

# SHREYA SINHA

Dance Movement Psychotherapist

Registered Professional Member of ADMPUK (Association of Dance Movement Psychotherapy, United Kingdom)

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## ACADEMIC HISTORY

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- **Goldsmiths, University of London**  
M.A Dance Movement Psychotherapy
- **TATA Institute of Social Sciences**  
Diploma in Dance Movement Therapy

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## WORK EXPERIENCE

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- **Place 2Be**  
Working as a Mental Health Practitioner. Establishing the service, offering drop in services to children and teachers, along with one-one therapy sessions for the children conducted after thorough assessment and formulation (6Ps).
- **A Space Hackney**  
Working as Dance Movement Psychotherapy at a school. Offering individual creative psychotherapy sessions.
- **Springfield University Hospital- South West London and St George's Mental Health NHS Trust**  
Worked in the forensic services across three wards (2 medium secure and 1 low secure unit) as a part of the Psychology and Psychotherapy Department . I ran one-on-one session with a service user diagnosed with Paranoid schizophrenia till his discharge and co-facilitated an open group on a MSU. On the wards the diagnoses ranges form Schizophrenia, Borderline personality disorder, Bi-polar along with neurodiverse service users. As a part of the team, I also facilitated Mentalization Based Therapy- Information (MBT-i) on the Male and Female ward. Assisted in Hearing Voices Group. Along with attending DMP supervisions I also had the opportunity of being a part of systemic supervisions facilitated by a highly qualified UKCP registered systemic psychotherapist which enabled a systemic outlook while working with my clients. Worked with the DMP team to formulate a pilot outcome measure focusing on DMP in the forensic setting.
- **Sarah Bonnell School**  
Held DMP sessions on an individual bases for three neurotypical and neurodiverse children on the Autistic Spectrum and ADHD, closely and collaboratively working with the SEND team to provide therapeutic interventions.

## AS A DANCE MOVEMENT THERAPEUTIC PRACTITIONER (2018-20)

- Founder of The Yellow Oyster: An initiative to promote mental health and well-being
- Conducted a session for teachers and probation officers of Children's Home, Dongri.
- Conducted sessions at Don Bosco Shelter for boys, Mumbai.
- Co-facilitated session for Udaan Foundation, Mumbai.
- Conducted a workshop at the SOHO House, Mumbai.
- Conducted online workshop for Singapore University
- Conducted multiple workshops in Mumbai and Delhi

## OTHERS

- Part- time work with Mystic Asia - Logistic team, designed creatives for their social media and even held and curated movement sessions for Children.
- **Member of the Professional Development Committee, ADMPUK**, overseeing applications for private practice, supervision register, and policies of the governing body.

### Internships at:

- CNN Network 18, Delhi
- HELP AGE INDIA, Ahmedabad
- Rhythm Of Life - NGO, Delhi

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### CPD POST QUALIFYING

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- **Hearing Voices and Alternate Realities Group Facilitation Training**, Mind Camden (3 days, 2023)
- **Trauma Informed Forensic Care** with DR Phil Willmot- 2023
- **Childhood Trauma, the Brain, and the Social Work**, Tavistock and Trauma Service-External Lectures on Trauma- 2024
- **Child Protection in Primary School**, NSPCC Learning- 2024
- **Prevent Awareness Course**, HM Government-2024
- **Safeguarding and Child Protection Training**, Place2Be- 2024
- **UK Trauma Council Insight series webinar: Unpacking Complex Trauma**, Anna Freud, 2024