



“To Mark World Mental Health Month”
INDIAN ACADEMY OF PROFESSIONAL SUPERVISORS (IAPS)
Presents a Webinar on

What We Inherit: Understanding Intergenerational Trauma in Clinical Practice



24th October, 2026
(Saturday)



6:00 – 7:30 PM



ABOUT THE WEBINAR :

Intergenerational trauma offers clinicians an important framework for understanding how the experiences of one generation can influence the emotional lives, relationships and coping patterns of subsequent generations. In the Indian context, these experiences can be shaped by family histories, cultural expectations, colonisation, social hierarchies, gender roles and patterns of survival passed down over time.

Understanding this framework allows us to look beyond individual symptoms and consider the relational and social contexts in which distress develops and continues. It also invites us to examine how these patterns can repeat within therapy, supervision and professional systems.

ABOUT IAPS :

IAPS was established with the objective to enhance, sustain, and promote professional supervision amongst mental health professionals through standardized practice. IAPS has forayed into publication of research in psychological practice through its journal – **The IAPS Journal of Practice in Mental Health**. IAPS has an **"Independent Ethics Committee"** which is CDSCO registered.



Members: Rs 400/-
Professionals: Rs 600/-
Students: Rs 300/-

*No recording will be shared.
There will be no refund of fees collected.*

KEY TAKEAWAYS :

- Understand intergenerational trauma and its relevance to clinical practice, particularly within Indian family and cultural contexts.
- Examine how the therapist's own history, identity, power and privilege influence clinical work, and why self-of-the-therapist work is essential to ethical practice.



[Link for Registration](#)

Register before : 22 October, 2026.

ABOUT THE RESOURCE PERSON



Varsha Swamy

Varsha Swamy is a Marriage and Family Therapist, public speaker, and Co-founder and Clinical Director of House of Mirrors LLP, an Intergenerational Healing Institute based in Chennai. She is also the founder of Harmony Pathway LLC, a group therapy practice in Colorado, USA.

She spent two years teaching and supervising graduate students at Colorado State University and continues to offer monthly online supervision to emerging and experienced therapists.

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