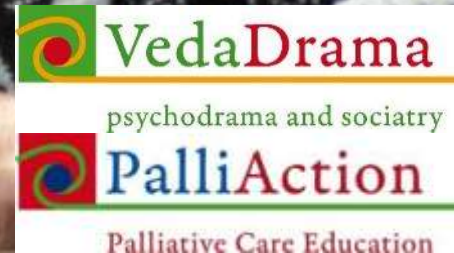


**Psychodrama** Hall 3, 11.30, Sunday Feb.15<sup>th</sup>  
Dr. Jochen Becker-Ebel, Hamburg/T.V.Malai



**IAPCON 2015**  
HYDERABAD, FEBRUARY 13-15



# Dr. Jochen Becker-Ebel, PhD



- religion, counselling, psychodrama-study
- 6 years at Shantimalai/Sri Ramana Maharshi R&D Trust, Tiruvannamalai
- Owner MediAccion/PalliAction German/Indian Palliative Care **Training Institutes** and VedaDrama (for psychodrama train.)
- **Palliative Care Educator in India** since 3 years; MoU with Manipal since Feb.2014 and Yenepoya since Feb. 2015

# Palliative Care needs an integrated teaching approach, especially for communication skills





# UG Curriculum MBBS & Nurses: A model for MD / B.Sc. Nurses PG training (20 days course)



A 160 p. curriculum for MBBS & for nurses (May/Oct. 2013).

Apt for PG level as done at Mangalore (Aug. 14 – Feb. 2015)

# 1st certificate course Aug. 2014 to Feb. 2015

MoU signed on Feb. 11th 2014

MoU signed by Vice-Chancellor and CEO



**Professor Dr Prabha Adhikari M.R.** (Internal Medicine & TMA Pai Endowment Chair in Geriatrics & Gerontology Former HOD Medicine KMC Mangalore) and **Dr. Becker-Ebel**





## Educational Task: .... more than „Head“



### Heart-Learning:

- Focus emotional needs
- Communication skill
- Understanding roles
- Reflect work behaviour
- Incorporate ethics
- Find own strength

<http://directfrommelissa.blogspot.in/>

# Improve communication skills /attitude

- Break „bad news“
- Cope with Collusion
- Support decision making in end-of-life ethics
- Understand resistance/non compliance/emotions
- Live with demanding situations in palliative care

# Improve Communication skills

## Traditional way

(learning by doing/practical & cognitive)

- See patients at wards
- Reflect on that with seniors
- Mentoring
- Additional teaching

## Additional ways

(emotion and reflection in a stable group):

- Role play,
- „Act storming“,
- role work.
- Inner Team (v. Thun),
- Balint work

And:

- psychodramatic protagonist work, Vedadrama



# Course for MD & Train the trainers





Participants are teachers/trainers at the same time, here: Dr Asha.  
Special topics: Palliative Care for the old aged.



Small group work





Practise is done among the participants (here: Palliative Care Mouthwash with Dr Prabha, Dr Asha Dr Helen and Dr Becker)







Role play on communication with Alzheimer patients (Dr Cordula playing the patient)







Special role-play. Here: In grief support (empty chair work); „Learning“ trainer Psychotherapist Ms. Smitha







Psychodrama (role change and role reversal) 3 pictures  
Learning trainer here: Dr. Jinzee











Act  
storming  
(different  
partici-  
pant ot to  
find  
solutions  
for the  
same  
situation







## Teaching with empty chair













The first 20-day course for nurses at Yenepoya University (started Feb. 9th, 2015)







Psychodrama at the ward



Trainers Training at Chennai (here: Dr. Mohanraj, psychiatrist, performs)



Psychodrama  
Play at  
Chennai,  
Mangalore and  
Bangalore



And not at  
Hyderabad  
😊😊😊