



Psychodrama
in India



2024

Psychodrama in India Training programme

From Roohdaar

Dear Reader,

It is my pleasure and honour as the Director of Pil, to announce an Indian Psychodrama Training Program that is fully accredited by The Australian and Aotearoa Board of Psychodrama (AABP). I invite you to this 800-hour program with us that is based on Dr. Jacob Levy Moreno's philosophy of creativity and spontaneity, with an emphasis on role development. It is conducted over 3 levels – The Psychodrama-Auxiliary Ego, The Psychodrama Assistant-Director and The Psychodrama-Director. These levels sequentially involve learning the theory and philosophy behind psychodrama; the basic and advance techniques required in any psychodramatic or sociodramatic production; and developing roles that are required both in terms of skills in action and in the person of the psychodramatist in order to be of service to others. It is a journey that ranges from 3 to 5 years and consists of traveling together with the co-trainees, trainers and supervisors to learn about mutual relationships, the power of the here and now, social contexts and their impact on our personalities and the interplay between individuals impacting the group and vice-versa.

It is a journey of enrichment both personally and professionally that you can continue with your ongoing career and life routines. In fact, working professionals are very welcome because they can then start applying their learning to their teams, clients, trainings and other work contexts under supervision. You can choose to walk and learn with us for either 1 year (Auxiliary Ego Level – 100 hours), 3 years (Assistant-Director – 400 to 500 hours) or 5 years (Director – 800 hours). The program more than the hours though, is about developing the significant roles of a psychodramatist at every level.

The reason I am passionate about teaching psychodrama to others and pioneering it in India, is because I am simply floored by the potency and the economy of the method. How when one person is doing their work, every other person in the group benefits. How no one who attends a psychodrama program leaves the same, they all get positively impacted by it. How psychodrama as a method is so close to our basic nature and the process of human experience. Our actions come before our verbalising and meaning making, therefore in psychodrama, *'the interpretation is in the act'* (J.L. Moreno, 1946). These are all aspects of psychodrama that continue to amaze me. I am also very moved by how psychodrama can be used with various communities and their issues irrespective of the socio-economic strata and thereby making psychodrama very relevant to India.

I love to work and walk alongside people. If you love the same, this course is for you. The idea is to follow your calling and enjoy the journey of developing life-fullness in yourself and your work!!! Please find below further course details. If you have any other queries, please contact my colleague taking care of enrolments, Mr. Mitul Kajaria @ +91 8141919481

Always Warmly – Roohdaar aka Meenakshi Kirtane

The Aim of the Training Program

Psychodrama in India Institute has been started with a vision of developing robust psychodramatists across India who are skilled at the various psychodrama production techniques and have a well-developed role cluster of the Psychodrama Director. The overarching aim of the Institute is to be a medium that helps the healing and transformational capabilities of the approach to reach people at different socio-economic strata of the Indian society by developing a network of well-trained psychodramatists across different professions/applications.

The training program is designed with a level wise training curriculum in accordance to international standards while building in Indian components that helps the trainees develop the techniques and roles required at each level in relationship to the Indian context. All the learning is continuously interwoven with the theory and philosophy of psychodrama. The focus throughout the program is to help trainees integrate their learning about systems theory, sociometry, sociodrama, role theory and role training, family theory and therapy, theory of group dynamics and group process, personality theory, into their whole being – thinking, feeling and action. It further aims at trainees building and maintaining a healthy relationship with themselves and with the environment around them so that they are able to experience the relational approach of psychodrama as a life philosophy... “we are always in a relationship with something – a person, a place, an animal, a thing, a moment or an event.” In India we would call it *Vasudhaiva Kutumbakam* - The whole world is one family and we are interconnected and in a state of relationship with every element around us, and they with us.



The training programme Components

The entire program will have monthly sessions consisting of integrated learning of theory and techniques. The motto will be learning by doing. There is a concept curriculum and an action curriculum for each level that would be shared with the trainees during the course of their training. At the end of the Auxiliary-Ego Level, the trainees are expected to write a reflection piece on their journey thus far. From the 2nd Level, trainees would also need to complete application hours, to be in supervision for their work and do some personal process writing that they can integrate with theory. These process write ups integrated into the theory of psychodrama are necessary for qualification. During the duration of the program, trainees will be expected to familiarize themselves with reading material and other resources provided.

Though there is a set curriculum, the training program is very person centered; each trainee is encouraged to work from their own starting point and at their own pace on their skill sets, personal and professional development and academic orientation.



The levels

At their very core, the 3 levels mean the ongoing role development and personal development that is necessary in becoming a full-fledged Psychodrama Director (Psychodramatist).

A The Auxiliary-Ego Level – The Level of Two-Way Empathy in our Being

Fundamental to the psychodrama method, is the putting out there or concretising of our inner world in as close terms to our reality as possible. Once the protagonist starts concretising aspects of their inner world that they want to explore, understand, resolve or transform, at a point in time, these entities become real. In order for the protagonist to experience the fullness of these entities or roles, we use Auxiliaries (people and objects) to aid the process of healing, development and transformation. An auxiliary embodies and enacts as close as possible that aspect or person or situation as experienced by the protagonist. It is the first step towards being of service to another, where we learn to use our whole selves including our feeling world, sensations, thoughts and our bodies to mirror for the other what is important for them to see. We do all of this with the awareness, that we are assisting the other in their work and as such, giving a gift to the other.

It is also a level, where we take up a lot of our personal work as protagonists, so that our unresolved issues, unfinished business and blocks start to get resolved. Working on oneself continuously throughout the program helps the trainees in two ways; 1) It helps them to become a clear vessel with much of their own dynamics getting cleared up; and 2) With the internal healing, there comes more and more integration in the person of the trainee, thereby enhancing their natural spontaneity and flow.

The major learning at the Auxiliary-Ego Level is the ability to role reverse with another. It is significant for the trainees to be able to empathise at the feelings, thoughts and sensations levels with the other through the action method. This also leads to an increased self-awareness in the here and now. This level is foundational and a highly significant first step towards becoming a proficient psychodramatist.



The levels

B The Psychodrama Assistant-Director - The Level of Spontaneity and Experimenting

This is an advanced level of learning about the psychodrama method and involves practising directing, using a myriad of psychodrama techniques relevant to, and in one's work. Starting from directing vignettes that include concretisations to directing complete psychodramas; using all the three phases of warm up, action and sharing. It is a level of being spontaneous to find one's own comfort in the shoes of the director and learning to fumble and be vulnerable. It is a level where trainees learn to be visible in front of the group, whether it is to read an article or state their philosophy of working or conduct a complete psychodrama piece. It is a level where they form their own relationship with the 5 elements of psychodrama – the stage, the protagonist, the auxiliaries, the audience and themselves as the director. They learn how to experience these elements and use these elements in the best interest of the protagonist. They practice various production elements and techniques like scene setting, doubling, mirroring, role reversal, soliloquy, future projection, surplus reality and so on.

C The Psychodrama Director - The Level of Expansiveness

This level is about learning to work using the psychodrama method in groups. It is about learning the various techniques and methods and activities that are used to get a group of unknown people to not only feel safe with one another

but to feel connected with each other in their humanness. It is about learning how group tele works. As a director, learning to connect and remain aware of all group members throughout a psychodrama workshop. It is a learning about the 3 phases of psychodrama, as they roll out in a group and depending on the duration of the workshop, when to warm up or cool down a group. What intensity of work to take up or not at different points in the group process. At this level, a trainee is expected to be in ongoing one to one supervision with a trainer and we encourage trainees to form peer groups in order to practice and discuss their progress and development.

In addition, in this level, trainees will develop a deeper sense of the audience that one would want to eventually work with, and be able to develop designs and workshops on themes that are in sync with the issues, and context of their audience. We expect trainees to have the various roles of a psychodrama director integrated within them. These roles include the Active Listener, Producer, Social Investigator, Group Therapist and Sociometrist. They need to be well-developed or in a process of development and integration in the trainee and be demonstrated. By the end of this level, the trainees should be able to conduct a one-day psychodrama workshop with the audience of their preference weaving in various group processes and psychodrama techniques with an ease and flow. They also need to have an integrated understanding of Morenian Role Theory.

Evaluation and Certification

At the end of every level, there needs to be written work. These written pieces/articles are sent to the Board Members for evaluation. At the end of the 3rd level, the practicum is observed by an AABP Board Member along with an approved Indian Trainer for evaluating role development. All certificates issued to trainees at the completion of different levels are accredited by the AABP and awarded to trainees only once they achieve the standards of role development laid down by the Board. These standards are shared with the trainees at the beginning of each level.

Supervision

While developing themselves as psychodramatists in the area of their choice, the process of supervision is extremely significant. 50 hours of supervision is a minimum requirement of the course.

Eligibility

The program is open for either students or working professionals from varied fields like counseling, psychotherapy, social work, medical health, education, corporate training and business. The participant applying for the program should have attended at least 1 or 2 psychodrama open workshops so that they have some understanding of what psychodrama is and why they are wanting to get trained in it. For choosing a specialisation, as mentioned in the brackets above, the participant would need to have a relevant educational qualification and prior work experience in the field of specialisation of around 3 to 5 years. While completing the program, they would need to be working in their field of specialisation in order to complete their application hours.

The specialisations

The Specialisations

Participants can choose any of the following 5 areas of specialisation once they complete their level one.

1. Psychotherapy (Counselors, Psychotherapists, Psychiatrists)
2. Education (School Teachers, Leaders, Teacher Trainers, Life Skills Facilitators)
3. Social Work (Social Workers, Capacity Building NGOs, Funding Agencies)
4. Business (Corporate Leaders, Corporate Trainers, Leadership Coaches, L&D and HR Professionals)
5. Wellness (Nurses, Doctors, Body Image Consultants, Wellness Coaches Yoga Teachers, Gym Instructors)

The Sessions – 2024-25

The Auxiliary Ego Level would consist of 15 full day classes over a year ranging from June 2024 to June 2025. There will be 1 full day online class every month (One Saturday per month) from 10.00 am to 06.00 pm for 11 months. Twice in a year participants will be expected to come to Ahmedabad for 2 sets of 2 day face to face classes. Either in January or June/July, one set would be with our senior trainer from Australia. The detailed calendar will be shared with the participants on completion of the registration formalities.

Pil Faculty

Director: Roohdaar Ms. Meenakshi Kirtane

I am a psychotherapist of the Person Centered Approach for the last 20 years who has not only had the privilege of working with numerous individuals and couples over the years but have also lovingly trained a lot of like-minded people to become psychotherapists over the last 15 years. I guess teaching comes naturally to me and that process of mutual learning with my trainees is the one that makes me most alive in life!!! I love to be creative in the way I teach and believe that it should be engaging and joyful all along. I am the First Indian Trainer in Training with Australian and Aotearoa Board of Psychodrama. Over the years, I have also worked extensively with groups from the corporate world, the developmental sector and from the field of education. Since my love for psychodrama started in July 2017, I have been weaving psychodrama into all the work I do with groups and am amazed with impact of the method.

Supervisor: Ms. Sarita Shah

Sarita, a therapist for the past 12 years, is also known by all her colleagues and students for her eye for detail, drive for excellence and her warmth. She has been a part of the Maanas faculty facilitating trainees to learn person centered skills of therapy for the past 10 years. She loves the Codependency and Inner Bonding Models and uses an amalgamation of these with psychodrama in her work. She also uses miniature based psychodrama extensively with her clients for trauma and abuse recovery related work. Sarita is the backbone of all administrative and accounting work related to Pil.

Head of Moreno Psychodrama Society (India): Ms. Roma Tayyibji

Roma, an architect by education, is a giver at her core. She found her calling in psychotherapy and has been a practising therapist for over 6 years now. She is passionate about the Person Centered Approach, the Jungian Approach and Psychodrama. She uses a combination of these in her individual and couples therapy practice. Apart from training to be a psychodramatist, she is also training to be a Jungian Analyst. She loves her clients, colleagues and students unconditionally. She is a silent worker who has contributed a lot in getting Psychodrama in India to the present level at which it is working. She is the head of Moreno Psychodrama Society – India Chapter and is deeply involved in the development of Psychodrama education within India.

Board Consultant and Senior Faculty: Ms. Sue Daniel

Sue Daniel is a psychologist and psychotherapist in private practice in Melbourne. She is the Director of the Psychodrama Institute of Melbourne and an international trainer, educator and practitioner of Psychodrama (TEP), who teaches in universities, hospitals and institutes worldwide. Sue founded the Moreno Psychodrama Society and the Australian and Aotearoa Board of Psychodrama. She is the primary trainer at the Psychodrama Institute of India (Pil) and its consultant. Sue enjoys travelling, yoga, photography, and her family.

Sue has very kindly agreed to work with all the trainees of Pil twice a year where she will be conducting on a one or 2 day workshop only with the trainees as per their needs. She will be working both with the Ahmedabad and Bangalore trainees separately to further hone their skills and to supervise the entire training program.

She is also our primary supervisor at Pil who has been guiding, coaching and mentoring me and the other trainers in developing an Indian system, curriculum and training design. She has generously spent hours collaborating and sometimes challenging me in the way I am thinking about my teaching and integrating the psychodrama framework in my person and in my training.

Training Programme Fees

The total fees for the first level is Rs. 50,000/- plus GST. The break up is as follows:

- Training Fees: Rs. 45,000/- plus GST
- Admission Fees: Rs. 2,000/- plus GST
- MPS-India membership Fees: Rs. 1,000/- plus GST
- Evaluation Fees: Rs. 2,000/- plus GST

From level II onwards, there is a separate supervision fees. Trainees need to consult their trainer or supervisor for one to one supervision fees.



“A meeting of two: eye to eye, face to face.
And when you are near I will tear your eyes out
and place them instead of mine,
and you will tear my eyes out
and will place them instead of yours,
then I will look at me with mine.”

-J L Moreno

Enrolment Procedure

Once you get in touch with our trainee Mitul, who is our Registration Coordinator, he will send you few questions. You have to send back your answer with your resume to him. Your statement of purpose giving an insight into why you want to learn psychodrama is of special interest to us. After this there will be interview with any one member of our faculty. Once this process is complete, your admission will be confirmed and you will be requested to fill out a form along with the program fees.

We will take in a maximum of 15 participants in every group for this year. As the program starts from 3rd week of June, 2024, the enrolments will close on 15th June. Please start sending your application form at the earliest and latest by 7th June for us to set up an interview with you to finalise your registration.