



**Creative Movement Therapy Association of India with  
SNDT Women's University Department of Special Education**

presents its

**9th Annual International Conference**

**at SNDTWU, Juhu Campus, Mumbai**

**November 19th and 20th, 2022**

**Holding Spaces Across Communities using  
Dance and other Arts Therapies**

**Online Pre-recorded Session Presenters**

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*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\**



**Session: Dance as a Psychosocial Intervention for improving Emotional Wellbeing of Family/Caregivers of Persons with Mental Illness**

**By DR. ARATI JAGANNATHAN, Mental Health Practitioner and Dancer | Bangalore, India**

**Bio:** Dr. Aarti Jagannathan has completed her Masters in Psychiatric Social Work from the Tata Institute of Social Sciences (TISS), Mumbai, and her M.Phil and Ph.D. in Psychiatric Social Work from NIMHANS, Bangalore. She is currently working as an Additional Professor of Psychiatric Social Work-Psychiatric Rehabilitation Services at the National Institute of Mental Health and Neurosciences (NIMHANS). Her areas of interest include rehabilitation of patients with psychiatric disorders (especially schizophrenia), human rights of the mentally ill, yoga for mental health, dance, art, and spirituality, and caregiver interventions. She has clinical experience of psychotherapy, rehabilitation, and counselling with psychiatric inpatients and outpatients at the National Institute of Mental Health and Neuro Sciences, Bangalore. She has more than 75 articles to her credit in national and international journals and in books. She helms multiple research projects in the areas of yoga, rehabilitation, etc., funded by ICMR, NIMHANS, Ministry of Social Justice and Empowerment, etc. She has presented papers and won awards at multiple national and international conferences. She is also a recipient of the 5th National Women's Excellence Award (2012): Nav Kiran (Young Woman Achiever) by the Government of India (GOI) and Women's International Network (WIN).



**Session: Dance Movement Therapy between East and West, A creative interweaving**

**By ELENA CERRUTO, Dance Movement Therapist & Supervisor | Italy**

**Bio:** Elena Cerruto is a Registered Dance Movement Therapist (DMT), Supervisor, and the Director of the DMT training program at the Italian Professional Association of Dance Movement Therapy (APID). She is also a Board member and Delegate of APID within the European Association of Dance Movement Therapy (EADMT). She is a Second Level Master at the Sorbonne Paris V Art-therapy faculty, with a Major in Dance (2013). She practices DMT both with children and adults, the blind and psychiatric patients in various hospitals.

Elena is also a Choreographer and Dancer; trained in modern and classic dance in Paris between 1974 and 1980. Within the field of DMT, she focuses on the different perspectives in the East and West, specially within the context of DMT in Italy. Her method merges the western scientific discoveries in the fields of neurosciences with the cosmological dimension of Chinese Medicine, and has often been featured in many publications. Elena is also a Shiatsu therapist, within ongoing training in Classical Chinese Medicine with Elisabeth Rochat de La Vallée and Claude Larre. She is also a Zen practitioner since 1989 under the guidance of Master Tetsujyo Deguchi (Tokyo) and a practitioner of Krya Yoga since 1992 under the guidance of Shankarananda Giri.



**Session: Cross patterns training and rhythm to improve developmental disorders**

**By ELEONORA PALMIERI, Movement Therapist | Italy**

**Bio:** Dr. Eleonora Palmieri is the Director of Psychological and Pedagogical Victor Center Macerata (Italy) involved in dyslexia, dyspraxia, autism using the Crispiani Method practices. She is a clinical psychologist, pedagogist and Itard Specialist. She is interested in special pedagogy and neurodevelopment disorders (language, motor, perception). She has been involved in international projects as a trainer ( Singapore, Mumbai, Hong Kong, Poland, Malaysia) and has often

attended as expert speaker at International Conferences.

She has developed and coordinated partnerships with many experts in different countries, including universities (Poland, England, Spain, Hong Kong, Singapore), training organizations, research centres, pedagogical advices for teachers and parents. She is the author with Prof. Piero Crispiani of Champion Pressing, Special Intensive Practices of Cognitive Motor Training by Istituto Itard, collana Les sauvages; She has also realized a Video Motor Training Itard, she is the author of many articles and Working Method of Champion LIRM (Intensive Reading and Motor Speed).



**Session: Winning Stress using 3P.L.A.Y. - Story and Illustration**

**By PHOEBE LONG MEI WAH, Professional Kinesiologist, Author, International Faculty Member of Breakthroughs International | Kuala Lumpur, Malaysia**

**Bio:** Phoebe Long Mei Wah is a Montessori-trained teacher and has served as headmistress and principal of two kindergartens. Her journey in coaching and supporting children who have special needs in typical kindergarten started since 2000. Over these 20 years of experience in teaching and coaching children, teenagers and young adults with behavioural or learning challenges has been the passion behind why she co-founded Breakthru Enrichment Station in 2010 and

Breakthru Academy in 2014. Being a Professional Kinesiologist, Author, Mentor and International Trainer, it is her desire to continue to advocate, enable and empower children, parents and teachers in creating a safe and conducive developmental inspired environment for everyone involved.



**Session: Creative Arts for Social Inclusion in Geriatric Psychiatry**

**By MRUNMMAYEE KULKARNI, Dance Movement Psychotherapist | Pune, India**

**Bio:** Mrunmayee Kulkarni is an MA in Dance Movement Psychotherapy from Goldsmiths, University of London. She is the Head of the Dance Movement Therapy Department, Sancheti Healthcare Academy, Pune, India and Founder and Director of Antarang, a mental health service in Pune, India. Mrunmayee has mainly worked with children with special needs and older adults with psychological difficulties. She has worked extensively on online platforms like Youtube with the aim of increasing awareness about mental health and psychological illness in Marathi (the vernacular language of Maharashtra, India) She has experience of working within the NHS, London and other organizations in the UK in Special Educational Needs (SEN), Geriatric Psychiatry and Forensic Psychiatry She is also an MA in French and a University Topper from the English and Foreign Languages University, Hyderabad, India. She has completed her Advanced Diploma in French (DALF C1), from Alliance Française de Paris. She is a trained Kathak dancer with a Visharad (Indian classical dance form) and has also completed her Grade 2 Certification from the Trinity School of Speech and Drama.



**Session: An Uninvited Guest: A Settler Perspective on DMT with Indigenous Communities in Canada**

**By SANDRA CHRISTINA BACH, Registered Psychotherapist, DMT Practitioner | Ontario, Canada**

**Bio:** In 2021, Sandra completed her Masters in Counselling Psychology at Yorkville University and the ADTA Alternate Route Dance/Movement Therapy training offered by the National Centre of Dance Therapy in Montreal. She is a Registered Psychotherapist (Independent Practice) with the College of Registered Psychotherapists of Ontario (CRPO). Sandra ascribes to the philosophy that movement allows for holistic healing by passing the complexities inherent in verbal and cognitive interpretations of emotion and experience. In addition to her therapeutic collaborations with individuals, Sandra has engaged with geriatric populations and groups in psychiatric and forensic settings, and those from chronically underserved, racialized and often pathologized communities. Sandra strives for a client-led, trauma-informed and anti-oppression practice that celebrates the strengths, skills, wisdom and lived experience of the therapeutic collaborators with whom she engages.