

Karan Sahar

International Mental Health Professionals Japan
Japan

Post-Covid (Tele)Psychological Therapies: Challenges and Opportunities

Abstract:

The COVID-19 crisis resulted in dramatic and significant challenges for the therapy profession concerning the way practitioners practice. Many challenges brought about major changes in the way therapists offer services and engage in practice in these times. Dr. Sahar will focus on the complexities, challenges and opportunities of telemental health (online services), including the practical, clinical and technical aspects. There will also be audience dialogue focusing on reflective exploration and highlighting the lived experiences and perspectives of practitioners working and navigating during the COVID and post-COVID era.

Biography

Karan Sahar is a Sweden and UK-licensed Clinical Psychologist interested in neuropsychology and neurodevelopment. He received his Doctorate in Clinical Psychology from the University of London (UK). With an international background, he has over 15 years of experience in clinically and culturally diverse settings and populations. Sahar also has several years of experience teaching and consulting psychology students and health professionals. Sahar relocated to Japan in December 2020 and established his practice, LivFull Psychology. He offers person-centred online psychotherapy and parent training. He is also the Membership Secretary at the International Mental Health Professionals Japan (IMHPJ).