following Psychodrama tools, techniques and concepts :

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.





Details

The workshops are conducted on Saturday & Sunday from 3.30pm to 7.30pm IST, online on Zoom.

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

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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.

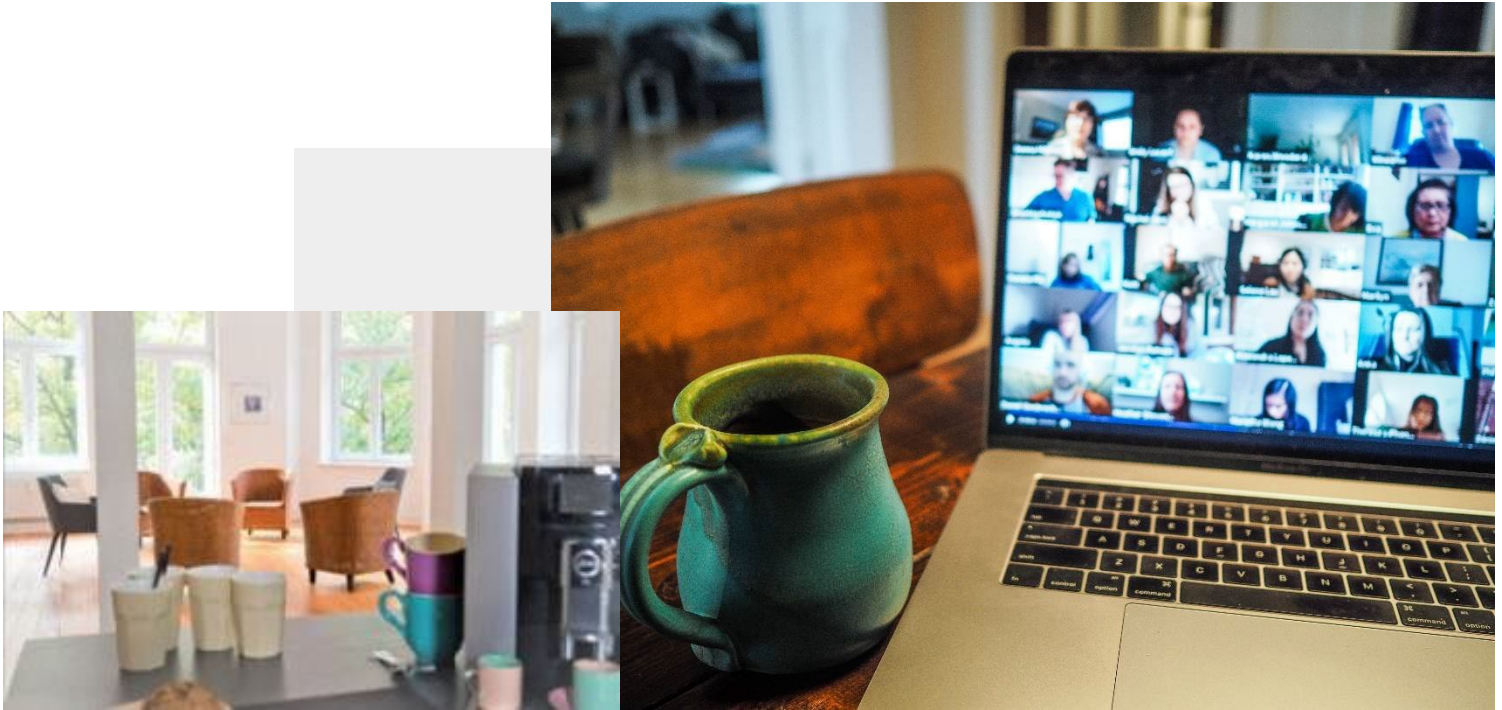
She is an (ICF) PCC certified coach, and PAT in Psychodrama.

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, and guest faculty at IIM Lucknow.





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