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## **Ring a ring o' roses: Strengthening dyadic connections through joint creativity in a group context.**

### **Shravani Purandare and Rosanna Durham**

This highly interactive and playful workshop will use role play to prompt ECArTE conference participants to consider the unique attachment, power, and communication patterns inherent in the parent-child relationship. Led by Shravani Purandare and Rosanna Durham, two early-career Creative Arts Therapists working as colleagues in a Child and Adolescent Mental Health [CAMHS] Early Years setting in inner-city London, the workshop seeks to repeat the core elements of their established Creative Arts Therapy group, which is currently offered to parent-child dyads in their National Health Service [NHS] locality.

In its present clinical iteration, their ten-week Creative Arts Therapy group acts as a container to strengthen connection and repair through repetition of play, movement, and creation for parents and children aged under five. Mirroring this, the ECArTE workshop will elicit new ways of reflecting on the dyadic experience within a group format. Drawing on learning from child development and attachment theories, and additionally informed by the Internal Family Systems model, the workshop will integrate therapeutic approaches from both facilitators' respective modalities of drama and movement therapy and art psychotherapy. Participants will experience the workshop in pairs and be led by the facilitators to move as a group through four distinct creative-therapeutic experiences, exploring movement, creative play and co-creation

The workshop will question: How can moving together as a dyad, playing freely, and co-creating a large-scale painting facilitate self-repair? And where might we, as creative arts therapists, notice our own inner child and inner parent in our clinical work with parents and children?



## Biographies

**Shravani Purandarei** is a UK HCPC-registered drama and movement therapist with clinical experience across NHS, community, and early years settings in the UK and India. She specialises in infant mental health and has trained through the CYP IAPT programme with UCL and the Anna Freud Centre. Her work integrates creative, embodied approaches with evidence-based parenting interventions, including VIPP-SD and Incredible Years. Currently working in an NHS under-5s team in London, she supports young children and families through dyadic and group therapy, with a focus on co-regulation, attachment, and early relational development.

**Rosanna Durham** (they/them) is a UK HCPC-registered art psychotherapist based in the London, UK. They have worked for 8 years across community mental health settings with all age groups and particularly within the LGBTQ+ community. They are currently working in an NHS under-5s team, where they offer clinical interventions and group work to families, including Incredible Years parenting groups, dyadic and parent-child art psychotherapy.