

## Stefanie D. Belnavis



**STEFANIE D. BELNAVIS (s/h), MA, BC-DMT, LMHC**, is a differently abled Black + Indo Jamaican-American kinesthetic storyteller, interdisciplinary portrait + perinatal photographer, a multiculturally oriented trauma-informed educator and, a perinatal movement psychotherapist based in Boston, Massachusetts.

She wears many hats as a Board-Certified Dance Movement Therapist, Licensed Mental Health Clinician, Perinatal Psychotherapist, Certified Birth/Perinatal Photographer + a Birth Justice + Perinatal Mental Health Advocate with a focus around uplifting the health outcomes for racially + ethnically marginalized birthing families in the Greater Boston area along with the birth workers + perinatal providers who co-journey with these families.

Stefanie is the Founder + Perinatal Movement Psychotherapist + Creative Wellness

Practitioner of A Bucket For The Well, LLC, is a multidisciplinary perinatal creative health and healing collaborative offering trauma-informed care and culturally affirming creative wellness services to BIPOC birthing families across their perinatal, birthing + postpartum journey in the Greater Boston area.

Stefanie is also the Founder + Lead Kinesthetic Storyteller + Portrait Photographer behind The Diahann Project (TDP), a trauma-informed portrait collective that centers creative wellness + liberation for BIPOC communities through liberating stills + stories that visually archive the complexities of our experiences through storytelling, photojournalism + portrait photography. Additionally, Stefanie is also the Founder + Perinatal Photographer of Birthlooms, a full spectrum perinatal photography-based collaborative centered around creative forms of healing, advocacy + liberating through the intersectional visual stills + stories of those BLACK + BROWN + BIRTHING + the BLACK + BROWN birth workers/perinatal providers who co-journey with them.

Stefanie is a Trauma-Informed DEI + Somatic Adjunct Instructor at Lesley University + Antioch University in their respective Expressive Arts Therapy + Dance/Movement Therapy Counseling Departments. She is also an Adjunct Instructor at Framingham State University. Stefanie is the current Ex-Officio President of the New England Chapter of the American Dance Therapy Association.

As a proud Jamaican-American immigrant herself, Stefanie's creative + clinical work is charged by creating accessible, sustainable, inclusive + cross-cultural spaces that can propel intersectional + decolonizing dialogues around multicultural mental health experiences alongside creative forms of healing, namely dance movement therapy, somatic cultural practices, visual storytelling, photography + journaling. Stefanie's work propels intersectional socio-cultural dialogues that center creative forms of healing for communities of color along with elevating racial equity, shifting intergenerational mental health healing legacies within marginalized and perinatal communities through the multicultural orientation framework, holistic liberation practices + anti-oppressive approaches. Stefanie specializes in multicultural mental health advocacy for young children + their families within larger marginalized communities, namely families of color within the Caribbean Diaspora, with a focus on the intergenerational immigrant lived experience.