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Two kinds of situations that truly get her going



When after days of no progress, a child finally makes eye contact or touches her hand or smiles



When adults finally have their moments of revelation and go 'Oh, I get it now'

MOVEMENTS THAT WILL MOVE YOU

Aathira Ayyappan talks to young Dance Movement Therapist Tarana Khatri who helps people with special needs and psychological blocks express themselves

Tarana Khatri doesn't just look at dance as most of us do — as movement. She sees it as a way to move people who cannot connect with us using conventional, socially-acceptable methods. Confused? Tarana is a psychology grad and a certified Dance Movement Therapist and she uses her moves to reach out to people who are affected, have special needs or just need some drawing out.

The Founder of Horizon Therapy Centre, Kūlpauk, explains how her brand of therapy works, "In a nutshell, Dance Movement Psychotherapy is using the body and integrating it to process emotions and feelings," says Tarana. Interestingly both dancing and psychology have always been her passions. She has been dancing since the age of six, and has even trained at the Academy of Modern Dance, Chennai. "I mastered both hip-hop and jazz, and did a bit of ballet too," she tells us. But she never really wanted to pursue a career in dance as she was always more interested in the human mind. "I completed my Bachelor's in Psychology



Album: *Bhoothaali 4*
Singer: Mika Singh
Music: Devi Sri Prasad
Lyrics: Farhad Samji
Starring: Akshay Kumar, Nawazuddin Siddiqui et al
youtu.be/MFTUdyJTRIQ

Camera strap



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IN FRAMES: (Top) Tarana during a group dance session and (below) during a session with kids

chotherapy at Queen Margaret University, Edinburgh, where she got to primarily deal with autistic children. She came back to India in 2014 and co-founded Synchrony, a platform that aims to encourage society to be more accepting of Creative Arts Therapy, with her friend Devika Mehta, in 2014. Two years later, in 2016, she founded the Horizon Therapy Centre. Today, she has a slew of customers, ranging from adults to kids. Tarana's sessions are guided by her, but driven entirely by the person who has come to her for help, be it an adult or a child.

"What I try to do essentially is assess the state that they are in and then propose any movement-based activity or even use drama or storytelling to help them process what they're struggling with," she points out.



mind twirls



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