

Individual Supervision for Mental Health Practitioners

A process-oriented space to unpack case dynamics, track nervous system attunement, and deepen your therapeutic presence.



Who is this for?

- Counselling and clinical psychologists, counsellors, psychotherapists, and trainee practitioners
- Practitioners seeking trauma-informed, process-oriented, or somatic/relational lenses
- Early-career practitioners looking to develop a reflective therapeutic practice

Logistics

Format: online (via Google Meet)

Session duration: 50 minutes

Frequency: as per your need/caseload

Schedule: mutually convenient weekday

The space offers

Process-oriented alliance

Moving beyond just "what to do with a client" to exploring relational dynamics, countertransference, and the therapist's internal experience.

Somatic attunement

Tracking bodily responses, nervous system regulation, and relational attunement within sessions.

Complex case dynamics

Safe container for unpacking stuck cases, systemic factors, and trauma-informed challenges.

Therapeutic presence and self-of-the-therapist

Cultivating self-awareness, preventing burnout, and honing your unique clinical voice.





Supervision fee

₹2,000 per session

Interested participants can reach out to me directly to register or inquire about the reflective individual supervision .

Connect

 psychemantra@gmail.com

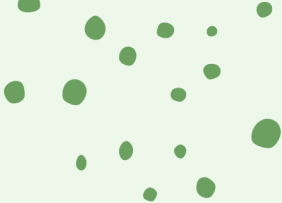
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PsycheMantra

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About me

Hi, I'm **Aatman Thaker** (he/him). At PsycheMantra, I view supervision not as a top-down guidance, but as a reflective partnership. My goal is to offer you a safe, non-judgmental container where you can lean into complex case dynamics, explore your internal responses in real time, and reconnect with your innate therapeutic wisdom—because supporting others starts with honouring your own experience as a practitioner.



My approach to supervision

My supervisory approach is rooted in process-oriented, integrative, and trauma-informed practice. Moving beyond mere case management, I facilitate a safe, reflective alliance where practitioners can explore complex case dynamics, track nervous system attunement, and cultivate the "self-of-the-therapist." I hold space for practitioners to lean into internal blocks, process relational dynamics in real time, and deepen their therapeutic voice with empathy and curiosity.

