



Third Biennial Global Virtual Summit on Dance Movement Therapy for Change

Role and Relevance of Dance Movement Therapy (DMT) and Other Creative Arts Therapies (CAT) in Promoting Health and Wellbeing: The COVID19 Pandemic Challenge

An International-Level Consultation

Organized by Kolkata Sanved & Centre For Lifelong Learning (CLL), School of Social Work (SSW) , Tata Institute of Social Sciences (TISS), Mumbai

Dates: December 11, 12 & 13, 2020

NB: To be held in a virtual mode via Zoom Platform (Webinars)

Timings for the Zoom Webinars: 10:00 a.m. – 1:00 p.m. and 4:00 p.m. – 8:00 p.m.

Introduction:

Dance Movement Therapy (DMT) has been practiced for over 50 years in various parts of the world. Kolkata Sanved has been practicing DMT for last 16 years across South Asia, as an alternate healing method with different populations. These include survivors of sexual violence, abuse, exploitation, people living with mental illness and other marginalized people. The knowledge and experiences of practicing DMT among diverse populations have been further strengthened by the collaboration with an academic university -Tata Institute of Social Sciences, Mumbai through the Centre for Lifelong Learning, School of Social Work.

Kolkata Sanved and CLL, School of Social Work, TISS launched the first Biennial DMT for Change Summit in April 2016 in New Delhi. This summit aimed to discuss the status of DMT in India and its future direction. Also, the contribution of DMT in psycho-social rehabilitation and alternative healing was examined. Subsequently, the discussions centered around the following concerns:

- a) A need to reflect on ourselves as Dance Movement Therapists and expressive arts therapy practitioners
- b) to discover how more people can access DMT and how more people can own the practice
- c) to discuss the ability to map and quantify the creative and healing process of individuals.

Subsequently, the second Biennial DMT for Change Summit was held in December 2018 in Mumbai at TISS. This Summit sort to bring together leaders in the field of DMT and CAT along with multiple stakeholders to integrate and demonstrate the transformative power of art based intervention as tools for healing, development and empowerment. In addition, this Summit made a review of the existing practice of DMT and CAT in the country to work



towards developing an ecosystem which would have a community focus, go beyond clinical practice and be culture specific.

Purpose of the 2020 Summit:

The deliberations from the Summit held in 2018 re-affirmed that DMT and CAT have an instrumental role in generating change and wellbeing in various ways. Being non-directive and non-threatening in nature, they foster a spirit of inclusion, social justice, freedom of expression, creativity and self-disclosure—all essential elements of a healing and empowering process. Besides, they are eclectic in approach, drawing from different bodies of knowledge (medical and non-medical) and cultures, making interventions holistic and cost effective. However, some of the biggest challenges in practice is a lack of awareness in general about the therapeutic and transformational value of such art forms. Thus, evidence based knowledge generation is essential to build acceptance and credibility of these interventions for promoting wellbeing. Further, to enhance visibility, academic programmes in collaboration with universities is necessary along with exposure to such art forms (through experiential workshops) especially to individuals in decision-making positions. This will also contribute to obtaining the necessary funds and resources for such interventions. In addition, this would aid in training individuals to become DMT & CAT practitioners, thus expanding the human resource base of practitioners.

The scope and challenges for DMT & CAT interventions in specific sectors such as health, social development, education and at the policy level were discussed in great detail and recommendations were made accordingly.

Taking from these recommendations and in the context of the current global COVID 19 crisis, it was felt that it is pertinent to focus on the relevance of DMT and CAT in the context of health and wellbeing as the main theme of the Summit 2020.

The need for such deliberations is further strengthened through evidence from history which shows that in times of crisis different art forms have inspired joy, given meaning, and provided purpose to life. While art and creativity may not meet the biological survival needs of our species, creating and experiencing art forms is essential to support our complex emotional and intellectual needs. In addition, the 2030 Sustainable Development Goals outlined by the United Nations on 2015 recognize good health & wellbeing (SDG Goal 3) as a fundamental component of overall wellness and an essential metric of social Development.

In addition, the present global COVID-19 pandemic, presents an especially large risk to the mental health and emotional wellbeing of humanity by compounding pre-existing stressors with new and unprecedented modalities of living. Also, it has been found that there is an increase in domestic violence and abuse during such crisis. Isolation, loneliness, fear and uncertainty get in the way of accessing opportunities for wellbeing. It is at this time art based



interventions have an especially high potential to help people navigate the dynamics of this pandemic in a meaningful, powerful, and healing capacity. Moreover, art forms such as dance, music, visual arts, and even some theatre, do not require verbal communication, thus transcending many linguistic and cultural barriers that might otherwise inhibit a broadly reaching expressive, collaborative, or empathetic experience.

In relation to the above, Kolkata Sanved and CLL (SSW, TISS) proposes to organize a virtual Summit to address the challenges of health and wellbeing in the context of the COVID 19 crisis through the mediums of DMT and CAT. This Summit will bring together information, resources and creative opportunities, in the realm of DMT and CAT to enhance health and wellbeing and connectivity during this time of uncertainty and beyond. **This is particularly pertinent in such social conditions which call for making interventions in non-conventional modes such as virtual portals for learning and field interventions. This Summit will include 10 experiential series and 6 interactive panels.**

Specific Objectives are:

- To expand knowledge about the scope of DMT and CAT as a tool for psycho-social rehabilitation and effective coping during a global crisis such as the current COVID 19 pandemic
- To discuss and share successes and challenges of having used DMT and CAT in the global COVID 19 situation across various population group
- To explore the opportunities and strategies of implementing DMT and CAT interventions in the context of global COVID 19
- To strengthen capacity for effectively responding to the health and wellbeing challenges in crisis situations like the global COVID 19 pandemic using DMT and CAT interventions

Participants:

The participants would include, Experts and Practitioners in DMT and other Creative Arts Therapy; Mental health professionals and Medical professionals; Educators; Civil Society Organizations; Funding Bodies; Govt. representatives; Students.



SUMMIT PROGRAMME SCHEDULE

Day 1: Friday, December 11, 2020

Introduction and Inauguration: 04:00 p.m.- 05:30 p.m.			
Time	Theme	Resource persons	Venue
03:50 p.m. – 04:00 p.m.	Entering the zoom webinar	-	Zoom
04:00 p.m. – 04:07 p.m.	Welcome Dance/Movement experience by Kolkata Sanved	- Mehraj Khatoon, Jhuma Das, Sandhya Karmaker, Suktara Khatoon, Jharna Naskar and Sreeja Debnath This interactive welcome dance engage audience to express, feel and celebrate the power of DMT & CAT	
04:07 p.m. – 04:17 p.m.	Welcome Address	- Professor Shubhada Maitra Dean, School of Social Work and Project Director, Tarasha and Muskaan, TISS, Mumbai	
04:17 p.m. – 04:30 p.m.	Inaugural Address	- Professor Shalini Bharat Director, TISS, Mumbai	Zoom
04:30 p.m. – 04:45 p.m.	Setting up the context	- Dr. Sohini Chakraborty Founder Director, Kolkata Sanved - Dr. Sabiha Vasi, Assistant Professor and Convenor, DMT, Centre for Lifelong Learning, School of Social Work, TISS, Mumbai	
04:45 p.m. – 05:05 p.m.	Keynote Address by Chief Guest	- Raj Mariwala, Director Mariwala Health Initiative	Zoom



Stretch out room: 5.05-5.10p.m.

05:10 p.m. - 07:30 p.m.	<p align="center"><u>Inaugural Panel</u> Panel Discussion on Global views about DMT and CAT in the context of the COVID 19 Pandemic</p>	<ul style="list-style-type: none"> - Tripura Kashyap, India, Dance Movement Therapist, Co-founder Creative Movement Therapy Association of India - Martina Piff, Dance Therapist & Creative Art Therapist, Former President of German Dance Therapy Association, Germany - Alice Laing, Music Therapist, BMus, ARCM, MA Music Therapy, U.K. - Vikramjeet Sinha, Applied Arts Practitioner & Theatre Pedagogue, India <p align="right">Moderator: Dr. Sohini Chakraborty, Founder Director, Kolkata Sanved</p>	Zoom
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Day 2: Saturday, December 12, 2020

10:00 a.m.-11:15 a.m.	<p align="center">The experiential and Knowledge series 1 Dance/movement therapy as Human Rights Practice</p>	<ul style="list-style-type: none"> - David Alan Harris, BC-DMT, Dance Movement Therapist USA 	Zoom
<p>11:30 a.m. – 12:30 p.m.</p> <p>12.30-1.30p.m.</p>	<p align="center">The experiential and Knowledge series 2 Dance Movement Therapy</p> <p align="center">The experiential and Knowledge series 3</p>	<ul style="list-style-type: none"> - Finding the Glimmers: A DMT approach to Vicarious Resilience during the Pandemic : Ashley Fagnoli, BC-DMT, LCPC, Fulbright Scholar - Enhancing Hope : Ms. Vidyashree Rai, Senior 	Zoom

	Visual Art Therapy	Organisational Development Professional and Expressive Art Therapist, India	
04:00 p.m. – 05:10 p.m.	Need, Scope and delivery methods of DMT and CAT in health settings (Mental Health, Physical Health, Disability)	<ul style="list-style-type: none"> - Dr. Aarti Jagannathan, Associate Professor, Psychiatric Social Work, NIMHANS, - Dr. Samrat Sengupta, Forensic Psychiatrist and Associate Clinical Director Broadmoor Hospital & Barrister U.K. - Zankhana Joshi, Mental Health Professional & DMT Practitioner - Dr. Nivedita Chalill, Founder ARTH: Counselling & Arts Based Therapy <p>Moderator: Prof. Shubhada Maitra, Dean, School of Social Work, TISS, Mumbai</p>	Zoom
05:10 p.m.- 05:55 p.m.	The experiential and Knowledge series 4 Just listen to your body; Your body knows the answer	<ul style="list-style-type: none"> - Martina Piff, Dance Therapist, Germany - Dr. Aditi Bandyopadhyay, MBBS,MD, Founder SAMYA Foundation 	Zoom
Break: stretch out room: 5 minutes			

<p>06:00 p.m. – 08:00 p.m.</p>	<p>Need, Scope and delivery methods of DMT and CAT in the social development sector Panel-6.00-7.00</p>	<ul style="list-style-type: none"> - Prof S. Siva Raju, Chairperson Centre for Excellence in CSR, TISS, Mumbai - Dr. Roshni Nair-Shaikh, Assistant Professor, Centre for Criminology and Justice, School of Social Work, TISS, Mumbai, - Dr. Yamini Suvarna, UNICEF - Sudipta Dhruva, UNICEF - Bhavisha Dedhia, Senior Dance Movement Therapy Practitioner - Shubham Srivastav, Dance Movement Therapy Practitioner - Shuktara Lal, Drama Therapist and Theatre Director <p>Moderator: Professor Asha Banu Soleti, Centre for Health and Mental Health, School of Social Work, TISS, Mumbai</p>	<p>Zoom</p>
<p>07:00 p.m. – 08:00 p.m.</p>	<p>The experiential and Knowledge series 5 Model Sampoonata as a tool for psycho-social rehabilitation</p> <p>Engaging Community through Visual Art Practice</p>	<ul style="list-style-type: none"> - Dr. Sohini Chakraborty, Jhulan Mondal - Liz Kemp, Visual Artist, U.K. 	<p>Zoom</p>



Day 3: Sunday, December 13, 2020

Time	Theme	Resource persons	Venue
10:00 a.m. - 11:00 a.m	The experiential and Knowledge series 6: Moving out loud: Empowerment Focus Somatic Awareness	- Marin Leggat Roper, MFA, CLMA, RSME, Assistant Professor of Dance, Brigham Young University	Zoom
11:00 a.m. - 11:40 a.m.	The experiential and Knowledge series 7: Paper theatre in the Digital Space as intervention technique	- Anurupa Roy, puppeteer, puppet designer and director of the puppet theater.	Zoom
11:40 a.m. – 12:20 p.m.	The experiential and Knowledge series 8: Visual Arts , Story Telling	- Vikramjeet Sinha, Applied Arts Practitioner & Theatre Pedagogue	
12:20 p.m. - 01:00 p.m.	The experiential and Knowledge series 9 Music Therapy experiential	- Alice Laing, Music Therapist, BMus, ARCM, MA Music Therapy, U.K.	

04:00 p.m. - 05:20 p.m.	Need, Scope and delivery methods of DMT and CAT in education in the context of COVID 19	<ul style="list-style-type: none"> - Uma Ranade, Pratham - Dana Roy, Theatre Practitioner, Drama Teacher Mahadevi Birla World Academy, Kolkata - Dr. rer. medic. Marianne Eberhard-Kaechele, Dance Therapist Germany - Saesha Pillai, DMT Practitioner <p>Moderator: Dr. Urmimala Sarkar, Professor JNU, Arts and Aesthetics</p>	
05:20 p.m. – 06:00 p.m.	Experiential & Knowledge series 10 DMT in educational setting during COVID 19	<ul style="list-style-type: none"> - Tanvi Bajaj, Laban Movement Analyst & somatic practitioner - Krupa Doshi , Senior Dance Movement Therapy Practitioner 	Zoom
Stretch out Room: 5 minutes			
06:05 p.m. – 07:00 p.m.	Need, Scope and delivery methods of DMT and CAT in policy	<ul style="list-style-type: none"> - Dr. Hrishikesh Yashod, Commissioner Women and Child Development , Maharastra - Nilanjana Dasgupta (IAS), Director Child Rights & Trafficking, Govt. of West Bengal. - Professor Surinder Jaswal, Deputy Director, TISS, Mumbai - Priya Varadarajan, Cluster Lead Gender Justice and Disabilities, Azim Premji Philanthropic Initiative 	Zoom

		Moderator: Sachin Sachdeva, Director India, Paul Hamlyn Foundation	
07:00 p.m. – 07:45 p.m.	Special Address : The critical role of Global Networking in promoting the therapeutic use of DMT and CAT –	Experience of working with American Center, British Council And Goethe-Institut Max Mueller Bhavan <ul style="list-style-type: none"> - Bjorn Ketels Director, Goethe Institut, Max Mueller Bhavan, Mumbai - Jonathan Kennedy, Director Arts, India, British Council - Monica Shie, Director American Center and Public Affairs Officer at the U.S. Consulate, Kolkata Moderator: Dr. Sabiha Vasi, Assistant Professor and Convenor, DMT, CLL, SSW, TISS, Mumbai	Zoom
07:45 p.m. – 08:00 p.m.	End Keynote Address Power of Art and Dance to Heal	- Lubna Marium, Dancer, Researcher, Cultural Activist, General Secretary/Artistic Director of Shadhona, Dhaka, Bangladesh , Vice President, World Dance Alliance (Bangladesh), Asia Pacific	Zoom
08:00 p.m. – 08:07 p.m.	Summary and Concluding Remarks	Prof. (Dr.) Lata Narayan, Retired Professor (1984-2017) from the Center for Lifelong Learning, Tata Institute of Social Sciences (TISS), Mumbai	Zoom



08:07 p.m. – 08: 12 p.m.	Concluding Movement Circle: By Kolkata Sanved	- Durga Madhar, Sabita Debnath, Tilottama Chowdhury, Jhulan Mondal, Anwari Begum and Bithika Roy , Suktara Khatun	Zoom
MC of the entire Summit: RJ Keisha Lobo, Dance Movement Therapy Practitioner and Youtuber Mind your health			