



Antarman

Centre for psychosocial well-being

A workshop on :

Counselling in Clinical Practice



HOW THERAPY WORKS .. !!

Dr Ravindra Agrawal

MRCPsych



ABOUT ME..

India	UK	Australia	Back to India
<p>Graduated from Goa Medical College</p> <p>Trained at Institute of Psychiatry & Human Behaviour</p>	<p>Many short term jobs in Norwich and Chichester</p> <p>MRCPPsych at Exeter (Devon)</p>	<p>Registrar at Sydney West Area Health service</p>	<p>Consultant at Manipal Hospital, Goa and private practice</p>

Training in psychotherapies	...also have dabbled in
<p>My seniors (CBT, JPMR)</p> <p>Formal training in CBT, BDyPT , CAT</p> <p>Formal training in Conversational Model (Russel Meares)</p>	<p>Pranic healing</p> <p>Reiki</p> <p>Hypnotherapy (level 3 certificate)</p>

ANTARMAN

<http://antarman.goadactor.co.in>



ANTARMAN

[HOME](#)

[ABOUT](#)

[OUR TEAM](#)

[CONTACT US](#)

RECOVERY. RESILIENCE. RESURGENCE

Nourishing and nurturing the human spirit.





ANTARMAN TEAM..



Vasumathi P. Pereira

PGdiploma(Psych), MSc(PSR),
MSc (Cpsych)

Mrs Pereira is a UK trained
Counselling psychologist and
a children's play therapist

[read more](#)



Aresh Naik

M.A. (Psychology)

Mr Naik is a psychologist with
special interest in career
counselling and personality
development.

[read more](#)



Mrs. Neha Khaunte

M.A. (Psychology)

Mrs Khaunte is a psychologist
with special interest in
special children, relationship
counselling and personality
development.

[read more](#)



Mrs. Nitasha Borah

(M.A, M.Phil.)

Mrs Borah is a Clinical
Psychologist and Certified
Arts-Based Therapist,
specializing in Dramatherapy

[read more](#)



Ms Sisira C Satheesan

(M.A, M.Phil.)

Sisira is a clinical
psychologist. She works with
children and adults alike. She
conducts IQ test, tests for LD
, ADHD, Neuropsych
assessment etc

[read more](#)



Ms Shreya D'Souza

M.A. (Psychology)

Ms D'Souza likes to work with
people with diverse issues
with special interest in
children with Autism. She has
experience of "Pet therapy"
for special children

[read more](#)



Mrs Meischa Cholera

M.A. (Psychology)

Meisha likes to work with
adolescents and young
adults. Her special interest
areas are social anxiety,
personal development and
relationship counselling.

[read more](#)



Jim Varghese

(M.A, M.Phil.)

Jim is a clinical psychologist.
He works with children and
adults. He conducts IQ test,
tests for LD , ADHD,
Neuropsych assessment etc

[read more](#)



BASIC INGREDIENTS..

- Tool: Theory (Model)
- Work on: thought and behaviour patterns
- Workers: patient, therapist (neutral, objective and non judgmental)
- Medium: therapeutic relation or alliance.
- Goal or end product: to solve the problem and learn new coping skills



THEORY..

- ‘ There are many ‘correct’ ways of looking at a situation.
- CBT, DBT, Solution focussed, IPT, REBT, MET, Conversational model, Brief dynamic, Marital therapy, humanistic theories etc
- *wisdom*



THE THERAPIST..

In Psychotherapy : One meets a total stranger, on a regular basis.

This stranger is:

- Qualified & trained
- Trustworthy
- Empathetic, yet objective
- Listens
- Sometimes asks questions, at other times shares insights or makes interpretations or reflects back.
- Though it is a 2 way process, therapist and the client talk 'only' about the client





THE THERAPEUTIC ALLIANCE

- There is a strong level of closeness, trust, and rapport that makes it unlike any other relationship: the therapeutic relationship or 'alliance'; the essential ingredient, which makes psychotherapy as effective and sometimes more effective than medications.
- A good therapeutic alliance makes the client (& the therapist) look forward to the sessions, there is a sense of positive progress, the client feels comfortable in opening-up and feels that the therapist truly understands.





..it works !!

- Research evidence
- It is not mere 'talk-therapy' – there is biological evidence that it works

illustrate rationale for how therapy and meds w work together ..



Pain relief must
before unloading
unnecessary burden



Any one can be in out-of-
form !
One needs to work 'hard'
your way out of it.

Sometimes a
dysfunctional way of
living/looking at things
can cause much distress

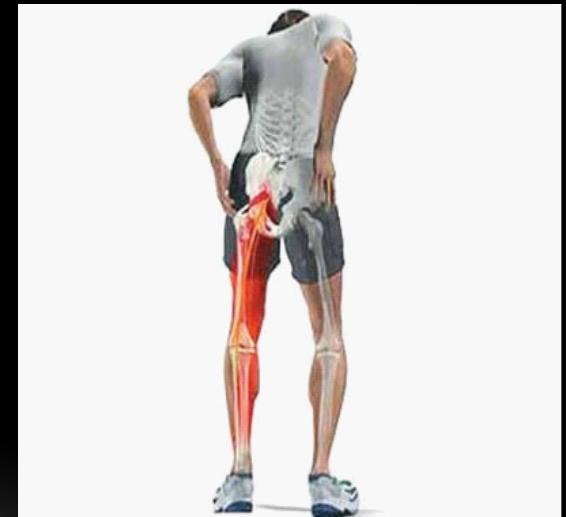
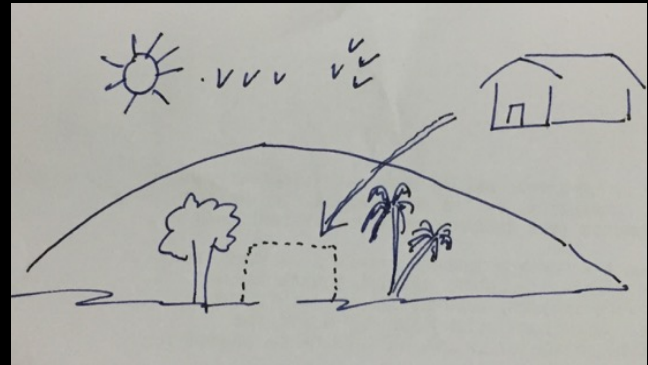
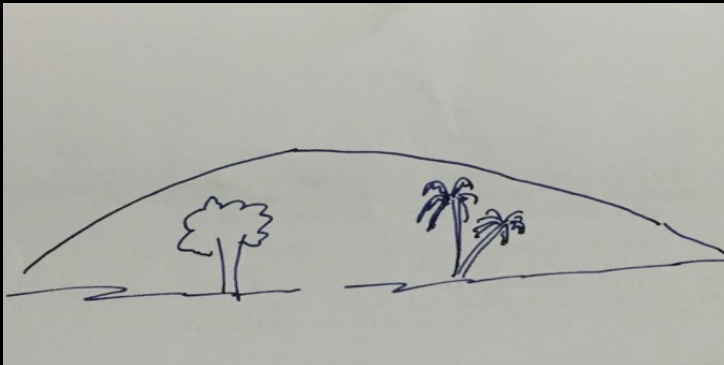


illustration...contd. how therapy helps you





WILL IT WORK FOR ME..?

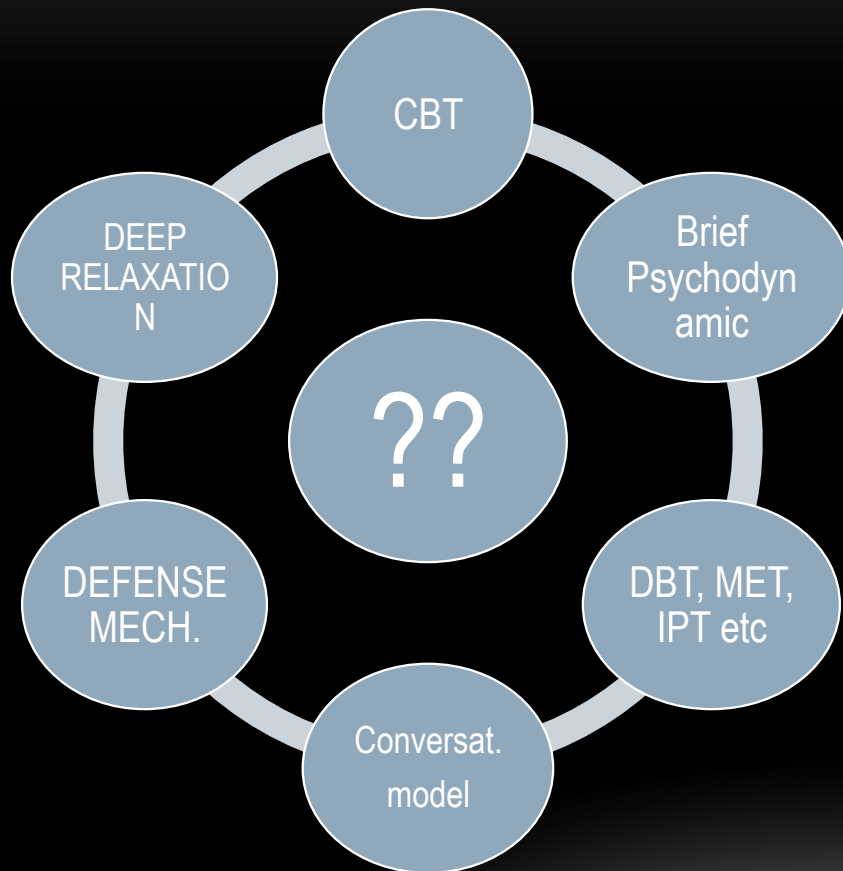


- ' I am willing to work hard on your case.. Are you ?'.
- Illustration of coach/ personal trainer
- Work hard : 'Out-of-form' / ' sync ' – analogy





which psychotherapies to use...??



Bit of all actually ..!!



...bit of all!!

- Apologies to those who wish to maintain the 'purity' of a therapeutic model..
- **EMPHASISE** the importance of learning each of the therapies in its pure form first before using the principles in piece-meal.
- **MUST learn a few psychotherapy techniques** *(or risk of hammer & nail fallacy)*
- I don't see it as contamination rather a synergistic combination.
- Directed by needs of client.. use of best suited tool.




...establish rules, apologies, homeworks

- Ideal therapy environment is difficult to create in (busy) psychiatric clinics
- Still good to lay down the working parameters – timings, delays, cancellations, phone calls, fees etc
- Indulge your client : make them feel special (hospitality)
- Apologies : for your own delays, telephone calls from hospitals, doctor colleagues etc. Ask permission



..write notes, give handouts, homework

- Good habit to periodically write down 'important points' during sessions
- Helpful (for client) to put down things said in quotes.. For future reference
- Give handouts: cognitive assumptions, revelations about oneself, power statements
- Give homework, letters to partners (marital) , mood diaries – use technology.
- Overestimations charts/ examples
- E.g. Antarman handout

 ANTARMAN	
NAME:	DATE:
Issues discussed	Progress made
Remarks	Homework
THERAPIST:	

USE OF SPECIAL TECHNIQUES.. REALLY SHORT TERM



- Deep relaxation < --- > hypnotherapy
- Empty Chair technique
- Cord cutting e.g. relationships
- Forgiveness e.g. past trauma
- Self-counselling
- Case vignettes



Forgive Others
Not Because they
Deserve Forgiveness
But Because you
Deserve Peace.





..SPECIAL GROUPS

Women :

- Encourage 'self-worth'
- Keep busy
- Centre-of-universe

Adolescents :

- 'time-machine' technique
- use IPT



- disclaimer

- Thank you !!