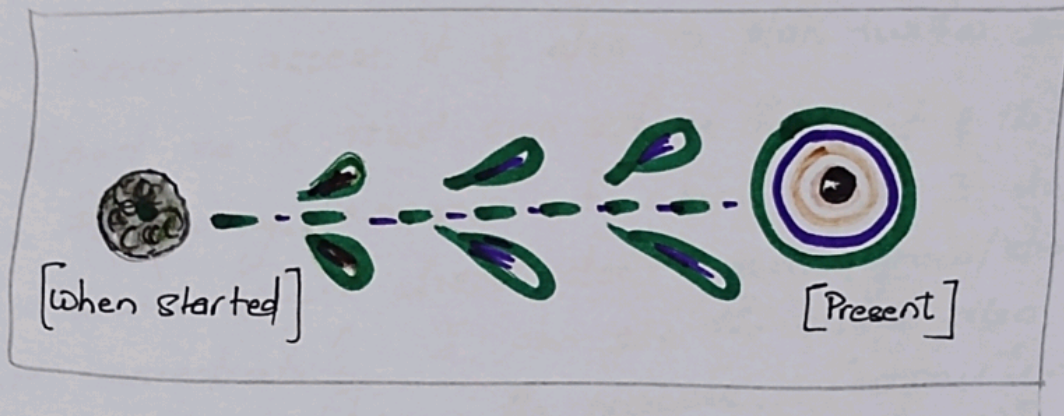


* Pictorial / written representation of journey since we started.



I, when started the course, was very unsure of my own ~~set~~ skills (as counselor) & was not able to connect with self. Gradually with ~~the~~ each session I learnt to observe own emotions, micro dissect between each emotions & thoughts. This course helped me to the most to connect with own body sensations & signals. Now, as a person, I ~~can bear~~ am in a better place to understand own body's messages, emotions & thought process. This ~~as~~ helped me to grow trust on own self & build ~~to~~ good connection with my own gut. ~~As~~ As I ^{am} building the connection with self, I am seeing myself to connect more with others.

As a ~~psycho~~ psychotherapist, I developed huge trust on my own process & skills. It helped to connect with the

client, his/her emotional struggle & taught me how to be with him/her.

Now, as a therapist, I can see how my sessions were going to deeper & in a directions. It helped to plan my each session, assess it & also to plan further session. It helped me to trust own self as therapist & the process I am following, because of which now I don't get anxious, when client don't respond/grow/show result immediately. I can see the client also with time develop trust on the process. Comparatively I can see client ~~continue~~ has become consistent in the session, which is rewarding for me. As a person & as a therapist, I feel more anchored, skilled.