



PEOPLE.
RELATIONSHIPS.
POSSIBILITIES.

An ISABS Online Experiential Laboratory

The Family We Create

Exploring belonging, difference and growth in families

*We inherit family.
And we create family.*

Three questions to live with, explore together, and take into our everyday lives:



How do I *belong* without losing myself?



How do I *differ* without losing you?



How do we *grow* without growing apart?

A 9-week online experiential laboratory for adults curious about themselves, their relationships and the families they help create.

DIFFERENT
THREADS.
A SHARED
WEAVE.
A BRIGHTER
TOMORROW.

Come explore

the family you carry,
the relationships you inhabit,
and the family you help create —
every day.



Starts
23rd Oct 2026
Fridays, 8 – 10 pm IST



Online
Small group
of 8 – 10 participants



Facilitated by
Ullhas Supatkar

ISABS

A Space to Explore
Self and Relationships

The Family We Create
~ Exploring belonging, difference and growth in families
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We Inherit Family. And We Create Family.

Family is our first and perhaps our most enduring relational space.

It is where we first experience belonging, authority, care, conflict, expectations, difference, dependence and independence. It is also where we learn — often without consciously knowing that we are learning — how to relate.

We inherit stories, roles, expectations, loyalties and ways of expressing love. We may also carry silences, hurts, assumptions and patterns that have travelled across generations.

But family is not only something we inherit. Family is also something we create.

Inside each one of us is a family we long for.

A space where we belong fully.

- Where we can be ourselves and still be accepted.
- Where conversations can be open and honest.
- Where disagreements do not have to become distance.
- Where differences can coexist.
- Where people can grow, change and become — without growing apart.

At the heart of this longing is **love** — not love that binds people so tightly that they cannot become themselves, nor love that lets go so completely that people are left to find their way alone.

Rather, love that **holds space for people to belong, differ, grow and thrive.**

And yet, the family we experience does not always resemble the family we long for.

Through everyday conversations and silences, through how we listen and respond, how we handle differences, how we express care, how we negotiate closeness and space, and how we repair relationships after conflict, each of us participates in creating the relational space we call family.

This laboratory is an invitation to become more aware of that space — and of ourselves within it.

At its heart are three simple questions:

1. How do I belong without losing myself?
2. How do I differ without losing you?
3. How do we grow without growing apart?

Why This Exploration Matters Today?

The world around families is changing rapidly.

Technology has transformed how we connect.

Generations may live alongside one another while experiencing very different worlds.

Roles within families are changing.

Ideas about marriage, parenting, caregiving, independence, identity and even what constitutes a family are evolving.

Amidst all this change, the human need to **belong, to be seen, to be accepted and to remain meaningfully connected** continues. Perhaps what we need, therefore, is not a prescription for the perfect family, but spaces where we can become more aware of **how we participate in creating the families and relationships we inhabit.**

What Kind of Space Is This?

The Family We Create is not a training programme on how families *should* function. Nor does it offer a formula for creating an ideal family. It is a small-group experiential laboratory.

Participants learn through their own experiences, through relationships within the group, through dialogue and reflection, and through attending to what emerges in the here-and-now. The laboratory provides a space to explore the family we have experienced, the family we carry within us and the family we participate in creating every day.

What Might We Explore?

Through the laboratory, participants will have opportunities to:

- become more aware of how they show up in close relationships
 - explore the stories, roles, expectations and patterns they carry from their family experience
 - notice what creates belonging and what creates distance
 - explore how love, care, expectations and control can sometimes become entangled
 - understand how they respond to difference, disagreement and conflict
 - listen to experiences and perspectives different from their own, including across generations
 - discover greater choice in how they relate
 - explore everyday practices that create connection, aliveness and joy
- AND perhaps the most important dimension would be;
- imagine possibilities for families in which people can be both **held and free to thrive**.

The Learning Journey – 9 sessions:

Session no.	Theme	Exploration	Brief explanation
Session 1	Coming Home	What does family mean to me?	Beginning with our own lived experience of family and the meanings we attach to it.
Session 2	The Family I Carry	What has shaped the way I relate?	Exploring stories, relationships, memories and experiences that continue to live within us.
Session 3	Who I Become in My Family	What roles do I find myself playing?	Becoming aware of expectations, familiar positions and patterns that emerge in our closest relationships.
Session 4	Closeness & Space	Can I belong and still remain myself?	Exploring intimacy, dependence, independence, boundaries and the need for both connection and space.
Session 5	Living With Difference	Can we see the world differently and still belong together?	Listening across differences — including those created by generations, experiences, values and changing social realities
Session 6	When Relationships Become Difficult	Can disagreement exist without disconnection?	Exploring conflict, hurt, silence, expectations and the possibilities of dialogue and repair.
Session 7	What Brings Us Alive	Where does joy live in our relationships?	Rediscovering play, affection, shared experiences, rituals and everyday moments that create connection and belonging.
Session 8	The Family We Create	What kind of relational space am I helping to create?	Looking beyond inherited patterns towards greater awareness and choice in how we relate.
Session 9	Coming Home Differently	What might I choose differently now?	Integrating the journey and exploring what each participant wants to carry back into their relationships and everyday life.

Between sessions, participants may engage in simple reflective or creative practices that allow the exploration to continue within everyday life.

The process will be **semi-structured** — offering enough direction to hold the learning journey while leaving space for the experiences and relationships within the group to shape what emerges.

Programme Snapshot

- Format: Online Experiential Laboratory
- Duration: 9 sessions
- Session Length: 2 hours
- Frequency: Weekly – Fridays from 8pm to 10pm
- Group Size: Between 8 to 10 participants
- Methodology: Semi-Structured T-group
- Facilitators*: Ullhas Supatkar and Gauri Nigudkar (*Details on last page)
- Participant Fee: INR 17700/- (Fee breakup – (Program Fee 14750 + AM Fee 250) + GST @18%). To be paid while signing up.
- Payment to:
 - Account Name: Indian Society for Applied Behavioural Science
 - Account No: 10512228498
 - IFS Code: SBIN0004114
 - Bank and Branch: State Bank of India, Hindu Colony, Dadar (E), Mumbai, Mumbai 400014

Who Is This For?

The laboratory welcomes adults across generations and across different experiences of family — parents, grandparents, partners, young adults, professionals, educators, caregivers and others who are curious about themselves in relationship.

Family here is not restricted to one traditional form. It can include the families we are born into, the families we build, and the relationships through which we experience belonging.

No prior experience of T-Groups, group laboratories or psychology is required.

Facilitators: This lab will be facilitated by Ullhas Supatkar and Gauri Nigudkar.



Ullhas is a professional member of ISABS, NTL (USA) and Six Sigma Black Belt (ASQ). With over 30 years of experience in Jungian Archetypal Psychology, dreams, mythology and archetypal leadership coaching. An engineer, Ullhas combines his diverse background from Indian classical music, archetypal psychology, certified for many psychometric instruments and heart-centered Sufi practice over 39 years. Reach out: ullhas108@gmail.com; (Mob: 70301 05656 / 99701 51298)

Gauri is a professional member of ISABS. She feels passionately about how women show up for themselves in the world. She has over 25 years of experience working with women, facilitating them to reclaim their inner strengths and identity to become what they are meant to be! She brings together the principles of applied behavioural science, dance movement therapy and appreciative inquiry framework to facilitate integration of the fragmented selves. Contact: +91-9987026080; gaurikn@gmail.com

