



OE23D17

# WATER AS A MEMORY: A COGNITIVE AND SOMATIC EXPLORATION



## INSTRUCTOR

### MINELLI PINTO

Minelli is an Artist and Educator trained in Intermodal Expressive Arts Therapy with Swahansa India and Process Oriented Psychology with the Aastha Foundation and Basic Counselling Skills with St Marys Counselling Centre. A firm advocate for social-emotional learning for children she is also the assistant Circle Time teacher at Shiksha Niketan School.

Minelli conducts individual as well as group sessions using a combination of process work and art therapy. She utilises various creative modalities to facilitate healing and personal growth in her clients, with a deep understanding of the profound impact of artistic expression on mental, emotional, and spiritual well-being, Minelli is committed to helping individuals explore their inner worlds, process their experiences, and discover their authentic selves through the power of art.

## OVERVIEW

This workshop comprises three phases, each nurturing artistic and self-exploration. Firstly, participants explore their cognitive water memories, drawing from their cultural and personal experiences through expressive methods like reflective writing, collaging and storytelling. In the second phase, focus shifts to abstract somatic memories, exploring how water resides within our bodies and the sensory responses it evokes, utilizing mediums like sound, movement and visual art. The art creation emerges from an emotive space, free from aesthetic judgements. However in the final phase, participants employ a medium of their choice to encapsulate their learning from the previous explorations using their aesthetic sensibilities.

## KEY WORDS

Somatic, Cognitive, Experiential, Expressive, Art therapy

## AVAILABILITY

15 Seats