

“Seeing Myself: An exploration through self portrait in the here and now

 **Duration: 2 Hours**

 **Format: Small Group (6–15 participants)**

 **Focus: Present-moment awareness, identity, healing through self-image**

Goals:

- Bring the **emerging figure** of self into awareness
 - Use **art-making and Gestalt dialogue** for expression
 - Explore and transform **parts of self** that need attention
 - Support healing through **integration of self image and voice**
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Flow (Breakdown)

1. Arrival & Grounding (15 minutes) common room

Objective: Centering in the here-and-now

- Welcome & circle check-in:- movement
2-min breath + body scan
 - “If your current feeling is a color, how do you visualise it?”
 - Brief intro to Gestalt:
 - Present awareness
 - Figure from ground
 - Voice to the image
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2. Self-Portrait: “What Part of Me Wants to be Seen?” (30 minutes)

Objective: Let unconscious/emerging material come into form

- Materials: A3 sheets, seeing self on screen may also work/ pin their screen and ask for a self portrait, charcoal, pastels

- Prompt:
“Without trying to make it perfect — just let your hand show the part of you that wants to be seen today.”
 - 25 minutes of drawing with soft music
 - No talking during this phase
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3. Image Dialogue – Gestalt Processing (30 minutes) **breakout rooms**

Objective: Enter into relationship with the image

- Journaling (5 mins):
 - “If this image could speak, what would it say to me?”
 - “Where do I feel this in my body?”
 - Partnered or group work (15 mins):
 - Role-play: “Be” the image and speak in first person
 - Use a sentence stem: “I am the part of you that...”
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4. Healing Response – Transform the Portrait (25 minutes) **take one for processing**

Objective: Integration and care for the self-image

- Prompt:
“What does this part of me need from me now?”
“What would make this image feel supported, accepted, or whole?”
 - Use new materials (color, collage, symbols) to modify or add to the image
 - Option to write affirmations or healing words into the piece
 - **Optional empty-chair exercise with the image**
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5. Closing Circle (20 minutes)

Objective: Contain the process and share awareness

- Sharing (verbal or with art in hand):
 - “One word for what I’m taking with me...”

- “One awareness I gained from my own image...”
 - Grounding: 1-min silence, body stretch, or breath
 - Option to offer a gentle take-home question:
“How do I want to see myself now?”
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 **Materials Needed:**

- Drawing sheets (A3)
- Charcoal, pastels, markers
- Mirrors (handheld or tabletop)
- Glue, scissors, magazines (optional)
- Music (gentle background)
- Journaling sheets or notebooks





INTERNATIONAL CERTIFICATION



The International
Dance Council

certifies that

Tishya Mahindru Shahani

has completed one module (150 hours) of training in

Dance Movement Therapy – Level 1
within the institution

Fortis Healthcare

under the personal supervision of

Aditi Kaul

The institution, the teacher and the student above are
Members of the International Dance Council

Prof. Dr. Alkis Raftis

President of CID



INTERNATIONAL DANCE COUNCIL
CONSEIL INTERNATIONAL DE LA DANSE

2023-07-11

ATTESTATION OF MEMBERSHIP

I hereby attest that

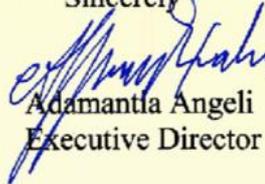
Ms. Tishya Mahindru Shahani

is a Youth Member of the International Dance Council CID, the official world-wide organization for all forms of dance.

Membership is valid for the current year, to be renewed.



Sincerely


Adamantia Angeli
Executive Director



CID Register Number: **36877**

Year: **2023**

