



PARAKH

Insights to mental health

What We've Been Up To

Nurturing Minds and Bonds: A Day of Laughter and Unity at Mind Garden



The sun smiled down upon the Mind Garden as it played host to its very first get-together for the in-house therapists and interns. A day that was not only about mental health but also about nurturing the garden of connections within its own walls. The air was alive with excitement, as the staff gathered with hearts brimming with anticipation.



Laughter echoed through the halls as therapists and interns mingled, transcending the roles that define them within the clinic. It was an afternoon of inclusivity, where everyone's thoughts and perspectives flowed freely, a testament to the ethos that Mind Garden embraces in its very essence.

With an array of activities, the event was a celebration of team bonding. With some fun ice-breakers and games like "Guess the song and charades, everyone got a chance to unwind after a workloaded week! In those moments of fun, a different kind of healing unfolded – the healing of building connections.

As the day progressed, the aroma of amazing dishes wafted through the air, further elevating the spirit of togetherness. The shared mealtime was more than just a culinary delight; it was a reminder that nourishing not only the mind but also the body is a vital part of holistic well-being. The laughter and conversations under the warm sun painted a vivid picture of social connectedness, a reminder that while they may tread different paths, their journey was intertwined.

As the day drew to a close, there was an anticipation in the air. The promise of more such gatherings hung like a whisper, a reminder that this was just the beginning. We, at The Mind Garden look forward to many such future events, envisioning new games, more laughter, and even deeper bonds. For in a world where the pursuit of well-being can be isolating, Mind Garden has not only carved a niche as a sanctuary for mental health but also as a hub of unity and celebration.



What We've Been Up To

COMING SOON

Beyond The Surface: Exploring Self-Identity

We are delighted to share an exciting news about The Mind Garden! Unlock Your Potential: Join Our Workshop for a Journey of Self-Discovery!

We're excited to bring you an upcoming event that promises to be a pivotal moment on your path to self-discovery and personal growth. Introducing our workshop, 'Beyond The Surface: Exploring Self-Identity', specially curated to guide you towards unlocking your hidden potential and empowering you to achieve your dreams.

In this engaging workshop, participants will have the opportunity to embark on a profound journey of introspection. Led by Sukhmani Bhatia (she/her), our expert facilitator and Psychological Training and Content Development Head at The Mind Garden, this transformative experience will offer insights into understanding your true self and leveraging your unique strengths to reach your goals.



This workshop will entail interactive sessions, thought-provoking discussions, and practical exercises designed to help you explore your inner landscape. Through guided self-reflection, you'll gain a deeper understanding of your identity and aspirations, setting the stage for a future filled with purpose and fulfillment.

And that's not all! As part of our ongoing commitment to fostering growth and connections, we're also in the process of creating a support group that perfectly complements the themes explored in the workshop. This group will provide a nurturing space to continue your journey, share insights, and build meaningful connections with fellow participants.

The future holds exciting opportunities for self-exploration and empowerment at The Mind Garden. We can't wait to embark on this journey with you as we dive beyond the surface to uncover the extraordinary potential that lies within.



Artificial Intelligence And Mental Health: Understanding The Gap Between Technology and Human Connection

Over the past few years, artificial intelligence has made phenomenal advances in various sectors, transforming industries such as healthcare, engineering, banking, and transportation. Since AI and chatboxes such as ChatGPT have gained worldwide attention, people have started fearing that they will lose their jobs to artificial intelligence. Such jobs include bookkeepers, telemarketers, writers, artists, accountants, and more. Incorporating artificial intelligence in numerous businesses has sparked debates regarding the potential benefits and drawbacks. This issue is particularly intense in psychology, with advocates declaring a possible revolution in mental health care and opponents raising worries about the influence of the human touch and its ethical consequences.

While AI has tremendous potential for enhancing mental health treatment, several ethical and practical concerns must be addressed. This article investigates the possible benefits and problems of incorporating artificial intelligence into the mental health sector.

Mental health professionals believe that AI and chatboxes lack consciousness and feelings and cannot empathize with us or experience human emotions. They argue that AI has no value in mental healthcare. While virtual therapists and chatbots can help some individuals and only to a certain extent, they may lack the emotional and personal connection people need during the therapeutic process. Human therapists possess unique qualities that AI cannot replicate. Empathy, intuition, and cultural understanding are vital in understanding complex emotional and psychological issues.



Furthermore, AI algorithms require access to sensitive personal data, raising data privacy issues and potential information misuse. Concerns have also been raised about biases in data and algorithms. AI systems can inherit biases from the data they are trained, resulting in influenced diagnoses or treatments that disproportionately affect certain groups of people. Furthermore, depending only on AI for mental health care may result in a lack of human skill and intuition, which are critical in processing complicated emotional and psychological experiences.



However, according to the National Library Of Medicine, chatbots can diagnose mental disorders by asking questions like a licensed mental health practitioner would. The chatbot may inquire about a person's mood, stress, energy, sleeping patterns, etc. The chatbot can analyze the patients' responses and recommend various therapies (including solely behavioural changes such as walking, meditating, and relaxation techniques) or suggest seeking medical guidance (if pharmaceutical intervention seems the most appropriate treatment). In rare circumstances, the chatbot may alert the patient's medical practitioner if there are worries about the patient or those near her immediate safety.

As artificial intelligence advances, it is essential to balance technical advancements and humans' role in mental health care. AI-trained professionals, mental health practitioners, ethicists, and patients should work together to guarantee that the technology adheres to ethical norms and serves the best possible interests of clients. Human therapists can use AI tools to help with diagnosis, therapy planning, and monitoring, allowing them to optimize the therapeutic process. This balanced approach could improve mental health care and research, benefiting individuals and the larger mental health community.

The debate regarding AI's function in psychology rests on balancing technology and human interaction. AI has shown promise in early detection, individualized treatment, and accessibility, but it cannot replace the invaluable traits brought to the table by human therapists. A collaborative approach, in which AI adds to human expertise, can potentially improve mental health care and research, benefiting both individuals and the mental health community. human therapists.

ASK A THERAPIST



How to start practice after 5 years gap after Msc in psychology?

It is best to start with basics and under supervision. Firstly, mentally prepare yourself and do not put much pressure on yourself. Be confident about your skills and abilities. At the moment it may seem difficult to start working after a long gap but it will be fruitful. There are some key things to keep in mind while beginning your journey as a mental health practitioner. Don't take up cases that you think will be burdensome. Reflect on your skills, experiences, and interests. Identify your strengths and areas where you may need to update your knowledge or acquire new skills. This self-assessment will help you determine the type of cases you will be able to deal with. Discuss the needs and goals of the client beforehand. Also be honest with your clients so they know what to expect. Be prepared to discuss your career gap during the sessions. Frame your gap period in a positive light, highlighting any personal or professional development experiences that have strengthened your skills or commitment to your career.

Most importantly be compassionate to yourself and know that it's a learning curve and you've been out of it for a while, so it will take you some time to come back. Self care is crucial for becoming a practicing psychologist. Starting a career after a gap may require patience and perseverance. Stay positive, be open to exploring different opportunities, and consider internships or entry-level positions to gain experience and bridge the gap. It would be helpful to be in individual, group or peer supervision as it would provide different insight and also work as a guiding tool.

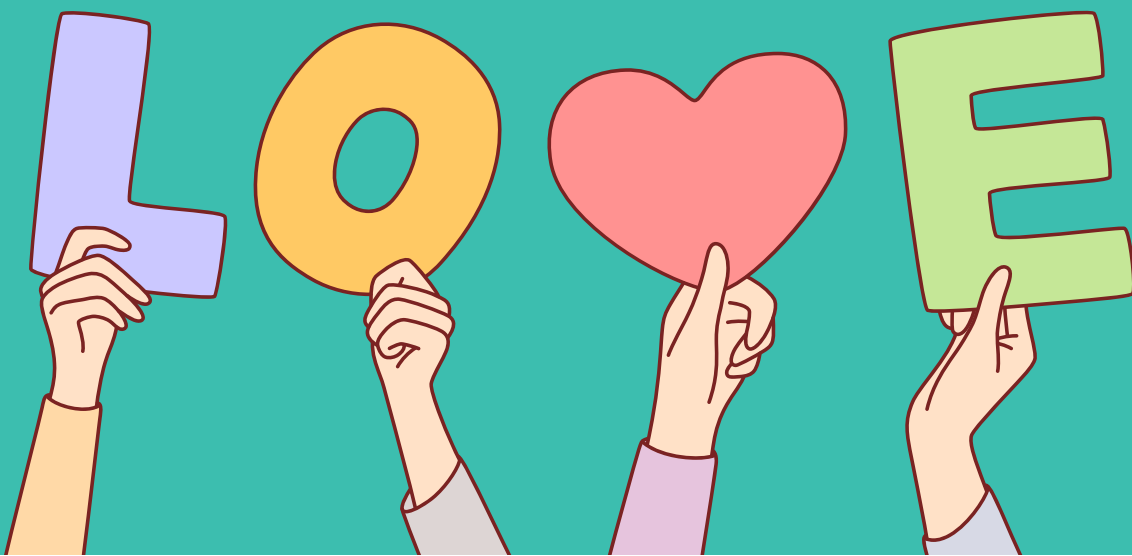
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Please always consult a professional health care provider about any health concerns you might have for yourself or on behalf of another person.

A Fun Psychology Fact We Bet You Didn't Know !!

Being in love is biochemically the same as having a severe obsessive-compulsive disorder.

A study was done with 20 subjects who had fallen in love in the last 6 months and unmedicated OCD patients, and it was found that both groups had significantly lower density of the 5-HT transporter. Therefore, your brain treats love and obsession very similarly.



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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