

**Department of Clinical Psychology, NIMHANS**  
in collaboration with  
**The Art Therapy Co-lab**  
present a symposium on

## ***Unmasking self through drama therapy: Self-care in mental health practice***

12th and 13th December 2019      Department of Clinical Psychology, NIMHANS

### ***What is it about?***

In mental health practice, self-care is considered an ethical responsibility. It is a much-needed but seldom accessed skill, which when intentionally developed influences the health and longevity of a mental health practitioner's professional and personal life.

This symposium aims to use Drama therapy as a tool and technique to enable the essential skill of reflection of one's own emotional and psychological states for mental health practitioners. Drama Therapy is the intentional use of drama games, activities and processes towards psychotherapeutic goals. For mental health practitioners, this could be the fun, indirect and playful way of approaching their own psyches and access the secondary trauma embedded in their work. Once Drama therapy brings awareness and perspective, it enables the participant to explore and rehearse the potential of changing their self-care practices.

### ***Who can attend?***

Clinical psychologists, Counselling Psychologists, Psychiatrists, Psychiatric social workers, Psychiatric nurses, School counsellors, Occupational therapists, Special educators, Creative/ expressive arts therapists. A prerequisite of Masters level (or equivalent) formal training in a mental health discipline and two years of practice experience is required.

***60 participants on a first-come first-served basis will be registered***

**Coordinators: Dr. Nithya Poornima, Dr. Jyotsna Agrawal and Dr. Gitanjali Narayanan**  
(Faculty, Department of Clinical Psychology, NIMHANS)

If you wish to receive the registration form and payment details, please send an email with a brief description of the mental health practice experience (duration and nature) that you have, to [collective.nimhans@gmail.com](mailto:collective.nimhans@gmail.com) with a copy to [dramatherapyindia@gmail.com](mailto:dramatherapyindia@gmail.com)

Registration fee: **Rs. 3500**; Lunch and refreshments will be provided on both days of the symposium.

Outstation applicants: Kindly make your arrangements for travel and accommodation only after confirmation of your registration.

Registration will close on **23rd of November 2019** or when 60 participants register, whichever is earlier

### Resource Persons

**Anshuma Kshetrapal\*** (New Delhi, India)  
Co-Founder, The Arts Therapy Co-Lab

**Anupriya Meenakshi Banerjee\*** (Mumbai, India)  
Founder/Creative Director, Doctor Drama

**Armand Volkas** (Berkeley, USA)  
Clinical director, Living Arts Counseling Center; Associate Professor, California Institute of Integral Studies

**Mahnoor Yar Khan** (Hyderabad, India)  
Drama Therapist, researcher and trainer in community based mental health in areas of active conflict

**Mike Clarke** (Kent, U.K.)  
Founder, Canti Dramatherapy; Co-Founder, The Same Page

**Dr. Maitri Gopalakrishna\*** (Bangalore, India)  
Drama Therapist/Trainer, Parivarthan Counselling Training and Research Centre

**Dr. Nisha Sajnani** (New York City, USA)  
Director Drama Therapy Programme, New York University

**Pallavi Chander** (Bangalore, India)  
Founder- Turiya - an initiative for therapeutic services.

**Dr. Parasuram Ramamoorthi** (Mysore, India)  
Founder Velvi trust (Drama for Autism)

**Prameela Balasundaram** (Gurgaon, India)  
Founder- Samadhan

**Vikramjeet Sinha** (New Delhi, India)  
Founder, BOAT Building on Art Therapy for conflict transformation work

**\* Joint coordinators of the symposium**

## Tentative Program Schedule

Day 1 (Thursday, 12th December 2019)	
<b>8.30 am to 9.30 am</b>	Registration
<b>9.30 am to 10.30 am</b>	Keynote address
<b>10.30 am to 11.00 am</b>	Tea break
<b>Refreshments</b>	
<b>11 am to 1pm</b>	Parallel experiential workshop series A
<b>Lunch</b>	
<b>2 pm to 4 pm</b>	Parallel experiential workshop series B
<b>Refreshments</b>	
<b>4.15 pm to 5.30 pm</b>	Playback theatre performance
Day 2 (Friday, 13th December 2019)	
<b>9 to 9.30 am</b>	Energizing
<b>9.30 to 11.15 am</b>	Parallel experiential workshop series C
<b>Refreshments</b>	
<b>11.30 am to 1 pm</b>	Panel discussion
<b>Lunch and Close of symposium</b>	