



Moving Bodies. Moving Minds.

Tarana Khatri

Co - Founder

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www.synchronyindia.com

Career Objective:

To provide a creative therapeutic service embedded in research based practice catering to mental and social well being of an individual.

Expertise and Skills:

- Registered Dance Movement Psychotherapist
- Developmental Approach to Therapy
- Expressive Arts based Group Programs for children with Neuro-developmental challenges
- Intake interviewing
- Differently Abled treatment programs
- Developing and Designing Movement Psychotherapy based treatment programs
Group Psychotherapy
- Adept at case management and multidisciplinary team management
- Trauma Informed and Queer Affirmative Intersectional Practice
- Professional Counsellor and Supervisor
- Community based treatment programs

Professional Affiliation:

Licensed Professional Member (Practicing) of Association of Dance Movement Psychotherapy(ADMP), United Kingdom (Membership Number :1240)

Licensed Counselling Psychologist by the Dubai Health Authority , Dubai (Membership Number: 48833460-001)

Registered Professional Member of Indian Association of Dance Movement Therapy (IADMT) (Membership Number : PM0006)

Committee Member:

- Education and Training Committee (IADMT)
- Ethics Committee (ADMP)

Current Work Profile:

School Counselor : Safa British School, Dubai

My work here focuses on providing emotional and behavioural support to students across the school. Work as a part of the LINK team to support inclusive strategies.

Dance Movement Psychotherapist : Somerset Clinic, Dubai

My work here focuses one to one and group sessions for individuals and adults with emotional and behavioural challenges. It also includes being a part of a team conducting workshops with varied populations.

Dance Movement Psychotherapist : Cambridge Medical Centre, Dubai

My work here focuses one to one and group sessions for individuals and adults with emotional and behavioural challenges. It also includes being a part of a team conducting workshops with varied populations.

Co- Founder : Synchrony , India

Professional Services with regard to mental health support and building awareness of Creative Arts Therapies.

Faculty : PG Diploma Expressive Arts Therapy , Xavier's University , Mumbai. I am a visiting faculty on the program. The role covers training in Dance Movement Psychotherapy primarily developmental theories and movement observation.

Past experience:

Visiting Faculty on Dance Movement Therapy Courses

Creative Movement Therapy Association of India (Bangalore and Pune)

(2017- 2022)

My work here included training individuals on the course in the context of movement analysis (developmental perspective), Neuro developmental challenges and Psychopathology in children and working with children.

Founder and Dance Movement Psychotherapist

Horizon Therapy Centre, Chennai

(2016 - 2019)

My work here involved offering one to one and group sessions to children and adults. It also included creating and offering workshops and short term training programs. As director, I headed a five member multidisciplinary team that collaboratively worked towards integrating creative modalities in therapeutic work.

Dance Movement Psychotherapist

Alpha to Omega Learning Centre, Chennai

(2014 to 2019)

My role here involved taking one to one session for children with neuro developmental challenges. I also taught creative movement to the junior school which culminated into an annual performance at the end of the year.

Dance Movement Psychotherapist

Gokulam Rehabilitation Centre, Chennai

(2014 to 2016)

My work here focussed on one to one session for children with different neuro developmental challenges. I primarily worked on emotional and behaviour challenges.

Dance Movement Psychotherapist

Mercury Neurotherapy Centre, Chennai

(2014 to 2016)

My work here involved offering one to one sessions for individuals (both children and adults).

Volunteer Dance Movement Psychotherapist

Madhuram Narayanan Centre, Chennai

(2014 to 2016)

My role here included offering group sessions as a part of an early intervention programs for students attending the school. I also offered dyadic groups and parent self care group that used creative art and movement to create connection and explore emotional expressions and communication.

Dance Movement Psychotherapist

Five Pediatric Therapy Services, Chennai

(2014 to 2016)

My role here was to offer one to one sessions for children with developmental challenges

Education:

Masters of Science(Counselling Psychology) 2015- 2017 University of Madras,
Chennai, India

Masters of Science(Dance Movement Psychotherapy) 2012-2014 Queen Margaret
University, Edinburgh, Scotland

Bachelor of Science (Psychology) 2008-2011 Womens Christian College, Chennai,

Conference Presentations:

Khatri, T (2021): Creative Caregiver Initiative. CMTAI 8th Annual International Conference, Virtual.

Khatri, T (2017): Kestenberg Tension Flow Rhythms : A lens of movement analysis, CMTAI 4th Annual International Conference , Bangalore,India.

Khatri, T (2016): Through the looking glass : Autism and Dance movement Psychotherapy , CMTAI Knowledge Exchange Retreat, Kochi ,India

Khatri, T (2015) : Building Empathy Through Nonverbal Communication, Maduram Narayanan Centre Annual International Conference , Chennai,India.

Mehta Kadam, D; Khatri , T (2015): Spontaneity in Dance Movement Psychotherapy and children with additional needs, CMTAI 2nd Annual International Conference , Bangalore,India.

Publications:

Khatri, T (2022): Importance of Play in Neurodiverse children, Autism Connect blog.

Khatri ,T. (2017) : Building Bridges: A Dance Movement Psychotherapy parent-child group, for children with multiple difficulties,Indian Magazine of Dance Therapy, 2nd edition.

Khatri , T. (2016) : The Use of Movement in Space in Dance Movement Psychotherapy Indian Magazine of Dance Therapy, 1st Edition.

Khatri, T. (2014): Exploring use of Space in Dance Movement Psychotherapy Sessions with a child with Behavioural, Emotional and Social Difficulties, Dissertation, Queen Margaret University, Scotland.

Workshops:

Training Programs for Mental Health Professionals, Caregivers, Parents , Teachers , Special educators and students.

Wellness Programs for corporates , adults , children , Parents , caregivers and Teachers.

For detailed information on workshops Available at www.synchronyindia.com

Dance Qualification

Modern Jazz - Grade 8 CSTD

(Commonwealth Society for Teachers of Dancing , Australia)

Classical Ballet- Grade 3 CSTD

(Commonwealth Society for Teachers of Dancing , Australia)

Contemporary - Foundation level CSTD

(Commonwealth Society for Teachers of Dancing , Australia)

Hip Hop - Gold Level UKA

(United Kingdom Alliance , UK)