

Name: CRISTELLE HART SINGH

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Contact Number : 9895031123

Professional Title/Occupation: Social Worker/Arts Based Therapy Practitioner

Organisation: DIL SE

Address of Organisation/Practice: DIL SE, Manaserry Muri, Mundamveli PO, Kochi 682507

Professional Qualifications:

Certificate of Federal Capacity (from Switzerland), ABT certification

Courses undertaken in Play Therapy: Play Therapy as a Counselling Tool (ongoing)

Details of any other relevant qualifications/courses taken in the field:

Arts Based Therapy from Bangalore

Currently undergoing supervision in current practice: Yes

Ages catered for: Teenagers

Services offered:

I work with abused pregnant teenagers in a home than I run. It is sometimes individual, sometimes group, depending on how many girls we have. I also work with teenage girls in the government girls home in Kakkannad. I work with trauma, abuse, emotional issues, social skills, group dynamics.

Personal Profile:

I have been working as a social worker in my own NGO for 18 years. I opened a home for abused pregnant teenagers in 2012 and since then we have welcomed 47 girls. I run a Child Advocacy Centre also from where we do prevention and healing of child sexual abuse. Having seen a young adult get triggered a few years ago, I felt helpless and at a loss on how to work with her when she didn't want to talk. Because of this I decided to do an Arts Based Therapy course which could allow me to work with victims of abuse. Many of the girls I work with have been denied a proper childhood and benefit hugely from arts and play. I have used Playmobile people and small houses and cars for example to help a young girl express where she felt safe. She never spoke about the abuser, but we knew it was her father who had made her pregnant. Through this interaction we came to understand her fear of specific places and people and this helped our therapist start a new chapter of counselling with the girl.