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**My experience with Psychodrama so far - A reflective piece. By Bhasha Mewar**

I think I realized the value of psychodrama during my very first introduction to it. It was a workshop series titled 'Theatre of Life' conducted by Meenakshi Maam of Maanas. I have been a friend of Maanas since some time now and took therapy from one of their therapists. I was fortunate enough to take up a piece as a protagonist that gave me an insight into my very particular mindscape. I have



been fortunate enough to be well informed in the field of psychology thanks to my education in the field and overall interest. But along the way in the journey of healing the self, there have been 'aha' moments and moments that gave a new insight into my own coping mechanisms that have really helped my move along in the journey. This particular workshop was one of them.

Psychodrama elicits the act of concretizing and putting forth the things in your mind onto a more tangible form through role play or the use of props. To speak about that particular piece of psychodrama, I think it made me realize how many of my triggers came from a place of low self-

esteem which was eventually connected to my mother and how she treated me. The fact that I was stuck in this place, in this not so healthy bond with my mother was because she was my only family and that it was so hard to disconnect from that. This very bond was concretized using a cloth that connected me to my mother in this piece. I then realized how helpless I was and how I had always known that her behaviour was abusive, but that to accept that would mean breaking of this bond that the cloth represented. Such realizations come when you see something happening in your life from the outside. This is the gift of psychodrama.

It so happened that I joined the first level of psychodrama and it was such a delight not only to watch but to become part of the backstage behind the curtain of this great therapeutic modality. One of the parts that I will always cherish is the fact that I got to meet people, who were for the most part strangers, start to open up about the very core issues that make us all human. For most part in society, we have on masks that we wear to walk through life, an idea that I find inherently bizarre. With capitalism, the other monster it creates is the idea that if we are our real selves, we will be taken advantage of. It is such a repressed way that we live in, in society but such is the case. So to see all of us, bond over the fact that we have in some way or another the same underlying human need,

