

Institute for
Psychological
Health

Mental health for all!

MANAS

ISSUE 1 - OCTOBER 2018

Fear

Serenity

Anger

Trust

Hope

Joy

Surprise



EMOTIONS

The central graphic is a large orange circle containing a white line-art diagram of a brain with interconnected nodes, representing neural networks. Below the diagram, the word 'EMOTIONS' is written in a bold, white, sans-serif font.

Manas - IPH'S Mental Health Newsletter

www.healthymind.org



Chief Editor's desk

Respecting Emotions, Understanding Emotions!

Last three decades, IPH is striving hard to realize its goal of 'Mental Health For All.' A simple yet apt definition of 'Mental health' is, Respecting all emotions and understanding them. This is a platform of that basic theme 'Healthy Self Acceptance' that all psychology text books talk about.

Concepts such as 'Self Acceptance' are generally discussed & learnt in a cognitive frame work alone, lacking the essential blend with Emotions. Learning as well as life becomes a little dry & drab without an appropriate mix of emotions. We all remember our teachers and mentors who made the topic 'interesting'.

At IPH we have been trying to sensitize the society in the same manner. Rather than having a drab seminar on 'Effective Communication in Families', we have a 'Game show on Mental Health'. Rather than giving

dry career guidance, we have 'VEDH' that catches the emotive spirit of Career Role models. Our workshop on dealing with examination stress is titled 'Channel E-Ten' : Channelize your Exam Tensions. We call our patients having schizophrenia as 'Shubharthis' and their caregivers 'Shubhankars'. Emotions matter- These words found Pan India acceptance because they changed the emotional tone of the words 'patients' and 'caregivers'.

Even when you walk down in the premises of IPH Thane or Pune, you are greeted with an informal ease which is in contrast with the polished yet mechanical glaze that we often encounter in corporate hospitals. Making things 'too' disciplined and uniformed actually harms the informality in the ambience that finally helps **Healing**.

One can treat an illness with emotional neutrality but healing requires a platform of emotions. At IPH through all that we do, we try to create an healthy emotional atmosphere. Its created by sharing emotions.... Smile or a Frown; both are media of conveying emotions. They need to be used appropriate to your goal... Yes a frown is also essential to express displeasure & induce correction. What matters is the GOAL. Our goal has always been constructive, alleviating distress, treating disorder & mentoring people to develop.

'MANAS' has been one such platform of sharing emotions. In the very first year of its operations, IPH started a 'CYCLOSTYLED' VERSION OF Manas

and was distributed locally and also sent by post. The printed version appeared soon & before the advent of INTERNET, Manas used to reach across the country to our wellwishers as well as professionals working in the field of Mental Health. Many such individuals especially Psychiatrist & Psychologists used to give feedback about IPH activities whenever we met at different national fora.

The net of IPH wellwishers & stake holders has widened sizeably now across the globe. And time has come to launch 'E-Manas' using internet & social media. The 'E' actually stands for Emotions which have remained the same ... to make our readers partners in our journey spanning three decades, to respect & understand emotions of ALL... from our Clients to the Community.

This World-Mental Health week, we are glad to publish the first issue of E-Manas & we will be publishing four issues in a calendar year. It has been a team effort ably coordinated by Pratima Naik, Vaidehi Bhide and members of IPH team along with our designer consultant Saurabha Joglekar.

We eagerly await your feedback and also request you to share this link with all emotionally sensitive individuals to spread the message of Mental Health further & wider.

Happy Reading!!!

DR.ANAND NADKARNI
FOR TEAM IPH

IPH Thane

Launched on 23rd March 1990 with humble beginnings, IPH today is a colossal unique NGO with its premises in Thane and Pune. It operates a number of Support groups & Developmental groups along with services ranging from a full fledged Audio Visual Unit to a Telephonic helpline and its independent Learning Centre.

IPH believes in an 'Umbrella

approach' of piloting varied services & being holistic in mental health. It is a unique blend of individual and family intervention along with integration of curative and developmental models.

IPH functions at all three levels namely in-house work with individuals with problems & their care givers, Community outreach programs on awareness building and Industrial

Training workshops.

In pursuit of its goal, IPH would like to consider itself as a laboratory of community mental health, a place where competent service, community participation and creative education go hand in hand. IPH has been conducting innovative programs and projects in the field of mental health over the last 28 years. Our Mission : Mental Health For All.



150+

Volunteers associated with IPH, Thane



50

Non Clinical Staff working in IPH, Thane



65

Clinical Staff working in IPH, Thane



14509

Maitra Telephonic Helpline Calls successfully attended till date



69248+

Clients treated by IPH, Thane in the past 10 years

IPH Pune

23 rd March 2018 was an eventful day in the history of IPH with the launch of its Pune Centre. Pune is now a growing educational hub with Cultural diversity & its own challenges. Its a blend of increasing popula-

tion of young students, professionals and senior citizens along with psychiatrists in clinical practice. It was essential to have a team approach and participation of volunteers too. There was felt a need for a

laboratory that will promote mental health and help in alleviating symptoms of mental disorders.

IPH has developed a rich network in Pune city within six months of its functioning.



600+

Clients treated by IPH, Pune



30+

Volunteers associated with IPH, Pune.



10

Non Clinical Staff working in IPH, Pune



10

Clinical Staff working in IPH, Pune.

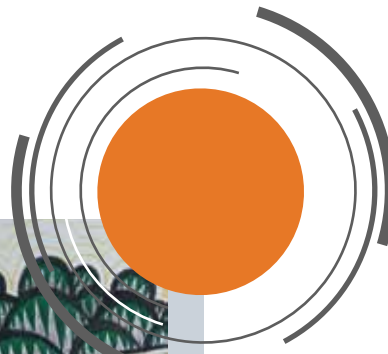


Anger

A letter away from Danger!

Neela my distant niece was sitting in front of me & crying profusely. She had a love marriage hardly 6 months back with her friend known to her for 5 years. The first thought popped up in my mind was whether her in laws have been harassing her, though she was telling me how nice they have been with her. A glass of water calmed her down. I was aghast at the red welt on her left hand. 'Vicky threw the plate on me because he didn't like the breakfast I had made for him.' "Is that the lone incident?" I asked her hopefully. 'No, initially everything was hanky dory but last 3 months he has started showing his true colours. His parents are terrified of him, because you don't know when he will lose his temper & start shouting and throwing things! There were incidents with a waiter, Autowala, at petrol pump. But I always thought he must be upset at the office & ignored it & now it is with me! The thought of his return shivers me! After such incidents he keeps apologizing & gets gifts in the evening. All of us try hard to see that nothing upsets him." She said in a single breath. "Neela, you are taking up a herculean task of pleasing him. What he needs is help to control his impulses." I replied.

Anger is an impulse to act in a way the person feels `right' at that time. Repentance comes much later (if at all there is repentance) after the damage is already done & so the title that it is just an alphabet away from Danger.



Anger is an impulse to act in a way the person feels `right' at that time.

Anger is a self-defeating and a choice blocking emotion. You are stuck up on a single Angry thought. You feel powerful and controlling at that moment. Sometimes getting angry might have had some benefits for some ,but the thought, "This is the only way to get what I want" makes it going.

Anger is not a single emotion it is

eventually followed by many counterproductive emotions such as anxiety, depression, guilt, self blame, jealousy, animosity, hostility & a host of such!

Anger & comfortable feeling cannot coexist. It is a secret enemy which attacks your internal system. You can never progress nor do any creative work when you are angry & most importantly it affects interpersonal relationships which are prime for a happy existence. In anger you don't understand how you hurt others. A person will not get the essence of your communication but certainly remember the hurting words you have used!

So how do we deal with it? Anger is

Anger & comfortable feeling cannot coexist. It is a secret enemy which attacks your internal system.

inevitable. It's an emotion we experience & perpetuated since times immemorial, since the Man became a Sapien. (for his existence he had to fight with the odds for survival & thus associated with fight.)



Dr. Shubha Thatte

Senior Clinical Psychologist
Founder & Trustee IPH

The kind of threats we face today are almost all psychosocial challenges which require a different set of emotions to face, different mindset and different options. Irritation is another emotion which is also from "anger family" but not harmful as it allows to express dissatisfaction. One can stand as a role model to demonstrate healthy coping strategies. Focusing on inappropriate behaviour but not calling other's as

a 'wrong person' helps. Focus on your goal and accept others unsuitable behavior as mere hurdle (rather than major calamities).



In Major Depressive Disorder



15 YEARS TRUST

STALOPAM

Escitalopram 5 / 10 / 20 mg Tablets

...Say **yes** to life



DAYO OD 250 / 500 / 750 / 1000 mg
Divalproex sodium extended release tablets
First Line **Moodstabiliser**



ARZU 10 / 15 / 30 mg
Aripirazole tablets
Desire to take control

In Schizophrenia & Bipolar Depression*



Lurafic

40 / 80 mg
Lurasidone Tablets

Begin Again...

* Studied widely in bipolar depression and approved by USFDA. In India, approved for the treatment of Schizophrenia. Please refer to PI for complete details.




Sadness

a wall between two gardens....

I recently got a forwarded image on WA – it was a “wheel of emotional vocabulary” created by Kaitlin Robbs. Now, I always take any WA post with a pinch of salt. But this thing seemed useful to improve my own emotional vocabulary. So according to it, sadness is a broad emotion with a number of shades like guilt, abandonment, despair, depression, loneliness and boredom.

This got me thinking, how we as parents always want to shield our children from sadness and keep them happy – it is a natural urge. But no matter how much ever we try, each person is bound to be exposed to situations/events that will lead to this ‘negative’ emotion of SADNESS.

So isn't it pragmatic, that instead of shielding them every time, we let children experience all kinds of emotions and be their safety net? Yes, they will be hurt, they will cry, and seeing them in such a state might break your heart. But the setbacks they face in childhood will be of much lower intensity than what they will have to face as grown-ups. If they get enough practice falling down and getting up again (with your help), they will be better equipped to face the real challenges of life and the resultant negative emotions that come with them.

So here are some tips on how to help your child handle sadness and other negative emotions:

Work on your own feelings first. As a



parent I have to make myself strong enough to let my child go through fire (and come out stronger on the other side). I have to remind myself that this is good in the long-run. Kids learn a lot by just watching you. Try to model effective ways of handling negative emotions yourself.

1. Empathise: Match the emotion they are feeling. Neither downplay it (that's life, not everything is perfect); nor make it a bigger deal (Oh! That is terrible)
2. Give them space and time: Sometimes that is what they need to recover on their own. Don't hound them with questions or offer solutions.
3. Listen: To what they are upset about. It might be different from

what you think they are upset about.

4. Discuss: After the initial upheaval, discuss they can do differently next time, what they learned from this experience. Often, children themselves come up with solutions. Share personal stories of how you tackled a similar phase or experience in your life. Assure them this won't be eternal.
5. Teach self-help: Doing some activity, running, cycling, music, dancing, sharing with someone, writing. Find what works for your child.



Manjiri Gokhale
Clinical Psychologist

A creature called HOPE

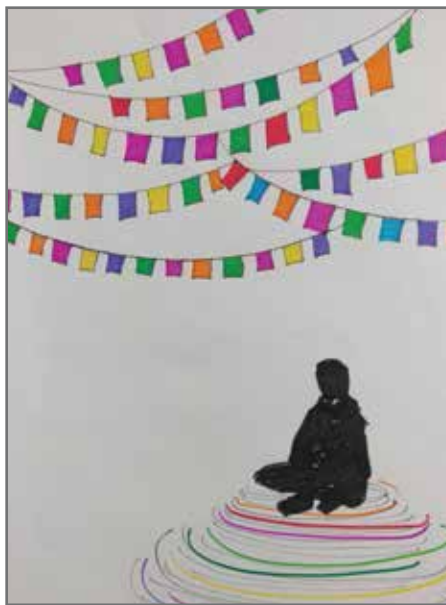
Pollyanna is my other name. Ever since I was young, people told me I was a “happy person”. Somehow, troubled attitudes seem to roll off me like water off a duck’s back. I had a friend later when in college who seemed to have this tiny frown constantly across her brow..I even told her often but to no avail.

Then I realized that people are just made the way they are. A person born with a sunny temperament is hard to pull down, and a person who has that inbuilt frown....ah well.

Today, Pollyanna attitude (a character in a children’s book,1913) is seen as being unrealistic and naïve, almost out of touch with reality. To me, If one is grateful for the little stuff, the huge problems usually take care of themselves. It’s important not to become insensitive to others’ pain and blow it off with an ‘all will be well’ message. A hopeful attitude is no doubt hard to maintain, particularly when dark clouds hover.

Psychologist, Sydner refers to “dispositional hope” meaning “high hope families”, where indeed the kind of “self talk” passed down from parents to children is one imbued with hope and positive thinking. I like to think mine is one such.

People in such families have a sense of agency, Basically, it is the conviction that I drive my own life and that I am not a helpless puppet jerked around on the strings of fate. Such people always find pathways to



You can have the best engine in the world, but if you can’t be bothered to drive it, you won’t get anywhere.” -Kaufman

retaining this sense of agency, this hope that some solution will emerge, however dark the current scenario.

My favorite story in this context is that of my maternal grandfather, Shri. Vishnu Sitaram Tilak (1905-1986) whose indomitable will was perhaps inherited from his

uncle Bal Gangadhar Tilak. He faced tough circumstances & saw abject poverty .He had a Will, and he found a Way...each and every time.

He travelled from his native Konkan, to Pune for Higher studies, supported by Lokmanya’s blessings. Cut to Harnai port was a steamer which took off from Konkan coast to Mumbai. Tiny vessels transported travelers from coast to ship .Young Vishnu could not afford to pay for the raft and decided to swim the distance. But when the British captain charged him of being ticketless, honest young Vishnu looked the British man in the eye and gave the firang a live demonstration of his to & fro swimming expertise.

High hope people and families never ask for anything “in return”. They just go ahead and do what they feel is right at the time. I love my students of Psychology and I always hold hope in my heart that they will forge new levels of success. This hope has remained undiminished over the years and will remain so..

People often ask me how and why I manage to continue offering inputs to many of these bright young minds who reach across great distances and my answer is, “ It’s a creature called Hope”.



Dr. Anuradha Sovani

Senior Clinical Psychologist
Trustee, IPH

Gallery



Samayog

Support group for parents of children with Autism.
Cordinators : Sonali, Geetanjali, Sriharsh, Mahalaxmi



REBT Training Workshop

Rational Thinking Principles based 4 week Self Development Workshop
Faculty : Dr.Anand Nadkarni & Dr. Shubha Thatte.



KYC(Know Your Colleagues)

Staff Enrichment & information session on Mental Health.
Coordinator : Manjiri Gokhale.



Niramay Wardhakya

A 4 hour intensive workshop on Emotional, Physical & Psychological wellbeing of people above 50 years & their caregivers.
Faculty : Dr.Shubha Thatte & Siddika Panjwani.



Maitra Meeting

A telephonic helpline focussing on Emotional first aid started in 1998.
Coordinator : Sulbha Subramaniam



Counselling skills workshop

A 10 day intensive workshop for helping Professionals and Students.

Coordinator : Dr.Geeta Joshi.



Shikshak Mitra

A free yearly teacher sensitization workshop.

Coordinator : Dr.Pooja Thakkar & Pratima Naik.



Cool club

A 7 year old teen sensitization workshop.

Coordinators : Surabhi Naik, Eashwarya Natekar & Swapnil Pange.



Youth Club

An innovative group for youth on self development.

Coordinators : Surabhi Naik, Eashwarya Natekar & Swapnil Pange.

Our Unique Initiatives

Vedh



This is a flagship event of IPH running successfully for more than two decades. VEDH is a career perspective conference which IPH started organizing way back in 1991. VEDH Thane will have its 26th edition on 7th, 8th & 9th December 2018 with a nominal entry fee. IPH with respective partners now orga-

nizes VEDH at Ahmednagar, Pune, Latur, Aurangabad, Nashik, Parbhani, Kalyan, Pen and Thane.

Every year Thane VEDH that spans over 16 hours and weekend attracts over 3500 students, teachers and parents. It is documented in crisp DVD format by the AVAHAN team of IPH.

IPH Learning centre – Aakalan



Aakalan with a slogan 'Revealing Insights' reaches out to not only mental health professionals but also to individuals & groups that are working 'with people'. Aakalan offers short term courses on mental health themes & also student observers posts for budding mental

health professionals.

Recognized as agency for post-graduate training & field-work by Universities, Aakalan evolved as a nodal center to provide educational and training inputs.

Tridal



Tridal is a rehabilitation workshop for people recovering from schizophrenia (shubharthis). It's run by the caregivers and non caregiver volunteers under the guidance of professionals from IPH.

Tridal gives a platform to shubharthis to express themselves in a safe and secure environment. This

effort helps them to develop a sense of belongingness.

The work done by them is monitored by trained volunteers and the profit is distributed amongst the shubharthis themselves.

Acceptance by society has gone a long way in rehabilitating them.



IPH Pune

Avantar

Study group for undergraduate students of psychology

Samantar

Study group for postgraduate students of psychology

Nirantar

Study group for practicing mental health professionals

Support Groups :

ANVAY -

For parents of special children

SCHIZOPHRENIA GROUP -

For patients (shubharthis)& their care givers(Shubhankars)

CARE-

Cancer Peer support

MADHYANA-

For Geriatric(old people) caregivers.

OCD-

For people with Obsessive Compulsive Disorder..

SAHAJEEVAN-

For people with addiction.

DEPRESSION & ANXIETY-

For people with these disorders.

EPILEPSY -

For people with this order.

DIABETES-

For people with this illness

Workshops And Training programs

- ABCD of REBT – Focussing on Rational thinking principles
- Lagnavishayi bolu kahi- Workshop on Marriage and relationships
- Mindfulness- workshop for REBT support group
- Password Anandacha- Enhancing positivity and healthy living.
- 5day intensive training programs in CBT & REBT
- 5day workshop on Basic counselling skills
- Presentation on Bollywood and Stress Management
- Presentation on Psychology and spirituality

Corporate. & School Training

- Lodha School
- Schools supported by Persistence Foundation

Corporate Trainings

- Siemens technologies ltd
- Persistent Systems Private Limited,
- SQS & Nitor Infotech.
- For SEAP (Software Exporters' Association of Pune)



Testimonials



Attending this 10 days worksop has changed the way I have looked at the entire process. I am a postgraduate in counseling, but academics is not enough to make a difference. This course gave me clarity, knowledge and zeal. It is the most amazing and immensely fruitful experience that I have ever had. Thank you Geeta mam, Pratima mam and Savita mam. Thank you for empowering me.

Tanvi Jagtap

Participant (Basic communication skills in counseling)



The concepts were taught in an easy and engaging manner with participation of students as well as meaningful examples/ metaphors. The faculty were very engaging and demonstrated concepts through a lot of relatable examples. They were open to feedback and participation.

Shraddha Namjoshi

Participant (REBT)



The program is excellent. It will give me guidance to see myself in different way. Dr. Sukhada's lecture is really good. She taught difficult topic in very easy and friendly manner.

Prajata Eknath Shobha Satam

Participant (ABCD of REBT)



Emotions

Peace: I am so sweet.

Love: Thank you, I am enjoying every moment of it.

Joy : I am overwhelmed.

Love : I can feel it.

Happiness: I am always with you.

Love: Thank You..I need you always.

Hope: Can't leave you.

Love : Please don't

Anger: I am part of you.

Love: I am working to leave you out.

Hate: It is difficult without me.

Love: Give me space, I will make it easier for you.

Fear: I will stay with you.

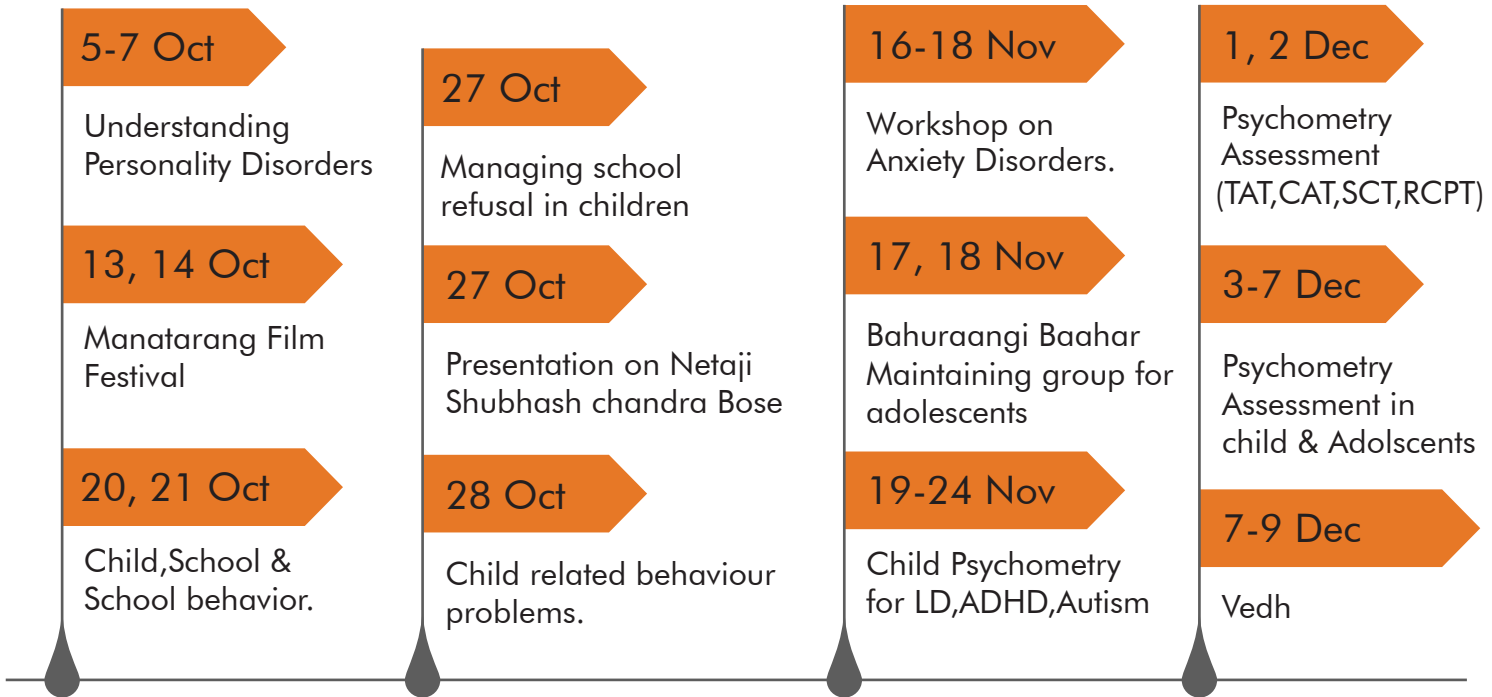
Love: Only sometimes.

Rani Kuberan

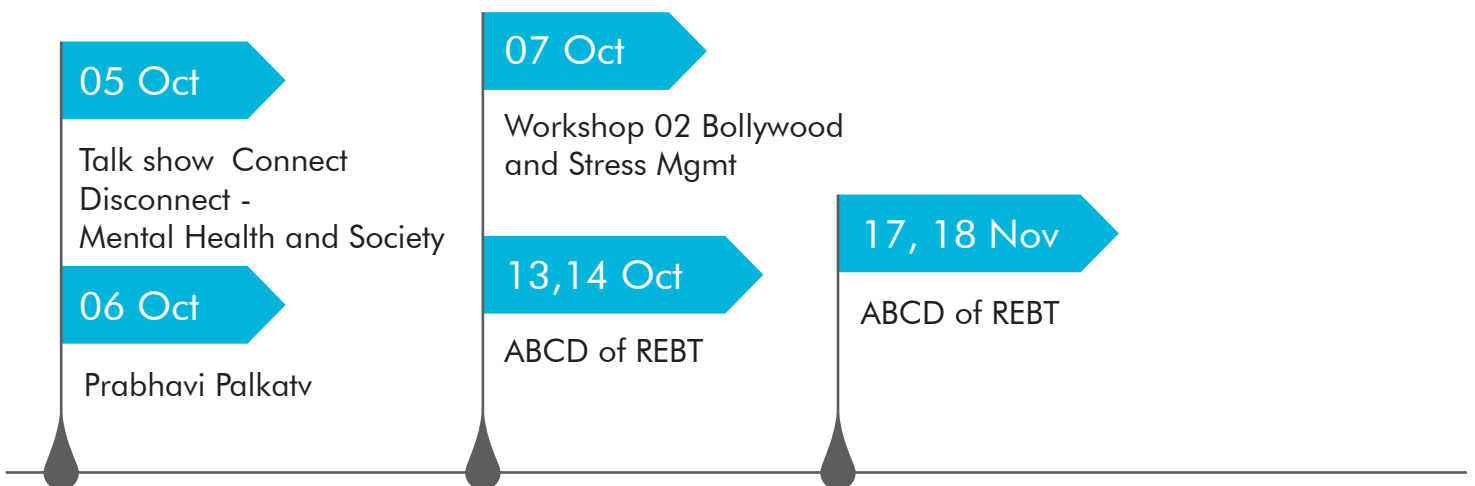
Remedial Teacher

Forthcoming Events

IPH Thane

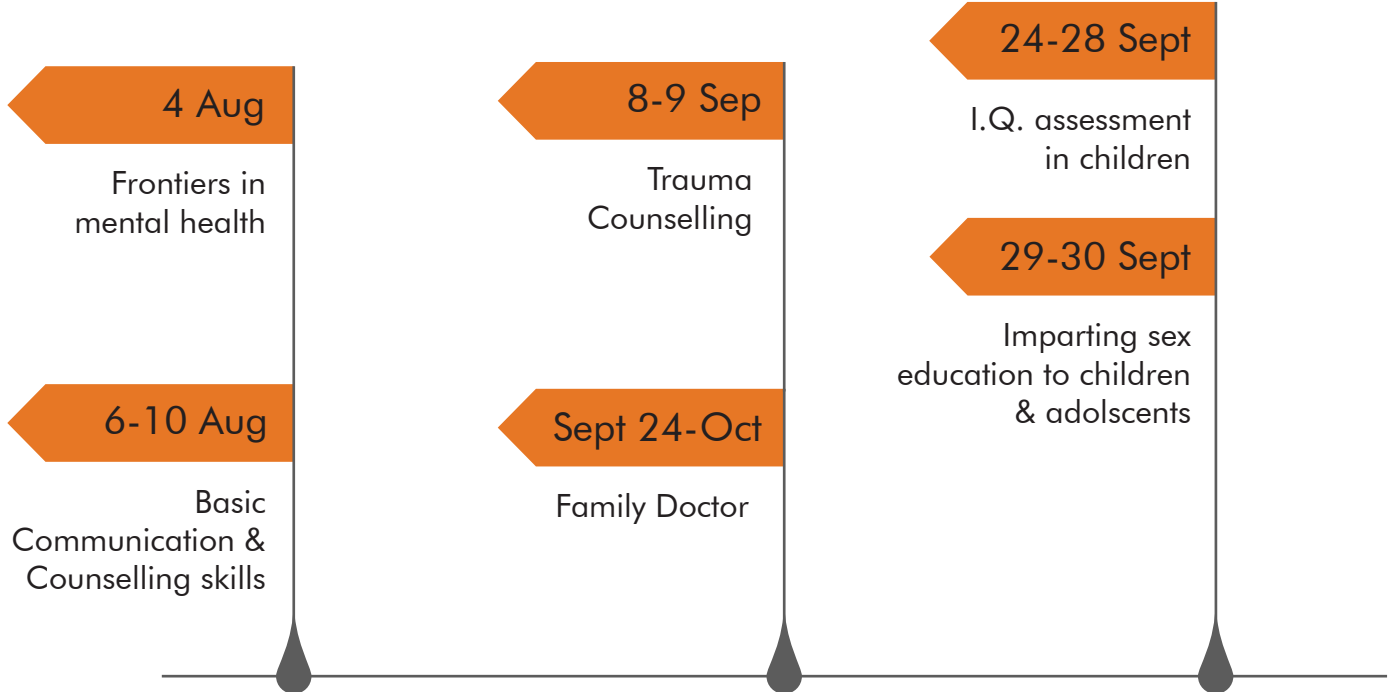


IPH Pune

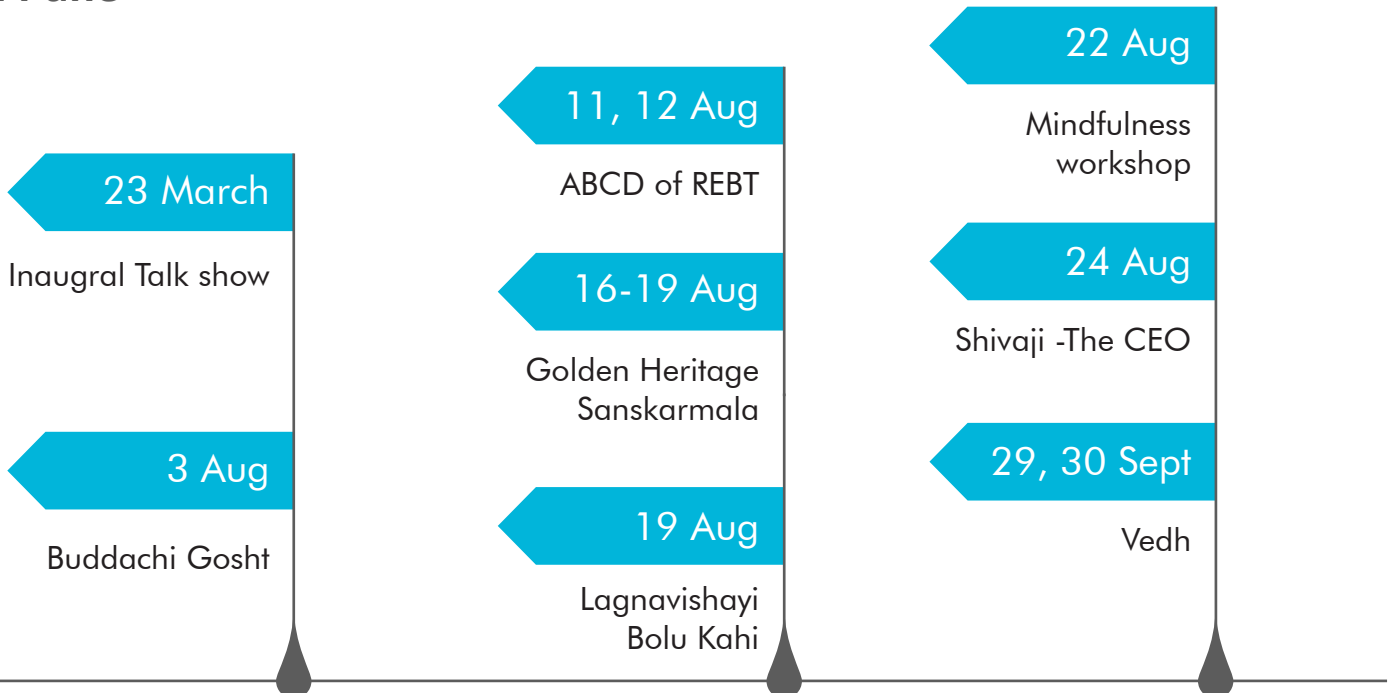


Past Events

IPH Thane



IPH Pune



Credits

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