



**HUMANISTIC PSYCHODRAMA  
IN PSYCHOTHERAPY**

# COURSE STRUCTURE (LEVEL 1)

**1. Through witnessing and participating** students will experience the methodologies and learn from an inside-view, how to perform.

**2. After each “warming” up and each “acting”** there will be a “processing” of the seen/experienced and thus a deep understanding of the process as such from both the roles: conductor/trainer and participant/client

**3. 24 units of each 5 study hours plus practical**

**4. The course has twenty-four academic online modules:** Module 1 to 6: (30 teaching hours, 2 times 3 days) introduction to Sociometry.

Module 7 to 12: (30 teaching hours, 2 times 3 days):  
Role reverse and Doubling

Module 13 to 18: (30 teaching hours, 2 times 3 days):  
Stage, Protagonist Play, 1 to 1 setting

Module 19 to 24: (30 teaching hours, 2 times 3 days):  
Surplus reality, application, exam

**6. If any of the modules is missed,** this module can be taken at other places or offered in such courses with Vedadrama India Pvt. Ltd. as to reach the minimal attendance.

**7. The practical part of the study :**

Read literature (at least Falko von Ameln and Jochen Becker-Ebel, Fundamentals of Psychodrama - see below)

Write a short case study (5 pages)

Meet in peer-groups to practice psychodrama-therapy

**8. Exam:** In Modul 24 each participant gets an oral feedback of the co-participants and the trainers. There will be a short oral online exam (10 minutes). Prior to that, a short case study (max 5 pages) has to be handed in. One has to attend at least 80 % of the 24 modules to appear for exam.

**9. Credit points:** You reach 15 Vedadrama India Credit points on “Humanistic Psychodrama” and 15 Credit points for “practice and study”. The participation in the course and exam gives the right to continue for further studies at Bangalore for CP (120 credit points), which will be completed with oral and written exam after 4 years.

# THE UNITS: SELF-EXPLORATIVE

- 1.**Sociometry and warming up: How to get the group in a mood to start working? What are the topics, the group like to work on now? Who will be protagonist? And: Why?
- 2.**Methods of Psychodrama: role change, doubling, mirroring, role-interview
- 3.**Use of Psychodrama in the non-therapeutical sector: like constellations work or “inner team”
- 4.** Magic tree/shop work and other creative work to regain power.
- 5.**Psychodrama a deux (=Monodrama) and psychodramatic protagonist centered group work
- 6.**Winding up methods after a work: Sharing, Role-Feedback
- 7.**Sociometry and sociometric test and Group dynamics
- 8.**Group Process Analysis: The group will process the Process of the group itself and understand in depth group dynamics and how to handle them. Psychodrama will be understood as a group healing methodology and as sociatry.
- 9.**Philosophy of Psychodrama and Humanistic Psychodrama: Inner Self, Reason behind role-reversal and doubling in the Indian context and Life of the founder Dr. J.L. Moreno
- 10.**Application and practice.

## ADMISSION/ ELIGIBILITY

A Bachelor's Degree, in any discipline from a recognized University/College. Preference will be given to those with work experience in clinical, social, educational, developmental and psychotherapeutical settings

The participant has to have a sound mind set up (presently not under psycho-mental prescriptions), can have had psychotherapy himself/herself, but not during the time of the course

The participant must work (or intent to work) in the field of psychotherapy and counselling

The student must be willing to entre self-exploration and feel comfortable with self-exploration within the learning group

# HUMANISTIC PSYCHODRAMA

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.

## FOUNDER AND TRAINERS

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. Becker-Ebel expanded 2012 to India and teaches now with his Indian Trainer-Partners Rashmi Datt PAT, Madhu Shukla PAT, Swasthika Ramamurthy PAT, Haseena Abdullah PAT, and Raguraman K 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:  
[https://www.youtube.com/watch?v=7\\_m6dKUnPmY](https://www.youtube.com/watch?v=7_m6dKUnPmY)

## PARTICIPANTS

Psychodrama as a method provides both: insights into the psyche leading to personal and spiritual growth; as and coaching as well as in training, facilitation  
Psychodrama is a postgraduate study suitable for degree holders in Medicine, Psychology, MBA, and similar fields. Most of the participants are either Coaches/Trainers or Counsellors/ Therapists. Leadership skills are developed and therefore Company owners As future leaders and HRD are attending.  
psychodrama is apt for training and education we have Professors and lecturers attending the courses. The 90 long term participants come from India, Germany, Finland, Kuwait, Qatar, Iran, Dubai, Abu Dhabi, Singapore, and China.

## PHASES OF PSYCHODRAMA



First Step: "warming up"



Second Step: "action"

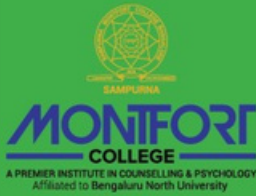


Third Step: "reintegration"

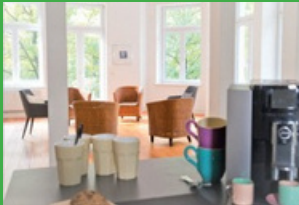
## OUR TRAINERS



Julia Vinckler PAT (left), Rashmi Datt PAT (centre) and Madhu Shukla PAT (right) and others: Swasthika Ramamurthy PAT, Vipul Malhotra CP, K. Ra- guraman PAT and Seema Naik CP.



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