



A Psychodrama Training Program Rooted in Indian Wisdom



# Pil Training Brochure 2025





Dear Reader,

It is my pleasure and honour as the Director of PiI, to announce an Indian Psychodrama Training Program that is soon to be affiliated to the Indian Association and Board of Psychodrama and follows international standards of training and certification. I invite you to this 1000-hour program with us that is based on Dr. Jacob Levy Moreno's philosophy of creativity and spontaneity, with an emphasis on role development. It is conducted over 3 levels that involve integrating the philosophy of psychodrama, learning how to companion other human beings, the psychodramatic concepts; the basic and advance techniques required in any psychodramatic or sociodramatic production; and developing roles that are required both in terms of skills in action and in the person of the psychodramatist in order to be of service to others. It is a rich journey that ranges across 5 years (sometimes more) and consists of traveling together with the co-trainees, trainers and supervisors to learn about mutual relationships, the power of the here and now, social contexts and their impact on our personalities and the interplay between individuals impacting the group and vice-versa (sociometry).

It is a journey of enrichment both personally and professionally that you can continue with your ongoing career and life routines. In fact, working professionals are very welcome because they can then start applying their learning to their teams, clients, trainees and other work contexts under supervision. You can choose to walk and learn with us for either 1 year (*Prathamaa* - Auxiliary Ego Level - 100 hours), 3 years (*Madhayamaa* - Associate Director - 400 to 500 hours) or 5 years (*Sampoorna* - Director - 1000 hours). The program, more than the hours though, is about developing the significant roles of a psychodramatist at every level.

The reason I am passionate about teaching psychodrama to others and pioneering it in India, is because I am simply floored by the potency and the economy of the method. It is always amazing to observe that when one person is doing their work, every other person in the group benefits. Everyone one who attends a psychodrama workshop never leaves the same, they all get positively impacted by it. I love the fact that as a method, psychodrama is so close to the natural process of human experience and learning as in, just as how our actions come before our verbalising and meaning making, so in in psychodrama, our tangibly seeing and walking through our inner world precedes our understanding of it. In Moreno's words, '*the interpretation is in the act*' (1946). These and numerous others aspects of psychodrama continue to amaze and move me. I am also very impressed by the adaptability of psychodrama for its use with large groups of people from varied communities and their issues, irrespective of the socio-economic strata. This makes psychodrama very relevant to India, given our diversity, disparity and population.

At PiI we love to work and walk alongside people. If you love/like the same, this course is for you. The idea is to follow your calling and enjoy the journey of developing life-fullness in yourself and your work!!! Please find below further course details. If you have any other queries, please contact us at +91 7874583393 or write to us at [info@psychodramainindia.com](mailto:info@psychodramainindia.com)

Always Warmly



Roohdaar aka Meenakshi Kirtane

Founder Director

## A The Essence of PiI Training



The essence of PiI training is authentic self-work, human connection and learning to belong to the training group, while developing adequate roles of a psychodramatist!! Trainees get to meet trainers who as people are comfortable in their own skin, connected to their personal power, okay to be real, have the best interest of trainees at heart and continuously working on themselves. The trainees experience through role modelling, why it is so important for a psychodramatist to keep working in their own role development. Without putting in all the required self-work, reading, writing, working through the struggles of belonging, inclusivity and understanding how everything in life and nature is interconnected, the journey of becoming a psychodramatist remains incomplete. A true psychodramatist like Moreno, understands the wisdom behind including everyone, everything and the entirety of the universe!! At the end of their training therefore, every trainee not only becomes a robust psychodramatist but an inclusive and all-encompassing human being because they have experienced the same in their trainers and in the environment of their training institute.

## B The Training Levels, Process and Curriculum



The training program is designed with a level wise training curriculum in accordance to international standards with a weave of Indian wisdom and culture components. This design helps the trainees develop the roles and learn the techniques required in a structured manner at each level in relation to the Indian context, cultural conserves, psyche and transgenerational patterns. All the action learning is continuously interwoven with the theory and philosophy of psychodrama and the motto is learning by experiencing/doing!! At their very core, the three levels of training mean the ongoing role development in the areas of skill development, theory integration, personal development and professional identity development that is necessary to become a full-fledged Psychodrama/Sociodrama Director (Psychodramatist/Sociodramatist).

**Prathamaa - The first level - Auxiliary-Ego Certification** focuses on learning and developing Two-Way Empathy in our Being. Becoming an auxiliary ego in anyone's drama is the first step towards embodying and enacting as closely as possible, an aspect, person or situation, as experienced by the protagonist. It is the first step towards being of service to another, where we learn to use our whole selves including our feeling world, sensations, thoughts and our bodies to mirror for the other what is important for them to see. **Madhyamaa - The second level - Psychodrama Assistant-Director**, is about getting more and more spontaneous and adventurous. It is about gradually finding one's psychodramatist feet and practising directing others, using a



myriad of psychodrama techniques relevant to one's work. **Sampoorna - The final level - Psychodrama Director** is about expansiveness and learning to direct groups. It is about getting in touch with the kind of audience one feels pulled towards, the kind of themes on which the trainee would want to conduct workshops as there is personal resonance and therefore what their specialisation would be (details are in a section below). Finally, it is about finding one's own style of working with a group and becoming confirmed in it.

### **The Process and Modes of Training**

The entire training program runs for 5 years (or more if required) in a combination of two formats. There is a hybrid of 14 to 15 in-person and/or online training sessions (8 hours per session) that all trainees need to attend every year. These training days largely fall on weekends making it easy for working professionals to attend. These sessions consist of integrated learning of theory and techniques, where trainees learn by doing. There is a concept curriculum and an action curriculum for each level that is shared with the trainees during the course of their training. Though there is a set curriculum, the training program is very trainee centered where each trainee is encouraged to respect their own starting point. They are encouraged to find their own pace of taking up their personal dramas, their required role development, their choice of reading material and their learning of different techniques. They are encouraged to be spontaneously engaged with their own training journey and facilitated to bond with their training group members.

### **The Curriculum**

Over the course of the program, the trainees develop a deep experiential as well as conceptual understanding of the important psychodrama concepts. They are encouraged to read about these topics after they have experienced them in action, so that they have their own lived and embodied experience of different concepts and can connect it to what they read. This helps the trainees to see all these concepts in action and thereby develop the psychodramatic lens of looking at life, people and relationships. The core concepts that they get exposed to are categorised into a) History of Psychodrama and its Creator, b) Theoretical Principles, c) Practice of Psychodrama and d) The Study and Work with Groups.

## C Scope of Application



Trainees can choose any of the following 5 areas of specialisation when they are in the third level of their training.

1. Psychotherapy (Counselors, Psychotherapists, Psychiatrists)
2. Education (School Teachers, Leaders, Teacher Trainers, Life Skills Facilitators)
3. Social Work (Social Workers, Capacity Building NGOs, Funding Agencies)
4. Business (Corporate Leaders, Corporate Trainers, Leadership Coaches, L&D and HR Professionals)
5. Wellness (Nurses, Doctors, Body Image Consultants, Wellness Coaches Yoga Teachers, Gym Instructors)

## D Evaluation Process and Certification



The evaluation and role development at the end of every level is looked at in four areas namely a) skill development, b) conceptual understanding, c) personal growth and d) psychodramatist identity development. During the duration of the program, trainees will be expected to familiarize themselves with reading material and other resources provided. The trainees would need to demonstrate increasing ease and spontaneity in working psychodramatically. Finally, they would need to be able to put their understanding of their self-work and application work in writing, using the psychodramatic lens.

At the end of every level, the four areas of role development are assessed by the primary trainer and the co-trainer. Alongwith this, each trainee is encouraged to self-evaluate and make an assessment of their own developmental journey. At the end of the entire program, they are supposed to write a final paper based on their application of psychodrama. After this, a final practicum is organised for the trainee where they have a to run group psychodramatically which is assessed by an external examiner alongwith an internal examiner and their primary trainer.



## **E Eligibility**

- The program is open for either students or working professionals from varied fields like counseling, psychotherapy, social work, medicine, wellness, theatre, education, corporate training and business.
- The participant applying for the program should have attended at least 1 or 2 psychodrama workshops so that they have some understanding of what psychodrama is and why they are wanting to get trained in it.
- For choosing a specialisation, as mentioned above, the participant would need to have a relevant educational qualification and prior work experience in the same/relevant field of around 3 to 5 years as the one they want to specialise in.
- While completing the program, they would need to be working in their field of specialisation in order to complete their application hours.