

## **Expressive Arts Therapy Supervision With Akshata Parekh**

### **About Akshata Parekh (as a Mental Health Professional):**

I am an Expressive Arts Therapist from Pune, India, with a Master's degree from Lesley University, USA. I am presently working at Sahyadri Hospital, Tenergy India Pvt. Ltd., and Taal Inc. I danced into the field of mental health and the arts back in 2014. Completing my certificate courses in dance movement therapy, visual art therapy, and drum circle facilitation, I hopped on to studying psychology and counselling from Fergusson College, Pune. Through the last few years, I had the opportunity to work with various populations and groups. My experience ranges from community centres, old-age homes, schools, hospitals, corporate groups, independent groups, and individual therapy practice.

The approach that I use in my work is theoretically called Psychodynamic and Person-centered. I believe that our past experiences impact the way we live today and therefore my work consists of re-visiting experiences from the past and working through these feelings in a safe space. I use expressive arts as a medium to process these experiences. Arts provide an accessible place and are a powerful medium to express. My approach creates a space to focus on the process of therapy. I also believe in the power of the therapeutic relationship created between the client and the therapist that helps to unpack various aspects of the client's life which are brought to therapy.

Arts have formally been a part of my life since the age of 4 years. However, growing up in an Indian family, living through all the traditions, cultures, festivals, art has been a powerful medium in everyday life as well. The arts have helped me express, grow, and reach parts of me that I wasn't aware of. Through my work I advocate the use of arts in mental health.

### **Approaches used in Supervision:**

My theoretical orientation in mental health practice is expressive arts, psychodynamic, person-centered, and relational. I see the world through this lens and extend that to my supervision practice as well. Supervision with me would look like:

- Non-directive approach
- Focusing on the relation between you and your client
- Focusing on the relationship you and I build as a supervisor and a supervisee
- At times exploring structured interventions
- At other times exploring what's coming up as a result of discussion in our supervision sessions
- Trusting you to lead the process

### **Educational Qualifications & Certifications:**

- International Diploma in Mental Health, Human Rights, and Law  
(Currently ongoing at Center for Mental Health Law and Policy, India)
- M.A. Clinical Mental Health Counselling with a specialization in Expressive Arts Therapy (Lesley University, USA)

- Queer Affirmative Counselling Practice  
(*Mariwala Health Initiative, India*)
- Psychological First Aid  
(*Creative Wellness and The Colour of Grey Cells, India*)
- Postgraduate Certificate Course in Psychology and Counselling  
(*Fergusson College, India*)
- Rhythm to Recovery  
(*Simon Faulkner, USA*)
- Therapeutic Value of Art  
(*Artsphere, India*)
- Drum Circle Facilitation Course  
(*Village Music Circles and Taal Inc.*)
- Dance Movement Therapy Facilitation  
(*CMTAI, India and CID, France*)

**Schedule an inquiry call with Akshata for Expressive Arts Supervision [here](#).**