



# Roots & Mirror

## An experiential session for therapists

Introducing Reflective Supervision



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

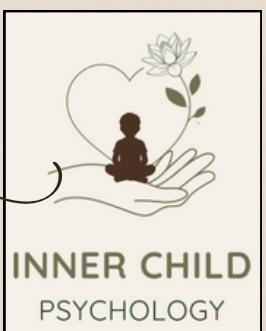
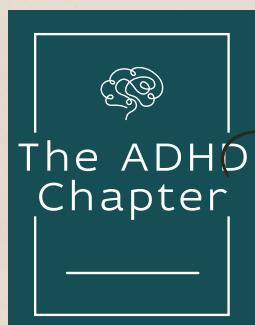
Led by:

**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**



adhdchapter.com



+91 92700 36089



contact@adhdchapter.com



# Roots & Mirror

## An experiential session for therapists

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 skill assessment

- ✗ No compulsory sharing
- ✗ 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.*

An MHP Resource Initiative



Online



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



**Register Now**



adhdchapter.com



+91 92700 36089



contact@adhdchapter.com



# Roots & Mirror

*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**.

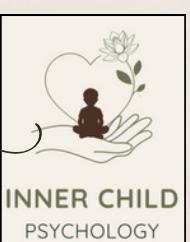
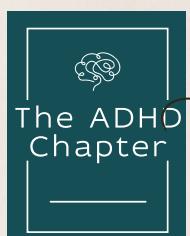
Based in Melbourne, Victoria, she serves as a Senior Clinical Psychologist within a statewide trauma service and leads **Inner Child Psychology**, her private practice supporting clients with complex trauma, ADHD, depression, anxiety, and SUD in Women. A PhD and MPhil graduate from NIMHANS, she has been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



#### Expert Facilitator

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

An MHP Resource Initiative



Online



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



[Register Now](#)