



ehsaas

**Psychotherapy and
Counseling Clinic**

**School of Human Studies
Ambedkar University, Delhi**

Vision and Philosophy

Ambedkar University, Delhi is dedicated to teaching, learning and training where the knowledge generated aims to bridge the gap between academia and the marginalized selves and lives of the society. We envision a movement from a hierarchical to a relational understanding of human experience while representing values of humanism, social justice, equality and creativity

The Psychotherapy and Counseling Clinic

The Clinic is a new initiative by the School of Human Studies, committed to the training of socially sensitive mental health professionals. At the clinic along with the sliding fee structure we provide *low cost and free* counseling and psychotherapy to cater to a variety of socio-economic realities of people. The clinic comprises of an Adult, Child and Family Clinic and it provides psycho-diagnostic psychological testing. There is an in house Psychiatrist along with a referral service.

The therapy and counseling clinic becomes a distinctive place where one begins to form a relation with suffering to reach health. Psychoanalysis, as an engaged perspective, locates illness as being human and an engagement with loss as central to move towards healing. In painful experiences the mind loses its capacity to think and feel and the psyche also works to keep out the disturbing feelings. Therapy enables the building of a

relationship with the silent and the articulated pain. It augments an individual's journey in search of self devoted to finding a personal meaning from where seeds of life and dreams of hope emanate.

About the psychotherapists and counselors

The psychotherapists and counselors working in the clinics are psychodynamically trained mental health professionals. They have undergone advanced post graduate training with extensive clinical supervision. Typically the patient and the therapist meet one to two times a week in a quiet and safe setting to explore their current relationships and patterns of behaviour. Through this process the individual feels helped to deal better with the realities of life.

Khel Khel Mein – Child Clinic

Children and adolescents sense a lot from the world around them and at times are caught between expectations and desires.

Sometimes in children you may notice,

- Them being withdrawn and experiencing prolonged sadness
- Separation anxiety and the fear of independence
- Inability to make friends and negative attitude towards oneself,
- Bed wetting, rituals and phobias
- Academic failures, inability to concentrate, hyperactivity, bullying with peers
- Loss of appetite, irritability, temper tantrums, convulsions and fits,
- Sibling rivalry, aggression, defiance, adjustment problems,
- Stress due to difficulties in the parent's relations and unhelpful parenting strategies.
- Autism, Mental Retardation, Learning disability, Dyslexia
- Dealing with your child in these states requires listening to what the child is unable to communicate. The therapist engages with the child and explores his/her inner world through play and expressive techniques.

Abhivyakti – Adolescent Clinic

Adolescents experience and express needs of dependency and independence and in this process you may go through certain challenges like,

- Being blocked in your engagement in school because you are preoccupied with thoughts or feelings.
- Have undergone overwhelming experiences that they find difficult to experience and verbalize.
- Feel confused about their identity, gender and sexuality and feel uncertain about their future.
- Take recourse to drugs or alcohol or gang activities because of feeling depressed.
- Over eat or diet excessively as a way to manage difficult feelings they cannot verbalize and other obsessions about one's body.

Such behavior and experiences interfere as well as carry a potential for personal growth and well being of the child. Psychotherapy as an alternative addresses the deeper conflicts underlying the surface of these disturbances

Anubhav – Adult Clinic

Personal relationships and work are a playground to know oneself and here one may experience acute anxiety, sadness, hopelessness, betrayal and anger. Individual psychotherapy is a space to recover a sense of stability and meaningfulness by looking at difficult life experiences and feelings in a safe engagement with the therapist. You could be experiencing,

- Feeling of emptiness, loss of meaning in life or an inability to experience aliveness and creativity
- Difficulties in relationships with one's families and loved ones.
- Feelings of incompetence, inadequacy at work and negative thoughts about one's future.
- Confusion, ambivalence and anxieties around marriage and intimacy.
- Gender identity crises and fears of acceptance related to it.
- Addictions of alcoholism, drug abuse and sex addiction.
- Troubling relationship patterns or personality problems.
- Recurring thoughts about death or dying.

- Engaging with the loss of a loved one.

Humsafar – Family Clinic

Life in the family acquires a difficult emotional tone specially when you are going through divorce or loss of a parent, or there is too much violence, there is a secret you can't reveal, you feel the family is divided, you are exhausted by the prolonged mental or physical illness of a family member, you have adopted a child or you are a child of foster parents, you and your partner have different expectations.

We understand the notion of the family not only in the sense of its biological origins but also a family where one's emotional rootedness may be more present.

Family therapy is a space to listen to parts of each other in the family with the hope of recovering the realities of the relationship.

- Conflicts in relationships like infidelity, the gap in the parent's expectations and values, incompatibilities between partners.
- Broken and estranged relationships due to divorce,

separation and due to the loss of a parent

- Polarized relationships where the family feels divided on issues, problems of roles and dependency
- Domestic violence and physical abuse within the family or in a relationship
- Sexual abuse and incest in families.
- Dealing with prolonged physical and mental illness, addiction in a family member.
- Resettlement to a new city due to displacement, due to professional choices.
- Foster parents and the adopted child.
- Financial problems
- Infertility and parenting problems
- Lack of spark and feeling of stuckness
- Discord with in-laws and extended families
- Gay and Lesbian families and the struggles and the conflict they experience viz. a viz. the mainstream society.
- Relational strife in families where the voice of the younger member may be oppressed especially in a joint family setting.
- In the absence of the familial spaces what are the families

which one creates and begins to live in and the difficulties experienced in the process.

TO MAKE AN APPOINTMENT

Please call Psychotherapy Clinic **011 23863740**

Or Mr. Rajinder Singh 9717268744

& Mr. Ashis Roy 9873193399

Or email us at: **psychotherapyclinic@aud.ac.in**

A consultation appointment will be fixed for you. Meeting your therapist for one or two sessions will help you understand what type of treatment will be suitable. You will have an opportunity to discuss and ask questions about the recommendation. The evaluation process involves talking about yourself and the problems and concerns that led you to seek assistance.

Treatment

The treatment fee will be determined at a rate that is

mutually acceptable to both parties. Individuals with limited means may arrange a sliding fee. There is also a low fee clinic for individuals who cannot pay for therapy.

Psychological Testing

Psychodynamically informed psychological tests will be used to explore and diagnose the individual's states. Projective personality tests and intelligence tests will be conducted to inform the therapeutic process. Assessment will be confidential.

Referral Desk

In addition, psychoanalytic psychotherapy for adults, adolescents and children is offered through the Psychotherapy Referral Service. Referral for medication, couples therapy, family therapy and supportive therapy is also available