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Insights to mental health

What We've Been Up To

TRAILBLAZING THE PATH TO PSYCHOLOGICAL EXCELLENCE: REFLECTING ON OUR TRAINING PROGRAMS

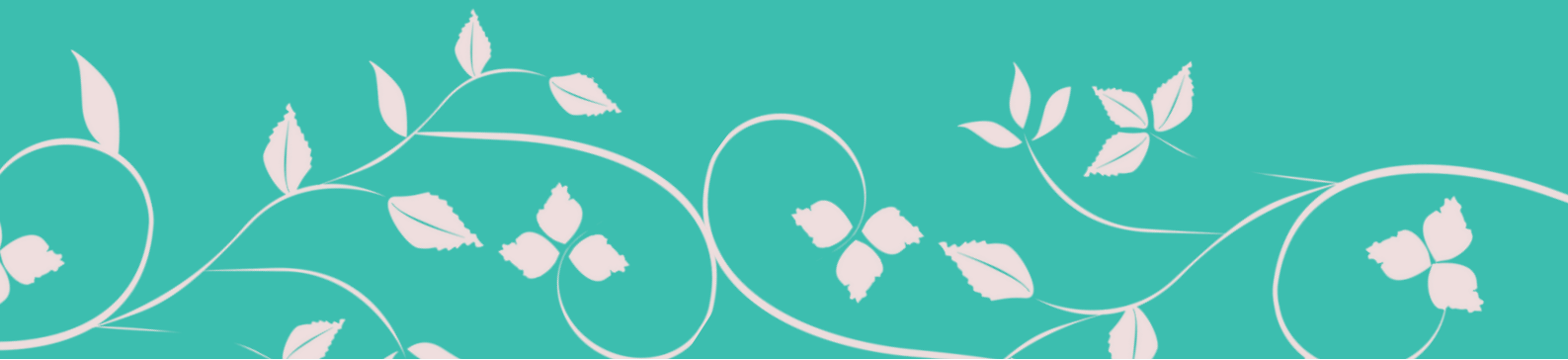


In the past month, we organized two exceptional training programs for aspiring psychologists, showcasing our dedication to fostering growth and knowledge. The first program was an immersive offline experience from June 13th to July 15th. Eleven passionate participants explored various psychology themes guided by our in-house mental health professionals. Topics covered included counselling and therapy foundations, the mind-body connection, therapeutic modalities, and expressive arts therapy. Witnessing the enthusiasm and dedication of the participants as they delved deeper into these subjects was genuinely inspiring.

Simultaneously, we conducted an online training program led by our esteemed Chief Clinical Psychologist, Ms Sonakshi Gandhi. Participants engaged in captivating sessions covering essential aspects of psychology, including case history and mental status examination, psychotherapy ethics, counselling skills, and more. Despite being virtual, the program fostered a strong community and participant collaboration.

We are thrilled to share that both training programs received overwhelmingly positive feedback, with participants praising the dedication and expertise of our trainers. This success has motivated us to develop more programs in the future, furthering our commitment to providing quality education and mentorship in the field of psychology.

At The Mind Garden, we believe in nurturing talent and empowering individuals to make a meaningful difference in mental health. We extend our heartfelt gratitude to all participants, trainers, and mentors who contributed to the resounding success of these programs.



What We've Been Up To

COMING SOON

CANDID CONVERSATIONS: YOUR MENTAL HEALTH PODCAST

We are delighted to share exciting news from The Mind Garden clinic. Our dedicated psychologists and interns have been working tirelessly to create new resources for our community. Today, we are thrilled to announce the upcoming launch of our podcast, "Candid Conversations," which aims to shed light on various aspects of mental health.

Each episode, "Candid Conversations", will provide valuable insights into mental health. We aim to address important topics and foster general awareness about mental well-being. Through open and honest discussions, listeners can gain personal insights and discover more about themselves.

In our inaugural episode, we will delve into the fascinating world of therapy and dispel common misconceptions surrounding it. By exploring the nuances of treatment and debunking preconceived notions, we encourage individuals to seek the help they need without hesitation. We aim to create a more informed and supportive community around mental health.

We are excited to announce that "Candid Conversations" will be available on our YouTube channel. As a valued reader, we would like to encourage you to stay tuned for updates on the release date of the first episode. We are confident that this podcast will offer valuable insights and guidance, empowering individuals to take control of their mental well-being.



From Fear to Flourishing: Overcoming Career Anxiety with Confidence

Many individuals, especially students and young professionals, struggle with career anxiety in today's fast-paced and highly competitive world. The pressure to make important decisions about their future careers, along with the fear of failure and uncertainty, often leads to feelings of worry and stress. Career Anxiety refers to the feelings of unease and worries that individuals experience when they think about their future careers. It's like feeling nervous or stressed about making decisions.

Career anxiety can stem from various sources. Unrealistic expectations arise when individuals feel pressure to meet society's high standards of success. The fear of failure intensifies this anxiety as individuals worry about making wrong career choices. Lack of guidance and support adds to the uncertainty, leaving individuals feeling lost. Furthermore, the rapidly changing job market creates additional stress, as individuals may feel overwhelmed by the unpredictable nature of different industries. This state of anxiety can have significant impacts on various aspects of an individual's life.



It can hinder personal growth and development by creating a barrier to exploring different career options and taking risks. It can also lead to decreased self-confidence and motivation, affecting academic or work performance. Individuals experiencing career anxiety were more likely to report job dissatisfaction, lower levels of work engagement, and decreased job performance. Moreover, career anxiety can contribute to increased stress levels and overall well-being, leading to feelings of overwhelm, burnout, and dissatisfaction. . Career anxiety can lead to decision paralysis and difficulties in making career-related choices. The individuals experiencing career anxiety were more likely to delay decision-making and exhibit indecisiveness when faced with career-related options. (Creed, et. al.2011)

Recognizing and addressing career anxiety is crucial to mitigate its impact and foster a positive and successful professional journey. When it comes to conquering career anxiety, equipping yourself with effective strategies is essential . Self-reflection plays a crucial role in helping students understand their interests, values, and strengths, which can guide them toward suitable career paths Engage in self-reflection activities using journals, and skill inventories can provide valuable insights and reduce career anxiety.

Setting clear and achievable goals is essential for overcoming career anxiety and taking concrete steps toward a successful career. Setting SMART goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Breaking down their long-term goals into smaller, manageable steps. Students can create a clear roadmap toward their desired careers by dividing their goals into actionable tasks. Create detailed action plans for each step. These plans should outline the specific actions, resources, and timelines required to accomplish their goals.



Seek Guidance and Support to connect with experienced professionals who can provide guidance, insights, and advice. Consult career counselors or advisors who can provide professional guidance, administer assessments, and assist in career planning. Take care of your well-being by managing stress and practicing self-care. Engage in activities that help you relax and recharge, such as exercising, spending time with loved ones, or pursuing hobbies.

ASK A THERAPIST



Will ADHD in a person begin from childhood?

ADHD is a neurodevelopmental condition. That means it doesn't start suddenly and has to do with the wiring of the brain. It is also pervasive - present in more settings than just at work/home/ socially etc.

Do anti depressants become less effective after a year or more of taking it?

There is no hard and fast rule regarding that. Medication efficacy is maintained best when regular psychiatrist adherence happens.

*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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