



KHULA AASMAN TRUST
PRESENTS

Life Drama and Insight Improv

**A series of workshops with
Joel Gluck RDT, BCT, USA**

LIFE DRAMA 4-DAY PROGRAM:

B1: AN INTRODUCTION TO DRAMA THERAPY & PSYCHODRAMA
(11-12TH APR 2019)

B2: AN INTRODUCTION TO INSIGHT IMPROV & PSYLODRAMA
(13-14TH APR 2019) PRE-REQUISITE: B1 OR SIGNIFICANT
EXPERIENCE IN PSYCHODRAMA

A1: INSIGHT IMPROVISATION: EXPLORING AUTHENTIC IMPULSE
(16-17TH APR 2019) PREREQUISITE: B2

Dates for individual sessions with Joel:
10th and 15th April

Contact us to book your slot!

About the programs:

Introductory Program: Life Drama

The Life Drama 4-day program is designed to introduce participants to drama therapy, psychodrama, and Insight Improvisation, and is appropriate for therapists and other mental health professionals, educators, coaches, performing artists, as well as those interested in their own self-development and personal growth. It is the basic, introductory program to Insight Improvisation and is a prerequisite for most advanced programs.

Life Drama consists of two parts:

B1: An Introduction to Drama Therapy and Psychodrama (2 days)

In this introductory workshop, we introduce fundamental techniques in drama therapy and psychodrama, using our own personal experiences as a basis for the drama. Exercises will range from fun introductory sharing and improvisational games, to deeper exercises that invite self-expression, emotional sharing, and the opportunity to explore present challenges and heal old wounds

B2: An Introduction to Insight Improvisation and Psolodrama (2 days, Prerequisite: B1*.)

In this workshop we build on the learnings from the first part by introducing Insight Improvisation, a drama therapy approach that can be used in individual therapy, peer counseling, and with groups. Insight Improvisation combines mindfulness meditation with theater and psychotherapy. Through a mixture of theory as well as experiential techniques, we will learn to access inner imagery and inner roles, creating spontaneous dramas that evoke personal insight and emotional catharsis.

Advanced Programs(A levels):

The advanced curriculum in Insight Improvisation is for those interested in a more thorough understanding of and practice in applying its concepts and methods, and particularly for those interested in certification as a therapist using Insight Improvisation or as a trainer of the approach.

A1: Insight Improvisation: Exploring Authentic Impulse (2 days. Prerequisite: B2.)

How can one listen to oneself more deeply, quiet the mind, and understand and follow one's intuition? This program takes a deeper dive into the concepts and exercises in Part 1 of the Insight Improvisation Book, helping to develop one's capacity for inner listening and the ability to follow authentic impulse. We will explore the mover and witness roles in authentic movement in greater depth, as well as introduce new mindfulness-based, creative and expressive exercises and alternative approaches to meditation. This program is appropriate for meditators, mental health professionals, educators, performing artists, and others seeking an opportunity for greater self-awareness, understanding, and ability to apply mindfulness in daily life.

About The Facilitator:

Joel Gluck, MEd, RDT-BCT is a drama therapist, meditator, theatre artist and executive coach who offers individual and couple therapy, workshops, clinical training and coaching for performers and professionals throughout the world.

Workshop fee:

(Inclusive of Lunch and Tea)

B 1 - 4000 INR

B 2 - 4000 INR

A 1 - 4000 INR

If you are paying for B 1 and B2 together - 7500 INR

If you are paying for all 3 programs together - 10,000 INR

To confirm your participation write in to:

sarita.khulaaasman@gmail.com

Limited seats, so reach out soon to confirm your spot!