



Moving Bodies. Moving Minds
www.synchronyindia.com

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Youth and Mental health :

Mentor: Expressive Arts Wing, *Youth for Mental Health*

Expressive Arts Therapy: Students and young adults, Internship Program, *Youth for Mental Health*

Expressive Arts Therapy: School Internship, *Youth for Mental Health*

Community Based Expressive Arts Therapy: Internship workshop, *Lightup and Unbottle Emotions*

Witness Role in Expressive Arts Therapy: Fund Raising workshop, *Lightup and Unbottle Emotions*

Witness Role in Expressive Arts Therapy: Fund Raising workshop, *Teen Belle Mag*

Expressive Arts Therapy, Trauma Informed Community Arts : Internships Program, *Soulful Mind*

Expressive Arts Session: *Bleeding Blues*

Arts in Mental Health: *The Safe Place*

Expressive Arts for Mental Health: *Youth for Expressive Arts and World Youth Council*



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Schools and Colleges:

Exploring Creative Arts Therapies as a Potential career option: Undergraduate students, *St. Xavier's College*, Mumbai.

Exploring Expressive Arts Therapy as a Potential career option: Undergraduate students by *Jai Hind College*, Mumbai.

Dance Movement Psychotherapy and work with children with multiple difficulties: Honours students, *St. Xavier's College*

Introduction to Creative Arts Therapy workshop: Psychology students, *University of Madras Psychology Department*.

Introduction to Dance Movement Psychotherapy: Honour students, *St Xaviers College*

Anxiety and Dance Movement Psychotherapy (Two Days): Psychology students, *St Xaviers College*.

Entrepreneurship: Students, *SNDT University and Brainiac Solutions*

Trauma in context of Dance Movement Psychotherapy (Two Days): Psychology Students, at *St,Xaviers college*

Summer program :Children with Autism, *Sunshine School*



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Exploring Creative Arts Therapies as a Potential career option: Grade 12 Psychology students ,
Cathedral School.

Exploring Creative Arts Therapies as a Potential career option: Grade 12 Psychology students ,
Lilavatibai Podar High School.

Movement Therapy Group Session: Grade 5 children , *Teach For India*

Exploring Creative Arts Therapies as a Potential career option and creative arts in therapeutic
work : Grade 10 and 11 Humanities students , *Lilavatibai Podar High School.*

Awareness Programs:

Movement Therapy Demo and Presentation: World Parkinson's Day, *PDMDS*, Mumbai

Movement Therapy workshop for Professionals: *Owlhouse*, Goa

Movement Therapy Workshop: Professional Students of *National Academy*, Mumbai.

Movement Therapy Workshop: Professional at *Foster Physio and Sports*

Movement Therapy Introduction to Students of *Nirmala Niketan.*

Introduction to Creative Arts Therapy: Mental health Professional, *Horizon Therapy Centre.*



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Awareness program of Expressive Arts Therapies: *RUN FOR AUTISM* event.

Awareness program: Parents of Differently Abled and professionals , collaboration with *Doctor Drama and Visha A* therapy centre.

Expressive Arts Therapy Workshop: *Rotract Club, Delhi*

Training Programs:

Anniversary Webinar Series: Professionals , *Synchrony*.

Developmental movement curriculum training: supervisor, teachers and caretakers for their children from 18months to 5 years, *IIT Mumbai*

Creativity in Therapy: Professionals , *University of Madras*.

Embodiment as a learning tool, meeting the developmental needs of students using creative media (Two days): Trainees, *The Teachers Foundation*.

Dance Movement Psychotherapist for women and children (survivors of domestic and sexual violence): *SNEHA*

Non-verbal communication when interacting with the children : Teachers, *Madhuram Narayanana Centre*.



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Use of movement therapy for self awareness, self development and development of creative learning tools (Four Day Program): Teacher Trainee, *The Teacher Foundation*

Dance Movement Psychotherapy for children as a part of summer Camp (*Horizon Therapy Centre , Blink and The Funmill*)

Exploring Movement for the Self: Students of Diploma Program, *Shiamak Davar*

Using Movement as a Tool: Parents and children and staff , *SRCC* .

Sexuality through the lens of creative arts therapies (Two day Program): Students, *St,Xaviers college*.

Embodiment as a learning tool: Pre-Primary Teachers , *Lodha World School*.

Using Creative arts therapies as a learning tool: Fellow Coaches, *TEACH FOR INDIA*

Wellness Programs:

Dance Movement Psychotherapy Session : Employees, *Big FM Radio Station*

Women's Day workshop : Employees, *Reliance*

Creative Movement Workshop: Employees, *MNC at BKC (Mumbai)*

Stress Management Workshop: Employees, *Packt*



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World Mental Health Awareness Workshop using Creative arts therapies :Group Members,
Janakalyan Sevashram.

Movement Therapy Group :Children with special needs and their caretakers , *Mitr Cafe*

Introduction to Dance Movement Psychotherapy and Importance of Play in Development :
Parents of children and adults with special needs , *Prerana , Dubai.*

Movement Therapy Program: Children undergoing Cancer treatment on World Cancer Day,
Oncohappy.

Stroke support group: OutPatient Members, *H.N Reliance Foundation Hospital (Mumbai).*

Movement Therapy Experiential stall and Group session : *Rathna Centre for Conscious Living*

Healing with Arts: Adults , *Lions Group*

Movement Therapy Program : Children and young adults with CP on world Cerebral Palsy day,
SRCC.

Expressive arts in Pandemic for Self Care: general, *Humans of Xaviers*

Memory Cafe: *H.N. Reliance Hospital*

Movement Therapy :Elderly, *Brainiac Solutions*

Movement Therapy workshop :Children and Young Adults, *Owl House*



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Inclusive Summer Camp using creative arts therapies (10 days) : children and young adults,
VISHA therapy centre

Movement Therapy : Attendees and Caregivers, *Velvi Autism Festival*

Making Connections: Children with Special Needs, *Anandi School*

Combining elements of Movement therapy with NLP: Professionals , *SHINOTA*

Movement Therapy: Adults with Epilepsy and their Caregivers, *Samman Association.*

Developmental Movement Therapy: Summer Camps, *Montessori, Mumbai.*



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Collaborations:

Use of stories as therapeutic tools : Professionals , *The Color of Grey cells (Anshuma Kshetrapal)* and *Canti Drama therapy (Mike Clarke)*

Authentic Movement and Voice Workshop with Bettina Wenzel: Dancers and Professionals, *Creative Movement Therapy Association of India*

Professional development workshop in Drama and Movement Therapy: Professionals and adults, *The Color of Grey cells (Anshuma Kshetrapal)* and *Canti Drama therapy (Mike Clarke)*

Experiential workshop in Drama and Movement Therapy: Adults, *The Color of Grey cells (Anshuma Kshetrapal)* and *Canti Drama therapy (Mike Clarke)*

Movement Therapy session in “Introduction to Creative Arts Therapy” workshop series: College students, *Horizon Therapy Centre*