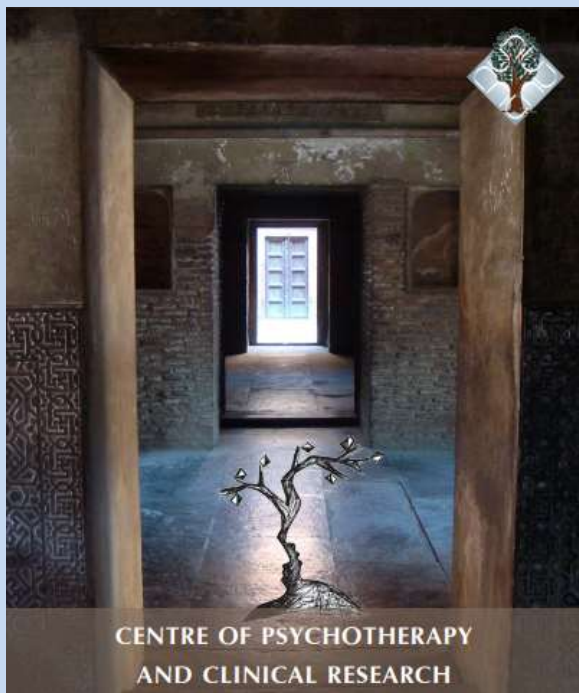




Dr B.R. Ambedkar University Delhi
Lothian Road, Kashmere Gate
Delhi 110 006
www.aud.ac.in

Centre of Psychotherapy Ehsaas Psychotherapy & & Clinical Research (CPCR) Counseling Clinic
Contact: (011) 23862321 ehsaas@aud.ac.in



“It is possible that the conscience of society will awake and remind it that the poor man (woman) should have just as much right to assistance for his mind... that the neurosis threaten public health no less than tuberculosis...Then institutions and outpatient clinics will be started...so that men who would otherwise give way to drink, women who have nearly succumbed under the burden of their privations, children for whom there is no choice but running wild or neurosis, may be made capable, by analysis, of resistance and efficient work. Such treatments will be free. It may be a long time

before the State comes to see these duties as urgent. ... Some time or other, however it must come to this.”

- Sigmund Freud (1918)

CONTENTS

Foreword

Centre of Psychotherapy and Clinical Research

Association between Centre of Psychotherapy and Clinical Research and Psychology
Programmes, (School of Human Studies)

Mental Health Needs in India

The Aims and Objectives of CPR

CPCR—Its Wings

Ehsaas—Psychotherapy and Counseling Clinic

Training in Psychoanalytic Model of Psychotherapy

Professionalizing Psychoanalytic Therapy

Psychosocial Clinical Research

Events organized by CPR

CPCR Team

FOREWORD

The Centre of Psychotherapy and Clinical Research (CPCR) is guided by a psychoanalytic orientation, which believes in the unconscious, in an experiential lens, a value for caring relationships and an ethic of cultivating compassion. By focusing on psychological complexity—the ironic and tragic in existence—psychoanalysis makes us aware that all humans banish, exile and split off parts of the self in order to bear or avoid emotional pain and conflicts. The sources of suffering in individual and group life may range from subjection to emotional injustice, socio-economic marginalization and political oppression. Sometimes survival may become precariously contingent on the capacity of an individual or group to make life bearable by forgetting, repressing and dissociating or by over emphasizing and remembering in a frozen and un-symbolizable manner, one's history of endured trauma and abjection. Either way, at stake is the human potential for holism - a capacity to be in touch with our inner sense of freedom, playfulness, dreaming, creative fantasizing, lovingness and empathy.

The psychoanalytic journey, mediated by the long term care of a non-judgemental and devoted therapist, helps the patient - the suffering being- to reach relative health and integration of one's painful losses. More often than not, this process also opens up the patient's potential for dreaming and embracing life with a relative sense of self-aware joyfulness.

Unique to this tradition is the emphasis that before becoming a healer, the analyst too undertakes the same treatment as the one through which she would lead her patients. In this sense, the analyst and the patient are fellow travelers, both of whom journey through the darker labyrinths of their respective inner worlds. This is the authentic space from where empathic understanding and compassionate attending take birth.

At CPCR we are also concerned with the modern crisis of capitalism which plagues all fields, including education and health services, particularly mental health, psychiatry and psychotherapy. Our times threaten us with a dangerous dehumanizing situation. All other imaginations of care are quickly being subsumed under a profit oriented, individualistic, "give and take model", with little or no regard for social justice. Going against the powerful currents of mainstream medicine and health care, we at CPCR, AUD work with a free work or low fee ethic. Of course we are aware of the multifarious ways in which the setting and question of fee impact the work of the therapeutic dyad. Therefore, ours is not a rigid

ideological position. We treat fee as a living part of the therapeutic relationship and delve with its emerging symbolic meanings. However, we believe that the question of fee needs careful rethinking, even as it remains closely tied up to the callings of ethics. It is thus not only our mandate to reach out with quality care to those who cannot afford mental health services, but to also renew the philosophical vision of psychotherapy and psychoanalysis in a way which would be uplifting.

In our view, the therapeutic relationship is a mutual gift where the therapist helps the patient, and the patient, in turn, trustfully gives the therapist access to the deepest wounds, secrets and shame-pain laden parts of one's life. The trust which the patient places in the therapist and the love that he or she develops for the latter is a gift which can never be subsumed, exhausted or neutralized by any monetary exchange. It is by acknowledging this unique meeting of two human lives that the field of mental health could reach newer responses in its bid to address questions of not only social but also emotional justice. In reflecting on emotional justice and in keeping alive an ethic of no/Low fee, our hope is to also contribute to newer imaginations of the human subject- one who, having received care, will someday be able to extend the same to others as well. At CPCR we are eager to carve out the contours of a culturally embedded, socially as well as emotionally just vision of work in the field of psychotherapy in particular, and mental health at large.

Our aim is to advocate for care of emotional life and train professionals who will embody an ethic of insight and concern, as well as an aware and responsible take on the world they co-inhabit with all other sentient beings. Living for self as well as for others and open to their own erotic, compassionate and playful potential; these professionals would dreamingly find their way in and out of life's inherent challenges and inevitable suffering.

Prof. Honey Oberoi Vahali,
Founding Director,
Centre of Psychotherapy and Clinical Research

CENTRE OF PSYCHOTHERAPY AND CLINICAL RESEARCH

The Centre of Psychotherapy and Clinical Research (CPCR) came into formal existence in July 2013. Prior to this, the idea of the Centre and the work which went into its creation was being incubated by the School of Human Studies (SHS). In 2011, the School of Human Studies initiated setting up its psychotherapy clinic, Ehsaas. Between the years 2011-2013, at Ehsaas, we reached out to approximately 150 persons in need of mental health care. The response to the need of psychotherapy helped imagine the mandate—the various functions and the philosophical underpinnings of CPCR. In 2013, the Ehsaas clinic became the psychotherapy and counselling unit of CPCR, even as the Centre broadened its purview of work and deepened its engagements.

The Centre is founded on a psychoanalytic, psychosocial clinical orientation.

The CPCR team wishes to record with deep appreciation the continuing support received from all sections of the AUD community- the Senior Management Team, teachers, non teaching staff and students. We thank them all as they helped us to realize our dream of making Ambedkar University, Delhi (AUD) a unique educational institution which not only values the intellectual growth of its students but is also actively concerned about their emotional and psychological wellbeing.

ASSOCIATION BETWEEN CENTRE OF PSYCHOTHERAPY AND CLINICAL RESEARCH (CPCR) AND PSYCHOLOGY PROGRAMMES (SCHOOL OF HUMAN STUDIES)

The link between the Psychology Programmes of the School of Human Studies (SHS) and Centre of Psychotherapy and Clinical Research (CPCR) is an intrinsic one. SHS remains the academic home of all programmes of Psychology from BA (H) in Psychology (jointly offered by SHS and SUS), MA Psychology (Psychosocial Clinical Studies), MPhil in Psychoanalytic Psychotherapy (between 2011-2024) and PhD in Psychology. CPCR functions as a critical site of clinical practice, on-going exploration and thinking. It nurtures and realizes the dreams of the psychosocial clinical perspective in its bid to reach human lives, and to foster and advocate an ethic of sustained care in the field of mental health. The two units of AUD- SHS and CPCR- work closely. This partnership comes most alive in the teaching, training and supervision of interns or training candidates. Teachers of SHS and therapists of CPCR also work as an organic whole to build and realize the vision of the Centre. This Centre hopes to rethink the practice of psychotherapy in India, become a hub for a culturally embedded and socially sensitive paradigm of clinical work, thinking and research in the psychoanalytic tradition, work as a training site for mental health and allied practitioners and advocate at the level of Law and Policy. Of course it goes without saying that we are most keen to take our psychoanalytic sensibility and sensitivity to communities which have thus far been neglected, ignored or rendered voiceless.

MENTAL HEALTH NEEDS IN INDIA

In India, mental health disorders account for nearly a sixth of all health-related disorders. The prevalence rate of mental disorders indicates that 65 out of 1000 persons are at some point of time in their life in need of psychological care for a mental illness or psychological breakdown. Yet we have just 0.4 psychiatrists and 0.02 psychologists per 100,000 people, and 0.25 mental health beds per 10,000 population. The burden of mental disorders, especially in urban India, is highest among young adults aged 15-44 years. This implies that students in schools, colleges and universities are especially vulnerable to major psychological upheavals.

As part of a community of individuals concerned about mental health related issues plaguing urban India, one is only too aware of the contrast between the incidence of mental illness and the grossly inadequate provision. When all forms of mental suffering are seen solely as illnesses and met with a treatment modality primarily dominated by psychiatric pharmacology, one finds a severe lacuna in engaged thinking about the care, recovery and reintegration of the individuals and families affected. In addition, the rational, scientific perspective makes it difficult for the evolving discipline of psychotherapy to learn from knowledge emanating from traditions of faith and cultural healing which can enrich psychic and emotional health. An engaged thinking requires a particular training that can keep the space to relate to symptoms through deep listening and a caring inter-personal lens. The focus must widen to include, along with symptom management, an understanding of a person's relational ambit, life-history or socio-cultural and politico-historical location.

This need for a more engaged thinking in the mental health care system and encouraging community-based interventions in India were the crucial factors that led to the establishment of the Centre of Psychotherapy and Clinical Research (CPCR) in July 2013. The Centre offers psychotherapeutic support; facilitates forms of culturally sensitive psychological research; promotes in-depth exploration of the Indian psyche and serves as a network for training professionals.

THE AIMS AND OBJECTIVES

1. To develop and provide quality psychological services with a no/ low fee ethic as well as rethink psychotherapeutic practice in Indian context.
2. To train psychoanalytic and socially sensitive psychotherapists.
3. To pioneer psychoanalytic training curricula for academic institutions in South Asian context.
4. To work in community contexts through inter-subjective and mutually transformative journeys.
5. To research, publish and disseminate knowledge in the area of mental health and psychotherapy.
6. To become a hub for training mental health and allied professionals and to evolve a model of appreciating and receiving subjectivity in humanities and social sciences.
7. To form an association of psychoanalytic psychotherapists in India informing policy on mental health care.

CPCR—ITS WINGS

Ehsaas Psychotherapy and Counselling Clinic

A ‘Clinic’ is a site where people bring in a range of difficult emotional states and crises. At Ehsaas, we help people to reach a fuller experience of their self by creating a safe space in which anxiety provoking, conflicting, shame evoking and traumatized parts can be expressed, held and worked through. This journey is mediated by a relationship with a non-judgmental therapist who serves critical emotional functions on the patient’s behalf. Before healing and partial resolution of difficult psychic states takes place, the therapist allows oneself to be “used’ by the patient. At times, the therapist comes to represent or symbolize a significant figure(s) from the latter’s past, on whom the conflict is projected. As the previously un-bearable and un-thinkable parts come under empathic scrutiny, it becomes possible for the patient to reconnect to memories and reach forms of thinking where none may have existed before. This play between the “then and now”, allows for working through of the blocks in the patient’s past, as they are relived and ultimately released in the contemporary space within which the therapeutic dyad relates. At the same time, the real relationship with the therapist also comes to serve as a source of hope, trust and faith, transforming the patient’s inner and relational world.

Further, in long-term psychodynamic clinical work, gradually the focus may move from being only about an individual and the therapist-patient relationship to also include reflections on pertinent social realities. Working at Ambedkar University Delhi, we have realized that the impact of social realities critically plagues many young Indian minds who find themselves torn between preserving traditional values of inter-relatedness and Western values of autonomy and independence.

Situated as it is in a university context, the Ehsaas Clinic is a unique site for meeting youth and its issues as a distinctive life stage and a creative endeavor to harness the possibility of renewal inherent in any human crisis.

Through its free and low fee psychotherapy clinics, CPCR specially wishes to cater to mental health needs of those belonging to socially and economically challenged sections of the society.

Ehsaas has 3 facilities currently:

- Therapeutic Services
- Walk-in Clinic
- Group Sessions: The Listening Circle

From the period of 2020 - 2023, Ehsaas has received referrals of 700-800 patients. The walk-in clinic on a weekly basis sees 10-15 patients each week. Listening Circles are conducted on a weekly basis covering themes which have emotional and socio-cultural significance for the students like Dealing with Grief, Experiences of Gender, Dealing with Change, to name a few. We run 4-5 groups each week with 4-5 students in each group. The group generally lasts for 8-10 weeks.

At Ehsaas, Patients have come with difficulties ranging from anxiety, depression and suicidal feelings, extreme mood states, body image issues, behavioral problems, adjustment difficulties, drug dependence, difficulty in sustaining relationships, loss of a loved one or intractable family issues such as domestic violence, sexual abuse and broken homes, caring for a family member with psychosis, alcoholism or prolonged illnesses.

Ehsaas has also worked with children with issues at home such as feeling unloved, unwanted and lonely. Children have also come with issues related to adjustment in the classroom, difficulty in academic work and relational problems with peers and teachers.

Our team works with a variety of therapeutic models:

- Long-term psychoanalytic psychotherapy
- Crisis intervention
- Brief psychodynamic psychotherapy

Ehsaas COVID HELPLINE:

From March 2020 onwards Ehsaas psychotherapists, clinically trained faculty of the Psychology Program and senior students of, now closed programme of, MPhil Psychoanalytic Psychotherapy (offered from 2011-2024) maintained a helpline to support the mental health needs of students during the COVID related lockdown. Ehsaas has addressed the needs of approximately 150-200 students, faculty and staff from 2020-21 including some with serious mental health difficulties. The conception of this idea has been from the confusion and fear that we all sensed as Covid- 19 became an overwhelming psychological reality, pushing many students to be locked up in their houses. University as a space was lost to them. The helpline went on for 6 months and we moved the work of Ehsaas mostly towards listening to the emotional crisis of Covid. The helpline worked in the first and second wave of the pandemic. Following the usefulness of this initiative in the first wave, the helpline was restarted for all faculty, staff and students of AUD from 1st May which has continued till now. We are also planning to extend it as a National Helpline to cater to the

mental health needs of the population at large.

Ehsaas team offered approximately 600-650 hours addressing the crises faced by the students. It also helped us as a group to experience and understand what curtailing one's freedom of both emotional and physical space feels like. Most students presented the challenges of reality concerning their housing, relational complexities, and issues concerning their place in the world to be viewed as "valuable" or "worthy" in an uncertain world. Many individuals communicated a rise in incidence of domestic violence, suicidal ideation, difficulty coping with loss and grief, burnout associated with caring for the ill, morbid fears and obsessive ideas and effects of social isolation. Most individuals reported feeling anxious and afraid in an uncertain world. Children from economically deprived backgrounds and from the margins brought urgent issues pertaining to their survival. Ehsaas was a place to offer containment and human connection in such unprecedented times.

Associations with Professional Bodies :

Ehsaas has made links with institutions such as Indian Psychoanalytic Society, Lady Harding Medical College, Tulasi Foundation, Psychoanalytic Unit of the Mental Health & Behavioral Sciences Department (Fortis) and National Institute of Public Cooperation and Child Development (NIPCCD), Centre for Equity Studies, Aman Biradari, Society for Multiple Sclerosis, Delhi United Christian School and Udayan Care Foundation among others. The students of MPhil in Psychoanalytic Psychotherapy obtain training in patient care and work alongside psychiatrists, psychologists, social workers and child-care specialists at these sites.

TRAINING IN PSYCHOANALYTIC MODEL OF PSYCHOTHERAPY

Centre of Psychotherapy and Clinical Research and the School of Human Studies jointly offer training in psychoanalytic model of psychotherapy through taught courses and internship in MA Psychology (Psychosocial and Clinical Studies) programme. Anchored by the larger values and principles which Ambedkar University Delhi stands for, namely, engaged scholarship, praxis based generation of knowledge that seeks to approximate the contours of lived life, an active concern for social justice and equity and regard for those existing at socio-economic margins, the internship programme and MA psychology curriculum hopes to create reflective and involved professionals who will make significant contributions to the field of mental health.

While being grounded in the psychoanalytic tradition, the internship programme draws from a strong inter-disciplinary basis, where traditions of psychoanalytic psychotherapy are enriched by contributions from literature, art and aesthetics, psychiatry, clinical psychology and neuroscience, feminist studies, sociology, anthropology and philosophy. This is in place with our objective of creating professional psychoanalytic practitioners who are sensitive, competent, open-minded and flexible and who not only understand the neuro-bio-psychological links but also the intimate presence of cultural, social and structural-political processes in the human psyche, even as they emerge in the clinical hour. We encourage our students to note the flows and oscillations of the dynamic unconscious as it traverses alongside- sometimes in conjunction and at other times in disjunction- with the currents of cultural and historical streams in the patient's being and articulations. The intern at Ehsaas is invited to understand psyche as formed through relationships and to appreciate the rhythms of psychic life through communications between the conscious and the unconscious as mediated through dreams, free associations, reveries and symptoms as well as states of mental breakdown. The student is also urged to immerse herself in the cultural mind as enlivened through myths, fables and folktales. It is our hope that the intern will inculcate an ethic of care and sustained relational engagement with states of emotional despair and psychic trauma, even as they grow to appreciate the diverse and complex intersections leading to suffering in the psyche the play of instincts and drives, difficult childhood experiences, histories of social and structural neglect and deprivation.

PROFESSIONALIZING PSYCHOANALYTIC THERAPY

CPCR is committed to professionalizing psychotherapy in the Indian context, a commitment reflected in the training it provides, the research projects initiated and the community work imagined within its rubric. CPCR also hopes to become the ground where young psychotherapists seek professional recognition and membership. Our aim is to become a body that works toward the recognition of the professional identity of the psychotherapist by ensuring rigorous clinical training and reflexivity.

Psychosocial Clinical Research

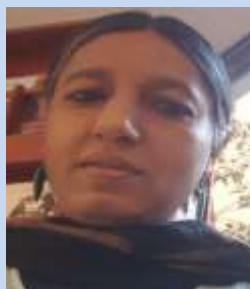
CPCR aims to promote psychoanalytic research and awareness to understand the psyche in a culturally rooted and sensitive manner. Through research on areas such as trans-generational trauma, individual– family matrix internalized in the conflicts, emotional vulnerabilities caused by political and social displacements, the centre envisions to offer reflection on inter-subjective processes at play in complex human conditions. A special focus of the centre will involve psychoanalytic research and clinical thinking. In order to develop and strengthen the psychosocial and clinical Praxis in CPCR and SHS, we will document clinical material portraying “inner geographies” of patients shaped by their respective socio-cultural concepts.

Additionally, one of the aims of CPCR is to retain psychoanalysis as a model at the core through which we understand human life, desire, dreaming, playing and suffering while also showing the presence of the Indian-ness in the clinical work which questions and compliments the Western theorizations of Psychoanalysis. In the present context an Indian corpus of psychoanalytic clinical work emphasizing on cultural nuances and processes is much needed. Our effort is to begin a journal of psychoanalytic psychotherapy and clinical research to facilitate thinking on themes of social and cultural import.

EVENTS ORGANIZED BY CPR from 2020-23

- Organized lecture on “Short Term Work” by Nupur Dhirga Paiva on 27th Jan 2020
- Organized lecture on “Working with Couples” by Yun Pang on 10th Feb 2020
- Organized Awaaz 2020 on the theme “Survival During the Pandemic”
- Jointly Organized Webinar with SHS on “Recovery, Mental health & law” by Dr Prateeksha Sharma & Prof Dhandha on 19th Feb 2021
- Talk: Dr Alok Sarin on "Stirring Events & Forgotten Stories: The Importance of Histories for Mental Health Practitioners" on 10th Oct 2022
- Talk: Prof Ashok Nagpal on "Becoming" on 18th Nov 2022
- Event: Awaaz 2022: a day long Mental Health Day Event on the theme of "The Imagination of Mental Health in an Educational Institution: A Place for Continuity of Experience" on 25th Nov 2022
- Workshop: Ms Nupur Paiva with faculty members on the theme of "Negotiating Mental Health Concerns in the Classroom" on 21st Dec 2022
- Organized Awaaz 2023 on the theme “Crises & Survival: Mental Health as a Universal Human Right”

CPCR TEAM



Dr. Shubhra Nagalia,
Director CPCR,
Associate Professor,
School of Human
Studies,
directorcpcr@aud.ac.in



Professor Honey Oberoi
Vahali, Founder CPCR
honey@aud.ac.in



Ms Shefali Singh,
Convenor, Ehsaas
Psychotherapist, CPCR
shefali@aud.ac.in



Shifa Haq, Assistant
Professor SHS,
Member, Steering
Committee CPCR
shifahaq@aud.ac.in



Ms Zenab Ansari, Psychotherapist CPCR,
zenab.ansari11@gmail.com

MEMBERS OF CPR & PSYCHOLOGY PROGRAMME (SHS FACULTY)

Dr Shubhra Nagalia_Director CPR, Associate Professor, Gender Studies

Prof Honey Oberoi Vahali Professor, Psychology

Dr Shifa Haq, Assistant Professor, Psychology

Ms Shefali Singh Psychotherapist, Psychology

Ms Zenab Ansari Psychotherapist, Psychology

Mr Vinod R Assistant Professor, Psychology

Ms Anshumita Pandey Assistant Professor, Psychology

Ms Vatsala Saxena Assistant Professor, Psychology

Ms Thokchom Bibinaz Devi Assistant Professor, Psychology

Dr Mamatha Karollil, Assistant Professor, Psychology

Dr Pratima Kaushik, Associate Professor, Psychology

“The basic triad- for which the psychoanalyst makes himself responsible, to wit: that as a clinician he accept his contract with the patient as the essence of his field of study and relinquish the security of seemingly more “objective “methods; that as a theorist he maintain a sense of obligation toward continuous conceptual redefinition and resist the lure of seemingly more profound or of more pleasing philosophic short cuts; and finally, that as a humanist he put self-observant vigilance above the satisfaction of seeming professional omnipotence. The responsibility is great. For, in a sense, the psychoanalytic method must remain forever a “controversial” tool, a tool for the detection of that aspect of the total image of (wo)man which in a given historical period is being neglected or exploited, repressed or suppressed by the prevailing technology and ideology-including hasty “psychoanalytic” ideologies”.

Erik Erikson (1964)