

Reflection piece - 1st term

My journey in psychodrama has just begun. First experience was when Meenakshi Gupta had done her piece on her being a pseudo. It was my first experience and i was just trying to understand the technicalities of psychodrama. But i was very intrigued by the way the whole session was carried out. It was like opening of a new world for me.

Then came Sue and i was still trying to sink in the whole concept and modality of psychodrama. But with Sue in the lead and command, things became very simple and easy to absorb and understand and also to execute. In the three day workshop with Sue i experienced psychodrama to its fullest. Although i was experiencing i was having difficulty registering everything. I had lost practice of focussing and concentrating, because of that my focus would shift now and again during the workshop and i also used to get diverted and distracted. But my experience in this workshop was good. I had the opportunity of becoming the double, the auxiliaries and the director.

One of my major problems with engaging in psychodrama is my memory. I had experienced great difficulty in maintaining the roles of auxiliaries because in between I used to forget what the protagonist had said. It would not register in my memory. I needed someone to prompt me now and then. Also when I was in the auxiliary role i used to feel that i am not 100% present there. My mind and body were not in sync, as they should be to have an enriched experience of psychodrama. There were many inputs that i wanted to give but something withheld me from doing so. Maybe it was because after a long time i was being publicly exposed and so had inhibitions and less confidence. I wanted to but did not know how to go about being a protagonist during the workshop. Anyways the workshop ended on a good note that I was more curious and wanted to have a more better and elaborate experience of psychodrama in action and also to know the theory of it too.

Our first term of PII training started in April and i was looking forward to a better understanding and an enriched experience of psychodrama. As there is very less theory to be taught, we used to do different psychodrama pieces of the participants. As the group members went on to do their psychodrama pieces, I also started experiencing a connection with psychodrama. Sometimes when i used to be in the auxiliary role i started to feel the emotions that the protagonist was feeling. I used to get in touch with my emotions during the progression of the drama, but also got detached soon. Again due to my memory issues i used to get connected and disconnected very fast. But still i made conscious and genuine efforts to concentrate and remain focussed.

In the last three to four pieces that is of Meenakshi's client, Nikita's relationship with her brother, and Uttara's relationship with her father, i was very well connected and found myself totally involved in psychodrama. Although i do not have a very good relationship with my body, i made an active effort to avoid this aspect hindering my experience with psychodrama. I felt that i was getting into a better relationship and understanding of psychodrama.

The learning that i gained from the total experience of psychodrama is that it is a very good and speedy way to move towards a better psychological health collectively. When a piece is done by anyone in the group not only the protagonist but the director, auxiliaries and the audience all benefit together. It touches everybody in some or the other way. It helps cathart, empathise and resolve many a issues due to the concretisation that happens during the process. I am a very theoretical person, when theory was taught i

understood it very well. Also small exercises that were done during our term time were very thought provoking and interesting. Specially those, where different roles were to be identified within ourselves. Also the assignment of making of intrapsychic and cultural atoms was very much enthralling.

Learning theory was easy but putting it into practice was very difficult. I have still not come out of the inhibition and skepticism of becoming a protagonist. There are no issues in taking up roles of director or auxiliary, but to become a protagonist-it seems like a humungous task for me. I have also come to realise that this may be because there is a lot of uncertainty in the whole process. And me being me, I have a a lot of difficulty in dealing with uncertainties. In my world everything should be planned and executed in a controlled manner. But now i have come to understand that if there is uncertainty then only there will be spontaneity, and then only the purpose of psychodrama will be served. But it seems that i have a block and cannot deal with the idea of the unknown. It makes me anxious and stressed to an unexplainable level. I have also come to realise during this Pii training that i cannot let go of myself after a certain point. I hold myself too tight and do not let it be flowing and spontaneous. I always think twice before i say anything or act in a certain manner. I need to work on this and hopefully in the coming term i might be successful in doing so.

Haven't started taking clients so no practice of psychodrama in work. But i have the intention of taking up psychodrama pieces for myself so that i am more comfortable with my blocks, connected with my emotions and my body. I have realised that i need to loosen up a lot and let myself flow without any reservations and inhibitions.

I think that psychodrama has brought alot of self awareness in me regarding my own limitations. So right now my aim would be to prepare myself and plunge into action in the coming term. The self awareness has again brought to consciousness my blocked feelings and emotions and has shaken me up to the core. But my aim would be to overcome all this and deal with it in a less threatening way so that the turmoil that i go through every time can be made peace with.

My reflection piece is short but this is my reality and my relationship with psychodrama. May be in the time to come i might be a different person and have a different view of my relation with psychodrama. But one thing i can say for sure is that, the way the first term has passed i am sure during the coming terms i am going to learn and experience psychodrama in a much better, enriching and absorbing way.

M's feedback

- *The intrigued, open to a new world role*
- *Aware of the short focus role*
- *Aware of the change and increasing focus role*
- *Aware of the need to enhance mind and body sync, inhibitions and lack of confidence*
- *Experiencer of one's relationship with psychodrama and one's own feelings*
- *Awareness of meaning related connection and disconnection*
- *Awareness of everything in the inner world to be controlled*
- *Want and readiness to allow oneself to flow*
- *Strong awareness of limitations, blocked emotions*
- *Increased readiness to plunge in and get absorbed*

Through all the above roles that i saw surfacing in your piece, it was so pleasant to observe lot of proactive and progressive roles. All the new awareness is propelling you to work on yourself further. I could also sense how well you have picked up the potency, efficiency and economy of psychodrama.

Very proud of you!!!

Loads of love
M