



# PARAKH

Insights to mental health

# What We've Been Up To

## UPCOMING WORKSHOPS AT TMG

The team at The Mind Garden is thrilled to unveil our latest training programs designed to expand your understanding of psychotherapy and enhance your skills in the field of clinical psychology. Our comprehensive and engaging courses offer a unique opportunity for students to delve into the fascinating world of mental health, guided by experienced therapists. Join us on this transformative journey as we explore the basics of psychotherapy. Let's take a closer look at the programs we have in store for you!



Our offline training program, “Understanding Basics of Psychotherapy” from 13th June to 15th July, caters specifically to the needs of undergraduate and postgraduate psychology students. Over the course of five weeks, you will embark on a comprehensive exploration of the fundamental principles and techniques of psychotherapy. Through a practical and participative approach, this program ensures you develop a solid foundation in counseling and therapy.

Throughout the program, you will engage in 45 hours of structured program content, supplemented by an additional 15 hours of self-assignments. This combination of theoretical learning and practical application will enable you to gain hands-on experience and deepen your understanding of various therapeutic modalities. Our experienced therapists will guide you through practical exercises, case discussions, and engaging reading materials, ensuring a comprehensive and immersive learning experience.

**In addition to our comprehensive offline program, we are pleased to introduce an online training program in clinical psychology. This program is specifically designed for 11th and 12th-grade students studying psychology and undergraduate students in their first year of BA or MA psychology. Spanning three weeks, this online program focuses on key topics relevant to clinical psychology, providing a flexible and accessible learning experience.**



**Throughout the online program, you will engage in 20 hours of interactive program content, complemented by 10 hours of assignments. You will have the opportunity to participate in lively discussions, explore real-life case studies, and learn from guest lectures delivered by experts in the field of clinical psychology.**



**At The Mind Garden, we firmly believe in empowering individuals to make a positive impact in the realm of mental health. Our training programs offer a unique opportunity to expand your knowledge, refine your skills, and gain practical experience in the field of psychotherapy. By joining our programs, you will not only enhance your theoretical understanding but also develop practical skills that can be applied in real-world counseling settings. Take this opportunity to embark on a transformative journey of self-discovery and professional growth. Join us at The Mind Garden as we explore the fascinating world of psychotherapy and work towards creating a positive impact in the field of mental health. Enroll today and unlock your potential in the realm of clinical psychology!**

# From Asanas to Awareness: The Intersection of Yoga and Psychology

Yoga and psychology appear to be separate fields of study at first impression. One is an ancient Indian practice focusing on physical postures, breath management, and meditation, while the second is a scientific field studying the mind, behaviour, and mental processes. Closer inspection indicates that these seemingly different universes connect and complement each other meaningfully.



In the last few years, there has been an influx of interest in studying the relationship between yoga and psychology. Researchers, practitioners, and individuals interested in holistic approaches to wellness and health have begun to recognize the potential for collaboration between these areas. Yoga and psychological principles provide an extraordinary chance to improve physical and mental health, increase self-awareness, and support personal growth.

The practice of yoga has demonstrated numerous benefits for mental health and emotional well-being. It has positive implications for mental health and well-being. Regular engagement in yoga has been found to reduce stress, anxiety, and depression. The mindful aspect of yoga cultivates present-moment awareness, helping individuals detach from negative thoughts and overthinking.

Yoga provides a safe and non-judgmental space for individuals to explore their emotions, release tension, and develop a greater sense of inner peace. Yoga advances the mind-body connection and thereby helps people develop more self-awareness, emotional regulation abilities, and the ability to effectively manage stressful circumstances.

It has a transforming effect on mental health, providing a sense of equilibrium, wellness, and overall greater enjoyment of life. You may find these practical tips to help you integrate yoga into your routine beneficial. Setting aside a dedicated time for 15-30 minutes, in the morning or evening, in a day can make a significant difference. The space for yoga is a sacred one and the use of candles, plants, and slow music can make it calming. Incorporating deep breathing can enhance focus and reduce stress.



In exploring the dynamics between yoga and psychology, it is imperative to remember that consistency is the key to wellness. Yoga shall require you to be patient with yourself, listen to your body, and allow yourself to evolve naturally. Take a step towards a balanced and harmonious life by exploring the powerful union of yoga and psychology.

References for claims:

1. Maddux et al., 2017; 2. Shohani et al., 2018; 3. Cramer et al., 2013; 4. Roche, 2018; 5. Janjhua et al., 2020

# ASK A THERAPIST



**While HR companies often participate in college placements, where can I find positions specifically related to counseling psychology?**

Unfortunately, not too many people hire on campus for counselling/ therapy positions. It's best to use your own network/reach out to professors/ use linkedin wisely.

**How to overcome from heartbreak?**

Heartbreak is best understood as a broken heart. thinking of it this way will allow you the space, time and patience needed to heal. remember, grief comes in waves and it does get better over time.

\*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.

# RIDDLES ON YOGA AND PSYCHOLOGY

- I am a practice in yoga that involves controlling the breath and life force energy. I can bring balance and harmony to the body and mind. What am I?
- I am a term in yoga philosophy that refers to the moral and ethical principles one should follow for a balanced and harmonious life. What am I?
- I am a state of complete absorption and focus, where the mind is calm and clear. What am I?
- I am the posture of a sage,  
In stillness, I find my stage.  
Through breath and balance, I unite,  
Body and mind, in perfect light.  
What am I?



**Answers: (1) Pranayama (2) Yamas (3) Meditation (4) Yoga (or a specific yoga pose like “Lotus Pose” or “Tree Pose”)**

# 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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