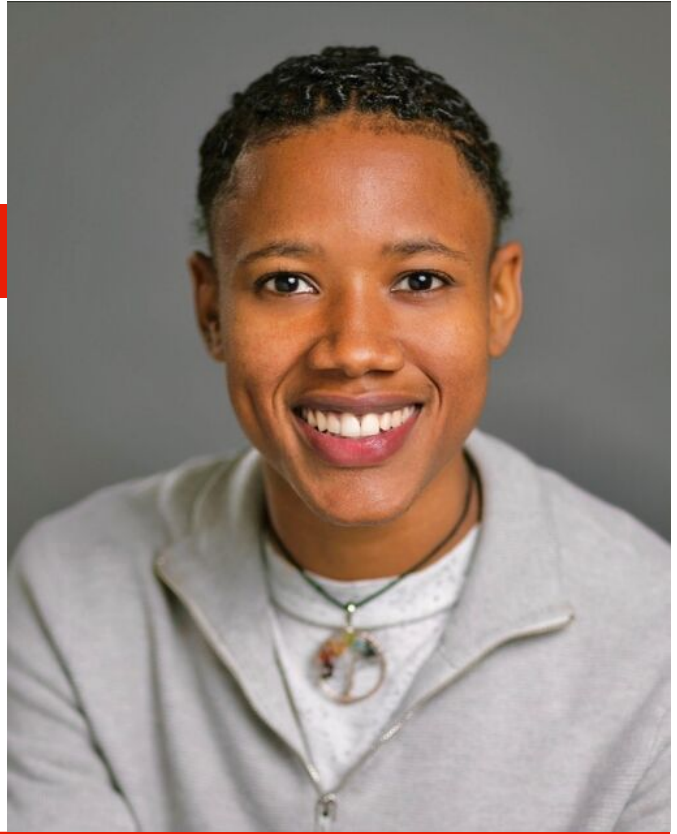


## NIKKITA DA'SILVA

### Job title

Visiting Lecturer



### COURSES

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Navigating Trauma in the Rehearsal Room: A Course for Theatre Professionals

### PROFILE

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I am a sesame-trained qualified dramatherapist. I work across both clinical and artistic disciplines. I have worked with both specialist groups/individuals and theatre professionals for over ten years, supporting directors and actors in navigating complexities within production teams and providing psychological treatment to groups/individuals in clinical settings.

I am both a clinician and artist that draws on my knowledge of theatre and therapy to use as a medium for psychological therapy that may include movement, story and art forms to work with any issue that has presented itself. My practice has a specific interest in embodied practice that is active and experiential. My practice involves using dramatherapy techniques to help resolve conflicts creatively; allowing individuals to develop self-awareness, express emotions and improve relationships.

I have a background in theatre, health and education. My work has taken place across the UK, USA, Eastern Caribbean and South East Asia.

In 2013 I began working with the arts and social justice in the global south, South India, on behalf of the International Citizen Service (ICS) where I facilitated workshops and creative development. In the following years I developed a campaign and volunteer group 'Teach Me Diversity' that provided benefits to the local community in the rural district of India. I coordinated the project in partnership with the CARE foundation. This work explored the body's capacity as the creator of personal and social knowledge and change.

In 2018 I conducted performance research with directors and theatre practitioners exploring the affinities between theatre practices and dramatherapy practices. We were informed by analogies between Sue Jennings Embodiment - Projection - Role (EPR) paradigm and Stanislavski's system 'Magoc If' and 'Given Circumstances'.

I am currently the dramatherapist for Brixton House Theatre supporting actors and directors who work with controversial, personal and sensitive themes.

I am the Creative Supervisor for BLINK dance theatre, a neuro-diverse group of artists.

I conduct trauma-informed training and supervision in education, to teachers and staff who work in violent and traumatic environments.

My clinical practice is based in a private clinic where I provide 1-1 and group therapy and managing my private practice.