

As a human being, and particularly as a teacher at Ikon I have dedicated my life to learning, growing and developing. This personal commitment to education and knowledge privileges me to walk side-by-side with students, where we examine some of the most fundamental questions in life through the interdisciplinary content in Ikon's courses. In the classroom, the focus is on learning and developing the relevant skills and expertise for psychotherapeutic practice. However, there is another focus of equal significance; oneself.

In the classroom we consistently and courageously turn to face ourselves, exploring and challenging the assumptions we hold about what it means to be human. Through on-going discourse, we critically examine the content of each subject and self-reflect with the intention of increasing our awareness – of self and the other. The classroom facilitates an environment of reciprocity and the co-creation of new ideas, new meanings and new understandings. As a teacher, I value and place emphasis on experiential learning where the subjective experiences of students are intertwined with educational material and practice.

The classroom setting, and this style of learning becomes a breeding ground for transformation both personally and professionally, in a range of domains; academically, intellectually, emotionally, psychologically, relationally, affectively, intuitively etc. The outcome of this transformative educational process is human beings who are independent and autonomous thinkers; connected to themselves, others and the world around them. We know psychotherapeutic efficacy is largely dependent on the relational strength between the two humans in contact, therefore authenticity and congruence are to be cultivated and exemplified both as student and ultimately, as therapist. This endeavour will be equally challenging and rewarding, and I am deeply honoured to be part of that process.

See you in the classroom,

*Jade*