



Creative Movement Therapy Association of India

Presents its

8th Annual International Conference (Virtual)

Building Resilience and Promoting Healing through Dance and other Arts Therapies

Sessions are theoretical and experiential in nature and include areas relevant to dance/movement and other creative arts therapies.

Session facilitators are listed in alphabetical order by first name.

PLEASE NOTE THIS SCHEDULE IS TENTATIVE AND SUBJECT TO CHANGE



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Keynote Speakers

- Keynote Speaker 1 -



ILENE SERLIN, Psychologist and Dance/Movement Therapist | San Francisco, USA

Bio: Dr. Ilene A. Serlin, Ph.D, BC-DMT is a licensed psychologist and registered dance/movement therapist in practice in San Francisco and Marin county. She is the Past-President of the San Francisco Psychological Association, a Fellow of the American Psychological Association, Past-President of the Division of Humanistic Psychology. Ilene Serlin is Associated Distinguished Professor of Psychology at the California Institute of Integral Studies, has taught at Saybrook University, Lesley University, UCLA, the NY Gestalt Institute and the C.G. Jung Institute in Zurich. She is the editor of Whole Person Healthcare (2007, 3 vol., Praeger), co-editor of Integrative Care for the Traumatized, over 100 chapters and articles on body, art and psychotherapy, and is on the editorial boards of PsycCritiques, the American Dance Therapy Journal, the Journal of Humanistic Psychology, International Journal: Creative Arts Education and Therapy, Arts and Health: An International Journal of Research, Policy and Practice, Journal of Applied Arts and Health, and The Humanistic Psychologist.

- Keynote Speaker 2 -



NALINI PRAKASH, Dance/Movement Therapist | Washington D.C., USA

Bio: Nalini Prakash, BC-DMT, and Advisory Council member of CMTAI, has extensive experience in working with individuals who are chronically mentally ill within the criminal justice system. Using creativity, spontaneity, and sensitivity, Nalini facilitates recovery-based dance therapy groups that value and reflect cultural and ethnic diversity, empowering individuals towards positive change. A classical Indian dancer, Nalini integrates elements of Indian dance and creative movement in her work as a dance therapist and uses these tools as a vehicle to help individuals re-experience emotions in a safe and non-threatening way. Nalini has a Master's in performing arts and a Master's in Dance/Movement Therapy. She is also a certified movement analyst and has used her skills as a Dance Therapist and Movement Analyst to reduce violence and resolve conflict while fostering social change among a forensic population. Nalini is currently a PhD candidate within the Creative Arts Therapies graduate program at Drexel University, Philadelphia.



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Session Details



Session: Move, Dance and Play with me! DMT to Promote Early Relational Health for Young Children

By ADITI SUBRAMANIAM, Dance Movement Psychotherapist, Infant and Early Childhood Mental Health Mentor-Clinical | Boston, USA

This workshop will engage participants in both experiential and reflective ways to develop a shared understanding of some of the core elements of what supports regulation in relationships with young children so that the participants (and caregivers they support) can incorporate this knowledge into what they are already doing in play and movement with children.

Bio: Aditi Subramaniam is a licensed mental health clinician and registered movement psychotherapist with more than fifteen years of experience in the field of mental health, in India and Boston. She is a MassAIMH Endorsed® practitioner as an Infant and Early Childhood Mental Health Mentor - Clinical. She currently works at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC) as the Infant and Early Childhood Mental Health Partnership Manager leading a statewide partnership between MSPCC and the Massachusetts Association for Infant Mental Health (MassAIMH) focused on enhancing and supporting the infant mental health workforce with the goal of improving access to services for children age birth – 6 and their families. She is a national trainer at the Brazelton Institute at Boston Children's Hospital, for the Newborn Behavior Observation and at the Brazelton Touchpoints Center as a national Touchpoints trainer. She also serves as faculty at Jewish Family and Child Services in the Infant Parent Training Institute. Her experience includes dyadic early childhood work, family engagement, and working in systems to build capacity in early childhood mental health. She earned her MA in Mental Health Counseling and Expressive Arts Therapy from Lesley University and MA in Clinical Psychology from the University of Delhi, India.



Session: Connection and Health from Isolation and Trauma in Group Music Therapy

By ALICE LAING, BMus, ARCM, MA Music Therapy | Kolkata, India - Glasgow, Scotland

This session will be a case study of Group Music Therapy work done under a local NGO with women at a centre in a red-light area. Music Therapy was aimed to support those living and working in the area, their psychosocial needs and mental health needs. It is considered that through the therapeutic relationship and process of therapy, aspects of trauma and self may be given the opportunity to be heard and explored, resulting in the individual's journey becoming less isolated and fragmented. This session explores how group work can foster hope, encourage self-belief even in a context where isolation, competition, and trauma are constant.

Bio: Born in Scotland, Alice trained and worked as a Music Therapist in the UK, working with young adults and children with disabilities and adults with mental health difficulties. Alice has been living and working as a Music Therapist to those in a red-light area in India since 2013. Music Therapy work includes individual and group work both with young people with trauma or disabilities who live in the area, or with women who have been trafficked. Alice has also presented her clinical work at the World Congress of Music Therapy, Tsukuba Japan, 2017. She also has published work. 'Music in the Dark': A Reflective Case Study on Music Therapy Work with One Woman in a Red-Light District in Kolkata, India:

British Journal of Music Therapy (2015) Vol 29/2 and 'Music Therapy in a red-light area in India', Leading Note, BAMT (Winter 2019)



Session: The Masking of Resilience: From Change to Transformation

By AMARILLIS Y. VAZQUEZ, Dance Movement Therapist and Counselor BC-DMT, LPC | Caguas, Puerto Rico

The workshop will dive into questioning the very tenants of resilience, encouraging this process as a transitional experience that is important to achieve change. We will discuss how through dance/movement exploration we move from this state of transition into transformation. Where the body meets its integration and moves into the transpersonal. The process is a dive into the exploration of movement beyond form into becoming. In this session, we will address the

body/mind/spirit for healing and growth.

Bio: Amarillis is a Dance Movement Therapist with over 15 years of experience, and she graduated from Columbia College Chicago. She was recognized by the American Dance Therapy Association in 2020 with the Outstanding Achievement Award. She has worked in psychiatric hospitals, geriatrics, specialized clinics for children and youth and more. She is Co-founder and current President of the ADTA Puerto Rico Chapter and owner of Souls in Motion: Creative Therapy Center. Overall, her work is eclectic and focuses on the individual. She provides supervision, workshops and mentorship. She is also a Play Therapist and is completing doctoral studies at Sofia University in Transpersonal Psychology: Consciousness and Creativity Studies.



Session: The Chakra System and Dance Movement Therapy (DMT): A Systematic Exploration of the Energy Centers in the Body using the Expressive Arts and Meditative and Movement Practices

By ANUBHA DOSHI, Psychologist, Mindfulness-based Practitioner and Arts based Therapist | Pune, India

TRIPURA KASHYAP, Movement Therapist | New Delhi, India

DMT practitioners have consistently explored new ways of layering their practice with fresh techniques and theoretical frameworks from co-existing disciplines to enhance the therapeutics of movement experiences. In this session the facilitators

will touch upon the connection between movement and the 7 chakras or energy centers in our bodies.

This experiential session will help participants develop an understanding of the various aspects of the Chakras and their effects on the body-mind continuum and how Chakra-DMT work can lead to harmony within ourselves, healing, balance and growth.

Join in the Chakra-dance! Experience its energies, rhythms, colours and qualities that contribute to our physical, emotional and mental well-being.

Bio: Anubha Harlalka is a Psychologist and Arts Based Therapist from WCCL foundation with a PG diploma in Mindfulness and Presence Oriented Psychotherapy from Just Being centre, Pune. She has studied Applied Mahayana Buddhist Psychology and Ethics conducted by the WCCL Foundation, Department of Pali and Buddhist Studies, Pune University. Her practice is unique



as she explores the connection between Movement Therapy, Mindful movement, Yoga and Indian philosophy. She is the Founder-Director of Artsphere / Soulsphere, a unique arts and healing centre in Pune where performing arts and therapy co-exist under the same roof. She has been regularly conducting online workshops on mindfulness, dance therapy, positive psychology and resilience. She was on the advisory council of CMTAI, has edited CMTAI's online Indian Magazine of Dance/Movement therapy and taught on their movement therapy courses. She is also on the Board of Studies of the Psychology department at the St. Mira's College for Girls, Pune.

Tripura Kashyap pioneered Movement Therapy in India in 1990 and co-founded CMTAI in 2014. She trained at Hancock Centre for Dance/movement therapy (USA) and obtained an M.A. in Psychology. She has worked as a Movement therapist at Half-way homes, Special schools, Treatment and Rehabilitation centres as well as with individual clients. Tripura received fellowships from the Ashoka International Foundation and Indian Ministry of Culture for her innovations in Movement Therapy. She teaches on the Creative Movement Therapy and Therapeutic Dance in Education courses run by CMTAI. Tripura has been an ardent follower of Buddhism and has practiced meditation since 2014. She has authored 'Creative Dance Therapy' and 'Contemporary Dance: Practices, Paradigms and Practitioners' published by Penguin and Aayu publications.



Session: Movement Expression - An Introduction to Dance/Movement Therapy

By APARNA RAMKRISHNAN, R-DMP | Mumbai, India

This introductory session on Dance/Movement Therapy (DMT) will explore how movement can be used as a therapeutic approach to help individuals create a sense of self and a safe space to move, feel and express themselves using the body. Along with the experientials, the historical development and the theoretical underpinnings of DMT shall also help the participants get an overall picture of DMT. Participants will engage in a wide range of activities that not only help

observe and relate to others' movements, but also reflect on their own movement repertoire. If you are new to DMT, then this session is intended to give you a glimpse into the principles, objectives and scope of this field.

Bio: Aparna Ramkrishnan is a Dance Movement Psychotherapist registered with The Association of Dance Movement Psychotherapy UK (ADMPUK). She has a Master's degree in Dance Movement Psychotherapy from Goldsmiths, University of London. She also holds a Master's of Science in Medical Sociology from The University of Madras and a Post Diploma in Bharatanatyam from Kalakshetra Foundation, Chennai. She has worked both with individuals and groups, mainly extended to adults and adolescents in a variety of community settings like MIND in London. She has also facilitated many movement workshops online and in corporate settings. She is currently based in India where she is working with Parivarthan Counselling Centre, and is also a core team member of CMTAI. Aparna believes that each movement of the body is an adventure, where, with the support provided by the therapeutic relationship, one seeks to explore something new each time.



Session: Visual Journaling: A Creative Intervention for Holistic Health

By AVANTIKA MALHAUTRA, Registered Expressive Arts Therapist | Mumbai, India

Visual Journaling is one of the methods used in art therapy. It is a creative process that includes guided imagery, visualisation, active imagination, metaphors, symbols and image making as an intentional intervention in therapy and education to foster emotional expression and promote health and wellness. Several research studies indicate that creative engagement such as visual journaling can decrease anxiety, stress, and mood fluctuations and improve psychological, physical well-being and quality of life.

This session will introduce participants to visual journaling as a tool for self-connection, self-reflection and self-leadership. The textures, colours, imagination and intuitive play will serve individuals to access their inner wisdom and collectively draw from the group's experiences of inner strength and resilience through times of stress, loss and change.

It supports stress reduction and self-regulation for trauma and loss and can enhance visual vocabulary and self-awareness. It can be even more effective in combination with writing.

Participants will be familiarised to the theoretical benefits of this process and its application in various work settings from hospitals, schools to private practice. In this spirit of self-discovery through art making, the unconscious can be invited to reveal itself in the simplest marks and impressions on paper, making the invisible visible.

Bio: Avantika Malhautra is a Registered Expressive Arts Therapist and Board Member of the International Expressive Arts Therapy Association and the Founder of Soul Canvas - Art for Wellness with 9 years of work experience in the field of mental health in India. Her work is focused on bringing awareness to the mind-body connection, deep listening, creative engagement and insight. She offers psychotherapy to youth and adults through an integrative expressive art therapy approach that includes presence-oriented, person-centered therapy with systems, multicultural, queer-affirmative and a trauma-sensitive lens through her private practice. She also partners with organisations to facilitate expressive arts therapy groups in training, for self-development, health promotion and well-being. She is a faculty member at the Dance/Movement Therapy Diploma course at Tata Institute of Social Sciences, Mumbai and the Self Development course at the Global Institute of Sports Business, Mumbai. She is also a volunteer with Just Being Centre holding space for mindfulness practice circles.



Session: The LivingDance~LivingMusic™ Concept of Shape: Fostering Identity, Confidence, and Healthy Relationships

By DANIELLE LOUISA FRANKLIN FRAENKEL, Dance/Movement Therapist | New York, USA

NIKITA RUPESH MITTAL, Physiotherapist, Dance Therapy Practitioner | Pune, India

JEFFREY DANIEL MEHR, LivingMusic Facilitator | New York, USA

Getting to know students from the nine-month certificate program in dance/movement therapy, and the new Master's Degree in Expressive Movement Therapy - created by the ongoing collaboration among Kinnections, Life and Dance, and the Sancheti Healthcare Academy - highlighted the importance of integrating challenges precipitated by (1) the evolving roles of women in India, (2) the importance of integrating India's rich heritage of dance and music with meaningful practice-based evidence collected by seasoned dance/movement therapists, and (3) the recognition that the healing inherent in dance comes in many themes and variations. These range from working with elements of dance and music drawn from India's wealth of classical, folk, and Bollywood dance to working with basic elements of dance that cut across most, if not all, forms of dance.

LivingDance~LivingMusic, a core component of the aforementioned academic programs, identifies four such elements: pulse, breath, muscle connectivity, and shape. This workshop will focus on shape, the kinesthetic sense of the body boundary that lays the groundwork for identity development, confidence building, and healthy relationships. In terms of the formal elements of dance, "2-D Shape" may be described as the dancer's awareness of her body boundary in two dimensions — the vertical and the



horizontal. Whether trained in dance, or not, participants will find ways, through improvisation, to sense both their length or height and their breadth or width, the fundamental components of shape. With shape as the form and individual responses as the content, participants will create art — LivingDance.



Participants learn — just as the students do — to aim for connection, not perfection. By focusing on shape, and dancing to LivingMusic, powered by the dancers, participants learn how to build confidence and reclaim themselves when stressed, or feeling devalued. Interactions among kinesthetic sensing, touch, music, and improvisation become a somatic and aesthetically based matrix for embodying 2-D shape, the kinesthetic and somatosensory sense of self. The LivingDance~LivingMusic process frees participants to see how interactions among the modalities listed above address core issues related to trust and autonomy and to modes of communication that may call for assertion or intimacy. As one student said, "shape saved my life."

Bio: Danielle L. Fraenkel, Ph.D., BC-DMT, LCAT, LMHC, NCC, CGP, Director of KinnectionsSM and co-creator of LivingDance~LivingMusic, represents Kinnections in the ongoing collaboration among Kinnections, Life and Dance, and Sancheti HealthCare Academy, that gave rise to SHA's nine-month certificate program in Dance/Movement Therapy, and India's first Master's Degree in Expressive Movement Therapy, (MA-MET). Recipient of the American Dance Therapy Association's 2014 Excellence in Education Award, "Dr. Dance" currently teaches and develops curricula for Dance/Movement Therapy programs at Kinnections, the University of Rochester, Sancheti HealthCare Academy, and the Apollo Beijing Consulting Institute. Dr. Dance, as many call her, created LivingDance while working with people struggling with eating disorders. To meet their needs, she returned to her training in dance with Jack Wiener, and developed an approach that views dance/movement therapy, not as an adjunctive modality of psychology, but as a discipline, grounded in the healing inherent in dance.

Dr. Nikita is a Physiotherapist by profession, after which she decided to follow her passion for dance and created an admirable Dance Fitness Brand - DANZOFIT. Now with studios in 2 prominent locations in the city, we have a loyal brand following and a large base of satisfied clients. Expanding the definition of health, Nikita then pursued Dance/Movement Therapy, a Creative Art Therapy approach to Mental Health Care. Using movement as a tool for transformation her organisation Life and Dance, has worked with corporates, NGOs, hospitals and special schools, and helped many people discover the magic of movement in their lives. Nikita has been endeavouring to bring affordable Dance/Movement Therapy education to students in India since the last 5 years by running certificate programs with the prestigious

Sancheti Hospital in affiliation with Kinections (New York). She is also the Co-founder and Academic In charge of India's 1st Masters in Dance/Movement Therapy course which is fully approved by Savitribai Phule Pune University.

Jeffrey Mehr, MA MLP, earned his BA magna cum laude at the University of Rochester, and his MA at SUNY Brockport. Since he was four, Mr. Mehr, Music Director at Kinections, and creator of LivingMusic™, has played many instruments including piano, cello, harmonica, and flutes. He holds a Korean karate black belt, and forty years' practice of Taijiquan. Music and martial arts together have shaped his creative process. Mr. Mehr has shared that process at the Apollo Beijing Consulting Institute, the University of Hong Kong Centre for Behavioral Studies, and the 2019 International Conference on Creative Art Therapies at the Sancheti Medical Center in Pune, India. In LivingDance~LivingMusic™, fresh music using keyboards, harmonicas, and synthesizers evolves during the LivingDance™ process, powered directly by the dancers. Those who practice LivingDance~LivingMusic™ learn to create their own LivingMusic, and to feel the ancient connection between dance and music attach their music to their LivingDance.



Session: Eurythmy - A Movement Art for Wellbeing and Alignment

By DEEPA MAHESH, Life and Leadership Coach, Eurythmy practitioner | Bengaluru, India

Eurythmy is a form of movement that can bring one's whole self - body, mind and spirit back into balance as it is connected consciously to the life-giving forces that human beings need for their wellbeing. It is also called an art of mindful movement.

The session aims to orient the participants (adults) to:

- The origin and principles of Eurythmy
- An experience of basic Eurythmy exercises
- Take away exercises for "Eurythmy Personal Practice", thereby acting as a health-giving rhythm

Engaging in a Eurythmy experience is sure to leave the participant mindful, refreshed, enlivened and in a state of wonder.

Bio: Deepa Mahesh is the Founder and CEO of Poorna Wellbeing, a Leadership Transformation company. She enables "Root to Shoot Transformation" in leaders and organizations through life and leadership coaching, group workshops and wellbeing interventions. Her coaching practice and workshops integrate psychology, arts and mindfulness practices such as visual arts, eurythmy, meditation, mandala, expressive writing, poetry, body movement and dance. Deepa is an HR professional, a Psychologist, a Eurythmy practitioner, Life and Leadership Coach, a Biography Consultant, and is a practitioner of over 40 wellbeing methodologies. She has been practicing Eurythmy for the past 6 years and integrating it successfully in her individual sessions and group workshops. As a mental health advocate, she has been actively spreading the message of holistic health and wellbeing through her work and workshops in corporates and social settings. She has been an avid journaler for over two decades and expresses herself through words, mandalas, visuals and poetry. These have been her best life companions.



Session: Creating a Safe Space

By DISHA DUTT, Art Therapist | Bengaluru, India

In this session we will be exploring the idea of a safe space. What is a safe space? Is it a physical space, a state of mind or an imaginary space? During the pandemic a lot of people discovered that the space that they considered safe, wasn't one anymore. Here, we navigate the ideas of a safe space, the importance of having one and how this can help create resilience in an individual, particularly during tough times.

Bio: Disha is a Bangalore-based artist and art therapist with a Master's Degree in Art Therapy from Lasalle College of the Arts, Singapore. In the last six years, Disha has worked extensively with children and adults who are differently abled and facilitated art therapy support groups with children and adults in slum areas who have faced abuse and trauma.

She has also conducted art therapy support groups, workshops, and one-on-one art therapy sessions with typical adults who need interventions to support them with their overall mental health. Disha is passionate about what she does and is always striving to find creative ways to help individuals express themselves through art.



Session: Developing Movement-based Psychosocial Care for Children on the Move

By KATIA VERREAULT, Dance Movement Therapist | Amsterdam, Netherlands

In this session, participants will be introduced to the importance of integrating the body in psychosocial care. She will describe her role as a Dance/Movement Therapist in emergency settings globally and more specifically presenting TeamUp - a movement-based psychosocial intervention for children on the move; an intervention that has not only been researched but that is now being implemented in more than 10 countries for children on the move. How does war, conflict and protracted displacement affect communities and children? How can integrating the body contribute to resilience and well-being in the face of adversity such as war and conflict?

This session will take you through the journey of TeamUp and its theoretical underpinnings by moving, playing, and doing. Participants will also explore the importance of psychosocial care in emergency and humanitarian settings.

Bio: Katia works in various settings and contexts globally as a Dance/Movement therapist. Since 2015, she co-developed TeamUp, a movement-based psychosocial intervention for children affected by conflict and displacement in humanitarian settings. She also works clinically at the National Trauma Center in The Netherlands, more specifically with refugees and asylum seekers. In India, she contributes regularly to various Expressive Arts therapy programs as practitioner, facilitator, trainer, and mentor. In recent years she has been integrating Trauma Center Trauma Sensitive Yoga (TCTSY) to her practice. Her work is based on trauma-informed care, the importance of the body, and adopting a resilience-based approach in community settings. Katia is known for her warm, authentic and caring presence in her work. She is deeply connected to India and Nepal where she has lived and travelled for many years.



Session: Dance/Movement Therapy in Cancer Care

By MAANASA M. BHARATH, Dance Movement Therapist | Bengaluru, India

The session delves on theoretical interventions that render effective in cancer care and rehabilitation. The presentation shall highlight sessions that have been conducted in a cancer care setting and the response received from the clients. To support the theoretical approach, the session will include an experiential, accentuating that Dance/Movement Therapy can be used as an effective medium for communication, improved body image and provide a safe environment in

cancer rehabilitation.

Bio: Maanasa is a software graduate, a professional dancer and a Master in Science graduate in Dance/Movement Therapy. She has a passionate vision to increase the awareness and practice, of the deeply significant essence of Indian cultural dance forms in health care. She established her dance academy called Anahata Academy of Dance in Bangalore 5 years ago, during which she had the opportunity to represent India in the 50th World Dance Congress, affiliated with UNESCO, in Greece. During Maanasa's master's degree from Sarah Lawrence in New York, she interned at Sri Jayadeva Institute of Cardiovascular Sciences and is currently working at Prameya Health Clinic for Cancer Rehabilitation.



Session: Your Body Never Lies

By MARTINA PIFF, Dance Movement Therapist/ Expressive Arts Therapist | Essen, Germany

The aim of the mainly experimental workshop, "The Messages of Your Body," is to bring body, mind, soul and emotions back into harmony by using the methods of Dance/Movement Therapy (DMT) and the Expressive Arts (EXA) for self-growth and the growth of others. Movement is the primary language of the body. DMT and EXA help us to understand our own bodies and our feelings and memories which are stored within our bodies. The more we understand ourselves through our own bodies, the more we can understand others and their physical and emotional reactions towards life and others. Within this workshop we learn how to sense the body through dance and movement and expressive arts techniques such as drawings and creative writing. By listening carefully to our bodies, we can learn a lot about muscular tension or psychosomatic illness. Through different DMT and EXA techniques we learn how to decode the tension, feelings and messages which are stored in different body parts. Reflecting on the dance and movement with drawings and words, it helps us to understand the messages of the body on a more cognitive level. For participants to reach this goal, careful, persistent, and sometimes uncomfortable emotional work is required. There will be a small lecture to get a better understanding about the body and to learn about different body parts and what they are standing for in general.

Bio: For more than 35 years Martina holds a state examination as a Teacher for Dance and Gymnastics and a Certified as a Dance/Movement Therapist (DMT) from the Langen Institute in Germany. After more than 10 years of working with girls and women suffering from domestic violence, rape and sexual abuse, she decided to go for further education at the Tamalpa Institute in California, an Expressive Arts (EXA) Therapy connected Institute. From her graduation at Tamalpa Institute she followed the path of EXA more and got her Master of Arts (Expressive Arts) at the European Graduate School (CH). There she also finished her Advanced Post Graduate Studies in Expressive Arts (CAGS). Besides this, Martina has been the educational director of Langen Institute for about 20 years and for six years she has been the

President of BTG (German Professional Organization for DMT), from where she also holds a training and supervisor certificate.



Session: Building Resilience through Psychodrama

By MAGDALENE JEYARATHNAM, Psychodramatist and Expressive Arts Therapist | Chennai, India

Psychodrama is an intense therapeutic method, which empowers the individual by providing many opportunities to learn about oneself. It brings up emotions you didn't even know existed within you, thereby gaining awareness about oneself.

Psychodrama can also be a platform for catharsis, promoting resilience and confidence in self. Resilience is the ability to rebound from adverse situations and bounce back to normalcy. Moreno has the theory that "every true second time is a liberation from the first." Sometimes when people experience trauma their defense could be denial or suppression of the memories and experience of the trauma. Psychodrama can help them mindfully get in touch with the deep-rooted causes of the trauma and experience it again through creativity that thus provides an opportunity to truly heal.

Bio: Magdalene Jeyarathnam is the founder and director of East West center for counselling and Indian Institute of Psychodrama. She is an Expressive Arts Therapist, and a board certified Psychodramatist and Psychodrama trainer. She has over 25 years of experience as a therapist. She has worked as a consultant to several governments, the World Health Organization (WHO), and the United Nations International Children's Emergency Fund (UNICEF). She is a member of the International Association of Group Psychotherapy and Group process.



Session: "Sense-O-motion" - A Rhythmic Pilates-Based Approach to Healthy Mind and Body

By MUDRIKA AWASTHI, Dance/Movement Therapy Practitioner | Mumbai, India

This session aims at offering tools from Pilates Matwork and Dance/Movement Therapy (DMT) as a combination approach to promote self-healing and initiate a process of internal rejuvenation. Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment, flexibility and stability. This session will equip you with techniques combining the elements

from DMT and Pilates which will help you explore and expand your psychosomatic expression. With this workshop, we will examine the sensory motor pathways involved in therapeutic exercises. We will delve into the fine details of anatomical and physiological domains of the mind and body connect which will help us refine our body awareness while focusing on the health of our spine. Sense-O-motion is perfect for all those who understand the importance of establishing healthy practices that will support us to overcome the effects of the health crisis arising due to the pandemic and work from home situation. Where the long sitting hours have restricted our movements and the non-exposure to sunlight has made our bones and joints weak, and at the same time, the social disconnect has led to an increase in anxiety, the compound effect of both is an unhealthy spine, mind and body. A strong spine promotes a good connection between the mind and body and with this session, individuals and mental health practitioners will be able to understand how the 6 principles of Pilates can help in nourishing our mind, body and soul. The

techniques and interventions presented in this session can also be implemented to a variety of populations, like for those with fibromyalgia, post-surgical and arthritic pains, persons with disabilities and other neurological disorders.

Bio: Mudrika Awasthi is a Physical Therapist by qualification, a Pilates Instructor by profession and a Dance/Movement Therapy Practitioner by passion. She is the founder of “The Good Folks - A holistic wellness and travel company”. Her key skills are custom designing exercise programs for individuals and groups focusing on full-body workouts for all age groups. She specializes in training adults and children with special needs as well as those with neurological disorders, arthritic pains, hypertension, diabetes, cardiac and pulmonary patients.

Mudrika is also the course coordinator and a faculty member with BFY (Better Fitness for You) - A leading fitness certification academy in Mumbai. With over 12 years of experience in the field of physical fitness she has now been combining Dance/Movement Therapy with other essential elements of fitness and mindfulness practices which helps in the holistic well-being of an individual.



Session: Addressing and Navigating Emotional States Through Movement, Arts, and Poetry

By PALLAVI DESHMUKH, Creative Arts Therapy Practitioner and Dance/Movement Therapy Practitioner | Mumbai, India

The session will focus on addressing emotional states and navigating them using movement, visual arts and poetry for reflective process as a group. It will include a warm-up, main activity and a cool down as the concluding activity.

Bio: Pallavi is a creative arts therapy practitioner with a Diploma in Dance/Movement Therapy and certification in the Foundation of the Therapeutic Value of Visual Arts and Psychodrama using other art forms as support interventions. She uses mindfulness and Buddhist philosophy as key orientations with a person-centered approach in her practise. Pallavi conducts group workshops independently and in collaborations alongside her virtual private practise with individual clients.



Session: Dance Movement Therapy and Children with Special Needs: Finding Connections

By PREETHI RAJAGOPALAN, Therapeutic Movement Facilitator | Bengaluru, India

The pandemic has affected children globally and perhaps the most affected are children with special needs. The children are accustomed to structured routines and learning environments which have been disrupted. Most interactions of children with special needs happen at schools. The pandemic led to the movement and interactions of the children being restricted only at home or with a small number of people, leading to behavioural and emotional issues in the children. Therefore, it was necessary to create a program for children with special needs and their parents to engage in movement, play and social interactions. Dance/Movement Therapy sessions aid participants to build their coping skills and enhance self-regulation capacity while strengthening their ability to form relationships within and outside the family circle. In this session, we will discuss the core principles of Dance/Movement Therapy

and draw from a multi-sensory approach and social engagement theory to create connections and interactions between the children virtually and thus enhancing emotional resilience during the pandemic.

Bio: Preethi Rajagopalan, a Therapeutic Movement Facilitator completed her training in Creative Movement Therapy from CMTAI in 2015 and is a recent graduate of the ADTA approved alternate route training in Dance Movement Therapy from the National Centre for Dance Therapy (NCDT), Montreal. She is one of the Core Executive Team members at Creative Movement Therapy Association of India (CMTAI). She has been working with various populations including neuro-diverse children, teachers, college students, and women's groups over the past few years. She is the Conference Director for CMTAI's online conference for the past two years and is one of the teaching faculty of the certificate course in Creative Movement Therapy.



Session: Sensing and Shaping: “FasciaNatya” Methodology for Performance, Pedagogy and Therapy

By RAJYASHREE RAMESH, Dr. phil., Dance and Yoga Practitioner, Movement Science Researcher, Certified Laban/Bartenieff Movement Analyst, Certified Fascia Trainer | Berlin, Germany

In my exploratory practise-oriented interactive session I will introduce the methodology I developed in almost 15 years of empirical study, accompanied by academic doctoral research. The methodology integrates the core principles of Indian corporeal traditions (particularly dance and yoga), Laban Movement Analysis, Bartenieff Fundamentals, latest Fascia Research and Brain Research on Emotions. The principles were experimented on a wide range of participants from varied cultural and geographic backgrounds, professional artists and laymen, also with specific and non-specific impairments, during dance and yoga classes, workshops, creative dance theatre projects in schools, and while training dancers and theatre professionals for stage. A central tenet that has emerged in my work of analysing the hallmarks of Indian corporeal traditions from the perspectives of the afore-mentioned collective framework, is the insight into the therapeutic potential they themselves hold when applying a methodic movement-based pedagogy.

Apart from presenting central insights from the research, a few results of the qualitative analysis that accompanied the research and some specific cases/testimonials with therapeutic implications from a cross-section of participants, I look forward to a highly experiential session to underlay these findings. We will specifically explore some of the hallmarks of Indian traditions in terms of neuromuscular and fascial connections. And as we thereby move between an Inner Shape Flow and the expansivity of Outer Shaping (here the outer crystalline Shaping inherent to both dance vocabulary and yoga), or also Outer Expressivity, we will dig into the inner rumblings of movement at the micro-levels of the body. To finally look at the inherently concurrent Sensing and Shaping therein and the potential it holds as inroad to physical, mental and emotional well-being. An integrated whole essentially.

Bio: Born in Pune, raised in Mumbai and Bangalore, and based in Berlin, Germany since 1977, Rajyashree Ramesh was trained in Bharatanatyam and Kuchipudi, with further studies under masters in India, in Yoga and Breathing Therapy in Berlin and finally a study of human movement itself (Laban/Bartenieff Movement Studies, Fascia). Channelising into academic research, she received a Masters and doctorate from the Europe University Viadrina, Germany. Her 4 decades of teaching in the West is intercultural and cross-disciplinary in approach, her choreographic signature classical-innovative, her mostly European students accomplished dancers. She has staged numerous productions, including funded/commissioned cross-cultural work, has lecture-performances and workshops at international

conferences and publications to her credit (www.rr-dance.net). She is currently docent and Coordinator for Dance at the Global Music Academy Berlin, where she offers a first of its kind Diploma in Dance and Movement Studies “Bharatha-to-Bartenieff”.



Session: Somatic Resourcing to Promote Resilience

By RASHI TREHAN, R-DMP and Psychologist (MBPsS) | New Delhi, India

This workshop introduces a body-oriented sensorimotor approach in therapy. The session will highlight the use of somatic resources as an intervention to promote resilience in clients. The approach offers benefits to those in treatment for trauma, anxiety, and developmental difficulties. The session will engage participants through theoretical discussions, shared reflections, and movement experientials.

Bio: Rashi Trehan is a registered Dance Movement Psychotherapist (R-DMP) and a Psychologist (MBPsS) with five years of experience in the mental health field backed by placements and employment in India and the UK. She specializes in integrating arts in psychotherapy which facilitates the client's holistic growth and wellbeing. She has considerable experience (NHS, UK and Fortis Hosp, India, etc.) working with adults living with anxiety and mood-related difficulties and those with severe mental illnesses. She is currently offering psychotherapy to adults in a private practice set up in Delhi, India. Her interest areas are intersections in psychology, culture and diversity in mental health.



Session: Trust Circle - Using Expressive Arts to Build Resilience and Inclusivity Amongst Pre-teens and Teenagers

By RASHMI BALAKRISHNAN, Dance/Movement and Expressive Arts Therapy Practitioner | Bengaluru, India

Pre-teens and Teenage form a very vulnerable phase during the growing up of an individual. This is probably where they are the most curious, adventurous, seeking, open to receiving (both consciously and unconsciously) and thus, they experience a lot - physical, social and emotional changes. Mental health and emotional well-being is also an important aspect. The World Health Organisation (WHO) states that mental health conditions account for 16% of the global burden of disease and injury in people aged 10-19 years and one in six people come under this age group. It becomes necessary to create safe spaces where they can express their opinion, experiences and emotions. This is the period where they can create and build upon their emotional and social habits, and explore intrapersonal and interpersonal relationships. WHO also states that the consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

This session will explore the idea of Trust Circle that Rashmi has implemented amongst this age group, with the intention to hold a safe space for them. She has used various modalities like dance/movement, drama, visual art and poetry - introducing elements of introspection, fun and experience sharing. This session will be highly experiential. Trust Circle has its roots firmly in the idea of building trust in a group setting as well as with oneself.

Bio: Rashmi Balakrishnan is a Dance/Movement and Expressive Arts Therapy practitioner, and a youth mentor. She has had the opportunity to work with various populations like adolescents, women, children

with risk, the LGBTQ community, people with disabilities, various NGOs and has been a resource person for various fellowship programs. She works with various modalities like movement, visual arts, storytelling, drama, music, and the ancient wisdom of feminine spirituality.

She is a performer as well as a practitioner and experiences various art modalities through both lenses. She has had the opportunity to be a part of the Vagina Monologues production in Bangalore. She works towards breaking the barriers around mental health and creating spaces where no topic is taboo; spaces, where everyone's lived experience is honoured. She strives to create non-judgemental spaces for young adults through 'Trust Circles' where they can share their emotions and experiences. She now facilitates Trust Circle at Shine From Within, a youth mentorship organisation that works with teens based in Australia. Rashmi Balakrishnan is the Chair of the Creative Movement Therapy Association of India (CMTAI), South Zone and a council member of the Karnataka Mental Health Council, WICCI.



Session: Moving Resilience - Neurobiological Underpinnings of Dance /Movement Therapy for Chronic Pain Conditions

By REBECCA ELIZABETH BARNSTAPLE, Dance Therapist and Facilitator, Community Health; Dance Educator and Researcher | Toronto, Canada

Dance/Movement Therapy is a promising treatment for chronic pain and fibromyalgia, and there is a growing incidence of this diagnosis in people who've experienced COVID-19. Fibromyalgia is expressed in widespread musculoskeletal pain accompanied by sleep disturbances, fatigue, and psychological components such as depression and anxiety; it is difficult to diagnose, and pharmacological treatments are over-prescribed and poorly understood. Additionally, people with fibromyalgia often have experienced traumatic events, blurring physical and psychological causation.

For the last 6 years, I have been leading movement groups in community health settings for chronic pain. Change the Pain is a Dance/Movement Therapy-based intervention that uses movement exploration, guided attention, motor learning, and group interactions/dynamics to facilitate changes in embodied experience, agency, and psychosocial outcomes for people living with chronic pain and fibromyalgia. This workshop presents theories underlying the primary components of Change the Pain, linking basic concepts from neurobiology (neural networks, attention, brain and behaviour) with elements of practice in dance/movement therapy.

Bio: Rebecca Barnstaple is a Postdoctoral Fellow at York University engaged in research on the neurobiological effects of dance in health and disease. A graduate of the National Centre for Dance Therapy at Les Grands Ballets Canadiens in Montreal (NCDT 2015), she provides dance-therapy based programs for people with chronic pain, Parkinson's, and Alzheimer's, and is a core instructor for IMPROVment (Wake Forest University, North Carolina). Rebecca teaches Dance Kinesiology and Dance Neuroscience and serves on the Certification and Accreditation committee of Dance Movement Therapy Association of Canada (DMTAC) and the Research and Practice committee of the American Dance Therapy Association (ADTA).



Session: Therapeutic Bodies: Addressing Mental Health Outside the Therapy Paradigm

By SHABARI RAO, Assistant Professor and head of Performance, RV University | Bengaluru, India

With a mental health crisis quickly coming upon us, it is imperative to find ways to address this beyond the therapy paradigm. While there is great value to the therapy paradigm, it alone cannot address the overwhelming need for mental health support. This session is going to offer theoretical and practical ways of understanding therapeutic intervention that is outside the therapy paradigm by offering therapeutic ways of engaging with the body.

I am not a therapist, however, over the years it has become evident to me that some aspects of the artistic work that I engage in can facilitate profoundly therapeutic experiences. Therefore, the material for this session is drawn from practice-based research into therapeutic art making.

Bio: Shabari Rao is an artist from Bangalore, India. Her work is rooted in practice-based research and engages with education, mental health, gender, and the environment. The body plays a central role in her process, and her work is collaborative and emergent in nature and takes the shape of performing, directing, curating, teaching, writing, and more recently, experimental film and audio work. Over the last 20 years her work has been presented through conferences, festivals, residencies and publications, in cities across the world such as Sydney, Shanghai, Kathmandu, Singapore, London, New York and several cities in India.

Shabari is a founding faculty member at RV University where she heads the Performing Arts program in the School of Liberal Arts and Sciences. She holds a BA in Kathak and Choreography (Bangalore University), a Professional Diploma in Dance Studies (Trinity Laban Conservatoire for Music and Dance, UK) and an MA with distinction, in Dance and Education (Royal Academy of Dance, UK). Currently she is a Doctoral scholar at Tata Institute of Social Sciences, Mumbai.

For more details visit www.shabarirao.com



Session: Aging Well in the Community – An Arts-Based Rehabilitation Approach to Improve Overall Wellbeing and Quality of Life of the Elderly Living in the Community

By SHUBHA BANGUR, Dance Movement Therapy Facilitator | Kolkata, India

With the percentage of older people increasing in the community and a shift in trend from more nuclear family set ups, it has become the need of the hour to provide different forms of community support to the aging population.

Pharmacotherapy and psychotherapy are the primary interventions used to target physical and mental health but both have shown to have certain limitations especially with the geriatric population, with medicines having unwanted side effects and psychotherapy having poor treatment adherence due to taboos related to mental illness and also certain personal physical limitations (Zhao, K. et al 2016). This highlights the need for alternative forms of interventions that are safe, easy to avail, and considered socially acceptable. In this regard creative arts have shown immense therapeutic potential as it addresses the person holistically by working with different aspects of the self, such as, physical, cognitive, emotional, cultural (creative/aesthetic), and social (Dunphy, K. et al 2019). The clinical application of creative arts is

based more on the creative process rather than the product where creativity and imagination become the major pillars for change and insight (Pappas, 2015). Health care professionals using creative arts are extremely flexible and adaptable in their approach in order to address the needs and get completely attuned to the target group (Devereaux, 2017). The process of creating provides them with a feeling of achievement and control which produces positive hormones that strengthen the immune system to fight against different diseases that come with old age (Lokon, Kinney, and Kunkel, 2012). The session would be a personal reflection of the lived experiences of health care professionals working in the community using creative arts with the elderly.

Bio: Shubha Bangur is a Dancer, Psychologist, and a Dance/Movement Therapy Facilitator. She has a Master's in Applied Psychology and a Certificate in Dance/Movement Therapy from Ballygunge Rhythmosaic School and Dance Institute and Kolkata Sanved. Shubha has worked with different NGOs, schools, private clinics in Kolkata and is currently a part time Research Associate at the Institute of Neurosciences Kolkata and a DMT facilitator at Care Continuum Pvt Ltd, Kolkata. She is the winner of the Marian Chace film and video publication grant 2018 and launched 'Through the eyes of dance' a documentary film on the work of Dance Movement Therapy practitioners with the visually impaired and blind residents of Premasree. She has also written a paper on her work with Parkinson's Disease which has been published in the International Journal of Bodywork and Movement Therapies. She is currently exploring the therapeutic application of arts in community geriatric health.



Session: Neurophysiological Mechanism Underlying Emotion Regulation Through Movement and its Application in Dance Movement Therapy using Laban Movement Analysis

By TAL SHAFIR, PhD., Dance-Movement Therapist, Certified Movement Analyst (CMA), Anat Baniel Method-Neuromovement Practitioner | Haifa, Israel

Following the ideas of Darwin and James that it is the afferent signals from the body which elicit emotions and feelings, several theorists in the field of emotion have postulated that sensory feedback from facial and postural movements contribute significantly to emotional experience. In recent years, this theory has been re-formulated in neurophysiological terms by Antonio Damasio. According to Damasio, the current state of the body is conveyed to the brain through proprioception (input from muscles and joints) and interoception (input representing the physiological state), which create in the brain unique neural activation patterns. These neural activation patterns represent *unconscious emotions* that guide behavior and influence decisions, and they correlate with the *conscious feelings* of those emotions. One important implication of Damasio's proposition is the potential to regulate one's feelings through deliberate control of motor behavior and its consequent proprioception and interoception. Thus, by engaging in movements that are associated with a certain emotion, one should be able to generate or enhance that emotion and its corresponding feelings. In accordance with these theories, Dance Movement Therapy is based on the idea that changing movements might not only facilitate the expression of feelings but can also bring about a change in emotions. Yet, there is a dearth of scientific evidence indicating which specific movements are associated with each emotion. My research identified unique sets of Laban motor elements (movement characteristics) that elicit the feelings of four basic emotions: happiness, sadness, fear and anger.

This workshop will present the clusters of Laban motor elements shown by my research to enhance the experience and recognition of these four emotions. Participants will learn to move motor elements associated with each emotion and will have the chance to experience their effects on their own emotions. I will suggest a model for how to use this research in the clinic, based upon Laban Space Harmony

theories and basic principles of Dance/Movement Therapy. We will discuss the clinical implications of this research and participants will be invited to reflect upon their experience with a client and to suggest ways in which these findings might support their clinical work.

Bio: After teaching dance and working as a Dance/Movement Therapist with children and elderly, Tal Shafir, PhD, R-DMT, CMA, Neuromovement[®] Practitioner (www.talshafir.com) earned her PhD in neurophysiology of motor control at University of Michigan. Following two postdoctoral fellowships, in brain-behavior interactions and in neuroscience of emotions, she developed her unique interdisciplinary research, focused on movement-emotion interaction and its underlying brain mechanisms, behavioral expressions, and therapeutic applications. This research, which was featured in her TEDx talk: “[How your Body Affects your Happiness](#)”, granted her, in 2020, the American Dance Therapy Association’s Innovation Award. Dr. Shafir taught Dance/Movement Therapy at University of Haifa and at The Academic College of Society and Arts in Israel, published many research papers in top international journals and served as the main editor of ‘The Academic Journal of Creative Arts Therapies’ and ‘Frontiers in Psychology’ research topic and E-Book: ‘The state of the art in creative arts therapies.’



Session: Creative Caregiver Initiative: Resilience in caregivers with people with chronic conditions

By TARANA KHATRI, Dance Movement Psychotherapist | Dubai

The adaptation into the role of a caregiver is often one that is sudden, long term and filled with uncertainty. This leaves individuals to consistently deal with overwhelming and stressful situations with lack of preparedness and time to adapt to the role. This has a significant impact on the caregivers functioning of the ‘self’ as well as other roles they play in their lives over a period of time.

Building resources to support their journey of caregiving is vital to help sustain healthy versions of themselves as well as the consistency of their role. This session aims to expand on the use of creative expression to develop the process of building dual empathy towards them as well the individual whom they are caring for in an urban Indian cultural context.

Bio: Tarana Khatri is a practicing Dance Movement psychotherapist (R-DMP) registered with Association of Dance Movement Psychotherapy, UK and Indian Association of Dance Movement Therapy. She is currently working at Cambridge Medical Centre in Dubai. She is the Co - Founder of Synchrony, an organisation that aims to spread awareness about the role of creativity and movement in healing and psychotherapy. She founded Horizon Therapy Centre (Chennai,India) that was known for creative approaches to psychotherapy and special education. She is one of the founding members of the Indian Association of Dance Movement Therapy (IADMT). She is faculty for multiple training programs across the country. She has facilitated workshops and trainings through creative arts with various populations. Her practice has spanned across different age groups and mental health concerns. She is most interested in a developmental approach to therapy and working with children with additional needs.



Session: Creative Dance/Movement Therapy for Parkinson's Disease: Online and Offline model of care

By TEJALI KUNTE, Clinical Psychologist, Creative Movement Therapy Facilitator | Mumbai, India

This session will include a theory and experiential component of understanding the application of Creative Arts and Dance/Movement Therapy program for neuro-rehabilitation of People with Parkinson's using an online and offline model of care. Parkinson's Disease (PD) is a neuro-degenerative condition that is caused by the reduction in the level of dopamine in the brain. PD affects an individual's movements to a large extent and limits mobility as well as has an impact on one's emotional and social well-being. Dance/Movement Therapy and creative dance programs have shown great results to improve physical, emotional and psycho-social well-being in People with Parkinson's (PwPs). In DMT, dance is used as a medium of creative self-expression in safe and therapeutic setting which allows people to share their unique experiences, gain mutual support and confidence to manage their condition better. The session will focus on the application of DMT and evidence based creative movement explorations using Indian dance techniques for Parkinson's in an individual as well as community-based group therapy settings. We will also understand the challenges of ageing brain with neurological conditions to adapt to a newer online therapy model during pandemic. It will also focus on the role of DMT in fostering mental and physical well-being, building resilience, dealing with isolation and loss of loved ones for PwPs and their caregivers in these trying times. This session will give an overview of the benefits of DMT and creative art and movement-based programs for improving overall quality of life for people with PD.

Bio: Tejali Kunte is a practicing Clinical Psychologist, certified Dance/Movement Therapy facilitator with an experience in the field for more than 7 years. She is also a trained Kathak artist. She works as the 'Head of Psychology' and Creative Movement Therapy Facilitator/Researcher at an NGO - Parkinson's Disease and Movement Disorder Society (PDMDS), for 6+ years. Tejali is a Visiting Faculty for Dance Movement Therapy at MIT-WPU University, Pune and she also works as a member-in-charge for the Research Committee at Indian Association of Dance and Movement therapy (IADMT). She is a founder of 'MoveMentum'- an initiative to promote awareness about mental health and dance therapy. Tejali has conducted research on using DMT and creative dance program using Indian techniques for People with Parkinson's and presented it at various national and international conferences including World Parkinson's Congress in Kyoto (Japan)



Session: Dance/Movement Therapy for Clients with Depression: What Works?

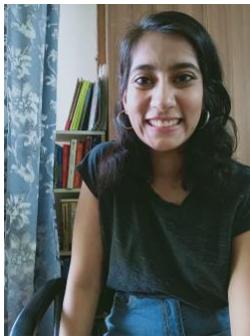
By VICKY KARKOU, Dance Movement Psychotherapist| Lancashire, United Kingdom

There are assumptions that Dance/Movement Therapy can make substantial contributions to reducing symptoms of depression. However, it is only recently that we have strong evidence that the work we are doing is not only experientially sensed but also numerically supported. In this presentation, evidence from a recent meta-analysis from a Cochrane Review will be presented, while some therapeutic factors unique to Dance/Movement therapy will be proposed as linked to these outcomes.

Bio: Prof Karkou is the Director of the Research Centre for Arts and Wellbeing, Edge Hill University, an academic, researcher and a qualified and practising dance movement psychotherapist and supervisor. Vicky's research ranges from artistic inquiry to systematic reviews and meta-analyses. She has completed two Cochrane Reviews on the effectiveness of Dance/Movement Therapy for depression and for dementia and is currently involved in the ERA study, the largest arts therapies randomised controlled trial in the UK funded by the NIHR. She has also received funding from the clinical commissioning group of Liverpool and the European Union for studies on depression and cancer care.

She travels extensively for research and teaching purposes offering key notes, experiential workshops and consultancy work around the world. She is widely published in peer reviewed journals and edited books in the field and is co-editing the international journal *Body, Movement and Dance in Psychotherapy* published by Taylor and Francis.

Session: Brain Plasticity, Trauma, and Resilience



By YAMINI JOSHI, Psychologist and Music Therapist | New Delhi, India

In the session we will look at the influence of music on our bodies. Music Therapy and its effects on trauma, brain plasticity and resilience will be discussed through the lens of lived experiences, as well as through existing literature.

Bio: Yamini Joshi is a Psychologist and Music Therapist based in New Delhi, India. At her Masters, she specialised in Health Psychology, which is a field of psychology that focuses on factors that influence human health. Her previous background in Music Therapy grants her a unique perspective on understanding the impact of music on the human mind and body and its overall impact on the

health and wellbeing of individuals.



Session: Dance/Movement Therapy using Movements Inspired by the Four Seasons of Japan

By YUKARI SAKIYAMA, Ph.D., BC-DMT, Certified KMP Analyst and Trainer | Hyogo, Japan

Since Dance/Movement Therapy (DMT) uses movements as its medium, body culture has a great influence on the movements and their images. In Japan, DMT is practiced by the following two types; therapists who have studied and qualified in Europe and the United States and have returned to Japan, and therapists who have studied and qualified independently in Japan. The Japan Dance Therapy Association (JADTA) celebrated its 30th anniversary this year. Although it has not yet been trained at the graduate level, it is steadily expanding its network and widening the circle of DMT.

In this workshop, a presenter will show the uniqueness of Japanese DMT by introducing the cultural influences by referring to a book, *Dance and Creativity within Dance Movement Therapy International Perspectives*. Japan has four seasons, and images of the seasons are sometimes used to elicit movement in participants in DMT. These images are often shared within the community and are used in group sessions.

Participants in this workshop will experience images from typical Japanese seasonal culture to share movements, keeping in mind that the Japanese fiscal year begins in April. For more information, please refer to chapter 16 in the book.

<https://www.routledge.com/Dance-and-Creativity-within-Dance-Movement-Therap-y-International/Wengrower-Chaiklin/p/book/9781138337527>

In spring, we love the cherry blossoms as the new year begins. In summer, people of all ages enjoy Bon dances in the community in a circle. In the fall, children collect dead leaves and taste roasted sweet potatoes. In winter, families relax in a Kotatsu which is a traditional heater.

Participants can experience movements based on these images. In addition, the similarities and differences with Japanese body culture and seasonal images will be considered.

The presenter is the only certified KMP analyst and trainer in Asia. The KMP is a movement analysis often used for children and parents. How can the characteristics of movements produced by Japan's unique seasonal imagery be translated by using the technical terms of movement analysis such as KMP? To understand, sense of movements beyond words and culture, the universal terminology will also be discussed.

Bio: Yukari Sakiyama is a Professor of Mukogawa Women's University. She teaches physical activities and expressions to students who will become Kindergarten and/or Nursery School teachers. She is the Vice President of Japan Dance Therapy Association. She got DTR (Dance Therapist Registered) by American Dance Therapy Association by the first international alternate route in 1997, and now BC-DMT. She received the Distinguished Service Award from the Marian Chace Foundation in 2003 for contributions to international exchange.

She is also the only Certified KMP Analyst and Trainer in Asia, and gives KMP workshops in Korea, Thai and Japan. She has obtained scientific research grants, KAKENHI by Japan Society for the Promotion of Science and is promoting KMP research.



8th Annual International Conference (Virtual)

Building Resilience and Promoting Healing through Dance and other Arts Therapies

Research Presentations



Session: Arts Therapy Practises Across Ethnicities and Cultural Beliefs: A Study on the Ritualistic Forms of Kerala with a History of Healing Practices

By SNEHA M., Senior Research Fellow | Hyderabad, India

Abstract: The paradox 'unity in diversity' speaks a lot about the cultural and ethnic differences that have been embraced by generations in our country. Arts Therapy is one such entrant that has broadened in recent times encompassing multiple perspectives and cultural practices in the area. This work identifies the ethnic and ritualistic forms from Kerala which has a history of using healing practices and coping strategies, exploring the foundation of ethnic practices across cultural boundaries. A psychological examination of the ritualistic forms of

Kerala within the dynamics of religion and culture is observed. Perceptual analysis of lesser-known ritualistic forms of Kerala like 'Sarpam thullal', 'Pulluvan Pattu', 'Kalamezhuthu', 'Mudiyettu' etc is focused with an examination on their empathic engagement with the healing strategies. This study also focuses on scrutinising body movements and patterns that correspond to the therapeutic setting giving creative insights on the period in which these forms have originated. These lesser-known customs have a transitional space which articulate the suppressed emotions of the performers through frenzied movements. The psychic pleasure by the performers of these archetypal religious rituals are carefully equated to coping strategies and psychic transformation. The trans-possession stage of these forms suspends the normal behaviour of the performers and serves as a liberatory consciousness from the social constructs and repressed desires. In this study, the methodology of qualitative ethnographic research with interviews and multimodal inquiry to work on the trans cultural arenas are worked upon along with a review of anthropological cross-cultural psychology within the existing texts on these obscure ritualistic forms of Kerala. The purpose of this project is to provide a framework for performers to revisit their own practices, compare the healing strategy and propose further ways to strengthen the cultural practices through their form.

Bio: Sneha Sasikumar is an accomplished Kuchipudi performer, Choreographer and Research Scholar from Kerala, currently doing her Doctoral Studies (PhD) at the University of Hyderabad. She is an associate member of American Dance Therapy Association (ADTA), qualified as an Assistant Professor and is a Senior Research Fellow (SRF-UGC) for doctoral studies at the Department of Dance, under the guidance of Prof. Aruna Bhikshu. Sneha is an empanelled artist at SPICMACAY, a graded artist at Chennai Doordarshan and post graduate in Performing Arts. Having finished her studies on "Healing with the Arts" at the University of Florida, she has been a visiting faculty at many Universities in India and has also been invited as guest speaker in different UGC sponsored National Seminars in India. Sneha has two International publications to her credit, one in the Journal of Experimental and Theoretical Research" and another in the journal "Research Scholar" (ISSN 2249-6696) Vol 6. With her academic interests, Sneha collaborates with many National journals and is currently an Editorial Board Member of Artograph, a bimonthly art magazine (ISSN 2582-6662, Vol 2).



Session: Arts-based Psychotherapy for Resilience Enhancement in Parents of Children with Disabilities

By SUPRITHA AITHAL, Researcher and Lecturer | Liverpool, United Kingdom

Abstract: Raising children with complex needs can have an impact on the wellbeing of parents. However, emotional support for raising children with disabilities is not always readily available and/or carefully considered. Interventions that offer psychological support using body-based creative approaches to psychotherapy such as Dance Movement Psychotherapy (DMP) are emerging. In this presentation, the findings of a mixed-methods study

conducted with twelve caregivers of children on the autism spectrum will be described. The participants from different regions of India were recruited from a special education setting in Mysuru, India. They were divided into experimental (intervention) and control groups (waiting list) and were evaluated before and after six DMP group sessions using Parenting Stress Index-Short Form (PSI-SF) and Hamilton Depression Rating Scale (HAM-D). The qualitative data collected through semi-structured interviews from the parents in the intervention group were analysed from a hermeneutic phenomenology perspective. Three main categories and several sub-themes were identified: (a) the journey (6 themes); (b) therapeutic factors and contextual resources (10 themes); © general and specific perceived outcomes of DMP (11 themes). Integrating all these themes and considering relevant literature, a summary of the process and outcomes of DMP for resilience enhancement in parents was developed. Furthermore, the comparisons of pre and post intervention assessments indicated a reduction in parenting stress and depression scores after DMP intervention. Based on the promising results from this small-scale study, the protocol for a newly funded large randomised controlled trial at All India Institute of Speech and Hearing (AIISH) called 'The 5Ps Project', will be discussed.

Bio: Dr. Supritha Aithal, a Fellow of the Higher Education Academy is currently working as a Lecturer at the Faculty of Health, Social Care and Medicine, Edge Hill University, UK. Passion towards dance and working experience as a speech and language therapist made her step into the field of dance movement psychotherapy (DMP). She was awarded a doctorate in 2020 for her fully funded research project on the contribution of DMP towards the wellbeing of children with an autism spectrum disorder and their caregivers. Supritha has disseminated her research in various international peer reviewed journals and international conferences across the globe. She is an active researcher working on many high-profile review projects including Wellcome trust funded project on workplace mental health, UKRI funded project on digital psychotherapies, two Cochrane reviews on DMP for depression and dementia. Her list of publications can be found here ORCID iD <https://orcid.org/0000-0002-8542-9214>



Session: The Constructive Effects of Creative Dance on the Health-Related Quality of Life of Indian Middle School Students

By SWETHA N, Professor of Management, a Dancer, and a Researcher | Bengaluru, India

Abstract: The field of dance is steadily going through many innovations in the recent past. This study aims to understand the holistic effects of creative dance on Indian teens. The usage of Health-Related Quality of Life (HRQoL) plays a pivotal role in this research work. Different aspects like physical, emotional, social and mental issues are studied with their specific relationship to the overall wellbeing of the Indian Teen Students. The students in school hardly move during their learning process. The need for integration of creative dance as a pedagogy in schools is deeply understood. This method is not only innovative but also has a deeper impact on the learner's cognitive, social and emotional health also. For the purpose of the study, a four-week educational intervention was modelled with the usage of creative dance movement. The sample for this study included 28 middle school students from various parts of India ranging between the age group of 11 to 13 years who were in 6th to 8th grade in their respective schools. Kidscreen – 52 questionnaires were administered for data collection. The results have shown some differences with the educational intervention (limited to 4 weeks) along with highlighting the other aspects like memory, rhythm, body control, improvisation and also kinesthetic awareness. Development of creative dance as experiential learning with right assessment parameters can be effective in carrying out the implementation of the curriculum. The analysis of data was done using the descriptive statistical tools alongside ANOVA.

Bio:

Career Highlights

- A versatile, dynamic, result oriented professional with 15+ years of extensive experience in imparting quality education at the Post Graduate level and in bringing out the result oriented next generation managers to the industry.
- Doctorate in Management from the University of Mysore First person to conduct and submit research on Qualitative Analysis in the field of Netnography (one of the niche areas in social media and Business Analytics)
- Authored and presented various papers at National and International Levels
- Co-Authored a text book for MBA 4th Semester for Bangalore University-Titled Strategic Brand Management which is a highly sought-after publication in the student arena
- Has been part of numerous Management and Faculty Development programs conducted to enrich the skill and technical capabilities of Academicians/Research Scholars.
- Authored research papers in Scopus, Web of Sciences and UGC Care Journals in the field of Management.

Passion Highlights

- 5000 plus stage shows in India and abroad
- Vidwat in Bharatanatyam
- Doordarshan graded dancer in Bharatanatyam discipline

Sociopreneur Highlights

- Associated with Sri Vivekananda Kala Kendra, a 49-year-old NGO in Bangalore

- 78 plus projects for the overall development of children and youth
- Recipient of numerous State, National and International Awards and recognition



8th Annual International Conference (Virtual)

Building Resilience and Promoting Healing through Dance and other Arts Therapies

Therapeutic Performances



**Title of Performance: Performing as an act of Resistance and Resilience:
Facilitating a Women's Theatre Project in Rural Tamil Nadu**

By MAITRI GOPALAKRISHNA, PhD, RDT | Bengaluru, India

Synopsis:

In 2021, five women Kattaikkuttu Performer traditional performance form from Tamil Nadu), decided to start their own performing company. This was their dream project. It was radical for several reasons. First, Kattaikkuttu performance has traditionally been a male bastion. Second, the expectation of these women was to be occupied in domestic tasks and in service to their husbands, children, in-laws etc. Third, there are many stigmas surrounding rural women being on stage that question their character and morality. Fourth, performance does not pay much. Fifth, the primary reason these women wanted to perform was because it was part of their identity and they desired it. They wanted their hopes, dreams, desires and reality to find its way into this performance. So, another radical idea was to depart from the standard Mahabharatha narrative of the Kattaikkuttu genre and insert themselves into their performance more fully.

I was invited to help facilitate the process. All the women had to negotiate their desire to be performers and the social stigma that comes with it with social rules, roles and expectations. Questions of desire, care, mental health, subversion are not abstract but rooted in everyday reality. This, too, is mental health work. This theatre project is one of the few things that is just theirs. The process eventually resulted in P.Rajagopal writing an original script from the material provided by the group (with inputs from Hanne de Bruin and myself). Thus, the performance piece TAVAM was born.

This presentation first introduces the project through glimpses of TAVAM. The focus, however, is the role that I played in this process as the Drama Therapist Facilitator. I explore questions such as-- What does it mean to facilitate such a process in this context? How did I understand and navigate the differences in our social locations? What was my scope of engagement? How to recognise and respect a different language? When to step in and when to step out? As these are all questions with no answers and many dilemmas, I invite the audience to grapple with these questions along with me.

Bio: Maitri Gopalakrishna is a Drama Therapist, counselling psychologist, theatre maker and practice-researcher. She has a PhD from the Tata Institute of Social Sciences (Mumbai) and an MA in Counselling Psychology with a concentration in Drama Therapy from the California Institute of Integral Studies (San Francisco). Maitri works in community building, preventative care, mental health support, psychotherapy, and training in a variety of institutional and community contexts. Over the last 15 years, she has also been part of national and international performance, research and training collaborations. In 2020 she was invited to be an Artist in Residence at New York University. She has experience working with issues of gender, sexual trauma, and childhood sexual abuse. Maitri's recent areas of practice-research include drama as an intervention for sexual trauma, therapeutic theatre, and drawing on theories and practices from the Natyashastra in therapeutic work.



Title of Performance: Life in Suitcase

By SANGEETA SHARMA, Dancer/ Choreographer | New Delhi, India

Synopsis:

This is a virtual dance series - "Life in Suitcase" (bound for moving) is a premiere and it is like the diary of dancers. It showcases their inner prison chaos, confusion and conflict.

Dancers have explored the nuance of their tender story of personal, cultural and political boundaries creating and destroying memories from one endless point going and coming back again. It explores the emotions towards migrants, Cyclone

Amphan, earthquakes, calamities, discrimination worldwide with a multitude of pressures, roles, system, authority, as they parallelly find friendships, love and living new stories from home.

Bio: Sangeeta Sharma Founder Director Anveshana and a renowned name in the world of Indian Contemporary Dance Theatre. Being trained by the biggest names and forms – with the blend of Indian classical dance Kathakali, Martial art Kalaripayattu, Yoga and contemporary dance, western outlook, limon and laban technique from N. Carolina - USA 1993 and having won several accolades herself , Sangeeta Sharma ,the chief disciple of late Shri Narendra Sharma (disciple of Uday Shanker) , continues on her journey to impart her knowledge and skills acquired for more than 3 decades in niche segment, which not truly classical and yet is very Indian.

She has been associated with many educational institutions, in Delhi, Dehradun, Himachal, Andretta, Almora and trained and nurtured the students, actors, dancers for their various events, demonstrations and stage performances. Contemporary movement and boundless energy are the assets of her authentic pedagogy. Her theatrical production focuses on social issues and the internal conflicts of human beings, expressed in a creative and innovative style. She aims to share her own spiritual search with her audience and explores that through a combination of dance and theatre. Under the ICCR umbrella she performed and conducted dance workshops - Poznan 2004, DIG chain tour Germany 2008, S. Korea 2012, Seychelles 2016 (performances and workshops) premiere of her new production "Tana Bana Talash Ek Charkhei ki" in Delhi.



Title of Performance: Jan-Jaati

By SUMEET SUDESH NAGDEV, Choreographer/Dance Educator | Mumbai, India

Synopsis:

"Maybe you are searching among the branches for what only appears in the roots."

- Rumi

Would you like to enter humanity? That's a choice you don't get unlike the choices we have created for everything else shaping up humanity. Processes, programs, parameters and propaganda assure the passage of time that you know everything eventually leads to point zero. So how far are you willing to go through the passage to find point zero again? Have we come too far already?

Choreographer's Note:

"I often think what if we create a dimension of inventiveness between the indigenous juxtaposing millennials? A dialogue between regularity and extemporaneity, orderliness and spontaneity... uniformity and equanimity may occur but can anyone answer when do we stop? In our dissension who pays the price?

In JJ, I was trying to find an answer to these questions.

No music or sound conveyed what I wanted to as powerfully as silence. While I like to think of the dogma outside, what about the one within? I realized I was also approaching the production from within the stranglehold of what I already knew and had done. After a month of practice, I trashed it all and began again. I wanted to create a work that gives people a chance to contemplate. I am not here to change people's spirits. It is the lack of space for shared opinion that is at the root of so much that stands to be worked on today and that's what should also act as our Ikigai"

Article in DNA India

"This marriage of art and social responsibility forces you to reflect proactively and do something." - Yogesh Pawar, Senior Editor - DNA India

Bio: Sumeet Nagdev Dance Arts – SNDA established in April 2007 by 20-year-olds Sasha and Sumeet Nagdev, is an academy and performing dance company. SNDA's vision has been to promote inclusive dance arts amongst the youth of India, keeping Indian culture and its rich artistic history as the foundation while also allowing new ideas to prosper in the light of the present.

The Company Division performs contemporary Indian dance productions at premiere dance festivals and theatre venues. SNDA has performed in Mumbai, Delhi, Pune, Jaipur, Seattle, Lisbon, New Jersey, New York and Bali. Sumeet along with his company has also done television, advertisements and Film Projects with various Indian Film Personalities in the role of not just a choreographer but also screenplay writer and director.

The Academy Division is focused on community and professional programs with organized and structured curriculums in various dance and creative movement subjects. The faculty at SNDA are associate

members of the Commonwealth Society of Teachers of Dancing (CSTD) and conduct certified courses for students.

Sumeet Nagdev's recent endeavor has been writing, choreographing and directing a feature film starring Darsheel Safary of Taare Zameen Par fame. SNDA's vision is allowing it to stretch its boundaries by using the medium of film to educate and create movement works. To know more check www.snda.in



Title of Performance: OneVoice

By SURJIT NONGMEIKAPAM, Choreographer and Performing Arts Practitioner | Imphal, India

Synopsis: OneVoice

A reflection on torture and the shared trauma of the torturer and the victim.

Bio:

Surjit Nongmeikapam (Bonbon) is an Imphal, Manipur-based choreographer and performing artist. He started his dance career when he was 24 years old. He was trained in traditional Indian forms before developing an interest in interdisciplinary arts and experimental works. He is one of the few dancers and choreographers in Manipur to engage with contemporary dance forms and seek to promote its development beyond the traditional Manipur culture. He is also an award-winning choreographer: his own piece NERVES, won PECDA in 2014 and FOLKTALE got an award for PECDA award 2016. His recent film Samnaba-Merge got best cinematography award at The Himalayan Film Festival, Leh 2021. He passed for B.A. Choreographed from Natya Institute of Kathak and Choreography.



8th Annual International Conference (Virtual)

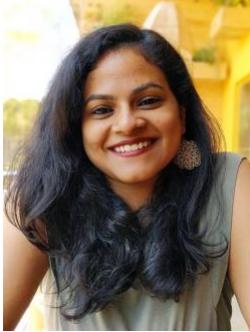
Building Resilience and Promoting Healing through Dance and other Arts Therapies

Panel Discussion

Topic: Addressing Resilience through Individual and Collective Approaches in the Arts Therapies

An international group of Arts Therapists will discuss the challenges, creative adaptations, and concerns of utilizing their disciplines to engage with, empower and enhance resiliency among their clients, students, and/or session participants. The panelists will debate on the pros and cons of individual vs group sessions in relation to arts therapies being offered virtually and in the offline mode. They will also exchange ideas on the role and impact of arts therapies in different socio-cultural contexts throughout the pandemic and post-pandemic era.

Moderator



AANCHAL ANAND, Dance/Movement Therapist | Singapore

Bio: Aanchal Anand is a Registered Dance/Movement Therapist (R-DMT) with the American Dance Therapy Association and has a Master of Science in Dance/Movement Therapy from Pratt Institute, New York. Originally from Chennai, Aanchal currently lives in Singapore and works at a long-term care home that supports adults with varying intellectual, physical and psychosocial abilities. She is also a part of the Education and Training Committee of the Indian Association of Dance Movement Therapy and is currently pursuing a Masters in Counselling from Monash University, Australia. Aanchal is passionate about using the body, movement, and the creative arts to psychotherapeutically support the mental

health and overall sense of well-being among individuals and communities.

Panelists



BHAKTIVEDA DHAUL TARAGI, Expressive Art Therapist | Karnataka, India

Bio: Bhaktiveda runs a foundation called PRAANAH founded in 2009. She has a Master's Degree in Mental Health Counseling with a specialization in "Expressive Therapies" from Lesley University, Cambridge, USA and a B.A from Trinity College, USA in this field. She is currently pursuing her Certificate of Advanced Graduate Studies in Switzerland towards her PHD in Expressive Art Therapy.

With groups and personal therapy sessions, she uses different modalities such as art, dance, music, clay, crafts, poetry, sand play, sound healing and spiritual practices for healing and self-awareness, inner - conflict resolution, positivity and progress of the self.

She customizes the use of the expressive arts based on the group, and has worked with various populations including special needs, community building, schools, cancer patients in palliative care and corporate sessions.

Bhaktiveda teaches Certification and Diploma training programs in Mumbai, Chennai and Pune. She is also the co-founder of the Expressive Art Therapy Association of India (EATAI).



EVAN HASTINGS, Drama Therapist | Goa, India

Bio: Evan has a passion for turning pain into medicine through theatre. His work illuminates the intersection of Drama Therapy and Theatre of the Oppressed, creating performative engagements that raise urgent issues in aesthetic dialogue. Evan was a 3-time faculty fellow at Project Zero within Harvard University's Graduate School of Education, where he taught in the Project Zero Classroom Summer Institute and the Future of Learning Institute. At Lesley University in Cambridge, MA, USA, Evan taught in the Masters in Teaching programme and the Bachelors in Expressive Therapies program. In India, Evan taught Drama Therapy in the Foundation in Expressive and Creative Arts

Therapies program at the Studio for Movement Art and Therapies, was faculty at Srishti, Institute of Art, Design, and Technology, and visiting faculty at Xavier's College Mumbai. He founded Shadow Liberation, a participatory shadow theatre initiative that has engaged diverse audiences in dialogue across 18 countries in Asia, Europe, the Middle East and North America.



NSAMU MOONGA, Music Therapist | Gauteng, South Africa

Bio: Nsamu is a music therapist and psychotherapist born and raised in Zambia. Nsamu earned a BA in Psychological Counselling from the University of South Africa and an MMus in Music Therapy from Pretoria University. A therapist grounded in holistic anti-oppressive practice, Nsamu works with people exploring health and lifestyle choices, medical complications, human sexualities and gender, spiritualities and religious experiences, psychosocial support, and learning enhancement. His expertise in music therapy spans health, medical, school settings, human development programmes design and facilitation, community infrastructure and social development, and multi-cultural living and working.

Nsamu is a classically trained singer and enjoys dancing with interests that include lifelong development and learning and facilitating critical theory-informed research. He enjoys long-distance running and writing mystical poetry. He is a foodie, enjoys mentoring youth, and loves being an uncle. Nsamu is registered with the Health Profession Council of South Africa and affiliated with the South African National Arts Therapies Association.



THANIA ACARÓN, Dance Movement Therapist / Lecturer at University of South Wales, Founder the Body Hotel | Wales, United Kingdom

Bio: Dance movement therapist, researcher, lecturer and performer from Puerto Rico currently based in Wales. Acarón obtained her PhD at the University of Aberdeen on the role of dance in violence prevention. She holds an MA in Dance Education from New York University and is certified in the UK and US as a clinical supervisor and private practitioner in DMT, recently founding her own company, The Body Hotel LTD. Acarón is a lecturer at the University of South Wales and offers international workshops on movement for wellbeing, therapeutic work with the LGBTQ+ community, embodied decision-making and violence prevention.

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