

Vaishnavi B. Dinakar, MAAT, AThR

Trauma Informed Art Psychotherapist

RESEARCH

Thesis Title: The impact of trauma informed art therapy on adolescent girls in mandated residential rehabilitation: A qualitative study

VOLUNTEERING

The Joy of the Arts: LASALLE'S Corporate Social Responsibility (CSR) | Jun 2022

The event invited 70 children and youths (aged 12-18) from various service centres/homes of Singapore Children's Society and The Salvation Army. The two CSR events invited children with their single parents from lower-income families under NTUC (U Family) and seniors from NTUC Health Senior Care Centres from lower-income groups. One of the featured booths at the event was Art Psychotherapy, which provided a directed art-making experience for each group while adhering to COVID-19 safety regulations.

Methodist Welfare Services, Girl's Residence | August 2020 To July 2021

Methodist Welfare Services, Girl's Residence | August 2020 To July 2021 - Provided Individual Art Psychotherapy weekly and Open Art Studio bi-monthly

Action For Aids (AFA), Singapore | November 2016 To December 2018

Offered pre- and post-blood collection sexual health counselling and result release.

Arc Centre, Singapore | May 2017- October 2017

Instructed English, participated in playtime, and led storytelling and art activities for terminally ill children aged 2 to 15.

COMMUNITY PROJECTS

Open Art Studio at MWS | dec 2020

Conducted open art studio sessions to explore empowerment through artistic expression to instill autonomy and individuality at Methodist Welfare Services Girl's Residence. .

"Art Dialogue" | September 2020

Organized and co-hosted Art Dialogue between LASALLE College Of The Arts and Goldsmith University.

Watercolor Workshop | August 2020

Conducted workshop on using watercolor for adolescent females in Mandated Residential Care.

"The Curios" Art Exhibition held by LASALLE College of the Arts, Singapore | Aug 2020

Exhibited "Self-liberation through emotional purging" as part of MA Art Therapy programme.

St. Luke's Elder Care Centre "Memory Box" | September to October 2018

Created "memory boxes" with the elderly in conjunction with the National Museum of Singapore.

Bedside activity at Ng Teng Fong Community Hospital | September 2018

Conducted one-on-one art activities in a hospital setting for patients with dementia.



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CONTINUED PROFESSIONAL DEVELOPMENT

- Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorder and Psychosis in Adolescent: Counselling Support by Executive Counselling and Training Academy (ECTA) - 26th & 29th July 2022
- NICABM's Treating Trauma Master Series featuring Dr Bessel van der Kolk, Dr Daniel Siegel, Dr Pat Ogden, Dr Peter Levine, Dr Allan Schore and etc – Oct 2021
- Trauma-Sensitive Yoga – 20hours foundation workshop for health professionals & yoga teachers – June 2020
- Emotional Competency and Art Psychotherapy by Alexandra Danner – Weinberger – March 2020
- Art Therapy, Stress and Trauma: working inside and outside of clinical settings by Dr Debra Kalmanowitz, PhD, HCPC, BAAT – 17th & 19th Sept 2019
- Creating community through creation stories & mural making with Campo Kumeyaay Youth in Southern California by Jennifer Clay PhD, LMFT, ATR – 24th June 2019
- Collaborative Institutional Training Initiative (CITI Program) – 30th March 2019
- Art Therapy Out Of Bounds by Dr Pamela Whitekar – 19th & 21st Feb 2019
- Public Relations: Art and Social Enactment by Dr Pamela Whitekar – 20th Feb 2019
- Dharma Taksu Yoga: Considerations to balance using the arts and technology with application to Art Therapy Practice by David Treyvelyan – 26th Sept 2018
- Cyber Intuitive Balancing Act by David Treyvelyan – 25th & 27th Sept 2018
- Embodied listening through sensory perception and heart intelligence by Gráinne T. Young, BA, PG Dip., MA ATh – 21st & 23rd Aug 2018

