



d o t

an arts circle for
self-exploration &
expression

programme brief

there is strong evidence of arts practices enhancing wellbeing. they are used in therapeutic settings, schools, & in communities. arts practices can reduce symptoms of illness & stress, improve mood & levels of pain, reduce burnout, enhance relationships, & build self-awareness & self-esteem. engagement in the arts improve overall wellbeing for individuals.

drawing from our 3 decades of knowledge and practice in mental health & the arts- we have created dot -- an arts intervention aimed at creating a safe, non-judgemental, participatory space for people to enhance self-awareness, explore their emotions & patterns of expression, & build personal narratives & identity.

dot is an integrated mental health & arts intervention that combines key concepts in psychology - focused on the self and identity & with curated arts activities that ensure experiential understanding & conceptual engagement.

sessions are facilitated by a team of mental health professionals (*therapists*) & arts professionals.

dot is a space to share -
experiences
thoughts
perspectives
wisdom
practices

dot is:

- ~ an integrated mental health & arts programme
- ~ a safe, non-judgemental, collective space for personal sharing & exploration
- ~ queer affirmative & trauma informed
 - ~ welcoming of neurodiversity
 - ~ communal, conversational & participatory
- ~ incorporates principles of shared, group confidentiality - *i.e. what is shared in the group - remains in the group*
- ~ a space to meet people who may have similar interests in self

dot is not:

- ~ a psychology class
- ~ an art class
- ~ a group therapy session

dot will:

- ~ offer referrals to therapists for sustained mental health support if required
- ~ ensure group conversations are facilitated in a manner that is mindful of individual experience, trauma & distress.

who is dot for?

- ~ people over age 18 (*we will create a similar programme for adolescents soon!*)
- ~ anyone with an interest to understand themselves, & their emotions & identity better
- ~ individuals with diagnoses of mental health issues
- ~ those who are keen to find ways to reduce stress, build ways to self-soothe, & cope with distress
- ~ those who are looking to build resilience & daily wellbeing rituals
- ~ those who are keen to build new friendships and connections

programme commencement details

open house & start date: 10th - 20th may, 2023

dot: 24-30 hours; 2 - 2.5 months*

frequency: 4 hrs/week

batches will be created either through the week / on weekends based on preference

*depending on frequency of classes. the final weekly schedule will be finalised based on conversations with & preferences of the participants. this schedule is subject to change based on mutual availability, urgent circumstances, & any other unexpected conflicts. any organisational changes will be compensated for by scheduling classes on another date.

logistics

number of participants	maximum of 12 per circle - if a circle is full, your name will be moved to a waitlist.
number of sessions & frequency	12 sessions, over 6 weeks 2 sessions / week + additional 3 catch up sessions
venue	theatre Y studYo - mandaveli, chennai
cost	inr 16,000 + 18% gst*
timings	final schedule to be decided based on participant preferences and availability.
open house	in person open house for clarifications prior to enrolling - dates will be communicated

a group chat will be created with all the members of the circle & facilitators, where the schedule, or any changes to it, will be posted well in advance. participants should share any changes in their availability, circumstances or emergencies in this group, preferably with at least a 24 hours' notice. we will do our best to accommodate emergencies, but cannot promise to do so in case these scheduling changes do not work for the group.

this will be an opportunity for the participants to interact with the facilitators & team, ask questions, share expectations & perspectives, do some interactive exercises & sessions, & gain more insight into the content, nature, & structure of the programmes. our open houses are designed to be interactive spaces where participants have the opportunity to make an informed decision about their intent to join the course. lastly, these are spaces of interaction, sharing, perspectives, & a lot of fun!

how to enrol?

please send us an email with your name, email, & contact information to:

dobedo@sumnum.com

contact: + 91 98840 70797



www.sumnum.com