

Sukrut, in association with Yuva Mitra,  
announces its annual events



THE **16TH**  
INWARD CHANGE CONFERENCE  
(ICC)

THE SUMMER PROGRAMME 2018 in **GOA**

and

THE WINTER PROGRAMME 2018  
in Sinnar, Maharashtra

# THE INTERNSHIP IN PSYCHOANALYTIC PSYCHOTHERAPY

The Internship in psychoanalytic psychotherapy, running since 2003, has morphed into a 03-Phase, 05-day immersions in each phase, ideally spread over a 12-month period. It is offered annually during Summer and Winter.

Participation beyond Phase I is by invitation. The objective of the three phases of the internship is to develop professionals committed to accredited practice as Psychoanalytical Psychotherapists.

Phase I is a psychoanalytic exploration into self, identity and the world of relationships and relatedness, to arrive at new meaning-making and choice-making that influence decisions. The new perspectives reached, in an atmosphere of sharing without being judged, opens new insights into a world of being (the internal world) and of becoming (the external world).

Phase II is an exploration into current roles as they emerge from Life Role Analysis (LRE II) and the formation of identity. This phase also offers exploration into the authorization of the self in systems, based on international practices from the Group Relations Conference (GRC) of Tavistock Institute UK and The India Conference.

Phase III is a continuation of "unpeeling" the self and understanding the underpinnings of key psychoanalytic theories. Participants will be required to explore deeper "repressed" material in the personal unconscious (LRE III). Attendance at Sukrut's "Practitioner Certificate in Psycho-social Intervention for Consulting and Change (PCPICC)" is mandatory.

Completion of the internship phases is also essential for qualification inter alia in all professional courses conducted by Sukrut.

**THE SUMMER PROGRAMME 2018 will be in Goa (Venue: TBC) from Sunday: 01 July 2018 to Friday: 06 July 2018**

**The Winter Programme 2018 will be in Sinnar, from Sunday: 09 December 2018 to Friday: 14 December 2018**



## WHAT WILL I GET BY ATTENDING THIS INTERNSHIP?

You could be a budding psychologist (A Post-Graduate in any subject OR a Post-Graduate in Rehabilitation Sciences) or an individual with a few years work experience, having the passion to bring in change in people's lives and are looking forward to gain theoretical confidence, practical skills, and authoritative presence.

- On completion of Phase I, you will be able to find answers in your struggle for meaningful professional satisfaction, beyond routine activities, and learn relevant theoretical frameworks to help you understand your experiences, and inform your basic interventions in counselling.
- On completion of Phase II, you will be able to apply the learnt theoretical framework to various professional challenges in development of people, and in mental health. This experience will enable you to plan & implement interventions for issues faced by children, adolescents, adults, and families.
- After completing Phase III, you find yourself in consulting & change, and are less surprised by demands from your clients, your contracts, or yourself.

You will be invited, on completion of Phase III, to join the ICC initiative as Co-Facilitator.



## ADMINISTRATIVE INFORMATION

The programs start on a Sunday post-lunch and close at noon the same week on Friday.

These are fully residential programmes and all participants will be required to stay at the venue in Goa, and in Sinar. Participants are normally provided accommodation on a sharing basis. All meals at Sinar are vegetarian. Smoking and drinking is not permitted in public spaces at both venues. The sessions are conducted at floor-level seating on mattresses; participants are advised to carry loose-fit clothing for ease of sitting.

All participants will be required to check-in at the venue latest by 1300Hrs on Sunday: 01 July 2018, and can plan to leave after lunch on Friday: 06 July 2018.

The programme Fee is Rs 25,000.00 per participant. Limited bursaries are available to participants who will need to make a request in writing. Details about remittance will be advised to participants who register.

**IF** you are curious to learn more about Phase I of ICC, please contact any of the following to discuss and find the possibility of your participation:

Conference Director - Swetha Rao

Associate Directors - Shital Dange & Merlyn Rao

- a. Gracy Jebastina – + 91 98448 78236 / jebastina@gmail.com
- b. Swetha Rao – + 91 98862 18450 / swetharao1@hotmail.com
- c. Shital Dange – + 91 94229 85978 / sdange3@gmail.com
- d. Sathyasree Goswami – + 91 99101 88799 / g.sathyasree@gmail.com
- e. Merlyn Rao – + 91 99867 95109 / merlyns@parikrmafoundation.org
- f. Ruma Chatterjee – + 91 98311 68398 / ruma1@rocketmail.com
- g. Uday Mazgaonkar – + 91 98220 69586 / uday.mazgaonkar@gmail.com
- h. Sunil Pote – + 91 94229 42799 / sunil.pote@gmail.com
- i. Manab Bose – + 91 98809 32293 / manabbose1@gmail.com

## About Sukrut

**Sukrut is a** Psychotherapy Centre in Bangalore India, staffed and managed by Psychologists, many of whom have post-graduate education and training in psychoanalytical psychotherapy.

Started in 2003, Sukrut morphed into its present status as a leading provider of psychological services to educational institutions -- students, adolescents, teachers / parents, educationists – as well as managers, social-workers, administrators, hospitals, and stressed individuals from all walks of life.

Sukrut also offers advanced professional education and training, based on the dual traditions of Indian Society for Individual and Social Development (ISISD) and Tavistock UK. The now defunct ISISD -- founded by Dr Pulin Garg, a Psychoanalyst and iconic academic at IIM Ahmedabad, along with 15 professionals and academicians -- was committed to research and application on the “culture-specific theories of reflection and action which match with the changing scenario of Indian reality.” ISISD professionals trained under Dr Garg to work with the unconscious aspects of individuals, while also drawing upon the knowledge of various Indian traditions in order to develop unique “Identity-based” theories and technologies.



The inspired application of Kleinian psychoanalytic concepts, developed by Wilfred Bion and others in UK, began the Tavistock tradition of understanding the nature of unconscious processes and communication in groups and organizations. Dr Gourango Chattopadhyay, an original founder of ISISD with Dr Pulin Garg, initiated the seeding of what is popularly known as the Group Relations Conference (GRC) in India.

Today, Sukrut is the only institution in India that integrates these two psychoanalytic traditions of working “below the surface”. Its flagship programs – the Inward Change Conference (ICC) and The India Conference (TIC) – integrate in their design interventions from psychoanalytical psychotherapy.

Sukrut offered the first-ever 14-day The India Conference in August-September 2015 in Goa, India, drawing on the traditions of Tavistock Institute in UK. The 2nd. international event was offered in July-August 2017, and the 3rd event is slated in July-August 2019.

Sukrut offers education and training to individuals who aspire to enhance their professional status. Consequently, the annual calendar includes courses in “Organization Psychodynamics”, “Consulting & Coaching for Change”, “Rorschach – The Exner Method”. Many of these initiatives have been collaborations with Christ University in Bangalore, and with Tavistock Clinic in UK.

Plans are underway to launch post-graduate versions of international courses in India from 2018, as well as provide accreditation to professionals.

Sukrut has been offering an annual International Conference of Psychologists, since 2013. Psychologists from Sukrut have presented papers at both national & international conferences such as OPUS in UK and Belgirate in Italy.

Visit [www.sukrutindia.in](http://www.sukrutindia.in) for more details about Sukrut.



**Yuva Mitra** was started in 1995 by a youth group in Sinnar who wanted to contribute to the process of social change through people-centered initiatives. Yuva Mitra works with different sections of society ie. Children, Women, Youth and Farmers. Yuva Mitra strives towards shaping Sustainable Development, and has been instrumental in developing its own projects/programs by keeping people at the core of decision-making. Over a period of time Yuva Mitra has been recognized as an organization reaching each and every member of the family, and also empowering the village eco-system through a community-driven development model.

Visit [www.yuvamitra.org](http://www.yuvamitra.org) for more information about their activities.



## About YUVA MITRA



### The Facilitators:

The decision to invite an individual is a consultative process between the Programme Director and Sukrut.

Facilitators / Co-Facilitators for the Summer Programme 2018 will be invited from the following:

- |   |                    |
|---|--------------------|
| 1. Sunil Pote, Programme Director from 2013 to 2017 | ICC 2004           |
| 2. Sathyasree Goswami                               | ICC 2005           |
| 3. Merlyn Rao                                       | ICC 2005           |
| 4. Aishi Sengupta                                   | ICC 2010           |
| 5. Swetha Rao                                       | ICC 2011           |
| 6. Arunita Biswas                                   | ICC 2011           |
| 7. Aruna Bhat                                       | ICC 2013           |
| 8. Maria Leena                                      | ICC 2013           |
| 9. Gracy Jebastina                                  | ICC 2014           |
| 10. Rajashree Choudhury                             | ICC 2014           |
| 11. Shital Dange                                    | ICC 2015           |
| 12. Lata Selvan                                     | ICC 2015           |
| 13. Idris Sufi                                      | ICC 2015           |
| 14. Cicily MP                                       | ICC 2015           |
| 15. Dhyanesh Ugale                                  | ICC 2015           |
| 16. Uday Mazgaonkar                                 | Astha and ICC 2015 |
| 17. Chitra Mansukhani                               | Astha and ICC 2015 |
| 18. Ruma Chatterjee                                 | ICC 2017           |
| 19. Priyadarshan Kensara                            | ICC 2017           |
| 20. Shrey M   | ICC 2017           |
| 21. Gloria Tep                                      | ICC 2018           |
| 22. Shrividya Bharadwaj                             | ICC 2018           |
| 23. Radhika Pandit                                  | ICC 2018           |

The following individuals completed the Internship Program  
and have been facilitating Sukrut's programs:



|                          |         |
|--------------------------|---------|
| 1. Kiran Tarikere        | ICC2004 |
| 2. Cynthia Andrade       | ICC2004 |
| 3. Bhim Raskar           | ICC2004 |
| 4. Joseph TJ             | ICC2004 |
| 5. Mandar Vaidya         | ICC2004 |
| 6. Anju Sethi            | ICC2005 |
| 7. Shobha Managoli       | ICC2005 |
| 8. Arvind K              | ICC2005 |
| 9. Jagadamba R           | ICC2005 |
| 10. Pradeep A            | ICC2005 |
| 11. Narayanan Nair       | ICC2005 |
| 12. Srilakshmi Divakar   | ICC2006 |
| 13. Kumar Barua          | ICC2006 |
| 14. Ambika Parchure      | ICC2006 |
| 15. Susan Joy            | ICC2006 |
| 16. Suneera Bhattacharya | ICC2007 |
| 17. Bhavana Bharadwaj    | ICC2007 |
| 18. Mamta Malhotra       | ICC2007 |
| 19. Jasdeep Sethi        | ICC2007 |
| 20. Radhika Menon        | ICC2007 |
| 21. Shanthi VK           | ICC2008 |
| 22. Chudaratna S         | ICC2008 |
| 23. Soni Helmicki        | ICC2009 |
| 24. Sonia Rao            | ICC2009 |
| 25. Shobha Singh         | ICC2009 |
| 26. Anupama Singh        | ICC2008 |
| 27. Vijaylakshmi Prakash | ICC2008 |
| 28. Anitha Reddy         | ICC2009 |
| 29. Kalpana Singh        | ICC2009 |
| 30. Jappreet Sethi       | ICC2009 |
| 31. Leena Haymo          | ICC2009 |
| 32. Ramesh Menon         | ICC2009 |
| 33. Ranjit Bhaskaran     | ICC2009 |
| 34. Aprameya R           | ICC2010 |
| 35. Leelavathi R         | ICC2010 |

The following individuals completed the Internship Program and have been facilitating Sukrut's programs:

|                          |                         |
|--------------------------|-------------------------|
| 36. Bharathi M           | ICC 2011                |
| 37. Amrita Chatterjee    | ICC 2011                |
| 38. Kameshwari Devi      | ICC 2011                |
| 39. Christina Vincent    | ICC 2011                |
| 40. Sheetal Thakkar      | ICC 2012                |
| 41. Velangani A          | ICC 2012                |
| 42. Shashikant Sharma    | ICC 2013                |
| 43. Nandini A            | ICC2013                 |
| 44. Madhubala Bhosle     | ICC2013                 |
| 45. Avinash Patil        | ICC2013                 |
| 46. Guna S               | ICC2014                 |
| 47. Bhanusree Udayakumar | ICC2015                 |
| 48. Asha K               | ICC2015                 |
| 49. Aruna Satish         | ICC2015                 |
| 50. Sabina Samuel        | ICC2015                 |
| 51. Pallavi Naik         | ICC2015                 |
| 52. Venkatesh Nadar      | ICC2015                 |
| 53. Vijay Avhad          | ICC2015                 |
| 54. Hari Daware          | ICC2015                 |
| 55. Mallika Das          | ICC2017                 |
| 56. Ajay Mahatme         | ICC2018                 |
| 57. Ashok Bhattacharya   | ISISD 1993 (Two Phases) |

as in January 2018

## SUKRUT

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Koramangala,  
Bengaluru, Karnataka

[www.sukrutindia.com](http://www.sukrutindia.com)

