



APARA

INDIA

Anthroposophic Psychology
And Research Association



UNFOLDING LIFE STORIES

A tool based Biography Workshop for Psychotherapists,
Counselors, Psychiatrists, Psychiatric Social Workers, Educators.

Dates -

20th & 21st July | 3rd & 4th Aug
27th & 28th July | 10th & 11th Aug

Time -

2:00 PM to
6:00 PM

Mode -

Online
On Zoom



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ABOUT **BIOGRAPHY**

Our own life that is led so far is a textbook to study the 'I' and also to heal it.

Biography work is the methodology to access this very textbook and lead us to discover the endless inner human wisdom. Learning biography work, therefore, is a very potent tool for a professional. Every mental health professional needs to constantly equip and transform oneself with more awareness at each step. It's only then that one can be a clear mirror to the people one aims to help. If one has to be a mirror for a client then that mirror has to be clear.

Biography work includes the knowledge of one's body, soul and spirit development processes. Our own development and the destiny that unfolds with it teaches us about life and humanness in its true nature. To scientifically and meticulously study this humanness and to be able to apply it to professional mental health work is the hallmark of biography work in this workshop.



ABOUT THE WORKSHOP

The Highlights of the workshop-

- Facilitated by experienced professionals.
- Opportunity to learn and practise through group work, artistic processes and movement.
- Reflections and meticulous, experiential understanding of life's developmental phases.
- Experiential format to enhance sharing and learning
- To develop robust scientific temperament for both self work and working with clients/students/beneficiaries.



TAKE-AWAYS FROM THE WORKSHOP

Develop more confidence and self-validation for one's therapeutic skills.

Ability to effectively help multi-layered issues with clients, students and colleagues.

Ability to repeat positive results of the intervention.

Ability to offer long-lasting resolutions that help move towards more sustainable and transformational effects.

FACULTY DESCRIPTION



Suchitra Inamdar (Psychotherapist)

Anthroposophic Psychotherapist and Trainer,
Biography Consultant Director, APARA

Suchitra Inamdar is a psychotherapist practicing for more than 20 years in Mumbai. She has worked with varied populations, ranging from psychopathology, special needs, family & couples, to the LGBTQ population.

She works with both Western and Indian models of psychotherapy. Suchitra conducts trainings in Anthroposophic Psychotherapy and has been a visiting faculty at the University of Mumbai, teaching Positive Psychology. She is an ex-board member of the International Federation of Anthroposophic Psychotherapy Associations (IFAPA), Switzerland.

She has conducted biography workshops for various population.



Parimal Pandit (Psychotherapist)

Anthroposophic Psychotherapist and Trainer,
Biography Consultant Director, APARA

Parimal Pandit is a clinical psychologist and psychotherapist from Chennai with 25 years of experience practicing in various settings, including multidisciplinary hospitals, schools, and institutions in Pune, Mumbai, and Chennai.

She has worked extensively in supporting teacher training programs and developing a play therapy unit in a special needs organisation and she has authored papers.

She has conducted biography workshops for various population.