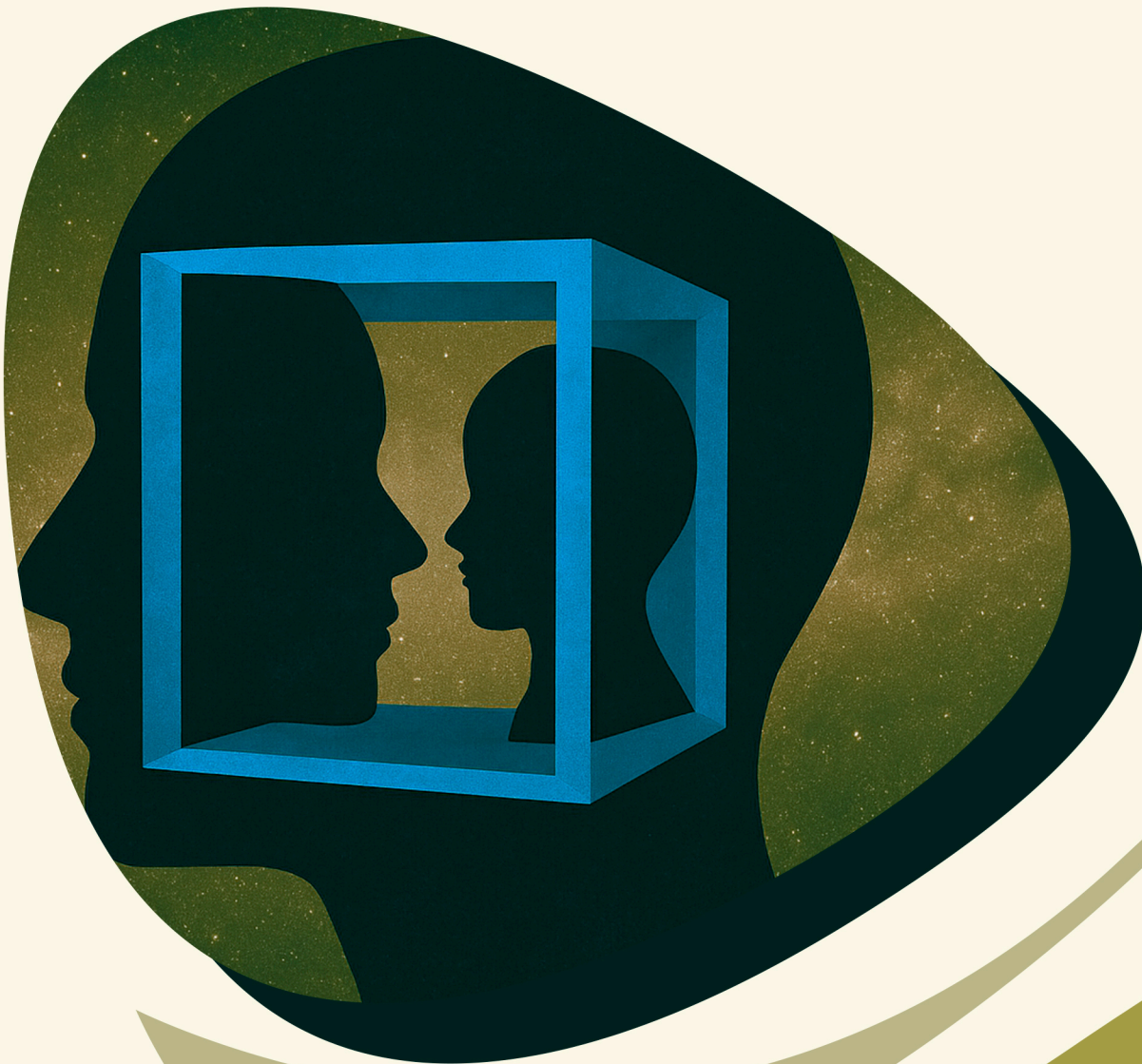


SUKRUT announces it's
30th Inward Change Conference
2025 (ICC 25) - *Winter event*

14th to 19th December 2025

Yuva Mitra campus, Sinnar, Maharashtra



Sukrut is an institution committed to the promotion of knowledge and practice in psychoanalysis. Starting in 2003, a small group of Psychoanalytic Psychotherapists trained in India and overseas, began to address challenges in mental health by applications of the talking cure. Sukrut soon began to offer internship in psychoanalysis, supported with intersubjective study and seminars. The training draws on relational psychoanalysis which emphasizes the real-time presentation of internal dynamics within the therapeutic relationship, and distinguishes itself by emphasizing the effect of real interpersonal relationships on development. Sukrut psychotherapists conceive transference and countertransference as features of all relationships, and comfortably connect with the inner world of feelings and thoughts to identify the toxicity that builds in the self and in systems.

The INTERNSHIPS

Nominations are sought for entry to Phase 1 of the internships. The space is a containing, holding, protective environment, attuned to the needs of interns and provides high levels of close, careful listening and attention. Sukrut embraces Winnicott's oft-quoted phrase that it is a joy to be hidden, but a disaster not to be found.

ICC has morphed into immersions across three phases, offered annually in Winter and Summer.



Phase 1 offers exploration into the world of feelings as central to decision-making. Our feelings give us important information about the world, and about our wellbeing and the toxicity within; they inform us of our needs and guide our actions. Acquiring new perspectives, 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). The immersion also helps explore and arrive at new meaning-making and choice-making for the actual decisions that we take.

Who can attend?

You must be a Graduate in any subject, ideally a budding Psychologist, a Post-Graduate in Rehabilitation and Social Sciences with a few years work experience, passionate to explore the world of feelings and decisions.

How will I benefit by making this commitment?

The immersion will help clear cobwebs in the mind, and lead to authoritative presence. On completion of the internships and the Intersubjective Study & Seminars, you will be able to plan & implement supervised interventions for issues faced by children, adolescents, adults, families, and groups. Alternately, you could also opt to begin supervised work in Organization Psychodynamics to inform your diagnosis about toxicity in systems and help address slippage and wastage in business, beyond traditional applications from OD and Leadership coaching.

Sukrut will provide a Certificate to all who successfully complete three phases of the internship and the intersubjective study & seminars.

The Summer event is normally offered in May.

Administrative Information

**The venue is Yuva Mitra, Mitrangan Campus,
Ghoti – Sinnar Highway, Harsule Shiwar,
Lonarwadi, Taluka – Sinnar,
District – Nashik 422103.**

**Email is admin@yuvamitra.org and
Phone No. is +91 9527402400**

The programme Fee per participant is Rs 30,000.00 on room-sharing basis, inclusive of early-morning tea, breakfast, lunch, an evening snack, and dinner.

Limited bursaries are available to self-sponsored participants who will need to make a request in writing to the Conference Director. Details about remittance of the Fee will be advised to participants who register.



If you are curious to learn more about ICC, please contact any of the following:

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