

Neha Christopher, MS, R-DMT, LCAT

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My objective is to combine my passion for dance with the principles of Psychology and use my skills to the best of my ability to be a therapist for the well-being of people with and without special needs.



CLINICAL EXPERIENCE

Service Program for Older People - PROS New York, USA
Creative Arts Therapist

January, 2016-Present

- Started tenure as a Creative Arts therapy Intern from January, 2016 - May, 2016
- Individually counsel a caseload of up to 16 participants suffering from severe and persistent mental illness in the Personalized Recovery Oriented Services Program (PROS)
- Facilitating 10 creative arts sessions per week
- Providing case management and psycho-education to participants in their recovery process
- Documenting clinical and statistical notes according to agency's and The Office of Mental Health's standards
- Training staff members on Theory and Principles Of Dance Therapy
- Task supervising a dance therapy intern

The Saturday Art School, Pratt Institute Brooklyn, New York, USA
Dance Therapy Intern

January, 2016 - April, 2016

- Created a 10 week curriculum aimed at meeting the emotional and physical needs of 7 elementary children on the Autism Spectrum
- Facilitated a therapeutic space for students in which they can use movement as a vehicle for self-expression.

Bellevue Hospital Manhattan, New York, USA
Dance Therapy Intern

September, 2015 - November, 2015

- Shadowed my supervisor as she led dance/movement therapy sessions in the Forensics unit
- Advocated for patients and contributed to weekly treatment team meetings/rounds focussed on enhancing patient centered care.

Kings County Hospital Centre (KCHC) Brooklyn, New York, USA
Dance Therapy Intern

September, 2014 – May, 2015

- Conducted and documented initial assessments for patients admitted at the adult in-patient psychiatric ward
- Facilitated 5 creative arts therapy sessions per week
- Created a treatment plan for patients with the multi-disciplinary treatment team.
- Documented weekly progress notes for recipients of care
- Worked in close collaboration with the drama therapy intern



VOLUNTARY COMMUNITY SERVICE

Foundacion Creciento Comunitario Proyectando Esperanza, INC. Dominican Republic,

March, 2016

- Co-facilitated dance/movement therapy and art therapy sessions for children from elementary and middle school in the village of Villa Caoba

U&I's Educational Centers - Balakiya Bala Mandir. Bangalore, India

August, 2012- May, 2013

- Planned and executed sessions, with 20 volunteers aimed at teaching life skills to the girls rescued from human trafficking (under the age of 18) at the State-run government home and coordinating with 20 volunteers.



SKILLS AND INTERESTS

Organized, Dependable, Bi-Lingual (English + Hindi) , Familiarity with HIPPA guidelines, Community- development



EDUCATION

2014 - 2016: **Masters of Science in Dance/Movement Therapy**, Pratt Institute accredited by the American Dance Therapy Association (Brooklyn, New York, USA)

2013-2014: **The Foundation Course in Creative Arts Therapies** (Dance, Drama, Visual Arts Therapy and Counseling), by The Studio for Movement Arts and Therapies accredited by the International Dance Council, Paris (Bangalore, India)

2011 - 2014: **Bachelor of Arts** (Psychology, Sociology, Literature), Jyoti Nivas College (Bangalore, India)



CERTIFICATIONS AND TRAININGS

Zumba Certified, ZIN™, April 2017

Motivational Interviewing and Substance Abuse © 2012 RFMH, April 2017

Tobacco Dependence Treatment, © 2012 RFMH, June 2016.

Preventing and Managing Crisis Situation, KCHC, September, 2014.



AWARDS AND RECOGNITIONS

2016: Graduated **Master of Science in Dance/Movement Therapy with Honors**, Brooklyn, New York, USA

2016: The **Pratt Circle Award for Academic Achievement**, Brooklyn, New York, USA

2015: The **Ford Foundation Fund Scholarship for Excellence in First Year of Graduate Studies** by Pratt Institute, Brooklyn, New York, USA

2014: Graduated **Bachelor of Arts with Distinction**, Bangalore, India



REFERENCES

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