Resilience in Confinement: DMT and Interdisciplinary Approaches in Forensic Psychiatry

Thursday, March 26, 8:15PM – 9:30PM EDT

PRESENTATION DESCRIPTION

In forensic psychiatry, clients often face profound grief tied to the loss of freedom and recurring behavioral patterns shaped by trauma. This presentation explores how Dance/Movement Therapy combined with art therapy, yoga, and creative writing can serve as mirrors for resilience. Drawing from clinical practice at Bellevue Hospital, two case examples will illustrate how embodied, interdisciplinary approaches support clients in expressing grief and transforming restrictive patterns. Participants will engage in brief experiential practice and discussion, leaving with strategies for integrating dual-modality interventions and renewed confidence in the body's capacity for recovery and transformation.

LEARNING OBJECTIVES

1. Describe how dual-modality interventions (DMT with art therapy, yoga, and creative writing) can support resilience in trauma and confinement contexts.
2. Explain how recurring behavioral patterns rooted in trauma can be explored through body-centered, interdisciplinary practices.
3. Identify strategies for integrating DMT with other modalities in high-intensity or restrictive clinical settings.

CONTINUING EDUCATION

1.25 ADTA, 1.25 NBCC

PRESENTER INFORMATION

Kavya Viswanathan, LCAT-LP, R-DMT, ERYT-500, is a licensed Creative Arts Therapist (LCAT-LP), R-DMT, Yoga Master teacher (ERYT-500), and long-time performer. Her background in dance and yoga informs an embodied approach that views the body as a site of awareness, regulation, and transformation. Kavya's therapeutic lens is influenced by Indian philosophical traditions that centre body awareness, aesthetics, and lived experience, which she brings into dialogue with contemporary trauma-informed and creative arts–based practice.

Across her work, she is committed to creating spaces where movement, breath, and creativity support resilience, meaning-making, and connection.