

PSYCHODRAMA IN INDIA

AUXILIARY EGO LEVEL -1

REFLECTION PIECE

Coming from school of psychoanalysis, I happened to read a lot about the same era's geniuses. An had read and interesting paper on Psychodrama vs psychoanalysis .After getting the technical clarity with the dynamics I also got to read a fascinating imagined dialogue between the two legends Sigmund Freud and J.L Moreno it was a presentation at a symposium Titled psychodrama and psychoanalysis presented at the April, 2010 ,annual conference of the American Society of Group Psychotherapy and Psychodrama.

The dialogues were

Freud: Hmm, sounds like acting to me

Moreno: But there is no script and in the end the audience is oneself through the medium of the group. We expose the false self behind which people hide , Sigmund you through free association in private and I through public acting instead of just " talking about".

Freud: But the aim is discovery. How can there be discovery if you tell someone what role to perform?

Moreno: On my stage people discover through action that for which they may not have language.

....and many more interesting imaginary dialogues reflecting on both the school's stands presented with great insight and finest details opened my doorways to the new learning of this spontaneous and creative modality of psychodrama.

Psychodrama group introduction was a privilege requiring passion, learning, group holding, listening and compassionate presence.

The group progressed each month through interesting warm-up based activities, dramas, sharing ,holding ,listening giving new insights and building up compassion towards each and every walk of life. The mode was a virtual due to covid pandemic, and had diverse background participants. Soon it gave me understanding that I was going to put my life here in this virtual room, as it provided safety, comfort, empathy, understanding and respect for the different walks of life.

More of reading, discussions and finely curated lectures enabled me to grasp the basic developmental stages explained by Moreno. I could develop a sociometric approach towards understanding and presentation of individual problems. It also gave me hands on training and experience to develop as an active listener, in regard with concurrency in tone, content, actions and behavior reflecting ones inner world of emotions.

"Act the part

And you will become the part."

- William James.

Participating and learning together through various narratives from protagonist, doubles gave me a clear sear of how essential a warm up is , and how the protagonist proceeds with presentation and exploration of the problem , and in doing so encounters the various resistances while dealing on stage. This enables one to develop a skill of understanding various emotions, roles coexisting in one. On being Auxiliary ego to the protagonist it also moved many emotional blocked pathways towards individual healing process. As it's rightly said that mirroring can give us clear image of protagonist world and the role becomes more sculpted to be understood in sociometric context.

*"You can learn more about a person in an hour of play,
than a year of conversation ".*

- Plato

Through various pieces a much expansive understanding of role dynamics in social atom came into learning. Beautiful delicate holding spaces as a group chiseled out authenticity of life by cutting of the biases or judgments of culture and personal conditioning. Truly on a stage of psychodrama life spins and weaves in spontaneity and brings out magnificent stage of life. Acceptance, positive regard, space, holding ,safety , confidentiality, compassion are the beautiful pillars which hold this stage as a healing platform for many.

*"When we are on stage
We are in the here and now."*

Psycho drama brings in dialogues, narratives, memories, roles, characters, emotions from past-future and provides the in vivo space to process them here and now.

Witnessing progressive roles building up provides lot of encouragement and inspiration to achieve complete healing.

Regressing roles brought in lot of holding and catharsis which freed many in the moment.

During practicing sessions as Director, Protagonist, auxiliary ego, audience got lot of clarity in understanding role dynamics in group .Warming up to intensity of emotions and honestly and courageously taking up pieces from difficult unprocessed emotions to hold out from the body into the physical world the stage of psychodrama.

WARM UPS

Warm ups included getting in tune with the problem , presentation of the problem by identifying and accepting to work with it.

ACTION

Exploring the problem, dealing with block ways and resistance of fear, shame ,guilt ,anger , suppressed emotions and limiting beliefs. Processing the affect generated with catharsis and insight building..

INTEGRATION

Working through, role reversals, behavioral practices, sharing, discussion and closure.

MY CONCRETISATION OF REFLECTION PIECE.



Objects:

Base, candle, mirror, table,

Symbolic meaning:

Candle is me, with an unlit wick where I am prepared to light up with knowledge,

Psychodrama has been the mirror giving me clear image of myself and opening dimensions of me to explore on being lit for self and others .

The table is the psychodrama group which has provided the holding stability strong base to stand up with their compassion, safety, warmth and skills.

It was a grand opening of new learning , understanding human behavior and journey of life , with lots of self revelations and walking paths with many in their journey .

I feel highly motivated to keep learning and would enroll myself for the next level 2 of psychodrama where I feel committed to seek knowledge , acquire more skills ,and practice by putting hard work and dedication in the field of "psychodrama-

The magical journey of healing and restoration of life."

Submitted by

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