


# Vaibhavi Bharadwaj


Mental Health Counsellor, Expressive Arts Therapy- Practitioner


A trained Expressive Arts Therapy focused Counselling Psychologist primarily working one-on-one with adult individuals to address concerns ranging from anxiety, relational challenges, life stressors, transitions to personal growth and building self-esteem. The process of therapy is facilitated using the techniques of Intermodal Expressive Arts Therapy which facilitates mind-body connection.



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## EDUCATION

### **Post Graduate Diploma in Expressive Arts Therapy (PgD)**

St. Xavier's College, Mumbai, India

07/2020 - 01/2022

CGPA: 9, Distinction

Research Project

- A Heuristic Inquiry: Embodied Response to Music, a self-care practice to regulate cognitive load from Expressive Arts Therapy Perspective

### **Masters of Arts (MA) in Counselling Psychology**

Amity University, Noida, India

07/2018 - 07/2020

CGPA: 8.67, First Division with Distinction

Thesis

- Difference between Indulgers and Non- Indulgers in Enjoyable Leisure Activities on Meaning in life, Perceived Stress, and Curiosity and Exploration.

### **Bachelor of Arts (BA) in Psychology**

Kamala Nehru College, Delhi University, Delhi, India

07/2015 - 07/2018

CGPA: 7.4, First Division

### **XII**

Ryan International School, Delhi, India

04/2015

CBSE: 94%

Subjects

- Psychology, Political Science, Economics, Sociology, English, Maths

## INTERNSHIPS AND VOLUNTEERING

### **Counselling Intern**

BetterLyf.com

05/2019 - 06/2019

New Delhi, India

Tasks

- The internship included acquiring skills for developing rapport with clients, communicating feelings of empathy, and assurance. Learning experience was further enhanced by shadowing the counselors on chat, and psycho-educating the clients regarding their various queries and concerns.
- The internship also included developing content for the organization for Social Media in the form of Articles and Posts.

### **Vocational Rehabilitation Counselor Handicapped Children's Rehabilitation Association**

01/2019 - 02/2019

New Delhi, India

Tasks

- The internship at HCRA included being involved in some of the programs aimed at helping children with disability, skills in every day use, and for occupational opportunities.

### **Counseling Intern**

Psychological Academic Learning Services- PALS for Children and Adult

08/2018 - 09/2018

New Delhi, India

Tasks

- The internship at PALS included training on acquiring skills relating to History Taking, Interview and Intervention with children with LD.

### **Music Therapy Volunteer**

AMF- AIIMS Hospital

04/2017 - 12/2017

New Delhi, India

Tasks

- Provided Music Therapy Sessions (under Supervision) to Cancer patients to ease the symptoms (Mental and Physical) following Chemotherapy.

## WORK EXPERIENCE

### **Counselling Psychologist and Expressive Arts Therapy Practitioner**

PgD in ExAT Training, St. Xavier's College, Mumbai

06/2021 - 08/2021

Online

#### Tasks

- Provided counseling services which were held weekly (with 7 individuals with primary concerns like Anxiety, Trauma, Relational difficulties, Personal Growth and more) for a period of 2 months. Supervisor: Ms. Tarana Khatri

### **Expressive Arts Therapy Practitioner**

Evolver Solutions

06/2021 - 07/2021

#### Tasks

- Co-facilitated Expressive Arts Therapy sessions to a group of four individuals with special needs. Using Intermodal Expressive Arts Therapy, some of the themes which were worked upon with this group were, Motor Movement and Coordination, Imaginative Embodiment, Making independent choices, Rhythmic Entrainment, and Expression.

### **Counselling Psychologist and Expressive Arts Therapy Practitioner**

Antara- The Space Within

06/2021 - 07/2021

#### Tasks

- Facilitated group therapy sessions with a caseload of 25 Caregivers of children with Special Needs. In the span of two months, 8 group therapy sessions were co-facilitated using Inter-modal Expressive Arts Therapy. Various needs (like self-care, rest, support) of the caregivers were catered to under the supervision of Ms. Akila Vaidyanathan.

### **Counselling Psychologist and Expressive Arts Therapy Practitioner**

Antarang Foundation

06/2021 - 07/2021

#### Tasks

- Through an Expressive Arts Therapy lens, 8 group therapy sessions were led with the students catering to their needs related to their career during the course of lockdown. Some of the themes which were worked on with this group were Self Discovery, Resilience Building, Self-Care.

### **Expressive Arts Therapy Practitioner**

The Parkinson's Disease & Movement Disorder Society (PDMDS)

Online

#### Tasks

- Co-facilitated a one-hour online workshop with 80+ individuals with Parkinson Disease, focusing on Relaxation, Enjoyment, and Expression, aided by Arts- based modalities, like Music, Clay, and Movement.

## CERTIFICATIONS/ TRAININGS/ CPD/ WORKSHOPS AND EVENTS

Gottman Method Couples Therapy – Level 2 Assessment, Intervention and Co-Morbidities (2022 - Present)

Gottman Method Couples Therapy – Level 1: Bridging the Couple Chasm (11/2021 - 01/2022)

QPR Suicide Prevention Gatekeeper (2019)

Transactional Analysis 101- Anna Chandy (2019)

Trauma Response 3.0, Learning Program- Unbottle Emotions (02/2022)

Gender, Sexuality and Mental Health from the Margins (GSMHM) workshop- MHI (2021)

Polyvagal Theory- Jenna Hamm (05/2022)

Queering Creative Arts Therapies- IADMT (2021)

Vagus Nerve Masterclass- Jessica MCGuire (06/2022)

Inner Critic Workshop- CPD- onlineevents.uk (2021)

2-day IFS for Complex Trauma Event- Frank Anderson, PESI (2022)

## SKILLS

Expressive Arts Therapy Techniques

Intersectional Lens

Intermodal Transfer for Interventions

Person Centered and Psychodynamic Orientation

Gottman Relationship Tools Level 1 and Level 2

Nervous System and Neurophysiological Understanding

Strategic and Intention led Planning and Implementation of Interventions

## INTERESTS

Dancing

Nature- led activities

Travelling

Sketching/ Painting

Humans and Relationships

Slow and Sustainable Fashion

Singing

Reading

Lifestyle inspired by Sustainability and Veganism

Health, Yoga, and Ancient Indian healing practices