



Roots & Mirror

An experiential session for therapists

Introducing Reflective Supervision



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

Led by:

Dr. Hargun Ahluwalia

*Australian Psychology Board
Approved Supervisor*



An MHP Resource Initiative



**2nd March 2026 | Mon
3:00pm-4:30 pm IST**

 **Online**



Register Now



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Introducing Reflective Supervision

Who is
this for?

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**

What this
space offers

- A space for **clarity, grounding,** and ethical presence
- How therapist's histories and identities shape therapeutic work
- Emotional responses and countertransference
- This is a space to **reflect**, not perform.

Because caring for the therapist is also ethical.

What
this is not

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

Participation is invitational and paced with care.

Why
attend

Because supervision doesn't have to feel intimidating.
Because reflective spaces support compassionate, grounded practice.

"Because those who hold others deserve to be held too."

Take-
aways

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.

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Each story we touch carries the echo of our own.

You're invited into a space made for every story.

Meet the facilitator

Dr. Hargun Ahluwalia

Psychology Board Approved Supervisor, Victoria, Australia

Dr. Hargun is a **registered Clinical Psychologist in India and Australia**, with over **15 years of experience**.

She brings *warmth and depth* to her work, creating spaces where therapists can explore their stories and **grow through reflection**.

Based in Melbourne, Victoria, she serves as a Senior Clinical Psychologist within a statewide trauma service and leads **Inner Child Psychology**, her private practice supporting clients with complex trauma, ADHD, depression, anxiety, and SUD in Women. A PhD and MPhil graduate from NIMHANS, she has been nurturing reflective supervision since 2015.



Expert Facilitator

Director | Co-founder
@ Inner Child Psychology
Writer | EMDRAA member

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