



Moving Bodies. Moving Minds.

www.synchronyindia.com

Email: mandirak.synchrony@gmail.com

WORK EXPERIENCE

Synchrony India

Synchrony India offers expressive and creative arts therapy, psychotherapy & counseling pan India and internationally

Expressive Arts therapy practitioner

February, 2020 – Present

- Provide individual therapy sessions for adolescents and adults with a focus on building self-expression and self-awareness
- Facilitate a variety of group workshops and expressive art therapy interventions that promote play and self-expression
- Conduct corporate workshops for clients looking to explore key focus areas for their unique employee needs, using expressive arts therapy materials to explore group behavior & dynamics
- Work together with other professionals within the team, building and fostering professional relationships

St. Xavier's College – Mumbai, India

Post Graduate Diploma program in Expressive Arts therapy

Expressive Arts therapy student, Internship

May, 2020 – Sept, 2020

- Key Responsibilities included providing therapeutic support to clients for various therapeutic goals including managing anxiety, stress and methods to encourage communication and self-expression
- Facilitated group sessions for individuals with diverse needs with the therapeutic goal of building emotional and social skills
- Attended supervision to gain knowledge of important components in order to demonstrate proficiency through individual and group sessions

EDUCATION

St. Xavier's College, Mumbai, India

Post Graduate Diploma, Expressive Arts Therapy, *Distinction*

2019-2020

H.R. College of Commerce, University of Mumbai, India

Bachelor of Commerce, *Distinction*

2007 – 2010

INTERESTS

An animal rescue volunteer – working in conjunction with NGO's to raise funds for medical emergencies and shelter

up-keep. Founded "Pooch in need"- an initiative to sell pre-loved accessories to raise funds for animals and encourage sustainability