



Moving Bodies. Moving Minds
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BIO : 150 words
TARANA KHATRI

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 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. She has presented at International conferences in India. 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.