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Level –I, submission of reflective piece on psychodrama

My journeys with psychodrama starts in 2018, for 3 day workshop on psychodrama with sue. This is my first reflective piece on psychodrama and when I start thinking about it, the first realization had been- Why I feel resonate with psychodrama, why I feel passionate about it, the answer is- I myself like “theater” a lot, I never tied it in my life, but I really like sheri natak, role plays etc where I need to involve my whole body, its physically movement and psychodrama give me an opportunity to reached to inner healing through my body moment. And this journey of achieving healing through body moment is something that really fascinating to me. I fell some kind of pull towards it. If I talk in detail about this journey then it involved to deal with our emotions, our inner dynamics, relationship with our spirit itself, providing lot of clarity about different roles that we keep play in our life and many more to go on. One specific thing about psychodrama for me is that-It gives me a freedom to chose or create anything in my world and that really empowering for me. These are the reason as well which makes me feel to experience psychodrama more and more and applying it in my therapeutic practice too.

The experience of being Auxiliary

This was my first active/participating experience with psychodrama. Becoming an auxiliary for any protagonist is a kind of a test that how much empathic I can be, how much closely I can go to someone and see the world from their eyes. The experience of conveying empathy is different here than my therapy practice- I generally could able to convey my empathy through body language, confirming my understanding with my client or by sharing that how exactly I felt while empathizing with them, but here in psychodrama its very visible-that are you in tune with protagonist or not- the process of repeat the same dialogue with exact amount of intensity and frequency. While taking up that particular role for protagonist – that itself shows how empathic I m. This was first step for me to learn that how can I be the best auxiliary for the protagonist who help them further. Next step which automatically start developing in me is- when I became an auxiliary- tried to empathies with protagonist, I stated feeling one with the protagonist and therefore the role of auxiliary in me start getting activated more and more and the role itself became expressive towards the protagonist, what I again experience in that process is- that it's largely help protagonist or connect with an entity of theirs in different way, basically it helps them to reached to some amount of realization which they could not have earlier. This experience just made me thing that what could be different part or voice or entity of mine and how much all of that need to say lot of things to me, I just stay there.....

Another thing that I learn whenever I became an auxiliary - is that. Being an auxiliary itself tells me lot of things about that entity. When I was in a role and start feeling choking, lack of breath, anxious, palpitation, any blockages in the body, pain in particular body part, nausea and vomiting, feeling dizzy or angry, feeling heavy or still feel in the role even if the drama was over etc ,it just tell me the intensity and power of that entity have and second how protagonist was dealing with this in their inner world, it also gives me an answer to- why a particular things seems easy when you hear first time but where the exact difficult is. That experienced just amazed me... would love to be an auxiliary.

The experience of being protagonist

I really don't know about others but at least for me I feel more connected with psychodrama when I experience all three. Becoming an auxiliary, protagonist and director. In the journey of psychodrama till now I have been protagonist many times and that helps me to understand and see some of my inner voices/entity closely. the part who need more understanding and nurturance, the part who needs to accept certain reality, the part who is brave and courageous enough, the part who is still in some pain, I meet all of them at different points in time and will keep continuing doing that. If I specify one of my psychodrama work with sue which I have done after I got divorced, there- at one point I was happy to take decision of getting divorced when it comes to my inner peace and happiness but at the side I was feeling guilty for not being able to committed to the relationship/person which was largely not me. And yes I do wanted forgiveness from my ex

husband and wanted to pray for his happiness as well. I do remember I have done that with sue in my piece of work and after that I feel closure to that thing which I was looking for otherwise. That day I could able to experience the impact of psychodrama. After that whenever its possible I have taken my piece of work and that always give me clarity and I could able to go next step further from where I was, yet there was need and wantingness to do many other psychodrama work with myself.

The comen thread I m finding is the core/ spirit is extremely important, no matter in what role you are yet the energy and process will be different according to the roles.

When I became protagonist that actually helps me to mirror my inner world outside on the stage and that provides me clear vision of how exactly it looks like, how much close or far I have from particular entity or voice, what can be the blockages to move forward. That clarity provably guides me for how to go next, in which direction I can go etc.

The experience of being Director

I have been director for my client, I just feel gratitude when I became a director because I know how much faith and trust the protagonist have or put in director when they became protagonist and other things was- every time when we do this work -sometime we came to know that it's too messy or we were doing wrong to our self for so long, there are parts of us that we have ignored/rejected for so many years yet the client give me an opportunity to be with them and have a look in client's inner world, that itself is enriching experience for me. However

I need more experience of being director to say something more, I m hopefully looking forward to it.

My Gratitude To Sue, M And Maanas

Thank you so much for give me the gift of psychodrama.