



*Moving Bodies. Moving Minds.*

**Devika Mehta**

**Co-Founder**

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### **Professional Summary**

Dance Movement Psychotherapist and Psychologist (Specialisation in Clinical Psychology) with skills in leading client centered therapy sessions using movement and clinical diagnostic assessments. Expertise in working with varied populations in neuro - physical and psychological rehabilitation. Organized Supervisor at managing multiple roles while maintaining a strong work ethic and designing creative treatment programs. Research based and evidence based program development expertise. Core Faculty and Training Program development with St.Xavier's College (Autonomous), Mumbai. Organizing and Designing workshops for NGOs, Corporates, Hospitals and Community Set-ups. I have keen interest in embodied indigenous movement practices and how they can find support in neuroscience. Decolonizing the practice of DMT and actively advocating that mental health is relational, political and cultural is integral to my experience of mental health systems.

### **Expertise and Skills**

- Registered Dance Movement Psychotherapist
- Clinical Mental Health diagnoses
- Pharmacological Knowledge
- Neuro-diversity and neurological impairment
- Crisis intervention techniques.
- Indicators of Abuse and treatment programs
- Intake interviewing
- Disabled and Neurodiverse treatment programs
- Developing and Designing Expressive arts based treatment programs
- Group Psychotherapy
- Adept at case management and multidisciplinary team management
- Trauma Informed and Queer Affirmative Intersectional Practice

- Developing training and educative programs for DMP and Expressive Arts Therapies
- Professional Therapist and Supervisor
- Research development
- Community based treatment programs

My work is based on neurological, psychodynamic and developmental frameworks. My practice is person-centred, intersectional, indigenous, trauma-informed and queer affirmative.

**Current Work Profile:**

**Program Head and Faculty : P.G. Diploma in Expressive Arts Therapy**  
*St.Xavier's College, Mumbai ( 2019- present)*

***Dance Movement Psychotherapist***

*SRCC Rehabilitation Centre, Mumbai - (2018- Present)*

*Group therapy and Individual Therapy programs for children who are Differently abled and supervising internships.*

**Clinical Psychologist and Dance Movement Psychotherapist**

*Janakalyan Sevashram, Mumbai - (2013- present)*

*My work here involves providing counselling and DMP services for children and women who come from a difficult background by using creative arts therapies.*

**Founding Member and Elected Treasurer**

*Indian Association of Dance Movement Therapy,India- (2020- Present)*

*[www.iadmt.org](http://www.iadmt.org)*

**Regional Director- Asia and Education Committee,**

*International Association of Creative Arts in Education and Therapy*

*(2020- Present)*

*www.iacaet.org*

**Core Faculty :Dance Movement Therapy Diploma Course. (Pune)**

*Creative Movement Therapy Association of India , Artsphere Pune, St. Meera College : Affiliated with Savitribai Phule University. (2017- 19)*

*Arts Therapists Colab , Artsphere Pune, St. Meera College : Affiliated with Savitribai Phule University. ( 2020-22)*

*Tiss and Kolkatta Sanved: 2018*

**Visiting Faculty on Training Programs**

*Masters in Lifespan Counselling : St.Xavier's College, Mumbai: 2021-Present*

*Diploma in Counselling: Xavier's Institute of Counselling Psychology: 2020, 2022.*

*Applied Theatre and Social Arts Facilitator Certificate Course :Rangbhumi and ImaginAction: 2022*

*DMT: National Academy: 2022*

**Private Practice ( 2013- present)**

Individual and group sessions for children, adolescents, adults and elderly.

**Mentor (2020- present)**

Youth for Expressive Arts, Light Up and Unbottle Emotions Foundation

**Past Experience:**

**Dance Movement Psychotherapist and Clinical Psychologist**

*Goenka and Associates Educational Trust Counselling Centre, Mumbai  
(2014- 2019)*

My work here involved being a DMP for about 120 students with special needs attending different projects in an individual as well as group format. My work involved building evidence based practice to further our work in the field of dance movement psychotherapy and work in the capacity of school counsellor and clinical assessor working in a multidisciplinary team. It involved creating and executing workshops for parents, staff and higher level administration.

**Volunteer and Consultant Dance Movement Psychotherapist**

*Parkinson's Disease and Movement Disorder Society, India 2013-2018.*

*For about 6 years, my work has been community based support work which involves using dance movement therapy interventions for the Wellbeing of PD patients and their caregivers. It has also involved helping to form the creative movement module for training group across the country*

**Dance Movement Psychotherapist**

*Jeeva Centre, Therapeutic services for the elderly, Mumbai (2019- 2021)*

**Honorary Dance Movement Psychotherapist**

*Anandi School for Children with special needs, Mumbai.*

**Past Honorary Member on the Advisory Board**

*Creative Movement Therapy Association of India*

### **Conference and Global Webinar Presentations:**

- Mehta Kadam,D, (2022): *Reconnecting with Mother Earth*, Healing with Nature, Embodiment and Ecopsychology Summit, Embody Lab.
- Mehta Kadam,D, (2021):*Dance Movement Therapy Neuro-Rehabilitation*, 4th Asian Oceanian Congress for Neurorehabilitation.
- Mehta Kadam,D (2021): IACAET Global care for caregivers in and through arts, India. (Webinar)
- Mehta Kadam,D and Ram-Vlasov, N, Honig,O, Chakrabarti, O.(2021): *Strengthening Resilience via Distance Guided Art in Response to Global Pandemic: An art therapy cross cultural research study between India and Israel*, 28th Bombay Psychological Association Conference.
- Mehta Kadam,D (2021):*Addressing Cultural Loss through Indian Arts*, American Psychological Association: Covid Interpersonal Violence Roundtable.
- Mehta Kadam,D (2021): *The intersection between the Arts in Education, Health, Community and Therapy in International Contexts: Tradition, Innovation and Breakthroughs*, IACAET Global Connection Webinar Series.
- Mehta Kadam,D (2020):*Ways of Seeing Panel*, Mental Health Access Summit , Mental Health Foundation India with All India Institute of Medical Sciences,India.
- Mehta Kadam,D (2020):*Synergy: An Embodied Experience of the Core Response Network (CRN)*, CMTAI 7th Annual International Conference ,India.

- Mehta Kadam,D (2020): '*Kalpa*'- *Folk Rituals: Tapping into community based indigenous rituals as a pathway to developing the self*, The Embodiment Conference.
- Wager, J; Mehta Kadam, D (2020): *Unwinding Session: Moving Bodies*, The Mental Health Fest, World Federation of Mental Health in collaboration with the World Health Organisation and United for Global Mental Health. (Festival)
- Mehta Kadam,D (2020):*Cultural Consciousness: Using Indian Folk Forms within the Dance Movement Therapy Context with groups of Adolescents and Young Adults*,Dance Therapy Advocates Summit ,USA.
- Banerjee, A; Mehta Kadam, D; Goyal, K (2020): *Play Pause (Performance)*, Drama Therapists at Home, Theatre and Health Lab, NYU Drama Therapy Program.
- Mehta,D (2019) *The Ethics and Training Panel* ,CMTAI Knowledge Exchange Retreat, Kolkata, India.
- Mehta,D (2018): *Dance Movement Psychotherapy with Parkinsons and other Neurological Disorders*, European Association of Dance Movement Therapy, Athens, Greece. (Poster)
- Mehta,D; Kunte, T (2018): *Dance Movement Therapy and Parkinson's Disease* , Music Therapy Symposium , Mumbai, India.
- Mehta,D (2018): *Dance/Movement Therapy and the older client:Healing Pathways to Resilience and Community*, The International Panel at the ADTA 52nd Annual Dance Therapy Conference by ADTA, Texas ,USA.

- Mehta, D(2017): *Parkinson's Disease and Dance Movement Psychotherapy*, CMTAI Knowledge Exchange retreat by CMTAI , Udaipur, India
- Mehta,D ( 2016): *Cultural Consciousness: Elements of Gujarati Folk Forms in Dance Movement Psychotherapy*, CMTAI 3rd Annual International Conference , Pune , India .
- Mehta, D; Khatri , T (2015): *Spontaneity in Dance Movement Psychotherapy and children with additional needs*, CMTAI 2nd Annual International Conference , Bangalore, India.
- Mehta, D ( 2015) ; *Moments of Connection: Holding and Containment* , CMTAI Knowledge Exchange Retreat, Goa, India.
- Mehta,D, Barretto, M. (2015) : *Parkinson's Disease and Dance therapy* ,Indian Federation Of Neurorehabilitation Conference, Mumbai, India.

Video element : <http://youtu.be/6a2uU534UzE>

- Mehta,D (2013): *Personal Journey of Working with Parkinson's and Dance Movement Psychotherapy (Video entry)*,World Parkinson's Congress

Video link : <http://youtu.be/Re2Z8Alx2cU>

### **Articles and Publications:**

- Mehta Kadam,D. (2020) : *Anxiety through the lens of Expressive Arts*, Enlightenfy. :<https://enlightenfy.com/finding-your-voice/>
- Zhou, T., Kim, N., Machida, S., Sakiyama, Y., Tsai, P.-S., Lee, T., Hung Ho, R., Bijlani, R., Mehta, D., & Bui, M. (2019). *Dance movement therapy in Asia: an*

*overview of the profession and its practice. Creative Arts in Education and Therapy (CAET), Pages 40 - 50.*

<https://caet.inspirees.com/caetojsjournals/index.php/caet/article/view/172>

- Mehta Kadam,D (2017) : *Re-defining Movement in Movement disorders- Development of community based therapeutic dance program for Parkinson's Disease in an indian cultural context* , ADTA 52nd Annual Conference Manual and Proceedings, San Antonio, Texas.
- Mehta Kadam, D. ( 2017): *Cultural Consciousness: Elements of Gujarati Folk Forms in Dance Movement Psychotherapy*, Indian Magazine of Dance Therapy, 2nd edition.

<https://cmtaisiteblog.wordpress.com/2016/12/23/cultural-consciousness-elements-of-gujarati-folk-forms-in-dance-movement-psychotherapy/>

- Mehta Kadam,D. (2016) : *A case study of the movements of a child diagnosed with Cerebral Palsy within the context of Dance Movement Psychotherapy at a school for special needs*, Indian Magazine of Dance Therapy, 1st Edition.

<https://cmtaisite.wordpress.com/category/a-case-study-of-the-movements-of-a-child-diagnosed-with-cerebral-palsy-within-the-context-of-dance-movement-psychotherapy-at-a-school-for-special-needs/>

- Mehta Kadam,D. (2013): *A dialogue between creativity and spontaneity using DMP as an intervention for child with CP*, Dissertation , Queen Margaret University, Scotland.
- Mehta Kadam,D. (2011): *The effect of movement intervention on hyperactivity and inattention symptoms of a child with MR diagnosed with ADHD* , Dissertation ,University of Mumbai ,India.



- Mehta Kadam,D. (2011): *Dance therapy*. Movement, News Journal of Parkinson's Disease and Movement Disorder Society, Issue 13, Pages 22- 23.
- Mehta Kadam,D. (2009): *Dance/ Movement Therapy and PD*. Movement, News Journal of Parkinson's Disease and Movement Disorder Society, Issue 10, Pages 4.

**Dance/Movement Therapy and the Older Adult Client: Healing Pathways to Resilience and Community, 52nd ADTA Conference International Panel Articles Authored by Members of the Panel.**

- Capello, P.P. ( 2018): *Dance/Movement Therapy and the Older Adult Client: Healing Pathways to Resilience and Community*. American Journal of Dance Therapy 40, 164–178 .

(Panel discussion based article authored by Patricia Capello)

<https://link.springer.com/article/10.1007/s10465-018-9270-z>

- McConnell,J (2018) : *Dance Movement Therapy and the Older Adult Client- ADTA Conference presentation International Panel- 2017*, DTAA Journal, Moving On, Vol.15, No1's and 2.

(Panel discussion based article authored by Jan McConnell)

- Coaten, R. (2017): *Movement as Pathway to Neuro Resilience and Social Connection : Dance Movement Therapy at the forefront*, e-motion\_Winter\_17\_Vol-XXVII-No-1-3, Pg 18 - 20

(Panel discussion based article authored by Richard Coaten)

[https://admp.org.uk/wp-content/uploads/e-motion\\_Winter\\_17\\_Vol-XXVII-No-1-3.pdf](https://admp.org.uk/wp-content/uploads/e-motion_Winter_17_Vol-XXVII-No-1-3.pdf)

**Programs :**

*Training Programs created for teachers, special educators, speech therapists, occupational therapists, physiotherapists, preschool and day care workers, counsellors, psychologists, psychiatrists, students, artists, higher level school administration.*

*Wellness Programs arranged in the format of support groups for those diagnosed with medical and psychiatric illnesses like cancer, parkinsons, stroke, dementia, bipolar disorder, cerebral palsy, down's syndrome, epilepsy, lgbtqia+ community, multiple sclerosis, depression and anxiety, parents programs and corporate programs.*

**For detailed information please visit:**

**Workshops and Training Programs Page on [www.synchronyindia.com](http://www.synchronyindia.com)**

**Education:**

University of Witwaterstrand, South Africa                      2022 - Present

Currently Pursuing PhD

Title: Revealing Cultural Imprints through Decolonized Expressive Arts Therapy  
- An action research study in the pre-adolescence phase.

Indian Academy of Supervisors in Affiliation with              2021

Australian Counselling Association

Professional Supervisors

Queen Margaret University    2011- 2013

Msc.Dance Movement Psychotherapy

Dissertation:A dialogue between spontaneity and constraint: An artistic Inquiry into the effect of DMT with a child with cerebral palsy.

University of Mumbai

2009-2011

M.A. Clinical Psychology ( First Class)

Dissertation: The effect of Movement Interventions on hyperactivity of children diagnosed with ADHD.

St.Xavier's College, University of Mumbai

2004-2009

B.A. Psychology with Honours ( First Class)

### **Dance Qualifications**

- Masters in Folk Dance (2009) with first class ( distinction in theory).(2 year course)
- Visharad in Folk Dance (2006) with First Class ( distinction in Theory and Practicals).(7 year course)

Both the above degrees obtained from Surjhankar Dance Academy, Mumbai.

- Visharad in Bharat Natyam- Nalanda University- Kovida Examination(2006)
- Akhil Bhartiya Gandharva university (2005) (7 years course)

### **Affiliations:**

- Registered Professional Licensed Member- RM 1181  
(Association Dance Movement Psychotherapy, UK)
- Professional Member  
(Association of Dance Movement Therapy, India- PM003)
- Professional Member - R-CASE  
(Association of Creative Arts Education and Therapy)
- Professional Member - PM0064  
(Indian Academy of Professional Supervisors)