



# PARAKH

Insights to mental health

# What We've Been Up To

## With August's Rain, Approaches New Blooms



We at Mind Garden strive to create a community and safe space for knowledge and growth. As August unfolded, we dived headfirst into various topics, from exploring identity to dabbling in new projects and devoted ourselves to creating a



This commitment to mental health positivity continued with the opening of our podcast 'Candid Conversation', which aimed to provide insights into therapy know-how with our Chief Clinical Psychologist, Ms Sonakshi Gandhi.



We successfully advanced with our offline workshop 'Beyond The Surface: Exploring Self-Identity' on the 19th of August, buzzing with enthusiasm as Ms Sukhmani Bhatia skillfully guided a diverse group of participants on a journey of self-discovery.

As August gradually descended with the approach of a new month, we focused our attention on collaborative efforts to reveal glimpses of a therapist's life; we managed to pull this curtain through collaborations with Ms Ananya Pant, a queer affirmative counselling psychologist via a reel showing a day in the therapist's life while simultaneously we probed into more profound issues with Ms Fabiha Sultana Sheikh, a counselling psychologist, in an informative Instagram live led by our Ms Sonakshi Gandhi, discussing Therapist Burnout.

Our collaborations and programme were met with encouraging and positive feedback, filling us with satisfaction and passion to strive for more. We are grateful to all the participants and our fellow psychologists for sharing their insights and expertise.

The August blooms flowered with creativity, ideas and novelty. With zealous drive and commitment, we move further. With our zealous drive and dedicated team, we progress to push our aim further!

Instagram Live

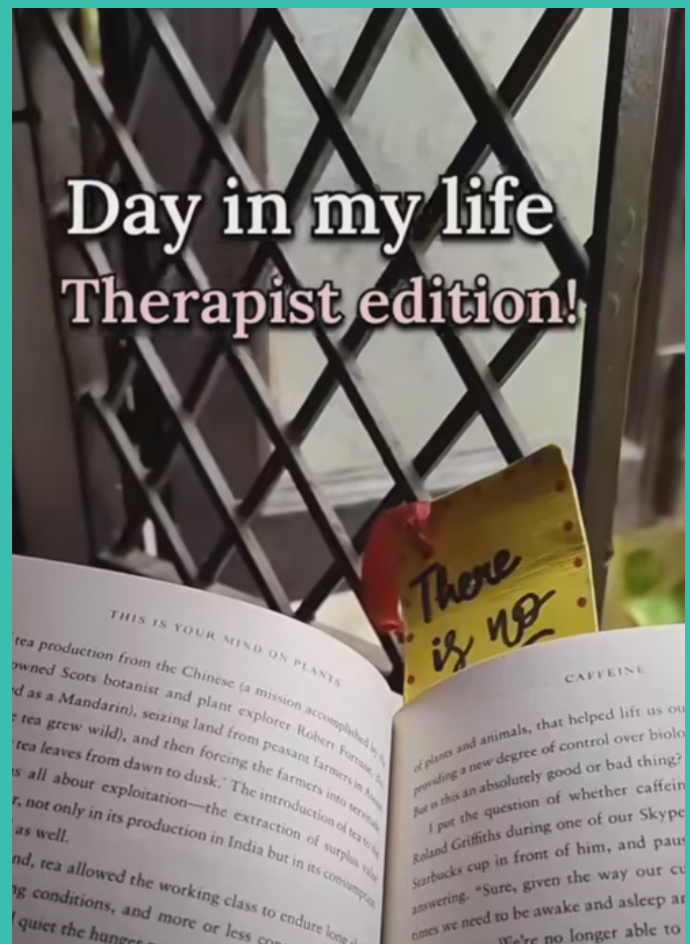
## Behind the Scenes: Navigating Therapist Burnout

2 September, 2023, 7-8 PM

**Fabiha Sultana Shaik**  
Qualifications: M.SC Psychology  
Current Work Profile: Consultant Psychologist

**Sonakshi Gandhi**  
Founder & Chief Clinical Psychologist Qualifications: M.A. (D.U), M.PHIL CLINICAL PSYCHOLOGY (IHBAS)

@themind.garden



# What We've Been Up To

COMING SOON

## Finding My Voice

In our ongoing mission to foster healing, empowerment, and community support, The Mind Garden and Taptoheal are excited to share the latest addition to our initiatives: "Finding My Voice," a support group for adult women who have suffered sexual abuse.

The name "Finding My Voice" is more than just a title; it encapsulates the central theme of this support group. Many survivors of sexual abuse struggle with feelings of silence and powerlessness due to violating their boundaries. "Finding My Voice" is about helping participants discover their voices and nurture and empower them. It's a journey of reclaiming agency and control over their narratives.

Sexual abuse is a deeply traumatic experience that can have far-reaching effects on survivors. This support group acknowledges the complexities of this trauma. It extends a heartfelt invitation to anyone who has experienced it—whether as a victim, a survivor, or someone currently working through their pain.

Under the guidance of Rakshita Goel (she/her), a Licensed Creative Arts Therapist, "Finding My Voice" offers a sanctuary for healing. Our sessions are carefully curated to provide a secure, confidential, non-judgmental space where participants can reconnect with their inner voices, share their stories, and navigate the intricate tapestry of emotions that accompany the journey towards recovery.

Community support plays a pivotal role in the healing process. When survivors come together to share their experiences, they find solace in knowing they are not alone. This sense of belonging and understanding is profoundly therapeutic. It's a reminder that, in the face of adversity, we can find resilience, hope, and healing through the support and understanding of those who share similar experiences.

"Finding My Voice" sessions will encompass a variety of therapeutic approaches, including creative arts therapy, which is highly effective in helping survivors of trauma express their emotions and experiences. Innovative arts therapy allows individuals to tap into their creativity as a means of processing and healing from deeply ingrained wounds. It offers a unique way to explore and communicate feelings that may be difficult to put into words.

We invite all adult women impacted by sexual abuse to consider joining "Finding My Voice." It is a courageous step towards recovery, finding strength within a community, and ultimately, reclaiming a sense of self.

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.



# HEALING AS A PROCESS

The impact of individuality nullifies the linearity of a healing process. We stain our every action with a personal touch, leaving imprints of our differentiation, quirks, and traits in our workplace and at home. Moreover, our unique perspectives shape the way we see the world, influenced by our past experiences and future aspirations. We thrive in diversity, as it makes humans so intricate and layered. Individuality also guides our healing process, as healing tends to take the form of the self. Even when exposed to the same stressful environment, individuals may embark on different trajectories of their healing process and emotional reactions. This trajectory is tied to one's unique reality, including factors such as resilience, belief systems, support systems, and age and developmental stage.

Differentiation does not necessarily mean that individuals exist in a vacuum. A degree of relativity and universality exists in balance with individuality. We are predictable, and so are certain emotions universal. The sadness of growing up, the happiness of our first job and the grief of losing a loved one - all of these situations are marked by a series of unifying reactions. Theoretical models such as stages of grief, attachment models, defence mechanisms, stress and coping models all identify the underlying patterns of human emotions. These models serve a layout of complexity broken down to be comprehended by us,



In yet we tend to regard them as rigid rules. The recent criticism of the Kubler-Ross model accounts for the lack of importance variability (Bonanno, 2009), cultural differences (Wortman & Silver, 1989) and individual differences (Stroebe et al., 2007). While gaps in theoretical models have birthed such linearity in our healing process, the obsession with the oversimplification of mass media has added fuel to the misconceptions.

Healing often delineates into synonyms of gratitude, happiness, forgiveness and isolation. Healing does not always end up with a happy end or a feeling of perfection. It not only fails to acknowledge the idea of healing as a whole but also fails to establish the 'self' in the healing process it strives to portray. The clash of individualism and collectivism, beliefs of culture, and emotional expression highlights the cultural dimension (Kitayama & Markus). For some, the notion of the afterlife allows them to cope with their death. Others may cope differently.

Media representations often fail to capture the nuances of emotional healing and its multifaceted nature, and such ignorance towards cultural boundaries promotes the 'one fit for all' lens. This one fit for all further promotes a narrowed view of the nature of healing, restricting it only to grief and loss. It can also pertain to areas such as recovery from trauma, overcoming addiction, managing mental health challenges, and adapting to major life changes. The specific processes and factors involved in healing may vary depending on the context, but the overarching theme is the restoration of emotional well-being and resilience.

When attached to an individual, healing becomes a complex process, unloading in various greys and whites of the person. Tucked neatly within the individual, it can be longer or shorter. The grand idea of healing often makes us forget the true nature of it. In its actual essence, healing is intimate, subtle and remarkable. It is not a one-time event, with a given starting and beginning, but a continuous process of learning, and relearning stretching to our lifetime.



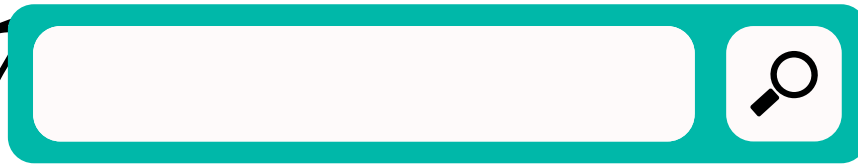
# SHARE YOUR EXPERIENCE

What Steps Have You Taken Towards Healing?  
Share your journey in the worksheet given below, post  
the screenshot on your Instagram story and tag us  
[@themind.garden!](#)





# ASK A THERAPIST



## How to manage or deal with our emotions and how to have self discipline?

In common parlance, dealing with emotions often means to escape, avoid or suppress them. However, in the truest sense you deal with an emotion when you allow it to come and go.

As they say, “flow through what you go through”, just like an electric current is allowed to pass through a body and that’s how it resolves itself, the same is true for emotions and as we do that, we learn to label, regulate them and process them affectively.

Here are some pointers to get you started.

1. Take a look at the impact of your emotions. Intense emotions aren't all bad.
2. Aim for regulation, not repression.
3. Identify what you're feeling.
4. Accept your emotions – all of them.
5. Keep a mood journal.
6. Take a deep breath.
7. Know when to express yourself.
8. Give yourself some space.

**\*Disclaimer:** The information we provide is offered as general educational content only. It should not be used to treat, assess or diagnose a psychological condition, nor should it be used as an alternative to obtaining professional advice from a qualified psychotherapist, clinical psychologist or psychiatrist.

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

# 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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