

# Repair or Repeat – *How the patterns of our family affect us*



## *Trans-generational work with Psychodrama - applications in coaching*

January 11-12, 2025  
In-person workshop, Gurgaon.

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# Helping your Client:

- Finding their truth
- Shedding what doesn't serve them
- Rediscovering their worth
- Releasing old shame
- Using their voice
- Stepping into their power
- Removing the obstacles
- Coming into their purpose
- Discarding what's not for them
- Honouring their light and honouring others

*Through trans-generational work  
With Psychodrama*



*When we deny our stories, they define us.  
When we own our stories, we get to write a brave new ending.*

*~Brene Brown.*

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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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# What is the scope of learning?

Transgenerational psychodrama is a coaching approach that explores and resolves personal, social, and emotional issues that may be passed down through generations:

*You will learn:*

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.

**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.

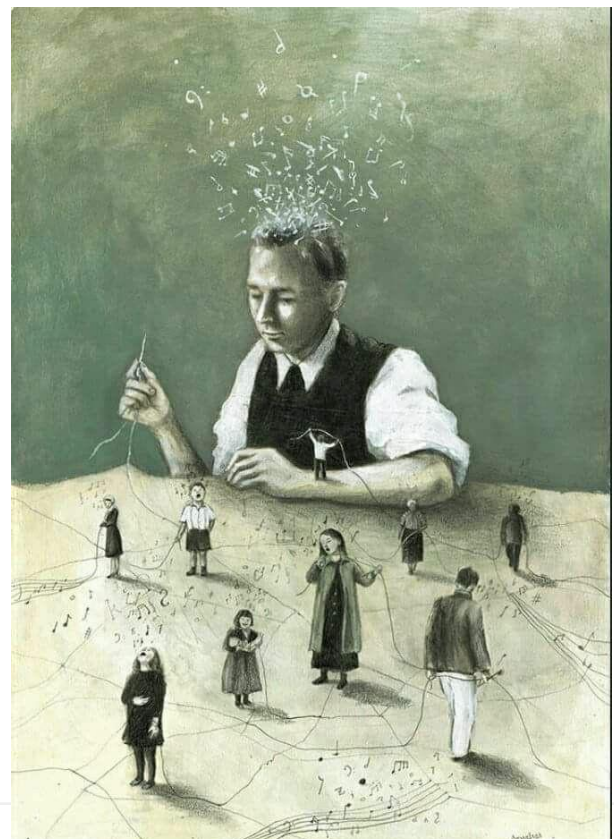
**Role Reversal, Role Interview, Doubling, Mirroring.**

*Transgenerational approaches focus on how families develop patterns of responding to stress across generations.*

Transgenerational psychodrama techniques include **Geno-sociogram, family atom, miniatures sculpting.**

## Benefits

Helps people cope with transgenerational issues, find easier ways to coexist, and collaborate.



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

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## Details

**Dates:** Jan 11-12, 2025

**Timings:** 9.30–5.30 pm

**At:** Magnolias, DLF Phase 5, Gurgaon

**Certification :** Upon full participation, Veadrama will issue a certificate on: 'Repair or Repeat –How the patterns of our family affect us'. (16 hours of learning)

**Program Fee:**

Rs.18,500+GST=Rs.21,830/-

Early Bird Offer

Rs.17,000+GST=Rs.20,060/-

If paid before December 20th, 2024

**For Registration:**

Contact: Nidhi Sekhar

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# Trainers

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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:

- PCC certified coach (ICF)
- PAT in Psychodrama
- Certified Practitioner In Psychogenealogy and Transgenerational Therapy (CPTT) from Anne Ancelin Schützenberger International School

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”

 [@rashmidatt](#)



# Trainers

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## Julia Vinckler-Nannattu

Julia Vinckler-Nannattu is a psychodramatist with over 20 years of extensive experience working with multicultural groups and individuals. She holds a degree from Tallinn University's Faculty of Social Work and is actively involved in various roles within the field of psychotherapy and counseling.

Based in Estonia, Julia is deeply rooted in her work and teachings at the Tallinn Psychodrama School.

Julia serves as the head of the Board in All-Ukrainian Organisation Convictus Ukraine, and is associated with Estonian Psychodrama Society and the European Association of Psychotherapy.

While Estonia remains her primary base, Julia finds inspiration and creativity in Wayanad, Kerala, which she considers her second home. This cross-cultural experience enriches her perspective and informs her work, contributing to her effectiveness in facilitating positive change and growth in individuals and communities.

She is Certified Practitioner In Psychogenealogy and Transgenerational Therapy (CPTT) from Anne Ancelin Schützenberger International School.



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# Bridging two worlds: Coaching and Psychodrama

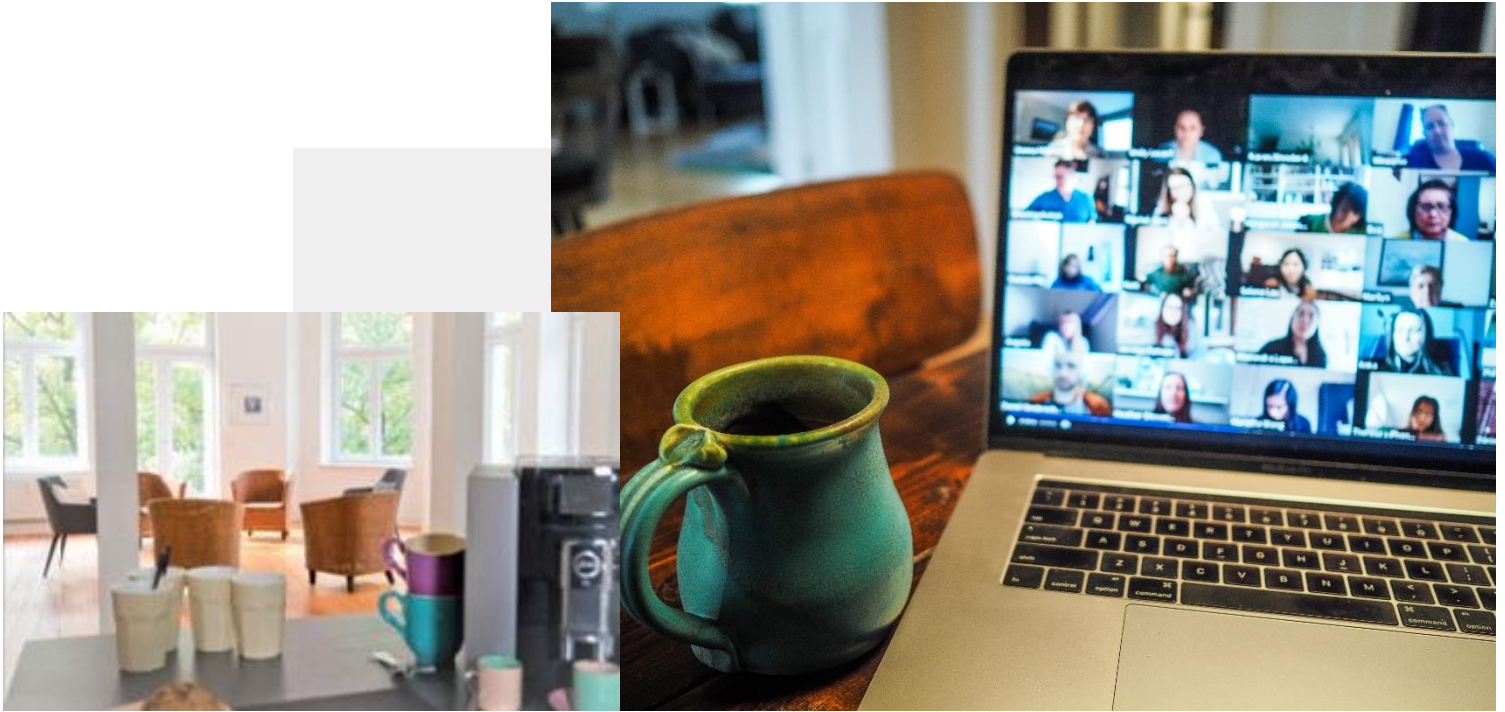
Psychodrama brings the body, mind, and emotions into action ...

- Uses various forms of enactment to expand and deepen the purely verbal method of coaching.
- More powerful than traditional talk method.
- “The body remembers what the mind forgets.” ~J.L. Moreno
- Bringing up this information supports psychological and emotional healing by providing access to both— memories we need to work through and inner strengths/ resources we may have lost or not acknowledged.



Vedadrama is an ICF accredited coach training provider.





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

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