



on demand repeat session

Roots & Mirror

An invitation to an experiential reflective session



“
*Because those who
hold others deserve to
be held as well...*
”

Join our facilitator:

Dr. Hargun Ahluwalia

Australian Psychology Board
Approved Supervisor



An MHP Resource Initiative



24th Aug 2026 | Mon

6pm-7:30 pm IST

 **Online**



Register Now

Roots & Mirror

on demand repeat session

For professionals
who notice that...

- Some **sessions linger on..**
- certain **reactions feel personal** or familiar
- technique alone doesn't explain what comes up
- **supervision** feels **intimidating** or **unclear**

The space
offers:

- **clarity, grounding,** and ethical presence
- Experience how therapist's histories & identities shape therapeutic work

'cause caring for the therapist is also ethical.

What this is not?

- × No compulsory sharing
- × No performance evaluation
- × No case presentations
- × No skill assessment

Takeaways:

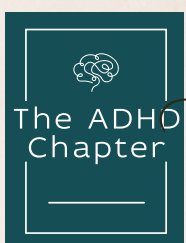
Experience with us...

a moment to hold our stories that ripple through the work we do! Mirroring of our therapist selves...

A place where we can finally exhale.

Participation is invitational and paced with care

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