

## **The Epic of Gilgamesh: Dealing with death and grief in psychodrama**

### **Workshop: İnci Doğaner**

The Epic of Gilgamesh, originating from Mesopotamia, is the first written text about grieving in history. It is about the semi-god, semi-hero king Gilgamesh dealing with his grief after his best friend Enkidu's death.

In this workshop we'll use this epic as a warming up to our experiential workshop.

Life goes in hand with separation and death. Grief, the reaction to loss, is the cost of commitment. Through our life cycle we have to give up some aspects of our life, we lose our beloved ones with separations or death. The reaction to loss is a process and it is an universal feature of human beings and even social animals. Not only persons but also societies, nations pass through grief processes.

There are even cases burdened with some kind of psychopathology which is in fact linked to unconscious mourning which is only discovered through deep psychotherapeutic / psychodramatic work.

One of the key concepts of psychodrama is the encounter, the telic meeting of two people. Psychodrama gives us a space in surplus reality to encounter also with our ex-beloved ones. And this encounter is a great opportunity for our relieving from the numbness or the pains of loss; and reorganise with a new identity in outcome, transcending our old roles.

In this experiential group, with the help of warming up techniques, the group members will find the chance to explore the messages they had received to handle loss; the chance to make some unconscious material around their losses become conscious and the opportunity for reorganisation. By this way and in plus, the members will learn ways to deal with "loss" in their professional life.