

TANVEEN RANDHAWA

EXPRESSIVE ARTS THERAPY
PRACTITIONER

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PROFESSIONAL SUMMARY

Dedicated Expressive Arts Therapy practitioner with experience facilitating group and individual sessions across diverse settings. Trained in the intermodal use of art forms, including visual arts, movement, music, drama, and writing, to support self-expression, emotional regulation, and personal growth, to help individuals explore experiences, access inner resources, and develop new perspectives. Skilled in designing sessions that balance creativity with therapeutic goals, while fostering safe, inclusive spaces for reflection, healing, and connection.

ACADEMIC HISTORY

- St. Xavier's College, Mumbai | Aug 2024-25
PG Diploma in Expressive Arts Therapy
- Indian Institute of Science, Bangalore | 2018-2025
Masters (Research) and PhD in Science
- Major: Ecological sciences
- Indian Institute of Technology, Roorkee | 2011-2015
B.Tech in Biotechnology
- CGPA: 7.5
- St. Montfort School, Bhopal | 2011
12th Grade
- Percentage: 87.4

CERTIFICATIONS

- Couples and Relationship Therapy | 2024
- Suicide Prevention First Aid Training | 2023
- Psychology and Counselling Skills -
Advanced Course | 2023
- Psychology and Counselling Skills -
Foundation Course | 2022
- From Swayam Foundation, Delhi, accredited
by the International Association of Therapists
(UK)

WORK EXPERIENCE

Trainee Practitioner in Expressive Arts Therapy | May-July 2025

GROUP SESSIONS CONDUCTED AT

- Sahabhav, Mumbai - Assisted living facility for the Elderly
 - Planned and cofacilitated 8 weekly expressive arts-based sessions to support the mental wellbeing of the elderly residents at the facility, with an emphasis on emotional regulation, social engagement, and cognitive stimulation. Sessions included culturally-relevant activities, familiar themes and cognitive games.
 - Adapted activities to suit diverse physical, cognitive, and emotional needs, including dementia and limited mobility
 - Supported social interaction and connection by fostering group activities that enhance a sense of community and reduce isolation.
 - Collaborated with staff and documented participation to inform future sessions.

2. Cancer Patient Aid Association (CPAA), Sion Hospital, Mumbai

- Designed and cofacilitated four 3-hour long sessions for children with cancer in an OPD (open group) setting at Sion Hospital in collaboration with CPAA. Sessions included interventions with art, music, movement, drama, and storytelling to support self-expression and coping.
- Created a safe, playful, and flexible environment, with interventions adjusted to meet individual needs, considering fatigue, physical limitations, and medical procedures.
- Fostered peer connection and mutual support among children through group-based art-making and shared activities.

3. Chandrabhaga Vidya Mandir, Mumbai

- Designed and cofacilitated 6 weekly age-appropriate expressive arts therapy sessions for Grade 5 children and Grade 7 pre-adolescents, using visual arts, music, movement, drama, and storytelling.
- Created safe, supportive spaces that encouraged self-expression, creativity, and emotional well-being across developmental stages.
- Adapted interventions to suit the differing needs of children and pre-pubescent participants, considering cognitive, emotional, and social growth.
- Supported social-emotional learning through activities fostering empathy, peer connection, and collaborative problem-solving.

INDIVIDUAL SESSIONS

Conducted individual expressive arts therapy sessions supporting clients in emotional regulation, resilience-building, and creative self-discovery.

Facilitator | May 2024

Hope Cafe, Swayam Foundation, Delhi-NCR

- Facilitated sessions for Hope Cafe, an online listening circle for individuals to share their inner experiences, listen to and connect with others.
- Offered a safe, inclusive and confidential space for sharing.
- Guided group process through grounding exercises, reflective prompts, and balanced participation.
- Managed time, group dynamics, and sensitive sharing with care and presence.
- Utilized digital tools to enhance engagement and documented key themes confidentially.

ACHIEVEMENTS

- Received the prestigious Prime Minister's Research Fellowship (PMRF) | 2020
- Ranked 9th in the GATE Ecology & Evolution | 2018
- Ranked in the top 0.1 percentile in IIT-JEE | 2011
- Certificate of Merit from C.B.S.E. for 100% marks in Hindi Language in class 10th | 2009

LANGUAGES KNOWN: English, Hindi

REFERENCES

Devika Mehta
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