Un**turned**stones

Things are about to become clear…

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HOME

Hi, I am Pakhi Jain. I am here to describe the importance of WORDS and how it helps clearing any hurdle faced in life. Talking has been considered an age old process of healing and curing many problems that are mentally faced by a person. This therapy does not restrict to any age limit. It can be as young as a 5 year old or as old as a 60 year old person. Counseling, as this process is known as,is something that provides direction or advice as to a decision or course of action.

A counselor hears out the complicated problems listed by the client and narrows it down to simpler and more meaningful conclusions. This helps the client make wise decisions based on the pros and cons of the situation listed by the counselor. This process, as simple as it is shown, is a complex series of sessions involving face to face interactions and therapies suggested as the course goes along.

Problems dealt in counseling

Deprivation of sleep due to constant thinking

Depression lasting from a long period of time.

Aggression caused due to

Anxiety of day to day living

Confusions related to relationship/ future