



# PARAKH

Insights to mental health

# What We've Been Up To

## VALENTINE'S GIVEAWAY

February is LOVE IS IN THE AIR month. Is there a romantic date you have planned with your significant other? Netflix or a relaxing evening? Every year, it sounds the same, but this Valentine's, The mind garden has planned a gift for everyone nearby by asking them to enter remote participation by offering a subsidized therapy session with our founder Sonakshi Gandhi (a clinical psychologist), for just 1,000 bucks. TMG focused more on fostering positive interpersonal ties with your partner this month.



For You must be aware of your loved ones' support and care for you. Partnerships are complicated because they give us a feeling of stability, and companionship, help us expand our horizons, offer social support, trigger happy feelings, improve our mental health, and share our life meaning. The desire to belong is creating and maintaining close, long-lasting bonds with specific individuals.

# SLIDING SCALES

Starting therapy can be scary, but we're here to help. TMG wants to ensure that people don't give up therapists they might genuinely afford to see while helping them find affordable therapy. Most therapists don't think a person's ability to pay should dictate whether or not they receive treatment.

While therapists have flaws, many are sympathetic people who desire to assist as many people as possible, while some are selfish or otherwise unethical. Sliding scale therapy is priced according to each person's income and dependents. This cost structure was implemented to make treatment more accessible to those with less money.

Clinical psychologist Sonakshi Gandhi and the other therapists at TMG provide therapy sessions for those who cannot afford them at reduced prices. To sign up for the sliding scale therapy, people must complete the Google form below. One of our therapists can schedule the sessions cheaper if they fit for sliding scale therapy perfectly. This is the next important step in making mental health services affordable and accessible to everyone, regardless of income and financial resources.

# Interpersonal Relationships

A significant aspect of human life is forming bonds. Social beings primarily rely on their connections with others to thrive and procreate. It is essential to establish and sustain some relationships to exist. You'll need to gain acceptance for developing relations and frequently depends on persuading others to feel and think well of you. The yearning to belong is the urge to establish and preserve intimate, enduring relationships with other people. People are afraid to live alone because they desire to belong, which motivates them to associate, commit, and stay with others. Relationships typically develop quickly and easily, such as those with neighbours and coworkers. Because it causes more harm than just dissatisfaction, the urge to belong is referred to as a need rather than merely a want. (We must be healthy; a desire is something we can live without.) Many health issues, including an increased risk of death, result from not satisfying the urge to belong. Those without social connections experience more excellent death rates from all diseases than people with contacts.

Several factors determine why we like and form a relationship with some people. Some of these include proximity, frequency of seeing each other, similarities in attitudes, interests and other preferences, familiarity, etc. These factors determine what people will find more attractive and eventually form relationships with. There are different types of interpersonal relationships which serve other purposes.



Romantic relationships, familial relationships, and workplace relationships are some types of relationships that fulfil different purposes. Relationships are meaningful as they provide a sense of security, and companionship, help us broaden our horizons, provide social support, elicit positive emotions, improve our overall health and provide meaning to our life.

Adult relationships that last "come from somewhere." The study of human social development in infancy is now clearly related to modern research on the origins of adult attachment in partnerships. Bowlby's work with young infants has expanded to include the study of attachment styles in their elders. Social psychologists have identified three basic attachment patterns, secure, avoidant, and anxious, that are also present in children explaining how we as adults experience love and loneliness.

**Secure:** people have faith in others, don't worry about being left behind, believe they are deserving and liked, find it simple to be with others, and are at ease depending on them. **Avoidant:** Suppression of connection needs; previous rejection of intimate attempts; discomfort being near others; difficulty relying on others; feels uneasy when anyone comes close.

**Anxious:** Fear that others won't share one's need for intimacy; the belief that a close relationship isn't genuinely loving or is likely to break up with one; the desire to integrate with someone, which may drive people away.



Many intense emotions are brought to the surface in close relationships. The emotion-in-relationships paradigm contends that strong, well-established, and general expectations about a partner's behaviour are the foundation of successful relationships. In intimate relationships, the ability to express one's emotions is often prized, especially by those with a stable attachment type.



# Who Am I?

**Can you guess who the psychologist is from these riddles? Test your knowledge!**

1. I draw on a pyramid, high to low. I draw on needs, big and large. Which psychologist am I?
2. Breaking apart from my mentor, I individualized psychology. Who am I?
3. To know me, you must know my circles and ecosystems. I choose development of life and everything in between, who am I?
4. My prowess as a psychologist was recognised by bestowing me with the honour of being APA's first woman chair. Who am I?

# FEEDBACK

**Feedback from our previously conducted in person experiential workshop on how to become a therapist.**

**"It is easy to provide content, but the content was done ethically. I was able to learn ethical things and I really enjoyed it and I will recommend others (for therapy and for such workshops). I got extremely anxious, but thank you for providing me with a safe, breathing space. I would have already recommended this place, but this gave me another reason."**

**"I liked how much open, calm discussions took place and the relevance of the information I gained today. It was in the sense offered practically relevant information, both therapists have faced in their practice. Timely started, structured presentation and experienced guiders."**

**"The facilitators and the content created was really nice. I also liked how the workshop was interactive throughout."**

**"It was very interactive and all the questions were answered patiently. It was informative, and I had a great time."**

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