



**PSYCHO-DRAMA
VALUE ADDED COURSE OFFERED BY DEPARTMENT
OF COUNSELLING PSYCHOLOGY
SEMESTER III- 2017-18**

Resource Persons: Dr Herb Propper , Ph D , T.E.P & Ms. Magdalene Jayaratnam
Contact: Course coordinator: Ms. Hannah Johan

Certificate Course on Psychodrama

The Department of Counselling psychology has conducted Certificate course on Psychodrama during December 2016 and January 2017. The students of M Sc., I year Counselling Psychology and M.A. HR. OD. attended and completed 30hrs of psychodrama at MSSW. The MoU was signed between Indian Institute of Psychodrama and MSSW , Dept. of Counselling Psychology to conduct Orientation, workshops and training on Psychodrama for students of MSSW. And this is the first course in collaboration with IIP offered on Psychodrama. The international resource persons have been part of the training team to coach the students on Psychodrama. Magdalene Jeyarathnam Founder, Director of IIP, Dr.Herb Propper Certified Trainer and Practitioner New York, USA and Dr.Manuela Certified trainer from Portugal conducted sessions in detail.

Brief about the Course:

Psychodrama is a creative way of exploring the worlds of individuals, families, and organizations. It is an experiential group work method using dramatic enactment to explore themes, events, and stories in our lives. It is an enlivening framework in which the use of the imagination is central as it uses action methods and spontaneous drama.



Psychodrama, an experiential form of therapy, allows those in treatment to explore issues through action methods (dramatic actions). This approach incorporates role playing and group dynamics to help people gain greater perspective on emotional concerns, conflicts, or other areas of difficulty in a safe, trusted environment. Psychodrama is more of individual based. This is essentially a group action method. This could be used in clinical setting (hospitals, therapy centers), non clinical setting in a business establishments. It includes team building, conflict management, stress management, identifying and working with stress, improving communication, building trust, identifying issues etc. This method is a spontaneous and creative method which is used by well trained and certified psychodramatist who are usually called the Psychodrama director. A director enables or facilitates a re enactment of real life situations, past incidents or situations or an inner mental process but acting them out in the present time.



"Socio-drama has been defined as a deep action method dealing with intergroup relations and collective ideologies. The true subject of a socio-drama is the group. The concept underlying this approach is the recognition that man is a role player, that every individual is characterized by a certain range of roles which dominate his behaviour and that every culture is characterized by a certain set of roles which it imposes with a varying degree of success upon its members." - J.L.Moreno

Sociometry has two main branches: research sociometry, and applied sociometry. Research sociometry is action research with groups exploring the socio-emotional networks of relationships using specified criteria, e.g. whom do you want to choose from this group to work beside? Whom do you go for advice on work related problem? Who can provide you satisfying support in this group? Who can be the leader of this group?

Sometimes this method enables network explorations. Research sociometry is concerned with relational patterns in small (individual and small group) and larger populations, such as organizations and neighborhoods. Applied sociometrists utilize a range of methods to assist people and groups review, expand and develop their existing psycho-social networks of relationships. Both fields of sociometry exist to produce, through their application, greater spontaneity and creativity of both individuals and groups. Trained in psychodramatic methods, integrating thinking, feeling and action aspects of behavior, sociometrists practice in the fields of psychology, counseling, executive leadership, community and organization development.



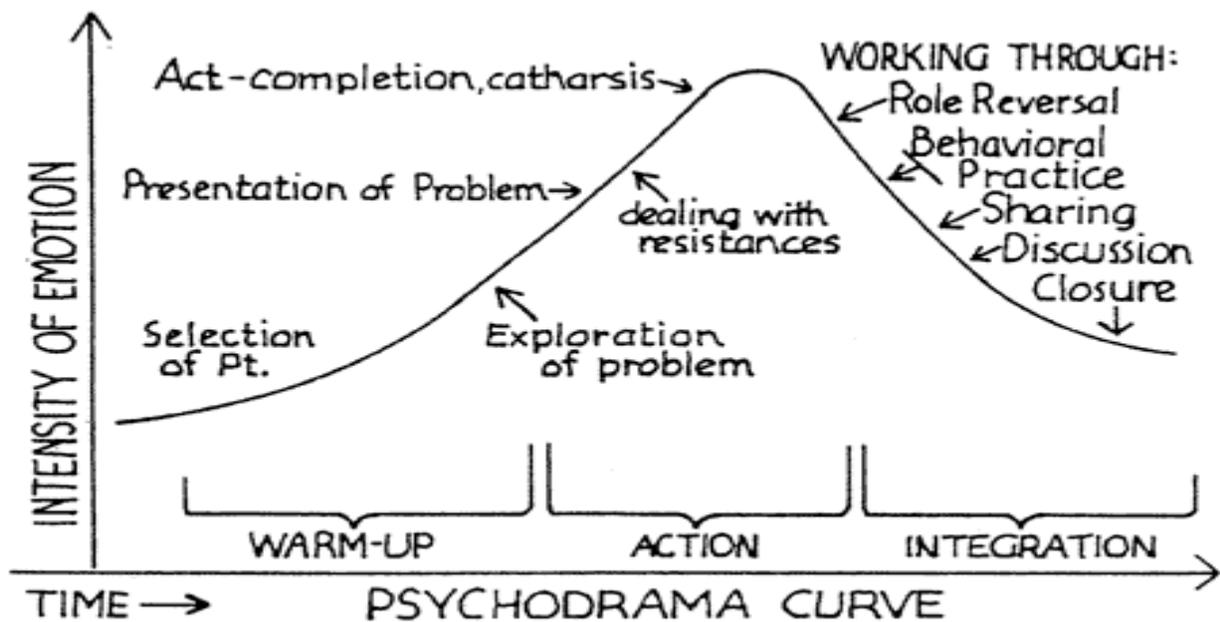
There are 3 ethics to be followed in during the psychodrama sessions:

- Acceptance and supportive, confidentiality, voluntarily.

Applications of psychodrama as follows:

- Clinical , educational, institutional and community
- Who can benefit from sociometric and psychodramatic therapeutic methods:

- Adults
- Adolescents
- Elderly clients
- Prison inmates
- Families
- Trauma/abuse victims
- Drug/alcohol addicts
- Clients with eating disorders and other self-harming behaviors
- Terminally ill clients
- Grieving clients
- Psychotic clients
- May be difficult to use with younger children.





Advantages:

- Can be very emotionally powerful
- Vividly experiential
- Acting and doing vs. thinking and talking
- Offers support of group environment
- Flexible, creative
- Adaptive to many client populations

Limitations/Drawbacks:

- Can be very emotionally powerful!
- Proper use requires extensive training and certification
- Clients may resist
- Requires multiple participants, not really used with individual clients
- Limited empirical research on method

PSYCHODRAMATIC TERMS AND TECHNIQUES

ACT HUNGER: The desire to move an action towards completion, often stemming from painful experiences and unfinished business.

AUDIENCE: includes those present who are not playing a specific role in the psychodrama enactment.

AUXILIARY or AUXILIARY EGO: the term for those who participate, other than the protagonist and director in the psychodrama. The auxiliary usually portrays someone in the protagonist's life, the part of a fantasized figure, an inanimate object, an abstract concept or collective stereotype, or acts as a DOUBLE.

CATHARSIS: A purging of emotion, usually triggered by events occurring in the action phase of a psychodrama; that can lead to change and psychic integration. Any member of the drama can have a catharsis: protagonist, auxiliary, audience member.

CHORUS: a group is instructed to repeat certain phrases during the action, like a Greek chorus. This technique can deepen the protagonist's experience or help move him toward a healthier integration.

CLOSURE/SHARING: gives the participants (protagonist, auxiliaries) the opportunity to "de-role" by talking about their experiences and distancing themselves from the role. Can also include audience members.

CONCRETIZATION: the process of transforming general issues into a specific scene or metaphors into actualities, i.e. concretizing a "pain in the neck". Helps to convert abstract statements/issues into something more concrete that can be addressed.

DIRECTOR: Facilitates the psychodrama process; usually the therapist conducting the group.

DOUBLE: the auxiliary who stimulates interaction by facilitating the portrayal of the psychological experience to its fullest, and who provides support in presenting the protagonist's position or feelings. The double also serves as vehicle to give more effective suggestions and interpretations to the protagonist.

EGO BUILDING: the group carries on an honest discussion of the protagonist, emphasizing positive qualities only, while the protagonist faces the group and listens.

EMPTY CHAIR: an empty chair represents the significant other in an enactment, with which the

protagonist may converse or interact. Often used in Gestalt therapy.

ENACTMENT: the portrayal of life situations in dramatic form and the physical enactment of encounters that have existed only in their memories or fantasies. Enactments can be of the past, the present, the future, dreams, or fantasies.

MIRROR: the protagonist watches while the role he portrayed is replayed by an auxiliary. This is "live" video playback.

MONODRAMA: the person plays all the parts of the enactment. The benefits are access to the protagonist's viewpoint and it broadens the protagonist's perspective through role reversal. It can also be used in individual therapy.

PROTAGONIST: the person playing the principal role in an enactment.

REPLAY: scenes are reenacted with changes in order to experience more ventilation, a happier ending, a more effective strategy, a desensitized response, etc.

ROLE PLAYING: the goal of role playing is usually to work out alternative and more effective approaches to a general problem; often used in business, medicine and education.

ROLE REVERSAL: the major participants in an interaction change roles. It is effective for demonstrating to the auxiliaries how the role is to be played. It is also appropriate to use in helping the protagonist empathize with the other person's point of view.

SCULPTURE: The protagonist arranges group members in a physical representation of an aspect of his/her life; can be used with families.

SOCIAL ATOM: a diagram or picture that represents the relationships between the self and all individuals (or issues) with whom we are emotionally related.

(ACTION) SOCIOGRAM: The acting out of an individual's social atom by members of the group.

SOCIODRAMA: a form of psychodramatic enactment that aims at clarifying group themes rather than focusing on an individual's issues.

SOCIOMETRY: The study of the attractions and repulsions of social interaction. Sociometric exercises can be used as a method of measuring the interpersonal relationships in a group which is used as a warm-up for group interactions.

- Sociometric exercises to promote tele awareness, such as instructing group members to place a hand on the person they feel is most like them, most like a family member, would most like to know more about, etc. Follow with sharing.



SPECTROGRAM: This is a method of action sociometry. The group demonstrates how they feel about an issue in the group by placing themselves on an invisible line in the room. It helps in objectifying and clarifying unconscious problems.

STAGE: the area in which the enactment takes place.

SURPLUS REALITY: the enactment of scenes that represent hopes, fears, and unfinished psychological business that may be experienced as being almost more "real" than the events of everyday life.

TELE: A form of reciprocal empathy, and according to the tenets of sociometry, the most basic human bond. An unconscious and immediate connection experienced between two people, usually formed without verbal interaction; can be used as the basis for choosing actors in a psychodrama.

WARM-UP: techniques used to develop group cohesion, focus a group on its task, or create a special atmosphere, orientation, or theme in a group. Can also lead to protagonist choice.



STUDENTS' LEARNING

Students say "One important thing we learned is how to manage our emotions with the help of various psychodrama techniques. We had a lot of self realizations and our bond with our classmates increased. Few of us have started socializing more compared to before.

The whole thing was very interesting. All the techniques used in group setting were very beneficial, especially the empty chair technique and role play. We were able to resolve some of our inner conflicts. At the end of the session we all felt close to one and another and there was lot of connectivity within the group. Counselors can make use of psychodrama techniques in group counseling settings particularly during initial sessions of counseling to break the ice between participants. It helped us increase our self confidence and esteem.

Most of us feel more united and bond between us increased. These psychodrama sessions helped us a lot to solve personal issues, and helped us to gain insight through most interesting methods."



MADRAS SCHOOL OF SOCIAL WORK

(An Autonomous Institution affiliated to the University of Madras)

Accredited by NAAC With "A" Grade

DEPARTMENT OF COUNSELLING PSYCHOLOGY

VALUE ADDED COURSE ON PSYCHODRAMA

CANDIDATE ATTENDANCE REPORT (2017)

NO.OF.HOURS: 30 HOURS

TIME: 9.00 AM TO 5.00 PM

S.NO	Name of the Student	REGISTRATIO N NUMBER	Department Name	3.9.18	4.9.18	5.9.18	6.9.18
1	AMEENA GULAM MOHAMMED	MSC-16-01	MSc CP	Present	Present	Present	Present
2	ANN MARIA KUTTUKARAN	MSC-16-02	MSc CP	Present	Present	Present	Present
3	DIVYA DEVI M	MSC-16-06	MSc CP	Present	Present	Present	Present
4	IMMANU VEL J	MSC-16-08	MSc CP	Present	Present	Present	Present
5	JENSEY D	MSC-16-09	MSc CP	Present	Present	Present	Present
6	JERUSHA SANNITA SUJENDRAN	MSC-16-10	MSc CP	Present	Present	Present	Present
7	LEKHA AARTHI S	MSC-16-11	MSc CP	Present	Present	Present	Present
8	MRUDULA GOSWAMI	MSC-16-12	MSc CP	Present	Present	Present	Present
9	NIDHI KHICHA	MSC-16-13	MSc CP	Present	Present	Present	Present
10	NIRANJANA	MSC-16-14	MSc CP	Present	Present	Present	Present
11	POOJA P NICHANI	MSC-16-15	MSc CP	Present	Present	Present	Present
12	PRIYADARSHNI P	MSC-16-16	MSc CP	Present	Present	Present	Present
13	REVALEENA RAJEENDRAN	MSC-16-17	MSc CP	Present	Present	Present	Present
14	SAJANI T	MSC-16-18	MSc CP	Present	Present	Present	Present
15	SARATHA S	MSC-16-19	MSc CP	Present	Present	Present	Present
16	SHANKAR C	MSC-16-20	MSc CP	Present	Present	Present	Present
17	SWETHA SRINIVASAN	MSC-16-23	MSc CP	Present	Present	Present	Present
18	ZAINAB JUZER SUNELWALA	MSC-16-24	MSc CP	Present	Present	Present	Present

19	ZUHA AFSHAN S	MSC-16-25	MSc CP	Present	Present	Present	Present
20	ZAHARA HUSSAIN	MSC-16-26	MSc CP	Present	Present	Present	Present

Signature of Co-ordinator

Signature of HOD



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CERTIFICATE OF PARTICIPATION

**Value Added Course on Psycho Drama Offered by Department
of Counselling Psychology**

SAMPLE

of MSc CP/ MSW MP undergone 30 hours of Value
Added course on during 2018 SEM-II

PRINCIPAL

COORDINATOR