

Heal yourself with Tarana's dance therapy



Tarana in a session with kids

She informed creative movement therapy is based on body mind inter-connectivity. It's a form of expressive therapy which uses the human body's natural movements to achieve a balance between emotional, cognitive, social and physical facets in individuals. "This form of therapy combines various psychological principles and somatic sensations to help individuals experience and explore. It is an empirical based practice that is constantly growing. It provides a medium of expression to individuals who may find it difficult to verbalise their feelings," she explained.

She says the Dance Movement Psychotherapy Masters programme that she attended encouraged her to get a better understanding about the theoretical aspect. About being a dance movement therapist she said, "I learned to develop my own integrated style of movement therapy."

"I was eight years ago that I started learning certified forms such as jazz, ballet, hip-hop and contemporary at 'The Academy of Modern Dance' (Chennai). This school shifted my focus from dance as a fun activity to one that taught me determination, persistence and discipline."

She realised that dance can be therapeutic when she came across an article about dance movement therapy in 2008. "I was exposed to a whole new work of how dance and movement can help process and express ones emotions. After doing some reading, I decided to combine my love for psychology and dance and decided to work towards becoming a Dance Movement therapist."

have been able to establish an approach that I feel works with my strengths."

She averred that, in this field one should always be up to date theoretically as it is a growing field. As the director of Horizon Therapy Centre, Tarana said that she had co-founded Synchrony, a movement therapy centre in Mumbai along with Devika Mehra (who is a movement therapist) and worked towards spreading awareness about dance movement therapy. "That's when I realised that Cre-

ative Arts Therapy was very new in Chennai and had a very small circle. I decided to open Horizon Therapy Centre to create a place where individuals can come and process their difficulties or learn more about themselves creatively using movement, music, drama and art."

Tarana said she also wanted to provide a space where individuals were encouraged to explore and express using creative mediums opening them to a new level of understanding of themselves and their difficulties. "We primarily provide counselling and behaviour modification services for children and young adults."

Talking about the two-day workshop in the city, she informed that the first day will be an experiential exploration of creative movement, which will encourage the participants to explore and learn about themselves using body and movement, while the second day will focus more on using elements of creative movement with individuals and groups in different settings. Having done so many sessions, she finds movement therapy to be very effective, especially with populations that are hard to reach. "As a therapist, I accept my client's expression for what it is and find a way to communicate with them in a similar fashion, the success lies in the process."

“

Results are important but it's the journey towards the goal where magic happens. The therapy is about the process itself and not the result that its working towards

— Tarana Khatri

