

Reflection piece - 2nd term

The experience of the second term has been very different from the first term. With respect to the timings, it seems that this term has gone by very fast-it just began and ended too soon.

There were supervisions given by Sue that i have attended which i had missed in the first term. These supervisions have helped me a lot in introspecting and absorbing and integrating the technique of psychodrama. I have totally understood the modality and many a times feel an urge to attend more and more training hours so that i get a richer experience of the same. The technique is inspiring and is a very good learning experience. It is astonishing and commendable for me, how i have been able to sustain myself in my journey of psychodrama. To be consistent in breaking my monotonous routine, leaving my comfort zone, coming to office and trying to be an active part of it is a huge change that i have made in my journey. Very slowly but steadily i am trying to turn inwards towards me and myself and i am really proud to be able to do it.

I have become more close and comfortable with the group, although i have my own reservations, but introspecting and trying to get into my intrapsychic world has become a frequent by product of learning psychodrama. So it is helping me - personally to get in touch with my feelings and emotions professionally preparing me for my journey ahead as a therapist

Sue's supervisions have been very enriching and enlightening and have helped me further my journey of psychodrama in a positive way. Her supervisions have helped me understand the nuances of the modality in a better way. But the difficulty that i face is that, time and again, i feel there happens to be a connect and a disconnect with the modality and with myself as a person. When there is a class or a supervision i am totally there and connected but other than that i feel i am lost and at a distance. The experience of psychodrama does not remain live with me always, it diminishes very fast and i have to make sincere efforts to revive it.

Although i am progressing towards the auxiliary ego role, i have a feeling that i am very slow in my movement towards achieving it. When Meenakshi asked about my readiness that is when do i find myself ready for the AER certificate, my answer was in about a years time. But to my surprise she recommended and said that with the speed at which i am getting into the whole modality i would be fine in about six months. So this shows that although i was not able to see and acknowledge my movement she was able to see it in me and this has helped me to understand and become aware of myself in a better manner.

The change that i see in myself in this term is that during the classes i have become more interactive with other students and more expressive in letting out my views, thoughts and also in making sculptures. Also seeing the progress of other group members does not make me feel threatened or under pressure, i feel comfortable and at ease with myself and with the pace of my learning. So being ok and not comparing myself or pushing too much and accepting the reality is a big achievement in this term. Also for me, physically expressing myself is a new territory that i am comfortably exploring in this term. I have started aspiring for certain things with relation to psychodrama, like when asked how i would like to practice psychodrama in future - my take was working with non government organisations and with the groups of victims of domestic violence. So along with learning

the modality i am trying to figure out how and where i can apply it. This clearly shows my involvement with psychodrama.

I feel that i am coming closer and integrating the modality with my personality.

For me this term was

- Very fast and but very short
- Deeper connection but less connection
- More attachment and more integration
- A lot of internalisation of the modality

Trying to figure out what is it that is still coming in my way, i feel that it becomes more difficult for me at present because i am not taking clients. So i learn something and keep it within myself, there is no application or sharing of the learning. Hence i feel the disconnect happens, because if i apply or share what i have learnt, i go through the process of learning again, it is revised and so gets instilled in a more stronger manner. Somewhere indirectly psychodrama is encouraging pushing and making me get more inclined and prepared to start taking clients. In other words learning and getting involved with psychodrama is making me move towards restarting my journey as a therapist which eventually is my goal of life. Earlier i never used to wait for Sue's and Meenakshi's workshop days but now i look forward to those days as it is a very good learning experience and it helps me to get in touch with my inner self. The connect that happens during the classes or the workshop is an experience i cannot put into words. But it helps me to bring myself and remain in the here and now. Also it is helping me in realising my dream of being of use to the society.