

Department of Psychology
organizes

CREATIVE MOVEMENT THERAPY (CMT) WORKSHOP

by

TRIPURA KASHYAP

on

21 October, 2019

9:00 A.M. to 1:00 P.M.

Venue : Conference Hall, Block B

For Registration, contact :

akancha.srivastava@christuniversity.in

(7510016586)



Srivastava

Therapy (CMT) Workshop Report

Creative Movement Therapy (CMT)

Workshop

Dr. Anil K. Bhatnagar, CHRIST (Deemed to be University), Delhi-NCR

In 2019 Department of Psychology organized CMT workshop. Creative Movement Therapy is a medium through which individuals explore their natural movements to express their thoughts, ideas or emotions to achieve physical, emotional and mental well-being. Therapists utilize creative / expressive body movements as the primary mode to liberate the body's bodies from habitual, limiting movement patterns.

Workshop:

Objectives for the participants to :

1. Engage in a range of motion with body preparatory exercises and explore creative movement.

2. Release physical and mental tension while undergoing Movement meditation and Self-care.

3. Utilize movement as a therapeutic tool to develop coping skills and work on self-awareness of their personality.

4. Enhance their intra / inter-personal skills through individual, partner-

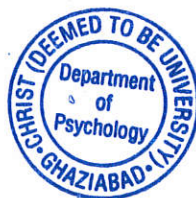
3. Movement Expression

Progression of the workshop

The session for Creative Movement Therapy was conducted by Tripura Kashyap. Session started with a warm up exercises like Finger Pencil (Following self, Pairs, Mirroring) Paint brush: Spoke of levels, angles, directions. Through these exercises principles of movement therapy were taught and discussed. Sargam and hand gestures were taught as part of creative movement. Theoretical understandings of the basics of movement therapy were also discussed. Stages of therapy: 1. Movement seeding, 2. Movement development, 3. Movement expression, 4. Imbursement, 5. Integration were displayed and hands on experience was provided. Scope and application of CMT in various settings like Old age homes, kindergarten, were discussed. Queries and assumptions were discussed. Lastly the participants provided feedback about the workshop and group photo session was also held.

About the resource person

Tripura Kashyap pioneered CMT in India in 1990. She studied Movement therapy at Hancock Centre for Dance/movement therapy in Wisconsin, USA and obtained an M.A. in Psychology. She also received a 1st class diploma in Bharatanatyam at Kalakshetra, Chennai. She worked as a Movement therapist at Half-way homes, Special schools, Treatment / Rehabilitation centres, Senior citizens facilities and with individual clients for the next 10 years. She also trained in Jazz, Ballet, Modern dance, Choreography and Dance theater at the International Choreographers Residency in the American Dance Festival USA. Tripura received fellowships from the Ashoka International Foundation and Indian Ministry of Culture for her innovations in dance therapy and contemporary dance. She authored 'My Body, My Wisdom' a handbook on Creative dance therapy. She was founder-director of Rainbow Inc (Hyderabad) and Apoorva Dance Theatre (Bengaluru).



Tripura Kashyap

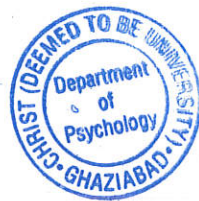
Appendix 1 : List of Delegates

Source Person	Ms. Tripura Kashyap, Movement Therapist
Academic Coordinator	Dr. Surekha Chaukkali
Faculty Coordinator	Dr. Akancha Srivastava
Participants	Students of MPCO, MPCL & B.Sc (Psychology)



Surekha

Appendix II: Photographs showing Craetive Moment Therapy Steps



[Handwritten signature]



Suresh



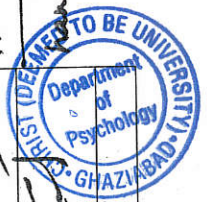
CHRIST

(Deemed to be University), Delhi-NCR
Department of Psychology

Registration Form

Name of the Event: Creative Movement Therapy Workshop
Date: 21 October, 2019

S.No.	Name	Organization	Student/ Designation	Email	Phone	Signature
1.	TANISHA SAGWANI	CHRIST UNI BSC PSYCH	STUDENT	tanisha.jagnani@gmail.com	851151037	
2.	SHREYA GAKHAR	CHRIST UNI BSC PSYCH	STUDENT	—	9350842555	
3.	SNEHA SHIVARAJAN	CHRIST UNI MPCL	STUDENT	sneha.shivarajan@psy.christuniversity.in	90222 47886	
4.	NIDHI MENON	CHRIST UNI BSC PSYCH	STUDENT	nidhi.menon@science.christuniversity.in	85 88485241	
5.	RIMA MUNEJLY	CHRIST UNI MPCL - I	STUDENT	riya.munjely@psy.christuniversity.in	98 88187847	
6.	PALLAK MALIKA MANNAN	CHRIST UNI MPCL	STUDENT	—	7642448219	
7.	Tanya Sharma	CHRIST UNI BSC Psych Abs.	Student	—	8178551088	
8.	ANGELA MATHIAS	Christ Uni MPCL	STUDENT	—	9513198399	
9.	RUBINA KHATUN	Christ Uni BSC Psy (H)	Student	—	8920863811	
10.	HANNAH PRISCILLA ANAND	MPCL	STUDENT	—	9176385312	



Shreya

Paid
B=1000
200

Sl. No.	Student Name	Course	Student	Contact	Phone No.	Signature
11	Suljita Pasrawar	Bsc. Psychology	Student	simran kaur @ science. christuniversity.in	9564241195	[Signature]
12	Simran Kaur	Bsc. Psych (H)	Student	sweta@christuniversity.in	7889185736	[Signature]
13	SWETAPADMA NARANANI ACHARYA	BSc. Psych (H)	Student	sweta@christuniversity.in	7377746946	[Signature]
14	ANIKA TYAGI	Bsc. Psych (H)	Student		9650177481	[Signature]
15	VAISHNAVI AGARWAL	BSc. Psych (H)	Student		7249971239	[Signature]
16	SENISHA ANGEL BECK	BSc. Psych (H)	Student	senisha.angel@gmail.com	9918847315	[Signature]
17	Riya Baidya	MPCO 1st sem	Student		8777650981	[Signature]
18	Deepanshi Nigam	BSc Psych	Student		9412886500	[Signature]
19	Shambhavi Agrawal	MPCO 6	Student		9769297542	[Signature]
20	Rashi	MPCO 4	"		886046-1598	[Signature]
21	Charu Singh	MPCO 4	"		8296876025	[Signature]
22	uzma Sheikh				8130031639	[Signature]
23	Khaasvi M	BSc Psy	Student	khavasvi @ science. christuniversity. in	9840076496	[Signature]
24	Vardhini	Krishnamurthy MPC 2	"			[Signature]
25	Virakshi Garg		"			[Signature]

angelsmail1402@gmail.com

swepnag07@gmail.com

anika.tyagi@science.christuniversity.in

vaishnavi.agarwal@science.christuniversity.in

senisha.beck@science.christuniversity.in

Riya.Baidya@christuniversity.in

deepanshi.nigam@science.christuniversity.in

shambhavi.agrawal@psy.christuniversity.in

rashi@psy.christuniversity.in

Charu-singh@psy.christuniversity.in

uzma.zayam@psy.christuniversity.in

Vardhini.krishnamurthy@psy.christuniversity.in

virakshi.garg@psy.christuniversity.in

9717939931

9205092495

Pran Aggarwal (1) NPC 2

Student

8586830684

pran. aggarwal @ psy. christ university. in

87. Anisha Bani Chandhary NPC (1)

"

9139378894

anisha. chandhary @ psy. christuniv. in

88. Tannaya Arora BSc.

Psych.

Student 8851957433

tannayaarora2208@ gmail. com

29. Kritika

BSc. Psych.

Student 9817925202

kritika2512001 @ gmail. com

30. Nayana - Tara Krishnan

BSc Psych

Student 9902020628

nayana.krishnan @ science - christuniversity. in

31. Neha Kaur Bedi

B.Sc Psych (H)

Student 9971338224

nehaj. bedi @ science. christuniversity. in



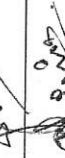




Signature

CHRIST
(Deemed to be University), Delhi-NCR
Department of Psychology

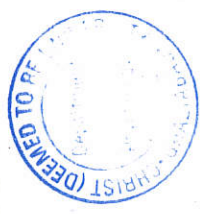
Registration Form

Name of the Event: Creative Movement Therapy Workshop
Date: 21 October, 2019

S.No	Name	Organization	Student/ Designation	Email	Phone	Signature
1	Khushali Sangay Kumar	BSc. Psych (Hons)	Student	khushali81@gmail.com	9831645088	
2	Ishaani Garg	BSc. (H) Psychology	Student	ishaanigarg22@gmail.com	9810092316	
3	Almita Maria Sabu	BSc. Psychology (H)	Student	almitamariasabu@gmail.com	8130888332	
4	Datta Kashir BEO	Clinical Psychologist	Professor	dattakashir@gmail.com	9871278968	
5	Pakshubhika Nigam	BSc. Psych (H)	Student		9113217224	

ishaanigarg22@gmail.com
almitamariasabu@gmail.com

pakshubhika@gmail.com



Pakshubhika

CMT Workshop- Feedback Form

29 responses

Publish analytics

Email

29 responses

nayan.krishnan@science.christuniversity.in

oliviamariasabu@gmail.com

apoorv.aggarwal@psy.christuniversity.in

vaishnaviagarwal08@gmail.com

deepanshi.nigam@science.christuniversity.in

angela.mathias@psy.christuniversity.in

virakshi.garg@psy.christuniversity.in

hannah.anand@yahoo.com

tanisha.jagnani@gmail.com

Resource Person Qualities

Content of the workshop

29 responses



Sumesh

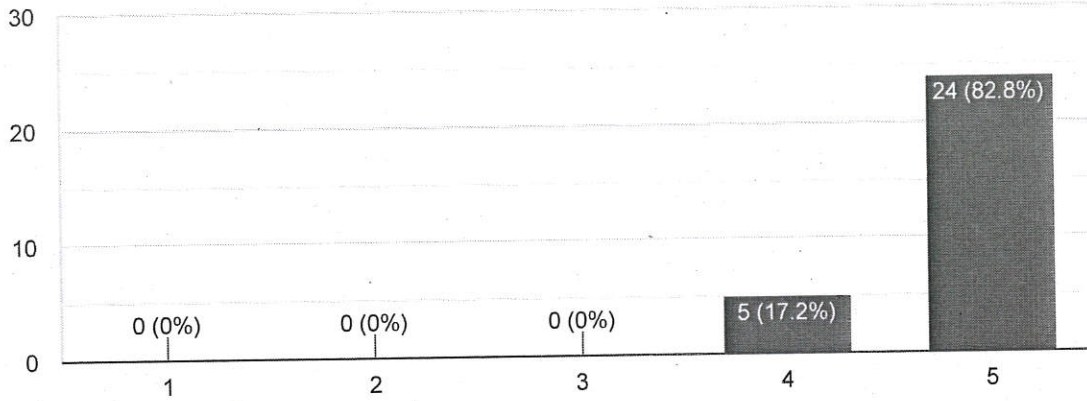
CMT Workshop- Feedback Form

20

17 (58.6%)

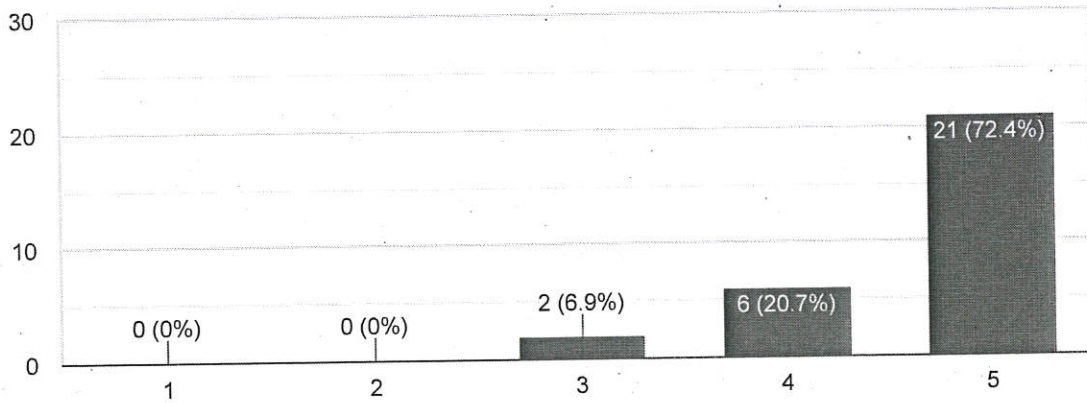
Quality of interaction

29 responses



Effectiveness of delivery

29 responses



Structuring of the workshop

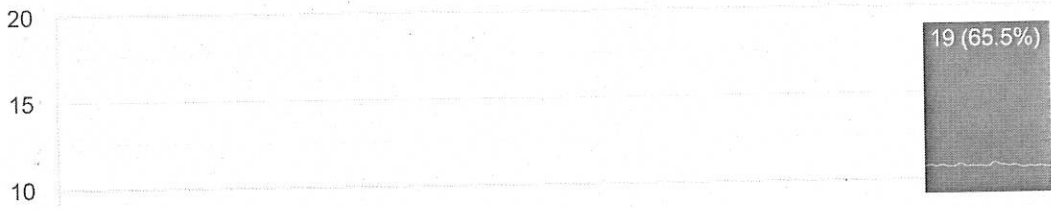
29 responses



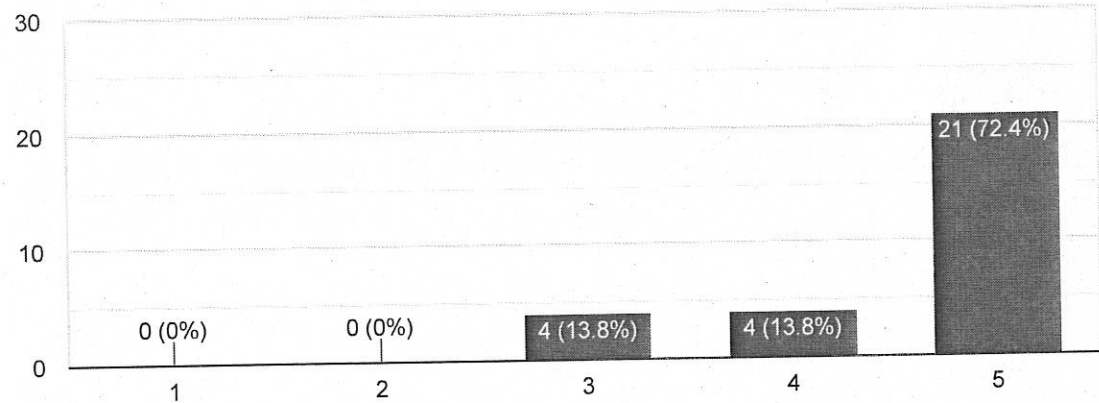
Signature



CMT Workshop- Feedback Form



Management
Responses



Other feedback:

Responses

The answering of questions could've been better

This was a very innovative class and I look forward to attending more like these in the future!!!♥

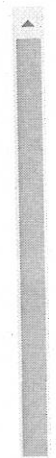
Good

A

Very helpful

More sessions please

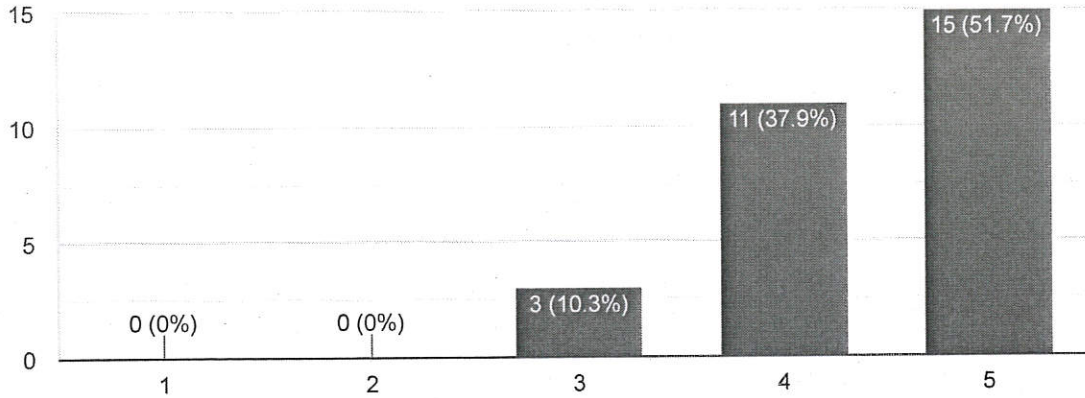
Overall amazing !!!!



Overall feedback of the workshop

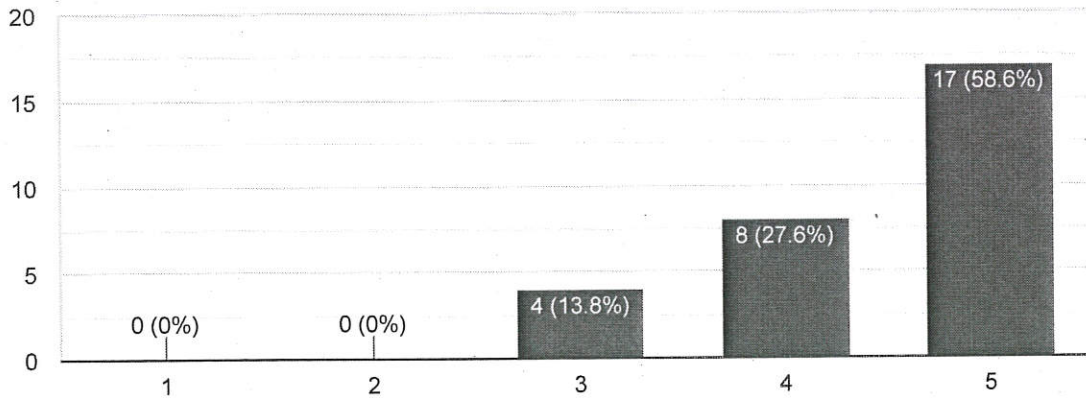
Venue and related arrangements

29 responses



Suitable duration

29 responses



Value for money

29 responses



Handwritten signature



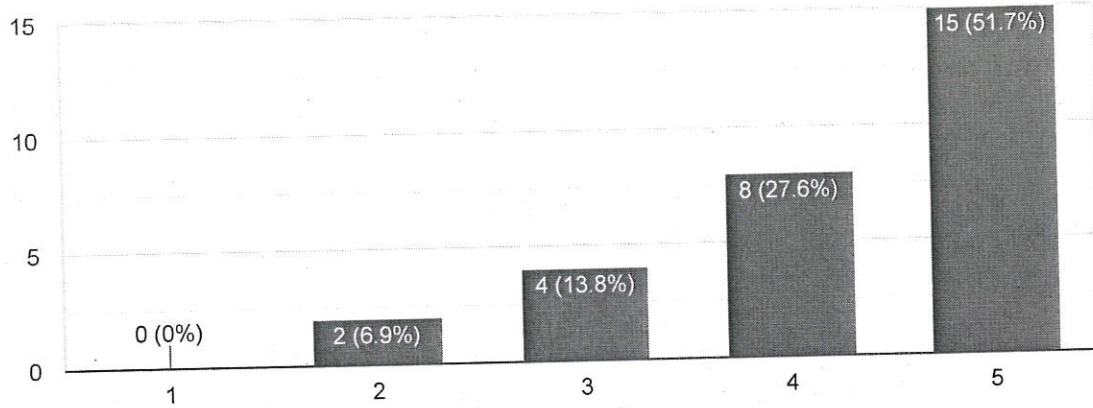
15

10

12 (41.4%)

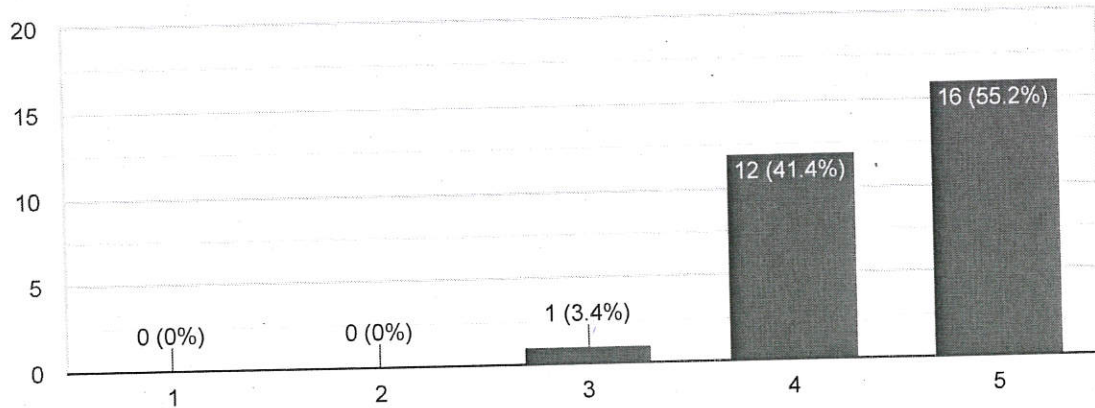
Communication with organizing committee

29 responses



Overall quality

29 responses



Any other feedback:

2 responses

Nah

It was an amazing experience



content is neither created nor endorsed by Google. [Report Abuse](#) - [Terms of Service](#) - [Privacy Policy](#).

Google Forms