

Instruction for the online workshop with video participation

Psychodrama for Self-Care: Taking Care of the Carer

written by

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- Each member is asked to prepare white papers (A4), a pen and colored pens, an orange.
- Important to think about – will be sent to the students prior to starting each workshop:
 - *What does it mean for you to take care of yourself?*
 - *Why is it important to take care of myself?*
 - *What are the risks of cumulative stress for me?*
 - *How do I know my resources are running low?*
- This workshop will address the following competencies
 - Identify their own needs in taking care of end of life patients;
 - To experiment strategies for working with stress for self-care;
 - To experiment activities using psychodrama technics for self-care, constructive communication, and stress management at work;

A. WARM-UP

***15 min**

- ✓ **Welcome**
- ✓ **Topic, goals, and rules of the workshop**
- ✓ **Warm-up**

1. Welcome the participants and explaining the form of the workshop:

“We are welcoming you to the workshop. We will spend three academic hours together with a 30-minute break.”

2. Explain the topic, goals, and rules of the workshop:

„The workshop will be experiential. Please consider this experience as part of your training. In that sense, we will experience various techniques here, to study and practice them. The techniques are based on your personal experiences relating mostly to your social network in connection to death, grief, and loss. However, we will not be able to process those experiences during this workshop, but only to share them for the sake of academic and practical learning. Thus, we truly recommend sharing and working with loss and grief experiences that happened in the distance circle relationship and not in the close circle of family and friends. We ask that you share your experiences and emotions ONLY to the extent that you feel comfortable doing so. You do not need to share or practice the techniques if you do not feel comfortable.”

3. Warm-up (10 min)

1. Hello: each of you, send a greeting to the group via chat!
2. I will start a sentence and everyone will complete the sentence by writing in the chat.
 - I feel happy when
 - I'm sad when
 - I feel brave when ...
 - I'm scared when...
3. Now I will make some statements. At my signal, you will all turn off your video cameras. When you feel that the statement suits you, you will open the camera; if the statement doesn't suit you (you can't find yourself) leave the camera turned off.

(Signal - clapping; ringing the bell)

- It's easy for me to identify my emotions
- I can get in touch with my fear, and I can talk about it
- I find a resource of joy in my family
- I find it hard to ask for help
- Contact with nature regenerates me
- They learned something new about me in the death education course

Trainer: Taking care of the carer is one of the most important issues when approaching palliative care.

This workshop's topic is: **Psychodrama for Self-Care: Taking Care of the Carer**

As you know, on the plane, we are advised that if necessary, the adult must put on first his oxygen mask, and only then he can offer help/assistance to children, the elderly, or vulnerable people.

How can we help others without ignoring ourselves? How can we help ourselves so that we can help others? - this is the theme of today's workshop!

B. MAIN ACTION

Part 1: Obstacles and resources

***10 - 15 min**

Objectives:

- ✓ identification of barriers and resources in triggering self-care behavior.

What does it mean for you to take care of yourself? You think about yourself, about how you care or don't take care of yourself. What stops/prevents you from taking care of yourself? What if you can be an obstacle? Find this obstacle.

Take the orange - write the obstacle with the pen/marker on the orange peel. Look at the orange ... at my signal (clapping / ringing the bell), it becomes the obstacle that stops you from taking care of yourself. Watch carefully ... start to break it, remove the shell/obstacle.

Find the strength to break it, to remove the obstacle. What resources have you activated?
How did you succeed?

Take a slice of orange! Try to capture as many sensations, nuances as possible ... What is it like to put the obstacle aside and do what is good for you?

Make a connection with your real life. Make a connection with the role of a psychologist working in palliative care.

Sharing: Who wants to share with the large group? *Some volunteers share in the large group, others write in chat: obstacle and resource (resulting in two chat/whiteboard lists, one with obstacles and one with resources).*

Part 2: Exploring self and self- changes: Obligations, Desires, Needs *40 min

Objectives:

- ✓ **identifying one's own needs**
- ✓ **expressing emotions and communicating needs**
- ✓ **exemplification and experimentation of the main psychodrama techniques**
 - *role reversal
 - *encounter
 - *soliloquy
 - *mirror
 - *future projection

Trainer: Caregivers cannot meet patients' needs if their own needs are not met (Cohen et al., 2011) and compassion fatigue is exacerbated when staff do not attend to self-care (Abendroth and Fennelly, 2006).

a) (working with the whole group - 10 min)

*On another sheet, write 3 times:

``I want to...`` *completes the sentence, without reflecting, automatically.*

Then write 3 times: ``I have to... .`` and 3 times: ``I need... .``

- *Give each list a priority from 1 to 5.
- *On the large sheet, draw with what color you want, a circle that represents your living space. At the center of your living space is your ego. Represent it with a geometric shape of your choice (rectangle, rhombus, square, trapezoid, triangle...) color the geometric shape as you wish.
- *From the central form start spokes, sectors for every desire, need necessity. Draw 9 sectors of colors and sizes of your choice... give them the appropriate name.
- *When you're done, look at the drawing, then close your eyes.
- *Inside you sounds the voice of a historical, mythological, fairytale character, who tells you about your **desires** ... listen to him, recognize him. Open your eyes and write the message, what this character told you?
- *Close your eyes... in you speaks a character who tells you about your **obligations**. Recognize him. Open your eyes and write the character's message.
- *Close your eyes. In you is heard the voice of a character who speaks to you of your **needs**... recognize him... write the message.
- *Finally, write a message for yourself, a summary of this experience.
- *Let your imagination run wild about the characters and what they might represent.

b) (working with volunteers) Stage representation (20 min)

- *We ask for a volunteer: who wants to explore in-depth the world of his desires and needs?

Encounter technique

- *Choose someone in your life to whom it is very important to talk about your needs and desires.
- *Who could it be?
- *Choose from your colleagues an Alter Ego for you (the person who can take over your role).

* Now choose an auxiliary ego for the person you are going to meet (the two auxiliary rename themselves, everyone else closes the video camera).

(Only the Director and the Protagonist-P are on the screen)

*I would like you to think for a moment about your desires and needs. When I clap in front of you, it will be X, the person you are important to talk to.

(At a signal, the auxiliary ego open up the camera)

*In front of you is X; talk to him, as you never did about your desires and needs. Trust me, X is now able to listen very carefully to everything you have to say to him.

(Auxiliary is prompted to retain the essence of the message).

*Stop. **Role reversal.** At my clap, you'll become X.

(Alter Ego takes on the role of the protagonist, and the protagonist becomes X)

*X, P has to tell you something very important to him. Please listen to him, and then answer him.

(the message is resumed -in short); X answers;

*Reinversion; Inversion with Alter Ego. P- you will receive a message from X.

(listen to the message).

***Soliloquy:** P, what's going through you, listening to the message from X? (p make a soliloquy)

(Alter Ego is instructed to retain the soliloquy)

Future projection

*Now I'm going to propose something to you ... I can do magic and make a leap in time; over 7 years

*Please close your eyes and let the wheel of time spin: we are in 2021, we arrive in 2022, 2023, ... 24, 25, 26, 27, 2028. Open your eyes.

*Hello! I'm glad to see you again! How are you now in 2028?

* By two attributes, how would you characterize yourself now?

*I heard about a great achievement of yours. Do you want to talk to me about her?

*What quality have you acquired in the last 7 years?

*Look, you know the magic works ... now I give you the opportunity, for a few moments, to see yourself, the one from 7 years ago. You can have access to something you thought, felt 7 years ago. Listen carefully, and then I'll ask you something.

(Alter Ego says the soliloquy)

*Soliloquy: What goes through you now?

* Well, with the professional and life experience gained in these 7 years, I will ask you to send a message to P from then, so that you can help him (put in the message something that will help him to know his true needs and take care of himself).

(P forwards the message from the future - Alter Ego retains the message).

*Thank you, we will be back now in 2021. Close your eyes, at my clapping, we will be back in 2021.

*Reinvestment with Alter Ego; P, we are in 2021. The same magic makes it possible to receive a message from the future: from you, the one who will be over 7 years old! Listen to him very carefully:

(Alter Ego sent the message).

*Soliloquy: what's going on with you now?

*Thanks, can we stop here with this scene?

*Finally, please choose 3 colleagues to make you a **mirror**:

*In turn, you tell P "In this activity, I saw you ..." (it is emphasized that no interpretations are made).

***Sharing (10 min)**: Thanks to the volunteer; P shared with us a part of his inner world. How did you resonate with what you just saw? What can you say about yourself, about your needs?



BREAK - 30 minutes

Part 3:

* 30 min

The role of a psychologist working with dying patients: resources and coping strategies

Goals:

- ✓ integrating the experience from all workshops
- ✓ activate internal and external resources

*Now I want you to think about your professional role: psychologist, art therapist...

*Some time ago you chose to study a difficult but important topic for your preparation: education about death. Let's browse this course's album together:

Have you learned and experienced during this time something about *Photo Therapy in Death Education, mourning elaboration and Continuing Bonds management*, about *Psychodrama, Social atom and Death*, then about *Intermodal Arts Therapy with Bereaved Adults*, and now about *Psychodrama for Self-Care: Taking Care of the Carer*.

*Focus on your inner self, on what and how you feel about the professional role of a psychologist/therapist working in palliative care.

* What strengths have you gained?

* What fears or doubts do you have if you have any?

* What new resources do you have? (2 minutes for personal reflection).

*Write it down on a piece of paper that comes to mind (*we leave them 2 min*)

* On a piece of paper, draw the outline of your hands: the right palm, and the left palm(hand).

* 6 separate rooms Zoom: In groups of 5 (6 groups of 5) discuss:

- ✓ your resources/strengths in taking on the professional role of working in palliative care. Choose 5 representative / common resources for your group.
- ✓ then discuss ways in which it is important to take care of yourself: your body, your mind, and your soul/spirit. Choose 5 such coping strategies, representative for your group
- ✓ Complete the drawing of your hands: on each finger of your right hand-write a resource. On the fingers of your left hand, you will write a coping strategy. The whole group will have the same "safety hands": with 5 resources and 5 coping strategies.
- ✓ Choose a spokesperson. You have **10 minutes**.

(After 10 minutes groups meet in the main room)

* Each spokesperson presents "the two hands of safety": with resources and coping strategies (**10 min**)

Part 4: Meeting with Inner Shaman

***30 min**

(the Inner Guide; the Internal Healer; The Higher Self; Internal Force, and so on.)

Goal: Connection to safety and security

"The Healing" place and ritual

Objectives:

- ✓ Integration of experiences
- ✓ Accessing spirituality
- ✓ Empowerment

Meeting with the Inner Shaman

*With your eyes closed ... deep breath ... take a deep breath, exhale hard...

*You find yourself climbing a hill, it's a beautiful day ...

*A clearing appears in front of you ... There are two big trees that merge, their united crowns form an arch ... It's a magical gate.

*You know in your heart that you are about to have an important meeting ... You intuit that inside that arch lives a sage who is your shaman, your inner guide ...

*Go to the trees ... look at their trunks ... look at the arch that leads you to your shaman's kingdom ... his kingdom may be on the top of a mountain ... in a desert ... in a temple ... in a forest ... in the middle of the sea ... in a galaxy ... it can be anywhere ...

*You cross the bow and wait with respect and emotion ... You will have to feel and perceive with all your senses to discover the place where this inner character of yours lives, and to discover his appearance and temperament ...

*The shaman arrives ... you communicate with him or her through a deep intuitive silence...

*You recognize the infinite affection he has for you ... you feel love and trust ...

*You hug him ... You feel his / her love unconditionally. It gives you advice, an extremely important message for you. He also explains how to call him when you need him and how to always better understand his messages ...

*You now follow in your footsteps and feel like a fast deer crossing the arch ... the clearing ...

*Perceive the physical sensations that are trying you at the moment ...

*Take a deep breath ... then open your eyes ... and when you're ready, draw and write this experience. (*mental imaging lasts a maximum of 5 min.*)

The following questions may be helpful:

- *Where your shaman lives?*

- *How did you feel in contact with him or her?*
- *What is the secret message that you received?*
- *How will you be able to get in touch next time?*

*If someone failed to cross the arch at the entrance to his kingdom, close your eyes and try again ... you will succeed...

(5 minutes are allowed to draw and write the secret message, then couples in separate rooms on zoom)

*In teams of two, present the drawing: the place where the inner shaman is, the message received and how he can contact him (10 min)

*In the large group, a few volunteers to share their experience: How was this experience for you? (10 min)

C. Closure

***10-15 min.**

*You think of your inner Shaman that you just met. Now you know where he lives and how you can contact him. Remember his secret message.

*Look at your safety hands: some with resources, some with action strategies.

*All this helps you in the role of psychologist; it helps you to help others, but without forgetting yourself;

The final ritual (3-5 minutes):

*Everyone puts their right hand on their heart. Resonate with your inner self, and begin to convey the rhythm of your heart (each beats the rhythm of its own heart); **Amplification:** Harder, and harder;

*Listen to the rhythm of the others ... try to resonate with them ... harmonize your beats in a single rhythm, of a big heart!

Final (10 min):

*You are thinking of something useful for your development that you can take on this experience and the state with which you end this experiential workshop program.

"I take (a word) and ended with a state of ...," - everyone speaks - we call them by the name on the screen.



Thank you for participating!