

Swarathmika Swaminathan

Grammy nominated Musician, Music Therapist and Expressive Arts Therapist (In training)

Passionate about creating a difference for children with special needs using expressive arts therapy with special focus on Music Therapy. I am also an acclaimed musician with one of the albums I featured in being nominated for Grammy's awards in Feb 2023.

Work History

2023-09 – Present

Expressive Arts Therapy Intern

Jinshiksha, Borivali, Mumbai, India

- Working with children and young adults with wide range of developmental disabilities.
- Interventions focusing on mindfulness, emotional, social/communication skills, gaining arts-based skills for confidence, self-esteem, regulation, stress reduction etc.

2020-09 – 2022 -04

Music Therapist

V-Excel Educational Trust, Nashik, India

- Established client goals and objectives for music therapy treatment programs and helped each achieve targets with hands-on therapeutic style.
- Improvised instrumentally, vocally or physically to meet client's therapeutic needs.
- Composed, arranged and adapted music for music therapy treatments and conducted music therapy research to advance collective knowledge and improve outcomes.

2018-09 - 2019-06

Music Therapist Intern

Community Music Center of Boston, Boston, MAS

- Observed and Worked with children as well as adults, diagnosed with autism and wide range of developmental disabilities
- Outreach sites included:- McKinley Elementary School (CPS), Morgan Memorial Goodwill Services, Bay Cove Human Services and Cambridgeport School

Contact

Phone

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E-mail

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Skills

Voice



Excellent

Guitar



Very Good

Sight Reading



Excellent

Musical Theatre



Very Good

Acting



Good

Script Writing



Good

Software, Logic Pro



Very Good

Software, Microsoft Office



Good

Languages

- Interventions focusing on facilitating discussion of various topics, peer interactions, movement, etc.
- Some examples would be lyric substitution, improvisation and songwriting etc.

**2018-02 -
2018-05**

Music Therapy Student

Boston Children's Hospital, Boston, MAS

- Worked with pediatric children
- Interventions focused on fingerpicking style, tempo/dynamics change, communication skills and reducing stress.

**2017-10 -
2017-12**

Manville School, Boston, MAS

Worked with an individual boy aged 13, with Autism and Anxiety

Interventions focused on songwriting, expression, improvisation and client-preferred music.

**2017-05 -
2017-08**

Peterborough Senior Center, Boston, MAS

- Worked with older adults as well as children aged 7-14
- Interventions focused on cognitive, expression and communication skills.

**2017-02 -
2017-05**

Music Therapy Practicum

Goddard House Assisted Living, Boston, MAS

- Worked with a large group of Older Adults, with Alzheimer's and dementia.
- Interventions focused on client preferred music as well as on memory recall and communication skills.

**2016-10 -
2016-12**

Elliot Early Intervention Center, Boston, MAS

- Worked with a group of children aged 3-5, with autism and ADHD.
- Interventions focused on improving motor, communication, social and cognitive skills.
- Used popular childrens songs as well as original songs

Volunteer

**2018-01 -
2018-07**

V Excel Educational Trust, Chennai, India

- Played music for young adults with special needs aged 15-20 in school setting

English

●●●●●
Excellent

Hindi

●●●●●
Very Good

Tamil

●●●●●
Very Good

Mandarin

●●●●●
Average

- Played music for children aged 3-12 with special needs.

**2014-06 -
2015-04**

Sugam Karnatica, Kuala Lumpur, Malaysia

- Helped children aged 3-5 with music, movement, yoga etc.

**2011-07 -
2013-04**

Aspire Educational Services, Mumbai, Maharashtra, India

- Worked with children aged 3-5 in the autism spectrum

- Played music, did movement and art as relevant and as advised by experts

Education

**2015-09 -
2019-05**

Bachelor of Music: Music Therapy With Minor in Psychology

Berklee College of Music – Boston

**2022-07 –
Present**

Masters in Clinical Mental Health Counselling: Expressive Arts Therapy

Lesley University - Boston

Additional Information

Performance Experience:

Berklee Indian Ensemble	2015 – 2019
Berklee Musical Theatre Chorus	2017
Circle Song Choir	2018
The Lotus Sound	2018 – 2021

Song/Album Recordings:

Vocalist of the song "Adi Thaahira" and Background vocalist of the songs "Uyir Thozha" and "Sakkarakatti" from the movie "Konjam Koffee Konjam Kaadhal"	2012
Background vocalist in the climax song of the Tamil movie "Romeo Juliet"	2015
Background vocalist for the Grammy-nominated EP "Shuruaat" by the Berklee Indian Ensemble	2022

Tours:

Bengaluru Ganesh Utsava tour with the Berklee Indian Ensemble	2016
Moscow Acapella Festival with The Lotus Sound	2019

Music Teaching experience:

Western Vocal Teacher at Parikrama School of Music
April 2021 – July 2022
Western Vocal Teacher at Musika
September 2019 – March 2020

Autism Advocacy work:

Featured on the Women's Day Special Video for Much Much Spectrum	2023
Podcast interview with Beyond Six Seconds	2023
Featured on the Bullying Film by Much Much Spectrum and Ummeed Child Development Center	2024
Featured on the Celebrating Neurodiversity Artists Film by Much Much Spectrum and Ummeed Child Development Center	2024

Drama & Theatre Experience:

Worked in Musical plays "God mother" and "Pirates of Penzance".
Have written, designed, directed and performed a monologue based on a poem 'Judicial Delays' by Andrea titled 'Justice Delayed is Justice Denied.'
Individually performed a self-choreographed performance, using Yanni's musical piece, expressing the emotion only through body and facial expression.
Worked on production, acting, costume designs for 'November Women' in July 2010.
Studied commedia dell-arte and worked on the same techniques in the play 'The Servant of Two Masters.'
Worked on the short play "4 A.M" by Jonathan Dorf as part of Lesley Performing Arts Club.

Multi cultural setting

Having lived in 5 countries including India, China, USA, Malaysia & Singapore am exposed to working with

multi cultural teams and am aware of cultural sensitivities