



**PCP: Psychodrama Coach
Practitioner 2025**



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.

These exceptional interventions will enable you to help your clients make unconscious preferences conscious.

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.

Psychodrama with its dictum “show us don't tell us” allows, as Zerka Moreno describes, for the inner world to “be first concretized and then reflected upon after it can be experienced on stage.”



Who is it for?

For the 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 have come from India, Germany, Finland, Kuwait, Qatar, Iran, Dubai, Myanmar, Abu Dhabi and China.



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-play Techniques

Role Reversal, Doubling, Mirroring. Role Interview,

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 benefits adding new ones and allowing others to move from the foreground to the background is part of the healing process in role-play.

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.

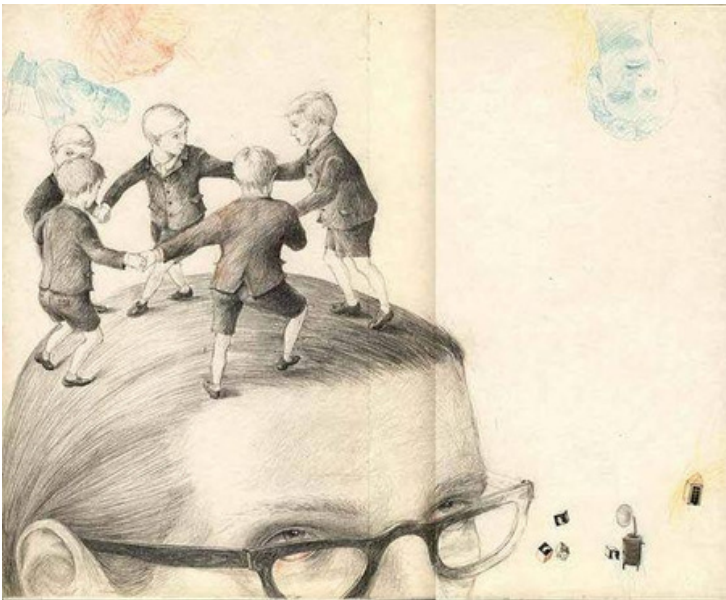
It also allows for the client to role reverse with the other's perspective by changing chairs if appropriate.

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

Part 1

For those who are pursuing PCP to learn Psychodrama.



Part 2

For those who wish to apply for credentials from the International Coaching Federation (ICF) for PCC LEVEL 2.



Part 1: PCP

This 1 year-long programme includes 120 hours of synchronous classes :

1. 10 classes over zoom (5 week-ends)=48 hours -
2. Three programs of 3 days of 24 hours of in-person learning.
3. 2. 5 hours of personal 1:1 supervision/mentoring with a certified Mentor.
4. 20 hours of documented peer coaching in triads

Final Evaluation

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

Certificate

Get Certified by Vedadrama jointly with PIB Germany

Continue to draw support from a community of diverse coaches for mutual support.

Part 2: PCC Credentialing

In addition to completing PCP requirements of Part 1, you will :

- Complete 10 hours of Mentor Coaching with a Vedadrama mentor coach over a three-month period or longer.
- This includes at least three (3) hours of individual mentor coaching.
- The remaining hours are in groups of 10 or fewer participants.
- Complete 6 observed coaching sessions with written feedback for 4 sessions

Final Evaluation

PCC level, requires successful completion of two (2) Coach recordings which meet PCC competency requirements.

Certificate

Complete all contact hours, participated in all observed coaching sessions and mentoring sessions, and passed the final oral exam process at a PCC credential level, you are considered graduates of LEVEL 2.



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 a PCC (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”

Guest Trainer

Julia Vinckler-Nannattu (Estonia))

Graduate from Tallinn University's Faculty of Social Work and is actively involved in various roles within the field of psychotherapy and counseling.

Julia is a professional psychodramatist with over 20 years of extensive experience working with multicultural groups and individuals.





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