

Tales-At-A-Glance

Art and Artists: Can we stereotype art?



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From the Editorial Desk

...ARTS, AS A WAY OF LIFE BY RASHMI BALAKRISHNAN
SOMATIC AND EXPRESSIVE ART BASED PRACTITIONER, EDUCATOR & MENTOR
CHAIR, CMTAI SOUTH CHAPTER



"In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions: "When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop being comforted by the sweet territory of silence?"— Gabrielle Roth

I believed in the magic of the arts long before I read this quote. My first memory of when I experienced the power of movement and music, was when I was 7 or 8 years old. I did not really understand much about it then, but something shifted inside of me. In my being. I just knew it set me free.

Years later, today, I am a movement-based Expressive Arts Therapy Practitioner. Sometimes I wonder – how did I reach here? What brought me here? And then, I am reminded –creative expression has always been a part of me. It was and has always been my essence. So, to be in touch with my creative self and hold space from there – is a humbling experience.

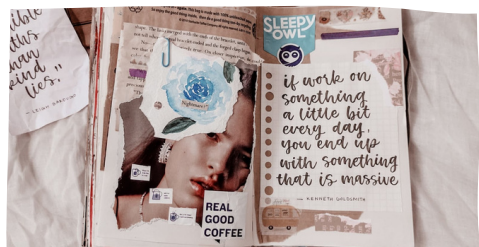
However, it was not as easy an experience when I look back today. As a child, always being taught to color within the lines, draw the perfect picture, sing songs with the right notes and perfect pitch, and dance gracefully – arts felt more like a path to perfection, and not of expression.



So, after almost two decades of engaging in structured arts – I stepped away from it for a while before I chose to reclaim it. Reclaim it not as a performer, but as a practitioner. This time, not from the need to memorize the rules, but from a space of meditation.



Before, during, and after the pandemic – I have experienced the power of engaging in arts, both as a modality for therapy work and as a practice, online and offline. When I step into a session to accompany my client on their journey of expression and healing, I am consciously stepping into the land of the unknown - land of symbols, metaphors, memories, dreams, and trauma. Every moment is a discovery for me too, and I've come to trust the process and power of arts.



As someone with an intention to hold a safe space for those who show up – I have noticed how we judge ourselves as we prepare to indulge in any form of art; thanks to our conditioning. And I wish to take that away from the generations to come. May the arts set us free. May we give ourselves permission to play? I wish to create spaces where others can experience the magic of the arts. The power of arts. May everyone experience how music can center and ground us, how colors, patterns, and symbols enable us to engage, explore and express, and how movement and drama allow us to access our inner landscape.

Today, as a practitioner – I wish we gift every human, child, and adult, the gift of expression through arts. May arts be a conscious and integral part of our lives because:

"Before a child speaks, it sings. Before they write, they paint. As soon as they stand, they dance. Art is the basis of human expression."- Phylicia Rashad

"As someone with an intention to hold safe space for those who show up – I have noticed how we judge ourselves as we prepare to indulge in any form of art; thanks to our conditioning. And I wish to take that away from the generations to come."

Readers' Digest- What's New?



CMTAI's 9th Annual International Conference 2022

-Aparna Ramkrishnan, R-DMP, CMTAI Core Team Member

I begin with a memory from when I was sitting alone in my living room staring at a tree outside my window. Different birds occupied this tree to gaze, feed, sing, and merely enjoy the company of each other. Looking at this mutual companionship between the birds and the tree forming a group while I sat alone made me wonder about their sense of togetherness. I reflected on this in terms of looking at the wider context of groups around me, "the circles outside the circle" (Wittig & Davis, 2012, p 168). Kutash & Wolf (1993) added that a group "is a microcosm of the outside world" (p 79). Looking at this inner circle of communication, connection, thoughts, beliefs, perspectives, participation, and engagement made me think about the larger picture, or in other words, the wider community.

Peck (1987) said a community is not just formed by a group of people or a collection of individuals but is created out of a need for individuals to communicate honestly with each other. Today, as the COVID-19 pandemic eases, allowing more freedom to step out of our confined homes, we try to regain that sense of communication and expression within larger spaces. However, I believe that when honest communication is not coupled with inclusivity, it leads to conflict. Hearing the news about the war, communal violence, and trauma due to the pandemic made us at CMTAI wonder how the Creative Arts Therapies can play a role in addressing this socio-political climate.

This led us to develop the theme for this year's 9th International Annual Conference 2022, entitled "*Holding Spaces Across Communities using Dance & Other Arts Therapies*." CMTAI has always been determined to create a platform for the growth, awareness, and exchange of knowledge within Dance and other Creative Arts Therapies in India.

The arts and creative processes have the capacity to inform and inspire communities to build, grow, and engage (Cleveland, 2011), opening up the communication pathways. Also, the nature of these therapies allows the possibility for active participation, self-expression, imagination, and mind-body connections to enable conversations. With this thought and experience of the Creative Arts Therapies, CMTAI put together this theme with the hope that it will help re-open the dialogue of collective and individual resilience and conflict resolution within communities.

At the conference, we will have experiential and theoretical sessions, panel discussions, research papers, and poster presentations to explore creative, expressive, and embodied practices within Creative Arts Therapies. There will also be scope to address how, through therapeutic work using dance and other creative modalities, we open doorways for individuals to find, reintegrate into or create their own communities. We also wish to see if the Creative Arts Therapies can be the bridge to enhance the already existing intersectionalities between communities by bringing in more awareness and resilience. These crossings and interchanges remind me of the trees, birds, and their circle.

"Also, the nature of these therapies allows the possibility for active participation, self-expression, imagination, and mind-body connections to enable conversations"



If this thought intrigues you to explore how through dance and other art therapies, we can hold spaces across communities, join us for the 9th Annual International Conference. This year we are offering sessions in-person at the SNDT Women's University Department of Special Education at the Juhu campus in Mumbai, on November 19th-20th 2022, along with the added option of a few pre-recorded sessions for participants who opt for online sessions. Apart from the main conference, we have a pre-conference intensive workshop on Friday, 18th November.

To learn more about all three days, please visit the CMTAI website at www.cmtai.org.

"We also wish to see if the Creative Arts Therapies can be the bridge to enhance the already existing intersectionalities between communities by bringing in more awareness and resilience. These crossings and interchanges remind me of the trees, birds, and their circle."

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Wittig, J. & Davis, J. (2012). 'Circles outside the circle: Expanding the group frame through dance/movement therapy and art therapy'. The Arts in Psychotherapy, 39(3), pp.168–172.

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Tête-à-Tête

with Murtuza Railwaywala

By Reema Taneja

(Therapeutic Movement Facilitator, CMTAI Core Team Member)

If you were to describe yourself in three words, what would they be?

Creative, caring, and ethical.

How would you describe the work you do?

My work is about analyzing, interpreting, bringing positive changes, developing and understanding, and having a therapeutic approach towards human behavior.

What are the multi-modal approaches you utilize in your therapeutic work?

The different modalities I utilize in my therapeutic work are movement, creative art, theater, adventure, and talk.

How do these approaches blend together in your work?

It is very subjective and completely depends on the individual client or group. My experience, competence, and understanding of various techniques in the field of adventure, theater, and psychotherapy help me to bring them all together in my work.

How do these approaches blend together in your work?

I connect with theater and adventure the most. Both are very effective for development and positive changes. They are very therapeutic. One of my programs is the Personality Development Program. In this program, we work with a multi-modal approach using adventure, theater/drama, art-based and movement therapy. It has seen enormous therapeutic effects on the participants. One of the objectives is self-exploration to enhance communication skills, personality, and self-esteem of participants. All the activities in this program have been specifically designed based on the objectives and they have shown development and positive changes in cognition, and reduction of stress in the participants.



What inspired you to incorporate these modalities?
My passion is my inspiration. Adventure, theater, and making positive changes in human behavior and cognition are my passions.

What guides you to decide the therapeutic work you use with your clients?

My training, learning process, updating and upgrading personal and professional skills, and the understanding to decipher the client's needs guide me to decide the therapeutic work and goals.

If you were to describe your therapeutic journey so far with a metaphor, what would it be?

Leading towards a mountain summit with different role-plays depicting the changes in life.

What would you like to convey to the community with two aesthetic responses?

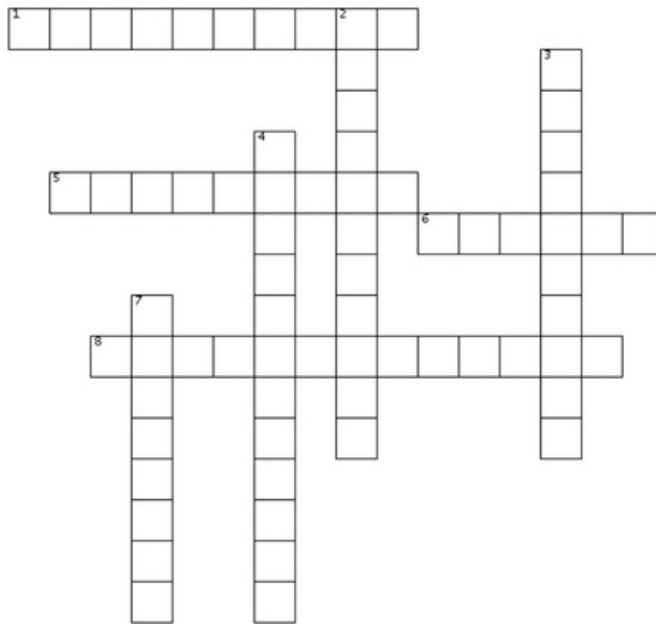
Live your life with a passion for positive changes in you. Explore your "Self" to enhance and enrich yourself. My aesthetic response to communicate to community is *self-exploration with inner ingredients*. Self-exploration is a long process and a journey towards the summit, achievement, and positive changes in life.



About Murtuza Railwaywala:

Murtuza is a Psychologist, Movement Therapy Practitioner, Psychotherapist, and Founder and Director of SPARSH, Surat. He is a trained and passionate mountaineer and theatre artist, and a personality development programmer amid adventure, theatre and psychology.

Fun-da-mental



DMT CROSSWORD

ACROSS

1. Type of therapy that uses coloring, collage sculpting, etc. to express
5. The goal of therapy is to ___ the mind, body and soul
6. Body's response to a feeling of anger, frustration or anxiety
8. A stress disorder that develops in some people who have experienced a shocking, scary, or a dangerous event

DOWN

2. Uses the therapeutic powers of play to help clients resolve psychosocial difficulties
3. The act of conveying thoughts or emotions
4. A form of psychotherapy that involves a therapist working with several people at the same time
7. A simple drawing made while a person's attention is otherwise occupied

Send your answers to newsletter.cmtai@gmail.com and win a lucky draw to feature in the newsletter as the winner of the Crossword and Wordsearch

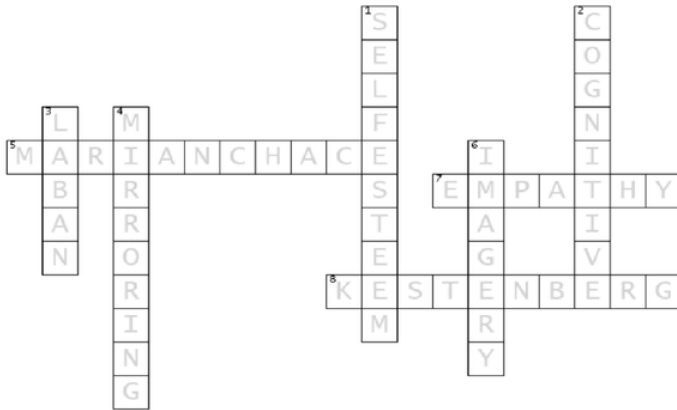
WORDSEARCH

Arts Drama Movement
Music Play Visual
Writing Yoga

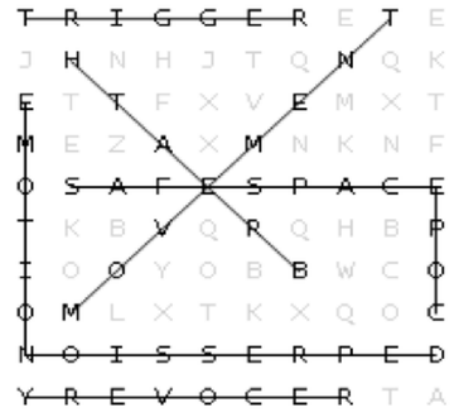
M	O	Y	K	F	P	D	Y	U	N
F	U	P	O	L	E	R	G	A	R
T	M	S	A	G	R	A	R	L	R
N	W	Y	I	A	A	M	E	R	Q
E	M	I	H	C	O	A	K	H	V
M	O	S	W	R	I	T	I	N	G
E	R	I	T	L	A	U	S	I	V
V	U	S	J	R	F	Q	L	V	A
O	B	G	A	X	A	J	U	P	O
M	O	V	F	X	M	D	W	P	P

Answers of Last Issue

DMT CROSSWORD



WORDSEARCH



WINNER

Of Last Issue:

Arti Sharma

*Psychologist and DMT Facilitator
MA (Clin. Psy), PGDGCPI*



Photobooth



Some Photos from a Weekend Retreat by CMTAI East Zone Chapter

Clickoscope

Click on the article titles below to read the articles or listen to the playlist.

Articles:

[Melhuish R, Beuzeboc C, Guzmán A, \(2015\). Developing relationships between care staff and people with dementia through Music Therapy and Dance Movement Therapy: A preliminary phenomenological study](#)

[Hubbs D. L. and Brand C. F. \(2005\). The Paper Mirror: Understanding Reflective Journaling](#)

[Mateos-Moreno, D., & Atencia-Dona, L., ~ Effect of a Combined Dance/Movement and Music Therapy on Young Adults Diagnosed with Severe Autism., The Arts in Psychotherapy \(2013\),
http://dx.doi.org/10.1016/j.aip.2013.09.004](#)

[Chiltona G., Vaudreuilb R., Freemanb E. K., McLaughlanb N., Hermanc J., Cozzad S. J., Creative Forces programming with military families: Art therapy, dance/movement therapy, and music therapy brief vignettes](#)

Spotify Playlist for music:

[Let's Breathe Together- CMTAI Newsletter](#)

What's on the calendar?

- | | |
|--|-------------------------------|
| • <i>Certificate Course in D/MT</i> | <i>Ongoing</i> |
| • <i>PanIndia Event by East Zone (Webinar/ Virtual Workshop)</i> | <i>11th September</i> |
| • <i>Zonal Member Connect Meets</i> | <i>October & December</i> |
| • <i>Conference 2022 (Registrations to start soon)</i> | <i>November 18-20th</i> |

Share your e-motion

*express/ draw /move
to your emotion*
#cmtainewsletter

How do you feel about the newsletter?

Express yourself through artwork/ movement/ words with #cmtainewsletter and tag our instagram page, @move_with_cmtai.

We will feature you on our instagram stories

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