

# **Tuning In: Being a reflective psychotherapist**

**Pre-conference workshop for trainees and early career psychotherapists/counsellors**

*39th National Annual Conference of Clinical Psychologists-NACIACP 2013*



**Venue: A.I.I.M.S., New Delhi**

**Date & duration:** 17th February, 2013, 2.00 p.m. - 4.30 p.m.

As therapists, we use our 'selves' as an instrument and are often equally impacted in myriad ways during the therapeutic process. As practitioners, we need to be able to self-reflect and use that knowledge in our lifelong journey of professional growth and development

**Aim:** This workshop aims at providing an interactive space to experientially explore and strengthen reflective practice as a therapist/counsellor

## **What will you do and learn at the workshop?**

### ***Setting the tempo:***

- An introduction on the need for active self-reflection by practicing therapists and a quick look at selected relevant research – both from India and across the globe.

### ***Locating ourselves:***

- Understanding what drew us to the helping profession, reflecting on personal motivations to be a therapist, and locating ourselves on our journey to professional development through personal narratives.

### ***Looking Within:***

- Charting professional development by identifying professional strengths and vulnerabilities through self - reflective exercises. Understanding how our 'selves' enter into the therapeutic process through hypothetical cases and experiential group activities.

### ***Integrating into practice:***

- Discussions about ways to strengthen self- reflective practice along our professional journey.

**Who can attend the workshop?**

Trainees and Early career psychotherapists and counsellors who are have some experience of therapeutic practice

Participation limited to 20 persons

**To register:** Please contact the conference organising committee

<http://www.aiims.edu/aiims/events/NACIACP/registration.htm>

Email: Dr. Sujata Satapathy (dr.sujatasatapathy@gmail.com)

**Workshop Facilitators:**

Dr. Poornima Bhola

Associate Professor

Department of Clinical Psychology, NIMHANS, Bangalore

Ms. Chetna Duggal

Assistant Professor

Centre for Human Ecology, TISS, Mumbai