

# TANISHA KOHLI

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Date of birth: 13/07/1999

Passionate dance movement psychotherapist, skilled in utilizing the transformative power of movement and dance to promote emotional, cognitive, and physical well-being. Dedicated to creating safe and inclusive spaces for individuals to explore their inner selves through the language of body and motion. Currently seeking opportunities to contribute my skills and passion in a setting where the healing power of dance movement psychotherapy can positively impact lives.

## EXPERIENCE

**SEPTEMBER 2023 – SEPTEMBER 2024**

**TRAINEE DANCE MOVEMENT PSYCHOTHERAPIST**, SOUTH WEST LONDON & ST. GEORGE'S MENTAL HEALTH NHS TRUST

Worked in the Forensics Specialty service. Facilitated individual and group sessions with adults aged, 20-65 years in Learning disabilities Males ward and Medium secure unit respectively. Facilitated The voice (MIND) and MBT-I (introduction) groups weekly. Promoted DMP as an intervention through presenting in forensic inductions, CPD meetings. Worked and liaised with the Psychology and Psychotherapy team, MDT. Monthly systemic supervision enabled me to think about the clients contextually (apart from other supervisions).

**JANUARY 2023 – JUNE 2023**

**TEACHING ASSISTANT**, COSMOS PERFORMING ARTS

Assist in Dance, Music, Drama classes for children, neurotypical and neurodiverse (3-14 years). These classes were conducted weekly.

**DECEMBER 2022- MAY 2023**

**(TRAINEE) DANCE MOVEMENT PSYCHOTHERAPIST**, CHRIST CHURCH C OF E PRIMARY SCHOOL

I Worked with students with complex needs, needing additional support, aged 7-12. I ran weekly 1:1 and group sessions. Developed therapeutic experience and relationships with students and staff by providing leaflets and presentations, writing report. Worked on promoting DMP as a therapeutic intervention. Worked with SENCO team.

**SEPTEMBER 2022 -DECEMBER 2022**

**DANCE MOVEMENT THERAPY FACILITATOR (INTERN), VOLUNTEER**, SK CHILDREN FOUNDATION

Facilitated Dance movement therapy sessions as a trainee Dance movement therapy facilitator (7) for neurotypical adolescents (10-15 years) from underprivileged sections. The sessions were based on themes like Boundaries (Interpersonal, intrapersonal), developing social skills, emotional expression using different arts modalities and props. Took 1:1 non-therapeutic sessions with an adolescent dealing with sexual trauma, remotely which lasted for 4 months.

#### **JULY 2022 – SEPTEMBER 2022**

##### **DANCE MOVEMENT THERAPY FACILITATOR INTERN, PALLAVANJALI SCHOOL**

Facilitated dance movement therapy sessions for neurotypical and neurodiverse students from Year 1 to Year 8, in different groups. The sessions used to take place twice a week. The organizational setting was an inclusive school, developed relationships with the students, teaching staff to build a professional identity as a Dance movement therapy facilitator (Trainee).

#### **MAY 2022- SEPTEMBER 2022**

##### **VOLUNTEER, CHILD RIGHTS AND YOU**

Curated movement-based activities, creative arts experiences and taught academics to kids from different ages from underprivileged sections. Got an opportunity to volunteer from the organization to volunteer at Google India to spread awareness about Life and struggles of children from underprivileged sections of the society and how can we contribute to their growth and provide them educational and social opportunities.

#### **MAY 2022-SEPTEMBER 2022**

##### **DANCE MOVEMENT THERAPY FACILITATOR-INTERN, TARA HOMES**

Facilitated dance movement therapy sessions for children who lived away from their families and were diagnosed with ADHD. During the process, we focused and worked towards attention span, emotional expression, reducing hyperactivity, mind-body coordination. Through this experience, I got more understanding of how children's homes work. Apart from taking sessions as a trainee dance movement therapy facilitator, I also received training from the organization on Child Protection policy and safeguarding of children.

#### **NOVEMBER 2020 – MARCH 2021**

##### **MEDITATION RESEARCH AND CONTENT DEVELOPER**

##### **INTERN, SKYQUEST TECHNOLOGY CONSULTING PVT. LTD.**

AHMEDABAD, GUJARAT (ONLINE)

Worked on the content of an upcoming mental health-based application. Mindfulness stories, content based on self-regulation, journalling and other useful practices. This involved researching other mental-health based applications, exploring and using creative means to build a community and incorporate mindfulness in our lifestyle. Also worked on content for social media for the application.

#### **AUGUST 2021-NOVEMBER 2021**

##### **OUTREACH INTERN AND VOLUNTEER, YOUTH FOR MENTAL HEALTH (ONLINE)**

Organizing member of Global campaign by World Federation for Mental Health.

#### **NOVEMBER 2021- JUNE 2022**

##### **TRAINEE AND VOLUNTEER, SUMUNUM CONNECT CHENNAI (ONLINE)**

Received training on tele-mental health, this involved theory and application before working as a volunteer and dealing with clients. Incorporated all the training into practice by being an active listener, following the guidelines of the organization, using verbal interventions and be the container of the space and keeping the conversations confidential. The callers ranged from 18-65 years of age.

## EDUCATION

### SEPTEMBER 2022-SEPTEMBER 2024

POSTGRADUATION, GOLDSMITHS UNIVERSITY OF LONDON  
MASTERS IN DANCE MOVEMENT PSYCHOTHERAPY  
(AWAITING TRANSCRIPTS)  
STUDENT REPRESENTATIVE FOR 2 YEARS.

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### SEPTEMBER 2020

BACHELORS, JESUS AND MARY COLLEGE  
BACHELOR OF ARTS, SPANISH-ADVERTISING AND MARKETING MANAGEMENT

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### MARCH 2017

HIGH SCHOOL, BHATNAGAR INTERNATIONAL SCHOOL, NEW DELHI  
HUMANITIES

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### MARCH 2015

MIDDLE SCHOOL, BHATNAGAR INTERNATIONAL SCHOOL, NEW  
DELHI

## ACTIVITIES

### WORKSHOPS AS A DANCE MOVEMENT THERAPY FACILITATOR:

- EXPLORE YOUR MULTIVERSE, FOR YOUNG ADULTS
- WORKSHOP IN COLLABORATION WITH **MENTIFY**, FOR YOUNG ADULTS

DANCE MOVEMENT THERAPY SESSION WITH **WISHES AND BLESSINGS**, FOR SENIOR CITIZENS

DANCE MOVEMENT THERAPY SESSIONS WITH **2<sup>ND</sup> INNINGS OLD AGE HOME**

## CERTIFICATES

- DANCE MOVEMENT THERAPY- CMTAI (SEPTEMBER 2021-SEPTEMBER 2022)
- ORGANIZING TEAM: WFMH GLOBAL CAMPAIGN 2021
- MENTAL HEALTH BOOT CAMP- YOUTH FOR MENTAL HEALTH (JUNE 2021-JULY 2021)
- INTRODUCTION TO ART THERAPY- FORTIS MENTAL HEALTHCARE (JUNE 2021)
- PSYCHODRAMA AND STORYTELLING THERAPY- EAST WEST CENTER FOR COUNSELING- (JANUARY 2021- FEBRUARY 2021)

## SKILLS

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|---------------------------|----------------------------|
| • INDIVIDUAL SESSIONS     | • PSYCHODYNAMIC PRACTICE   |
| • INTERSECTIONAL APPROACH | • ACTIVE LISTENING         |
| • TRAUMA INFORMED CARE    | • NON-VERBAL COMMUNICATION |
| • GROUP FACILITATION      | • CREATIVITY               |
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