



APARA

INDIA

Anthroposophic Psychology  
And Research Association

# ' CLOSURE '

An  
Anthroposophic Perspective  
On Child/Adolescent, Adult &  
Gerontological Trauma

Conference Dates - 3rd, 4th & 5th June 2022

Time - 9 AM to 5 PM

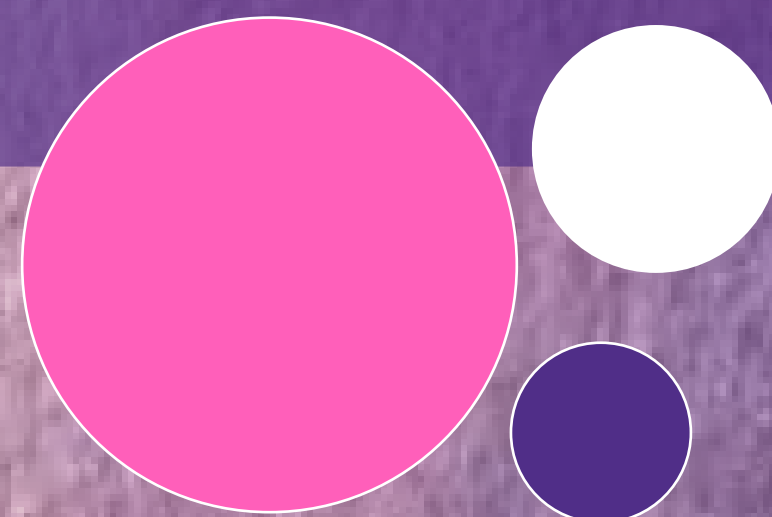
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# What is CLOSURE?

- All Indians today feel the need to have problem-solving paradigms that emerge from our soil and that are relevant to Indian life and living.
- Understanding Trauma and its prevention and management has been one such huge multi-dimensional question which challenges India. Join hands with APARA's endeavour to create sustainable, contemporary, research based discussions on trauma.
- This year, CLOSURE, brings the confluence of professionals from all people-oriented professions. Together we delve into psychological, social, cultural, educational and economic angles of Trauma and its mental health interventions.



# Highlights of the conference

Paper presentations by Anthroposophic practitioners are on three themes

- a) Child/Adolescent Trauma
- b) Adult Trauma
- c) Gerontological Trauma

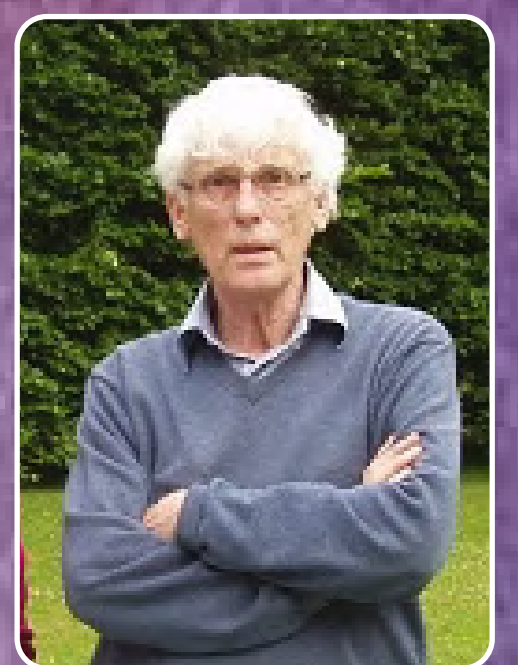
Three special guest researchers and practitioners from Mainstream psychology will present their work/ research on

- a) DSM 5 in Indian settings
- b) Social Research on Transgenerational Trauma
- c) Neurobiology of Trauma

**Anthroposophical exercises to work with trauma.**

Ad Dekkers, a pioneer in Anthroposophic Psychotherapy will conduct exercises to internalize the various healing aspects of Trauma.

Ad Dekkers is an experienced Anthroposophic Psychotherapist, Registered by the LVVA, the Dutch Association for psychotherapists. He has trained practitioners in anthroposophic psychotherapy in Germany, the Netherlands, Spain, Italy, Israel, Brazil, Great Britain, Argentina, Russia, Chile and India. His specialist areas are psychotherapy for cult victims and developing new methods of training in anthroposophic psychotherapy. His key work 'A Psychology of Human Dignity' has been published in several languages.



**Mr. Ad Dekkers**



# Special Features



- Dr. John P John

DSM 5 and Indian mental health practice

Award-winning psychiatrist Dr. John is a faculty member of the Department of Psychiatry at the National Institute of Mental Health and Neuroscience (NIMHANS), Bangalore. Some of his achievements include Fogarty International ICOHRTA fellowship- 2003, Young Investigator Award for best paper at the Second International Congress of Biological Psychiatry- in 2007 are some of his victories.



- Dr. Radheshyam Jadhav

Social research perspective on survivors of farmer's suicide.

An award-winning author of books like "Harvesting Hope in the Suicide Zone" and "The Trail of the Tiger". With a proven track record of writing about politics, gender issues, health, agriculture, environment, and rural and urban development issues, his research in journalism and communication has been based on extensive field visits.



- Dr. Sanjay Phadke

Neurobiological aspects of trauma

Dr. Sanjay Phadke is a psychiatrist and Senior Consultant in Neuropsychiatry at Jehangir Hospital and Deenanath Mangeshkar Hospital, Pune. He holds the position of Chairman at the Center For Behavioral Medicine and THE INDIAN PSYCHIATRIC SOCIETY'S NATIONAL TASK FORCE ON MIND-BODY MEDICINE.



# Anthroposophic Faculty



**- Henriette Dekkers**

**Healing Gerontological Trauma**

Henriette is the co-founder of IFAPA and has been instrumental in creating worldwide interest in Anthroposophic Psychotherapy. Her academic research and clinical work spans many decades with 30 years in a multi disciplinary anthroposophical Healthcare Centre in Haarlem (Netherlands)



**- Dr. David Tresemer**

**DSM V from Anthroposophical lens**

Dr David did his Ph.D. from Harvard in Psychology. He is Past president of the Association for Anthroposophic Psychology (USA). He is a contributor to and editor of 'The Counselor...As If Soul and Spirit Matter', and 'Slow Counseling'



**- Dr. Simon Kuttner**

**Why Trauma is "Traumatic"**

Simon Kuttner holds a doctorate in psychology from New Zealand and currently practices in Israel. Simon is the founder of International Masters Programme for Waldorf Teachers, Stuttgart, Germany. Comparisons between other psychotherapeutic theories and Anthroposophy has been Simon's interest in research.



# Anthroposophic Faculty



**- Suchitra Inamdar**

**Trauma and its impact on Women's psychological health**

Psychotherapist, Director - APARA, Board member - IFAPA. Suchitra is an internationally certified Anthroposophic Psychotherapist. She is also an REBT, Hypnotherapy and Biography practitioner.



**- Parimal Pandit**

**Healing Trauma in Children**

Director at APARA, Clinical Psychologist & Psychotherapist (University of Pune) for more than 25yrs, Internationally Certified Anthroposophic Psychotherapist and Trainer, contributor to papers on Play Therapy (RCI Conference), Attention Deficit And Hyperactive Disorder (Voices of Educators) and Slow Counselling.



**- Dr P Sridhar Reddy**

**Healing Trauma - Role of Body Therapies**

He has completed his graduation in Physiotherapy in the year 1999 and further specialized in neurology in Physiotherapy from Dr M G R Medical university. Sridhar is a certified Anthroposophic Physiotherapist by the Goethaenum, Switzerland. He is trained in Rhythmical massage from Bad Boll, Germany. He has been successfully integrating mainstream practice with Anthroposophy since the last 13 years.



# Anthroposophic Faculty



- Dr Wahida Murthy

Trauma and health in middle age women

Anthroposophic doctor and Gynecologist. She is also a certified art therapist. Her work revolves around preventive care in women's health. She runs Murthy Health And Research Center in Bangalore.

## Who Can Attend?

Psychologists | Psychiatrists | Educators | Life Coaches |  
Anthroposophic Professionals | Art Therapists | Biography  
Practitioners | Special Educators

*Recordings will be available for all participants  
(Limited time period)*

*Platform for Conference: Zoom* 

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Visit [www.aparaindia.org](http://www.aparaindia.org) For Registration And Other Details

