

PSYCHOTHERAPY IN PSYCHFUL

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EDITOR'S NOTE

Thanks to pop psychology among social media these days, the use of the term 'therapy' has gained popularity and in layman language everyone has a gist of at least what therapy is, however it still remains uncommon in society to seek therapy. There is still a lot of stigma attached to the practice, people still think it's something for the 'insane' however that's far from the truth. Therapy should be accessible for everyone and people need it more than they realise. In this edition you'll learn some basics about psychotherapy and how it benefits us.

-Levin Kumar

CRACK OF DAWN

Whenever I feel sad,
whenever I feel bad,
the thoughts of you give me hope,
give me the reason to cope.
I don't know,
why people make me choose,
while trying to prove themselves right,
they impose their views.
Choose between my acumen and their norms,
while being stuck in my own storms.
I don't know
why am I such a trouble
even for the ones that I love,
whenever I talk about you
they begin to mock.
Maybe one day they'll accept me
someday they will realize,
the trouble maker of today,
will tomorrow be considered a wise.
And the walls of myths will fall,
keeping the shaming at bay.
There will be therapy's crack of dawn
paving the acceptive future's way.

~ Srishti Saxena

*"Problem talk creates problems,
Solution talk creates solutions."*



IN PSYCHFUL

WHAT IS PSYCHOTHERAPY?

Psychotherapy is an approach for treating mental health issues by talking with a psychologist, psychiatrist or another mental health provider. It is also known as talk therapy, counseling, psychosocial therapy or simply, therapy.

Why it's done-

Psychotherapy can help treat most mental health issues, including:

Anxiety disorders, such as social anxiety, obsessive-compulsive disorder (OCD), phobias, panic disorder or post-traumatic stress disorder (PTSD).

Mood disorders, such as depression or bipolar disorder.

Addictions, such as alcohol use disorder, drug dependence or compulsive gambling.

Eating disorders, such as anorexia or bulimia.

Personality disorders, such as borderline personality disorder or dependent personality disorder.

Schizophrenia or other disorders that cause detachment from reality.

Not everyone who benefits from psychotherapy is diagnosed with a mental illness.

Psychotherapy can help with the stresses and conflicts of life that can affect anyone.

For example, psychotherapy may help you:

Resolve conflicts with your partner or someone else in your life. Relieve anxiety or stress due to work or other situations.

Cope with major life changes, such as divorce, the death of a loved one or the loss of a job.

Learn to manage unhealthy reactions, such as road rage or other aggressive behavior.

Come to terms with an ongoing or serious health issue, such as diabetes, cancer or long-term pain.

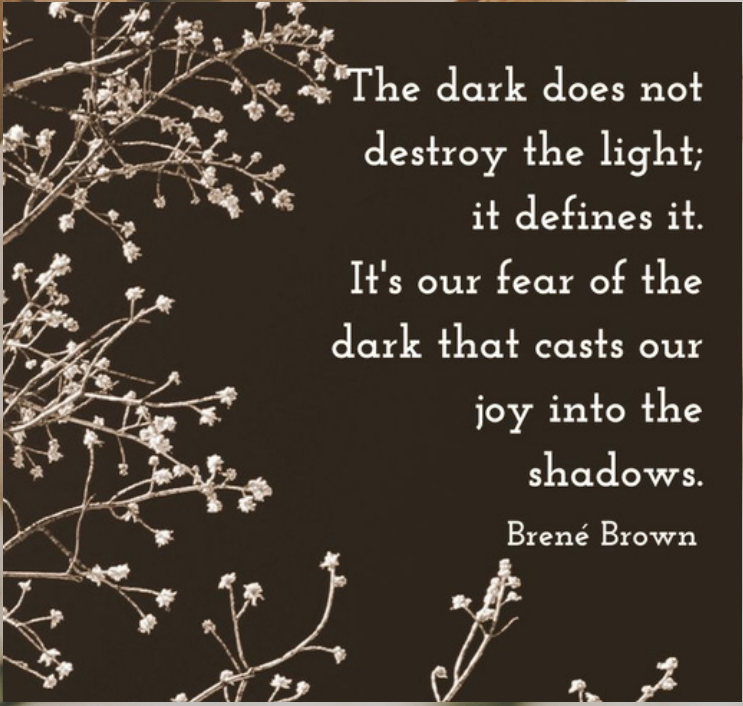
Recover from physical or sexual abuse or witnessing violence.

Cope with sexual problems, whether they're due to a physical or psychological cause.

Sleep better if you have trouble getting to sleep or staying asleep.

~Aashika Tripathi

*When we are no
longer able to
change a situation
- we are
challenged to
change ourselves.*



The dark does not
destroy the light;
it defines it.
It's our fear of the
dark that casts our
joy into the
shadows.

Brené Brown

IN PSYCHFUL

BURSTING THE MYTHS

1. Myth: Therapy is only for really serious problems.

Fact : Therapy can help people with a variety of needs.

2. Myth: Not many people seek therapy.

Fact: Even though, the acceptance regarding seeking therapy is still low, but with the changing times, the stigmas attached to it are decreasing. Now people are not only seeking therapy, but are also advocating for it in order to create awareness.

3. Myth : People who seek psychotherapy are weak, mentally ill, or crazy.

Fact : Nowadays if you seek treatment, it's often viewed as a sign of resourcefulness.

People who seek help are stronger than ever. It shows their courage to solve their problems. People seeking therapy are not weak but actually the strongest, battling there problem.

4. Myth : Psychotherapists can prescribe medication.

Fact : The term "psychotherapist" is a broad umbrella that includes licensed social workers, licensed marriage and family therapists, licensed practicing counselors, and licensed psychologists. Only psychiatrists with an MBBS degree can prescribe the medicines.

5. Myth : Psychotherapy can solve problems in one or two sessions.

Fact : The average session is around 50 to 60 minutes and the first session is basically an intake and getting acquainted session. Every individual is different as well as their problems so we can't say what exact number of sessions will be required or what approach would be suitable, it depends upon the nature of the problem.

6. Myth : Psychotherapists have ready-made solutions for all of life's problems.

Fact : Like you tell the problem and have the solution. It does not happen like that It takes time and it needs patience.

7. Myth: Therapy continues either for many years or for whole life.

Fact: This statement in regard to therapy is a myth which not only prohibits people from seeking it but also is propagates fears about it being expensive. The truth is that the duration and the expenditure for therapy depends on various factors like the therapy style, psychologist's expertise, the reason for seeking therapy

IN PSYCHFUL

FIRST THERAPY SESSION- WHAT TO EXPECT?

Going to therapy for the first time can feel intimidating. You might be unsure what to expect from the initial therapy session and likely feel nervous about speaking openly to a stranger. Being well prepared can help your confidence.

The first thing you can expect when starting the therapy is that your therapist will likely ask many questions in the initial session/s, i.e. the assessment phase.

Therapists ask these questions to understand your life and concerns before deciding how best to help. Therapy isn't one size fits all rather different approaches are applied depending on the circumstances.

Sometimes, most questions will be on questionnaires your therapist asks you to complete, e.g., questionnaires that help identify/measure your symptoms and concerns; others will come through structured or naturally flowing conversation.

What kinds of questions do therapists ask in the first session?

No two therapists are the same. Each brings an approach influenced by their training, their understanding of human difficulties, and life experience and background. Some emphasize early life, others interpersonal relationships, and others still thought processes or unconscious dynamics. Because of this, the questions therapists ask in the first session, and others differ; however, the ones listed here are typical.

- What brings you to therapy?
- What are some of the challenges you've been facing lately?
- How have you been feeling emotionally?
- Can you tell me about your life and family?
- Have you experienced any significant life changes recently?
- What are some of your goals for therapy?
- What have you tried so far, and was it helpful?
- Do others see this as a problem?
- What are some of your strengths and coping mechanisms?
- Have you experienced any trauma or significant events in your life that may be impacting your mental health?
- Are you on medication for any condition?
- How do you understand your challenges?
- Have you tried therapy before?
- Has anything helped, and if so, what worked best?



Once your therapist understands your situation better, they may share their opinion and recommend therapy if appropriate. Although this process forms part of the assessment and recommendations phase, it can have a therapeutic effect. In sharing their opinion, your therapist might trigger valuable insight and guidance to help you change your life.

If your therapist recommends therapy, they will likely start the process by explaining their approach. They may also discuss treatment goals and how you can work together to achieve them.

Therapists begin therapy by establishing a kind of contract. This includes setting the scene, describing their and your obligations, agreeing to a schedule and fee, and outlining their contact policy.

Starting therapy can be a daunting experience. But remember, your therapist is there to help you. While every therapy session is unique, some elements you can expect in your first session include questions about your history and experiences, exploring your sense of self, and discussing treatment goals and strategies.

Now that you know what to expect in your first therapy session, you can mentally and emotionally prepare yourself, engage more effectively with your therapist, articulate your concerns and goals, and start working towards positive change.

IN P S Y C H F U L

PSYCHOTHERAPY

Everyday, we are around so many people unaware of the fact that they may be suffering or struggling on a personal level. Everyone talks about mental health, but it is necessary to talk about seeking help and making people understand that there is nothing wrong in seeking help. People may feel embarrassed/nervous about going to therapy but it is worth it. Psychotherapy also called counselling is a source of treatment of psychological, emotional or behaviour disorders in which a trained professional is there to establish a relationship with a client in order to treat them for the purpose of modifying, reducing or removing the symptoms and promote personal growth through a healthy lifestyle. A person ready to seek help is a positive sign in itself and furthermore psychotherapy produces the healing influence primarily through the words and actions of a therapist. This is basically meant to provide a safe, intimate and emotionally meaningful relationship for open discussions, resolution of patient's concern. Other methods such as individual and group psychotherapeutic methods, can be used to treat many forms of psychological distress. There are many approaches to psychotherapy:

Cognitive Behavioral Therapy- It has a practical approach to the treatment, it involves tackling more of situational factors to enhance one coping skills

Psychoanalytic and Humanistic approach—It involves talking than doing practical tasks in order for the psychologists to understand the root cause of the current problems.

Many of the times the psychologists may not stick to using a single approach instead combination of different techniques can be used.

The aim is to help every person out there suffering silently, to make them feel seen and heard and to provide them with a safe place to talk about their struggles/problems no matter how small or big they are.

~ Divyanshi Mahaja



INTO THE LIGHT

Through troubled thoughts and heavy hearts,
We often find ourselves torn apart.
With wounds that seem to never heal,
And lost in all that we feel.

In a safe space with open doors,
Lies a world of thoughts and fears.
Where the mind can come undone,
And be healed through flowing tears.

A haven for the troubled soul,
A sanctuary by design.
Where secrets can be shared,
And burdens left behind.

The couch becomes an altar,
And the therapist a guide.
With empathy and patience,
The healing journey does reside.

Psychotherapy, a wondrous art
That helps us heal our broken hearts.
And lifts us from our darkest plight,
Towards a future that's bright.

~ Anonymous



IN PSYCHFUL

EMPOWERING YOUR MIND: SELF-HELP TECHNIQUES FOR PERSONAL GROWTH

Psychotherapy is a form of treatment that involves talking with a trained therapist to address psychological issues, emotional difficulties, and mental health challenges.

Psychotherapy and self-help techniques offer valuable tools for personal growth, emotional well-being, and addressing mental health challenges. Psychotherapy provides a safe and supportive space to explore and understand underlying issues, while working with a trained therapist who can guide and facilitate the healing process. Self-help techniques, on the other hand, empower individuals to take an active role in their own well-being and provide practical strategies for managing emotions, thoughts, and behaviors. Some of the self help techniques are as listed below:

1. Mindfulness Meditation: Practice being fully present in the moment, observing your thoughts and emotions without judgment.
2. Journaling: Write down your thoughts, feelings, and experiences regularly. Journaling can help you gain clarity, process emotions, and track patterns or triggers in your life.
3. Cognitive Restructuring: Identify and challenge negative or irrational thoughts that contribute to distressing emotions. Replace them with more realistic and positive thoughts to foster healthier thinking patterns.
4. Assertiveness Training: Learn to express your needs, wants, and boundaries in a clear and respectful manner.
5. Self-Compassion Practice: Cultivate kindness, understanding, and acceptance towards yourself. Treat yourself with the same care and compassion you would extend to a loved one, fostering emotional resilience and self-esteem.
6. Social Support: Sharing your thoughts and feelings with others can provide comfort, encouragement, and a sense of belonging.

By combining psychotherapy and self-help techniques, individuals can enhance their self-awareness, develop healthier coping mechanisms, and promote overall mental wellness. It's important to remember that seeking professional help is crucial for more complex or severe mental health conditions, as therapists are trained to provide specialized guidance and support.

Ultimately, the journey towards healing and personal growth is unique for each individual. Whether through psychotherapy or self-help techniques, taking the initiative to prioritize mental health and emotional well-being is a significant step towards leading a fulfilling and balanced life.

-Disha Badhwar



*If you are
always trying
to be normal
you will never
know how
amazing you
can be*

IN P S Y C H F U L

PSYCH MARKETING COMPETITION



A competition was held by the Department of psychology on June 21, 2023, on the college grounds. The first year of the department enthusiastically put up their own unique stalls showcasing their creativity. The activity was organised in order to deepen the understanding of consumer psychology and how marketing techniques are crafted with the subject in mind. Various 'shops' were put on display by the students, selling various goods, from jewellery and skincare to food. The faculty members with dummy cash acted as customers. The students used various marketing tactics in order to garner the attention of customers in hopes of making sales. The winner was decided collectively based on the total amount earned and the efforts of the students. The event was a huge success, gathering not just the faculty but also students from other departments. The students put in immense effort, acting like hawkers and putting on performances to gather crowds. This competition proved to be a perfect example of hands-on learning.



IN P S Y C H F U L

LOUD AND QUEER

'Loud and Queer' an event hosted by the first years of the psychology department aimed to inform and spread information regarding the queer community. It posed a platform to start a conversation and discussions regarding the LGBTQIA+ community. The students put up various stalls and activities for the college to take part in. The event started off strong with a street play focusing on everyday stereotypes and stigma surrounding the community and its people. The rest of the event witnessed the gatherings of staff and students indulging in the activities like nail painting, hand printing and affirmation desks. The activities were carefully chosen to be interesting and informative at the same time. The first ever pride event of the college ended up being a success.



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