



**Trishna
Panchal**

Presence Oriented
Psychotherapy
Course

Batch: 2018-2020

“The course is immersive and touches a place within you which you have been ready to meet but never have because you did not learn to just let it be.

It compels you to slow it down and look within the reality that exists in the here and now.

Sandy and the space that she creates allows you to not only experience this state of 'sahejta' but also helps you learn how to hold the space for others. The biggest takeaway for me is the deep silence that comes with the pause. I've really come to appreciate that. “

Trishna is a comprehensive sexuality education and a dance movement therapy practitioner.



Avantika Malhautra

Presence Oriented Psychotherapy Course

Batch: 2017-2019

“The Advanced Diploma in Presence-Oriented Psychotherapy has been curated with careful clinical judgment of the knowledge, skills and practice that a therapist requires to effectively and effortlessly facilitate change for their clients. The flow of the course is beautiful, and each module picks up from the last and adds to the continuity of learning. I love how holistic the course is in bringing in various perspectives of psychotherapy, psychology and philosophy together. There is as much, if not more, focus, on the Person and Self of the therapist as there is on the tools and techniques for therapy and the therapeutic relationship. Sandy’s gentle, compassionate presence and vast professional experience makes this course very unique and depth oriented. I have thoroughly enjoyed the introduction of guest international faculty and integration of art and movement practices into the process of self-awareness. This course has been way beyond my expectations and has really helped me move towards authenticity, ease and an expanded awareness personally and deepened my theoretical grounding and therapeutic processing skills, professionally. I am really grateful for this opportunity.”

Avantika is a Psychologist offering Psychotherapy and Expressive arts therapy in private practice in Mumbai. She teaches and supervises on dance therapy training courses.



Lata Narayan

Presence Oriented
Psychotherapy
Course

Batch: 2017-2019

Being with Just Being!

I am a student of the 2017-19 batch of the Present Oriented Approach to Psychotherapy, offered by Just Being, Pune.

I look back with a sense of awe at the range of learning processes that I have experienced. Though the body-mind connection was familiar to me, and I practice Vipassana and hence am familiar with body sensations, the processes in the course opened up new meanings of the term body-mind connection. The presence-oriented approach is not touched upon in any other counseling course, and I now feel that it is so integral to the counseling process. The course has helped me in my approach to professional assignments, these much more enriching. The methodology of the course was also very creative, with an emphasis on student and facilitator co-creating the learning space. Sandy was a role model in every sense of the word- practicing 'presence', using participatory processes, and just being herself.

When I joined the course, I had decided that I would not do the assignments. But by the end of the year, I had done most of the assignments as these were so enjoyable!

For me personally, it has been a year of certain life changes, and being part of the course has helped me in this process. There have been several changes which are difficult to write about, but suffice to say, that experiencing the presence processes has facilitated my personal transformation also.

I have ever grateful to the universe for giving me this opportunity to do the course, at this phase of my life.

Lata Narayan is a Retired Professor from Tata Institute of Social Sciences, Mumbai.



Arpita Bohra

Presence Oriented Psychotherapy Course

Batch: 2018-2020

"I had heard about Sandy's therapeutic work and way of relating from friends who had worked with her in training and therapy. I had also been training and working for 5+ years when I made the decision to step out of a psychoanalytic studies program and train with Sandy. My work required me to do shorter term intensive therapy with students at university who came with difficulties ranging from anxiety, early childhood trauma, attachment issues, chronic depression, and what the DSM terms as borderline personality disorder. Doing the Presence Oriented Therapy course was one of the best decisions and investments I have made as a mental health professional. Learning under Sandy as brought a fundamental grounding, awareness and attunement to my work with clients. In our first module, Sandy addressed an elemental aspect of BEING a therapist - stability and grounding. What I really adored about this was that she viscerally addressed the need for a stable internal base for client work. The impact of psychic pain, unconscious conflicts and somatic suffering leave imprints that we have not been fully taught to be with in most of our MA/M.Phil programs. It was with Sandy that I learned how to ground myself through awareness and hold deeper space for my clients to access their own awareness and emotions.

Training with Sandy helped forge an alive and ongoing connection with my therapist self and therapist "spirit" that I hope to deepen over the course of my life."

Arpita heads a busy student counseling centre at a large private university in Ahmedabad (PDU) since 2016. She has completed additional trainings in Visual arts and movement therapy post her MA. in Counseling Psychology, TISS (2012-14).