

| <p align="center"><b>10th International Conference 2024 Session Schedule</b></p> <p align="center"><b>CMTAI with School of Psychological Sciences, Christ (Deemed to be University), Central Campus, Bengaluru presents</b></p> |  |  |  |  |  |
|---|--|--|--|--|--|
| <p align="center"><b>Beyond the Box: Innovations in Dance and Other Arts Therapies</b></p> <p align="center"><b>(DAY ONE - Saturday, September 21, 2024)</b></p>  |  |  |  |  |  |
|   | Session A (Foundational)   | Session B (Foundational)   | Session C (Intermediate)   | Session D (Intermediate)   | Session E (Advanced)   |
|   | Room 907   | Room 908   | Room 909   | Room 912   | Room 913   |
| 08:00 to 09:00 AM   | Check-In at Registration Desk (Foyer) Central Block, 9th Floor   |  |  |  |  |
| 09:00 to 10:00 AM   | Opening (Room 911)   |  |  |  |  |
| 10:00 to 10:15 AM   | Break  |  |  |  |  |
| 10:15 to 11:45 AM   | The Power of Drama in Experiential Education<br><b>Anuradha Rohra</b>  | Silent Fury: An Exploration of Suppressed Anger Through the Lens of Therapeutic Theatre<br><b>Rakshita Goel</b>  | Enhancing Movement Fluency: Introducing the Crispiani Method for Neuromotor Activation in Dance Movement Therapy<br><b>Mudrika Awasthi</b> | Wabi Sabi for Self!<br><b>Shirin M.A. Chimthanawala</b>  | Uncertainty in the Creative Process, a Quantum Art Therapy Approach<br><b>Gengetsu Lilly Del Litto</b>       |
| 11:45 to 12:00 PM   | Tea/Snacks Break   |  |  |  |  |
| 12:00 PM to 01:30 PM  | Implementing the Expressive Therapies Continuum in Clinical Practice<br><b>Akshita Desore</b>                    | Tech-Therapy Fusion: Exploring Emotions Through AI and Creative Arts<br><b>Disha Sampat, Murtuza Railwaywala</b> | From Freeze to Flight to Flow – A Polyvagal Perspective on Movement for Enhanced Outcomes in Movement Therapy<br><b>Dr Winnie Bajaria</b>  | The Forgotten Song of the Warrior<br><b>Prasad Naveen</b>  | Expressive Arts Therapy with Couples<br><b>Nishtha Agarwal</b>   |
| 01:30 to 02:30 PM   | Lunch  |  |  |  |  |
| 02:30 to 03:30 PM (Research Presentations)  | Moving from Procrastination to Flow using Expressive Arts: A Heuristic Arts-Based Inquiry<br><b>Khushi Bheda</b> | The Body in Nature: A Heuristic Inquiry into the Experience of Embodiment<br><b>Anukriti Chawla</b>              | Healing Arts: A Study of Selected Art Forms of India<br><b>Chirmi Acharya</b>  | Understanding the Effect of Bhava Interplay on Flow State and Emotional Regulation: A Sequential Explanatory Study<br><b>Aditi H P</b> | Crafting Catharsis: Project Bhava's Performative Approach to Community Mental Health<br><b>Amruta Huddar</b> |
| 03:30 to 04:30 PM   | Tea Break & Poster Presentations (912)   |  |  |  |  |
| 04:30 to 06:00 PM   | Understanding the Therapeutic Elements of Hip Hop Dance<br><b>Tanushree Mishra, Anubhuti Rathore</b>             | Queerness: Creative Reflective Practice for Practitioners<br><b>Shruti Garg</b>                                  | Innovative Alchemy: Transforming Expressive Arts with Technology and Imagination<br><b>Manan Kaur Oberoi</b>                               | A Part of Me: Where Internal Family System meets Dance/Movement Therapy<br><b>Sukriti Dua</b>  | Training & Supervising Creative Arts Therapists<br><b>Evan Hastings</b>                                      |
| 06:00 PM onwards  | Day One Closing - Dance of Universal Peace   |  |  |  |  |

| Beyond the Box: Innovations in Dance and Other Arts Therapies<br>(DAY TWO - Sunday, September 22, 2024) |  |   |   |  |   |
|---|--|---|---|--|---|
|   | Session A (Foundational)   | Session B (Foundational)  | Session C (Intermediate)  | Session D (Intermediate)   | Session E (Advanced)  |
|   | Room 907   | Room 908  | Room 909  | Room 912   | Room 913  |
| 08:30 to 09:00 AM   | <b>Day Two Welcome</b>   |   |   |  |   |
| 09:00 to 10:30 AM   | Indian Indigenous Gond Art in Art Therapy: A Nature Based Creative Process<br><b>Ritu Dua, Pragati Adhikari</b>  | Film: Lights, Camera, Ethics: Unpacking Therapeutic Values through a Cinematic Lens - Screening of "Koshish..ek kadam"<br><b>Mudrika Awasthi, Murtuza Railwaywala, Disha Sampat</b> | Moving with Sloth, Rest and Silence<br><b>Shravanthi Venkatesh</b>  | Empowering Voices: Playback Theatre for People with Disabilities in the Digital Space<br><b>Dr Radhika Jain</b>                                  | Somatic Resourcing: Returning to Self through a Movement-based Ritual<br><b>Tripura Kashyap</b>   |
| 10:30 to 10:45 AM   | <b>Tea Break</b>   |   |   |  |   |
| 10:45 to 11:45 AM   | <b>Panel Discussion (911):</b> Navigating the Digiverse: Opportunities and Challenges in Creative Arts Therapies<br><b>Panelists: Nishtha Budhiraja, Nina Jane Patel, Neha Bhat; Moderator: Reetu Jain</b> |   |   |  |   |
| 11:45 AM to 12:00 PM  | <b>Break</b>   |   |   |  |   |
| 12:00 to 01:15 PM   | N/A  | N/A   | Charting the Landscape: The Scope and Challenges of Mental Health Startups in India<br>Co-moderated by <b>Nishtha Budhiraja &amp; Preethi Rajagopalan</b> | Protecting Children in the Digital Era: Shaping the Future of Therapy and Technology<br>Co-moderated by <b>Nina Jane Patel &amp; Sukriti Dua</b> | Bridging Art Therapy and Sex Therapy: Exploring Stigma, Trauma, and Healing<br>Co-moderated by <b>Neha Bhat &amp; Rashmi Balakrishnan</b> |
| 01:15 to 02:15 PM   | <b>Lunch</b>   |   |   |  |   |
| 02:15 to 03:45 PM   | Come Cartoon Yourself<br><b>Kopal Pandey</b>   | Within Visible: An Immersive Exploration of Pareidolia as a Therapeutic Tool in Expressive Arts Therapy<br><b>Vinayak Birla, Anisha Renee Rego</b>                                  | Understanding and Embodying the Satisfaction Cycle- A Body Mind Centering Process<br><b>Atmica R Reddy</b>  | A Space for healing, a Space for Relationship: DMT in Daily Life and Stroke Rehabilitation<br><b>Anna Luisa Spagna</b>                           | Embodying the Cellular Ecosystem: Insights into Emotional Expression<br><b>Aparna Ramkrishnan</b>   |
| 04:00 to 05:00 PM   | <b>Closing &amp; Photos</b>  |   |   |  |   |
| 05:00 to 05:30 PM   | <b>Tea/Snacks (Foyer)</b>  |   |   |  |   |