



SUKRUT announces it's

**31<sup>st</sup>**

**Inward Change Conference  
2026 (ICC 26)**

*Summer Event*

**03rd to 09th May 2026  
Coonoor, Tamilnadu**



**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 internships in psychoanalysis, supported by intersubjective study and seminars. The training draws on relational and depth psychoanalysis which emphasizes the real-time exploration 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 counter-transference 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 summer and winter.

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

The winter event is normally offered in December.

**Phase 1 offers exploration of 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 we make.**

## 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 Organisational 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.

## 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 of work experience, passionate to explore the world of feelings and decisions.

# Administrative Information

The venue is Brooklands Christian Guest Home, 170 Brooklands, The Nilgiris, Coonoor, Tamil Nadu 643101.

The programme fee per participant is Rs 40,000.00 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:**

**Aishi Sengupta, in Chennai at +91 8790878065 / aishisengupta@hotmail.com**

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