

# **INDIAN INSTITUTE OF PSYCHODRAMA (IIP)**

## **Course Title**

"Storytelling and Psychodrama for Self-exploration, Self-expression, Wellness, and Creativity".

A multi-disciplinary Course for College Students involving Anthropology, Communication, Dance, Education, Folklore, History, Music, Social Work, Sociology, Linguistics, Literature, Psychology, and Theatre.

## **Course Description**

Stories to be worked with include,

- 1) Personal-experience Stories (one's Life Story, Episodes of one's Life Story, Dreams).
- 2) Stories that "Echo" and are "Associated with" themes from one's Life Story: including Episodes of Epics, Fairytales, Animal Fables, and Stories from Movies, Literature, History, and Events that one has witnessed or heard about.
- 3) Original Creative Stories (For Guiding, Inspiring, Transforming, and/or Healing oneself and others).

Dr Eric Miller would assist students to bring to mind various kinds of stories. He would explain about these stories, and would give coaching regarding ways of telling these stories. He would also assist students to compose metaphorical Original Creative stories.

Students would

- 1) Dramatise their personal story/ parallel story / their personal healing story
- Ms Magdalene Jeyarathnam would assist students to explore, and to find meanings, interpretations, and messages in their stories through Psychodrama (which is dramatizing through roles).

40 hours

11 3-hour Classroom Sessions = 33 hours.

7 hours of Fieldwork = 7 hours.

## **Fieldwork**

Students would,

- 1) Record Family History Stories (interview Senior Family members).
- 2) Tell stories to members of the age group of one's choice.
- 3) Conduct a Storytelling Workshop with members of the age group of one's choice.

## Course Faculty

Ms Magdalene Jeyarathnam, Expressive Arts therapist and Psychodramatist and Counsellor (MA in Social Work. In-process: PhD in Social Work). Director, East West Center for Counselling and Training, and Indian Institute of Psychodrama . TED Talk on "Psychodrama".

<https://centerforcounselling.org/magdalene-jeyarathnam/>

Dr Eric Miller, Folklorist and Counsellor

(PhD in Folklore, MSc in Psychology).

Director, World Storytelling Institute.

Talk on "Using Storytelling to Improve Mental Health" (10 Oct 2020) (10 minutes).

Talk on "Storytelling Therapy" (17 Oct 2020) (60 minutes).

<https://centerforcounselling.org/dr-eric-miller/>

## Contact

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Eric Miller <eric@storytellinginstitute.org> 98403 94282.

The course will be a deeper and elaborate version of the weekend course we are running in December. More information on a four weekend certificate (8 session) course for professionals

<https://centerforcounselling.org/courses/exploring-personal-stories-through-drama/>

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