



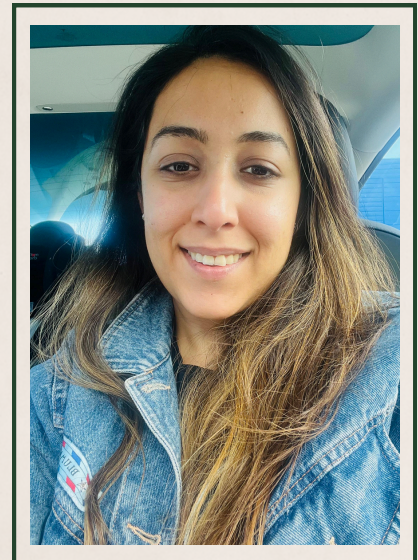
# Roots & Mirror

*How our stories shape  
the way we Supervise*

An Expert talk on Therapy Supervision

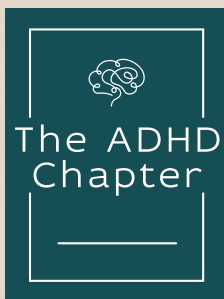
*We invite you to pause and reflect*

*Step beyond competencies and caseloads to explore the deeper layers of therapy and supervision. Together, as therapists & supervisors we'll explore how our histories, our cultures, and our lived experiences ripple through the work we do and the way we hold others.*



Facilitator

An MHP Resource  
Initiative by



19th January 2026 (Mon)  
11 am-12:30 pm IST



**Register Now**

**Dr. Hargun Ahluwalia**

Australian Psychology  
Board Approved  
Supervisor

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

**This is a space to reflect, share, and leave  
with a deeper sense of attunement.**



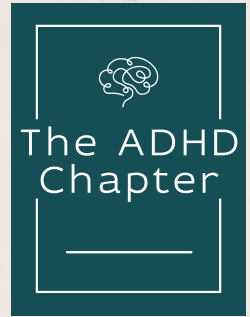


# Roots & Mirror

## How our stories shape the way we Supervise

An Expert talk on Therapy Supervision

An MHP Resource Initiative by



*Each story we touch carries the echo of our own.*

*As therapists grow into supervision and leadership, greater depth and reflexivity are often assumed. Yet professional development still centers on competencies and caseloads, leaving little room to explore the deeper forces shaping our practice.*

*By the end of this workshop you will be able to*

- 1. Identify and compare different supervision frameworks and their underlying assumptions.*
- 2. Recognise the impact of intergenerational, cultural, and systemic contexts on therapeutic and supervisory relationships.*
- 3. Develop experiential insight into their own intersectional identities as therapists and supervisors.*



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+91 92700 36089



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An MHP Resource  
Initiative by



# Roots & Mirror

*How our stories shape the  
way we Supervise*

An Expert talk on Therapy Supervision

*Explore the stories behind your practice*

*We invite you to this workshop to reflect on the cultural,  
intergenerational, and systemic threads shaping how you  
work and guide others.*

*Through discussion and experiential exercises, gain insight  
into frameworks, relationships, and your own identity.*

## 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 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, and anxiety. 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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