



# MIND MATTERS

Rotary  
RID 3030 India

Action Group on  
Mental Health  
Initiatives

MONTHLY NEWSLETTER OF THE DISTRICT ACTION GROUP ON MENTAL HEALTH INITIATIVES

OCT 2021 ISSUE 07

## EDITORIAL



*"The Beautiful Science of Psychology"*

**10 October is World Mental Health Day.**

We thought instead of focusing on a disorder or illness, we would bring you the major

'Practising Therapies' and the mental health professionals providing services, such as 'The Therapist', 'The Psychologist' and 'The Psychiatrist'.

Modern day Psychology emerged in 1879 in Germany, 142 years ago, as a separate science from philosophy and biology, with the establishment of a psychological laboratory in Leipzig. Many schools of thought sprang up in Psychology with their own set of postulates, theories and therapies for defining the human mind and behaviour. The major schools being 'Behaviourism', 'Psychodynamic', 'Cognitive', 'Transpersonal'. We have also added 'Art therapy' and the eternal science of 'Yoga' among them.

The scope of the science of Psychology is as vast as the human experience, as health and wellness is important in all sectors of life, such as the family, marriage, work area, industry, schools, colleges, crime, prisons, and at all ages of personal growth. It's a great science and has no boundaries. People need help and development at all times whether they are ill or not. The formal educational training for becoming a professional mental health provider is rigorous and in-depth.

Our aim for this edition is to make the reader aware of the different therapies available so as to be able to make a choice of what they need and what therapy line would suit their temperament. Our secret aim was also **to break the myth that Psychotherapy is 'just a talking cure' and the even stronger myth that 'every good natured person can make a good counsellor or therapist'!**

My thanks to all the benevolent and magnificent contributors/authors! Stay informed!

-Rita Aggarwal.

## ROTARY CLUB OF DEOLALI

PRESIDENT RTN. NANDINI KARIA



President of RC Deolali, Rtn. Smt. Nandini Karia, is a successful business woman, managing "Maxx Elevators" and helping her husband in building materials, tiles and solar business. She has two lovely successful daughters Dr. Rutu Karia, working at Deen Dayal Hospital, Delhi and Ms. Kanchan Karia, pursuing her CA. Nandini starts her day with yoga, pranayama, exercises, brisk walk, which she follows as a routine. Her healthy habits include being a vegetarian, following Dr. Dixit's diet of having only two meals a day. She is religious and prays daily which keeps her peaceful. Nandini and her husband Mr.

Hitesh Karia are founding members of Nasik Music Club which is popular among budding artistes and common citizens. They spend time in conducting musical festivals, competitions and training singers especially from Rotary. Rotary Club of Deolali is known because of their singing programs in most of the meetings. Rtn. Karia feels that the new generation of children face many challenges due to tremendous pressure from family expectations, peers, social media etc and are in a very delicate mental condition. She also feels that women in particular are generally taken for granted in the Indian middle-class families and their health is always compromised which results in various mental diseases such as depression etc. They suffer silently and working women are at a greater risk. She is also a member of women's group where they help those in need and come across several cases of abuse and ill treatment of women. President Karia expects DAGHMI to address the issues of children and women in particular as without it, it would make our Nation very weak. She is ready to support all initiatives of mental health and is very happy that DAGHMI is working to address all these issues.

-IPP Murali Raghavan, RC Deolali, Director, DAGHMI.

## CLUB REPORTS

### 3rd September 2021:

DAGHMI organized an online webinar on Assertive Anger. Rita Aggarwal district chair RAG & Kavita Saraf psychologist & art therapist, spoke about anger, its effects on the body, how to deal with anger and many other nuances of this emotion. This interactive session was moderated by Dr. Aabha Pimprikar President DAGHMI in the presence of DGN Rtn. Asha Venugopal as chief guest and more than 55 persons benefitted. This was hosted by RC Nasik GrapeCity and co-hosted by RC Nasik Cosmopolitan. Rtn Anjali Mehta did the anchoring. Rtn Fatema Hakim proposed vote of thanks.

### 10 September 2012:

WORLD SUICIDE PREVENTION DAY CELEBRATION- by Rotaractors of Dada Ramchand Bakhru Sindhu Mahavidyalaya and MAP (Mental Health for People, a registered NGO) organized a poster and slogan making competition at state level.

(Parent Club is RC Nagpur North) RID-3030. The event was open for all age groups. Students, teachers and senior citizens also participated in the competitions. The judges for the competition were: Rutika Khadamkar (Kulkarni), Clinical Psychologist Pune; Dr. Dilip Sawarkar, Retired Professor, Nagpur; Dr. Reema Kamlani; Dr. Damini Motwani (Assistant Professors, Sindhu Mahavidyalaya, Nagpur). The event was supervised by the MAP co-ordinator (Maharashtra) Dr. Geeta Patki and Teacher Coordinator of Rotaract Club of DRB Sindhu Mahavidyalaya, Nagpur, Dr. Suman Keswani. President of Rotaract club of college, Tejaswini Parteki as well as MAP members Dr. Anjana Shekhar, Rohini Chandawar, Arya Naik, Saeed Ghatame worked hard.

READERS MAY SEND QUERIES TO THE EDITOR ON  
[mindmatterseditor@gmail.com](mailto:mindmatterseditor@gmail.com)

CELEBRATING 10th OCTOBER : WORLD MENTAL HEALTH DAY





## THE THERAPY SPECIAL



### "PSYCHODYNAMIC THERAPIES"

Psychodynamic therapies have their roots in Psychoanalytic theory of **Sigmund Freud**. It includes the theories and approaches of Freud and his fellow psychologists. **Carl Jung's** collective unconscious theory which believes that human beings are connected to each other and their ancestors through a shared set of experiences. **Alfred Adler's** theory of individual psychology believes that every person has a sense of inferiority from childhood which they try to overcome. **Melanie Klein** gave great importance to early childhood experiences and how adult emotional world is influenced by them. **Eric**

**Erickson** stages of child development states that successful completion of each stage leads to better development of an individual. **Anna Freud** was the first one to implement psychoanalysis on children.

**The Psychodynamic therapies** emphasizes that psychological problems have their roots in the past. It addresses the deep-rooted problems of an individual. This approach deals with the **unconscious influence** of past learning of traumatic interpersonal relationship on present emotional responses, behaviour and relationship. The therapist working with this approach reviews the emotions, thoughts, early-life experiences and beliefs of a person in therapy. **"Psychodynamic therapy is an in-depth form of talk therapy"**. The therapist using psychodynamic therapy acts as a facilitator and accepts the client with a non-judgmental attitude. The client is encouraged to explore difficult experiences from the past, gaining insight into them and working through unresolved issues. **The therapist encourages self-examination,**

**self-reflection, self-exploration, examining blind spots and understanding relationship patterns.** The therapist tries to understand the 'defence mechanisms' developed unconsciously by an individual to deal with the negative feelings and experiences (repression, denial, rationalization etc). They are encouraged to deal with the repressed emotions and undealt issues instead of using the defence mechanism to avoid them. This therapy helps an individual to deal and express their emotions in a more adaptive and healthier ways.

Psychodynamic therapy can be used with individuals, couples, families and groups. It is a goal-oriented therapy and the duration (long/short term) depends on the issue being dealt. It is highly effective for depression, anxiety, psychosomatic disorders, eating disorders, interpersonal issues, post-traumatic stress disorder to name few.

**Kunali Muchhala,**  
**Clinical Psychologist, Mumbai.**

## THE THERAPIST

A therapist is a person. One who has their own history of trauma, wounds, shadow, and light. However, this person has found a calling to serve others by listening to their troubles and providing them with a safe space which they potentially did not have when growing up. **This person undergoes rigorous training, personal therapy, introspection, and continuous practice to become a therapist. One who provides a safe, confidential, and trusting environment to clients who feel able to share their most vulnerable thoughts, emotions and experiences.**

It is essential for a therapist to be aware of and to continually process their own traumas. When sharing their issues, clients can remind therapists of their own past which if left unprocessed, can lead to the therapist becoming lost in their own grief. For example, if a client shares their pain about losing a loved one, a therapist with unprocessed grief of losing a loved one may most likely join the client in crying. That would only worsen the client's pain. However, a therapist who has grieved their loss fully, have processed their traumas, can empathise with what the client is feeling without drowning in their emotions.

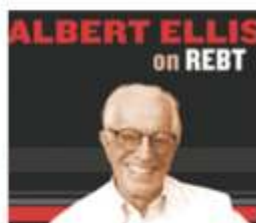
**However, through their training and other personal work, a therapist should have the ability to remain present with the client, empathise with them, and give them a metaphorical hand to grab on to.** Through this, the therapist can maintain an objective view of what the client says. By doing so, they can guide the client toward gaining insight and awareness about how certain life events has affected them. They can also guide the client toward processing those events and begin their journey to heal.

**-Radhika Malhotra**

**Psychosynthesis Therapist in Training, London. (UK)**

## COGNITIVE BEHAVIOUR THERAPIES

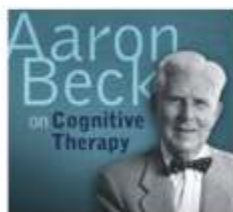
CBT is an umbrella term for many different theories like cognitive therapy, dialectical behavior therapy, Rational emotive behavior therapy and multimodal therapy. Rational Emotive Behaviour Therapy (REBT) by Albert Ellis in 1950s and cognitive therapy, by Aaron Beck developed in 1967 have gained prominence.



### RATIONAL EMOTIVE BEHAVIOR THERAPY

Rational Emotive Behaviour Therapy (REBT) was developed by Albert Ellis in the year 1957. This therapy aims to recognize and alter the irrational beliefs the individual believes about oneself or the world. Here, the therapist looks at the beliefs the individual holds, their experience and emotions that arise as a result of those beliefs.

Common irrational beliefs causing psychological distress in Individuals could be such: "I have no control over my own happiness and contentment and joy dependent upon external forces"; "I have to be perfect and successful in everything and that I should be valued and appreciated by others". Such irrational beliefs lead to disappointment, recrimination, regret and anxiety. The famous ABC technique of irrational beliefs is the core concept of REBT. REBT is found to be effective in treating patients with anxiety, Depression, Obsessive - Compulsive Disorder, Social anxiety disorder, Psychotic symptoms and Disruptive behavior in children.



### COGNITIVE THERAPY

Aaron Beck, observes three levels of cognition in an individual that leads to negative view: **Core Beliefs:** Negative view about self, environment and future from childhood and past experiences. **Dysfunctional Assumptions:** Negativity resulting from distorted perception of reality and misinterpretation of information. **Automatic Negative Thoughts (ANTs):** Involuntary negative perception of reality resulting in negative emotions in an individual.

Cognitive theory by Beck is considered to be effective in anxiety disorders/ general stress, anger control problems, somatoform disorders/depression/substance abuse/marital problems, eating disorders (bulimia nervosa). However, CBT is not considered to be effective to treat severe mental illnesses.

**Dhanalakshmi Sivaraman MSW., M.Phil**

**Asst. Professor & Head - Department of Social Work**

**Soka Ikeda College of Arts and Science for Women, Chennai.**





## THERAPY SPECIAL

# Arti-tude!

Manage your Attitude with Arty tools!

### Introducing you to Therapeutic arts!

Different art forms can be used for therapeutic purposes. **Therapeutic Arts is an umbrella term under which various forms come.**

1. Visual art & Craft
2. Dance & Drama
3. Rhythm & Movement
4. Narrating & storytelling

**Artitude is about using visual arts & crafts as a therapeutic tool to reach a therapeutic goal each time, In that we can use**

1. Dry, wet and mixed mediums
2. Journaling, writings & poems
3. Cutting, pasting and collages
4. Clay, 2D & 3D, mixed materials

**We can use Therapeutic Arts for different therapeutic goals such as**

- ◆ De-Stressing & Relaxation
- ◆ Depression & Anxiety management
- ◆ Cultivating Self love & Self expression
- ◆ Managing difficult Emotions & Feelings
- ◆ Relearning & Reprogramming mind
- ◆ Developing Awareness & Life skills
- ◆ Relationship healing & Connection
- ◆ Handling change & challenges

**However, there is a mark difference between the Arts therapy sessions and the Conventional Art class**

- ◆ A qualified psychotherapist takes it up while art teachers take up the art classes.
- ◆ It focuses on expressing self and not impressing others
- ◆ It practices absence of judgment unlike chasing perfection.
- ◆ It encourages you to feel your mental and emotional process rather than numb it.
- ◆ It allows spontaneous creation rather than planning, preparing and fixing.

**Therapeutic arts- Visual art works in very natural, organic and meaningful ways**

- ◆ As the mind focuses on creating, there is no room for stress and worry.
- ◆ It gives time to process challenges and emotional experiences.
- ◆ It gives you the pause to shift from reaction to response.
- ◆ It is a self-management tool.
- ◆ It enables to develop your insights and intuitions and is reflective.
- ◆ As the art develops and it gives, you joy of creation and connect to your individuality.

Hope the above sharing has helped you understand art as a therapeutic tool and you can follow Artitude and practice Mental and emotional wellbeing!

**Kavita Saraf,**  
Life coach, Soft skills trainer, Art Therapist, Nagpur.

## THE PSYCHOLOGIST

### "Are Psychologists Mind-Readers"

Whenever I happen to introduce my profession to people as a Psychologist, I get this exciting statement, "Oh! so you can read my mind?" and some would try to shy away saying "Oh no! so you can read my mind?". The common notion of people about psychologists is that they are mystical, magical, can read minds, instantly solve mental problems, a mentalist, or someone who deals with only crazy people, etc.

"So, who is a psychologist, and what is their role?"

A psychologist is an advocate of Mental Health, a trained expert in the human mind, behaviour, and emotions, understands the root of the issue by using various psychological or psychometric assessments, observations, interviews, and uses various interventions to treat the client.

The role of a psychologist is very demanding at the same time is rewarding. A psychologist helps and the clients to find positivity and more meaning in life. The role required someone who is an excellent communicator, an effective listener, someone who is patient and warm with outstanding interpersonal skills. The other important qualities are empathy, genuineness, and professional ethics.

The scope of Psychology is very vast. We have psychologists in various fields of expertise specialized as, Sports Psychologists, Marriage Counsellors, Organizational Psychologists, Counselling Psychologists, Educational Psychologists, Clinical psychologists, Forensic Psychologists and more.

In the current reality, psychologists have worked like front-line Mental Health Warriors, in some cases over burnt and in cases as mine, risen above personal grief to comfort those who are also grieving.

Remember! the next time you think "who is a psychologist?", the answer is, a psychologist is a friend, a counselor, your well-wisher, and an expert, so when you are low or you want to talk with someone who can make you feel better and give you expert advice do not hesitate to Shout out HELP!!!

**-Rowena Phillips,**  
Training and Psychological Consultant, Nagpur.

## BEHAVIOUR MODIFICATION

### BEST SUITED FOR CHILDREN:

Behavior modification is an approach that believes in replacing undesirable actions and behaviors with more desirable ones, thus leading to better results and outcomes within your life. **John Watson founded the school of 'Behaviourism'** that believed that you can expose the child to certain environmental forces and overtime condition the child to become any person you want. **B.F Skinner's founded the theory of 'Operant conditioning'**. However, both were influenced by **Ivan Pavlov, a Russian physiologist, who founded the theory of 'Classical Conditioning' with his famous experiments on dogs.** Behaviorism rejects the concept of conscious and unconscious because they are not observable phenomena. The basic principles of operant conditioning are: Positive reinforcement, Negative reinforcement, Positive punishment, Negative punishment.



Pavlov's classical conditioning.

### Why behavior modification is best suited in children:

Instead of focusing on negative thought pattern or ideas, and emotions, the theory focuses on formation of habits and behavior.

Behavior modification theory is based on learning being a function of conditioning of one's behavior. So, it is best suited in children because proper conditioning from birth, would lead to good habits and ultimately balanced thought process.

**Lavina Keswani,**  
Asstt Professor, English, Nagpur.



"He's been like this ever since we got your bill."





## THERAPY SPECIAL

### YOGA - THE ETERNAL THERAPY

An integrated system to educate body, mind and inner spirit for "Right Living & High Thinking". This science and art of YOGA was perfected thousands of years ago in India. Its techniques are valid even today and have spread Internationally. Some Principles of Yoga are:

**1] ASANA** (Proper Exercise): proper, non-violent exercises providing gentle stretches that lubricate joints, muscles and tones them. Improves the nervous system, circulation and increases flexibility. Founder of yoga – Patanjali said: 'sthiram ' sukham' Asanam'- means the right physical posture needed for yoga. Yoga Asanas remove the distortion and disabilities of physical body and brings it into discipline.

**2] PRANAYAMA** (Prana means breath): Yogic breathing helps to cleanse and nourish the physical body. It has the capacity of freeing the mind from untruthfulness, ignorance and all other painful, unpleasant experiences of body and mind. When the mind becomes clean it is easy to concentrate on desired objects and progresses further in direction of Dhayana and Sadhana.

**3] AAHARA** (Diet) Pure, simple & nutritious food builds up a high standard of health and a clean intellect and serenity of mind. Body is a mould prepared by mind to carry out activities of the mind.

**4] DHAYANA** (Meditation): using any of the techniques such as mindfulness, focusing the mind on a particular object, thought or activity mental clarity, more focus, and stable state. This stable state will purify the intellect and one begins to experience wisdom and inner peace.

**5] VISHRAMA** (Proper relaxation): when body & mind are overworked or stressed their natural efficiency diminishes. Rest & relaxation are Natures' way of recharging. Breathing slowly, rhythmically for few minutes is advisable. As your breath becomes long and deep mind gently disengages from disturbing thoughts This helps to rehabilitate ourselves.

Yoga is an invaluable tool for continuing to enjoy good health, also helps improving while living with an illness. Ensuring the best use of Mother Natures' free gifts, one can enjoy YOGA therapy for preventive and curative purposes for wellbeing and harmony.

**Deepa Aggarwal,**  
Yoga Trainer.

## CARE OF A PSYCHIATRIST

Good mental health is ideal just like good physical health. But ill health happens for various known and unknown reasons. Then one needs to consult a doctor, preferably a psychiatrist. Psychiatrists have studied MBBS and MD psychiatry for 3 years as a resident doctor. They practice in their own clinics, psychiatric/general hospitals, mental health institutes, rehabilitation homes, medical college hospitals, district hospitals, etc. The setting may be private or NGO or governmental.

The psychiatrist takes the details from the patient and family members. She does a mental status examination. She also does other routine medical checkups, like weight, pulse, temperature, respiration, B.P. and organ systems. She may investigate with blood tests, urine tests, X rays, CT/MRI brain scans, ultra sounds etc to find out the cause, if necessary.

The psychiatrist treats with various tablets, injections, ECT (Electro Convulsive Therapy), rTMS (repetitive Transcranial Magnetic Stimulation) and rarely with brain operations using a gamma knife. She takes help from psychologists, social workers, psychiatric nurses, rehabilitation therapist, neuro-surgeons, other doctors, the family members, government, NGOs, police, judiciary, help lines, etc. when necessary.

All these treatment methods are well researched – mostly by randomised double blind controlled studies. They are approved by DCI (Drug Controller of India). The dose, the duration of treatment, short- and- long term side effects are reached well before they are released to the suffering persons.

Major mental disorder like Schizophrenia, need long- term drugs to prevent relapses. Persons living with bipolar disorder suffer from recurrent episodes. An untreated manic episode makes the person lose her/his name, fame, prestige and money. An untreated depressive episode may even end up in suicide. Some persons living with psychosis have delusions against close family members. Mental disorders without treatment makes the whole family suffer. The treatment gives a better quality of life to all.

**According to Mental Health Care Act 2017, all Indians living with mental disorder have the right to access mental health care from the state.**

**-Dr. Saranya Devanathan,**  
Consultant Psychiatrist, Bengaluru.

## TRANSPERSONAL PSYCHOLOGY

**Abraham Maslow** and **Victor Frankl** were some of the first psychologists to coin the term 'transpersonal psychology'. **Spiritual Psychology** was formally known as, Transpersonal Psychology. **Psychosynthesis, Gestalt, Grof's Holotropic Breathwork** are a few examples of the branches of transpersonal psychology amongst many more. To understand it, let's break down the word 'transpersonal' into two parts: trans – means to go beyond; and personal – the individual. **The notion behind transpersonal therapy is to increase an individual's self-awareness by guiding them to view themselves as a conscious being who has the potential to connect with their higher self (atman) and live an authentic life.** Let us use an example of an individual under depression.

Depression, for the therapist, is the presenting symptom and the individual is not defined by it. The symptom (depression) is seen to be caused by ruptures in the relationship between the individual and their higher self. These ruptures are usually caused by unpleasant childhood experiences. Therapy does not end when the symptom has been resolved; being free of depression does not mean healing is achieved. It ends when the individual feels their ruptures have healed enough for them to continue on their unique life journey without a therapist's support. The individual can only determine when healing has happened. The therapist simply guides the individual to view themselves in a more conscious way rather than trying to decipher their unconscious for them.

**Raising self-awareness, guiding individuals to align with their higher self, and supporting individuals in finding their authenticity are some of the main goals of transpersonal psychology. Those who are more solution focused or feel fulfilled when their symptom is alleviated may benefit from other approaches. Individuals inclined toward yoga, meditation, and other spiritual practices may prefer transpersonal psychology.** It is important to note that no particular approach to psychology is superior to the other. The appropriate approach of psychology is dependent on what individual clients feel will suit them best.

**Radhika Malhotra,**  
Psychosynthesis Therapist in Training, London. (UK).



**Roberto Assagioli,**  
Founder  
Psychosynthesis