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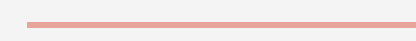
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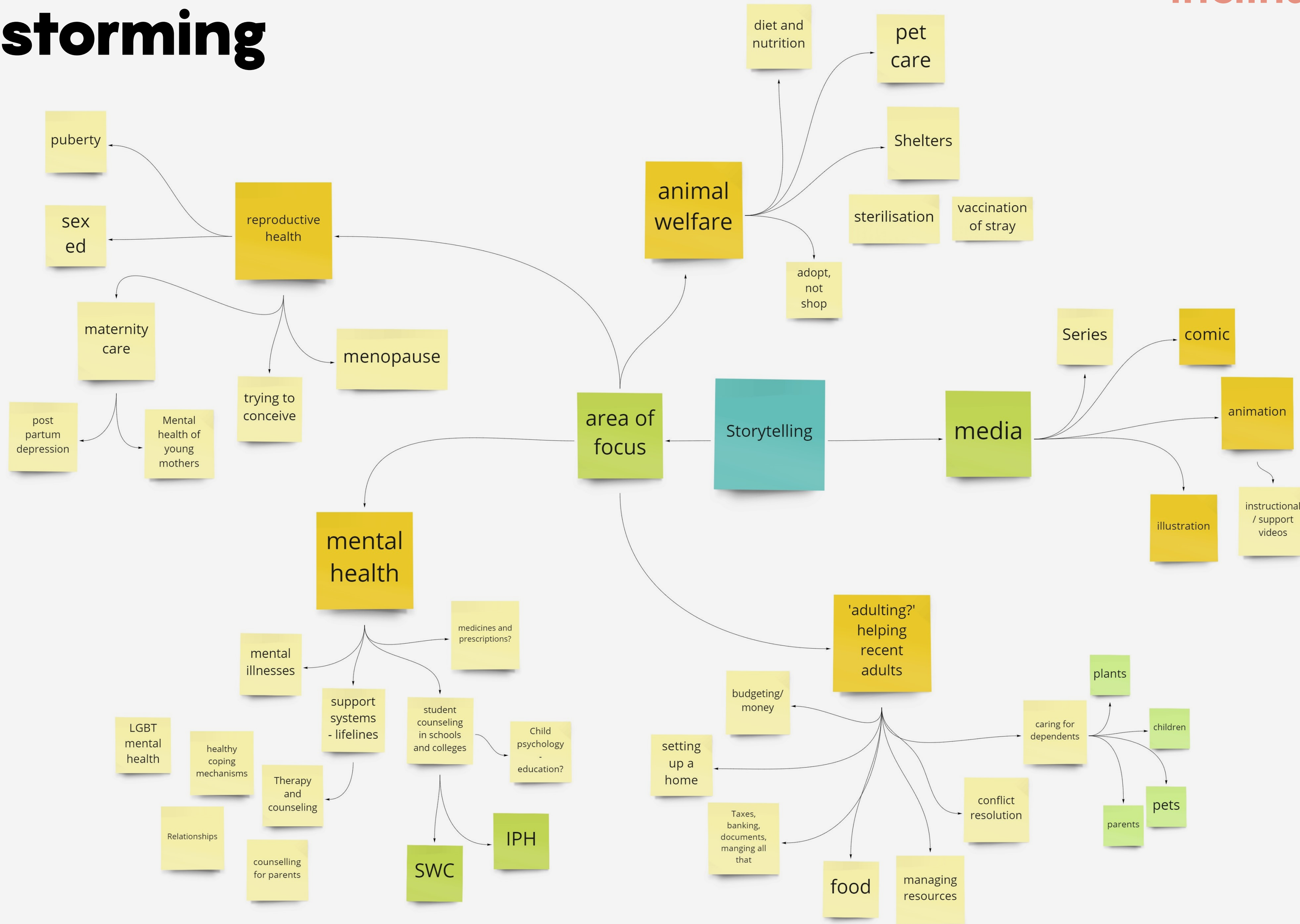
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inclination mapping

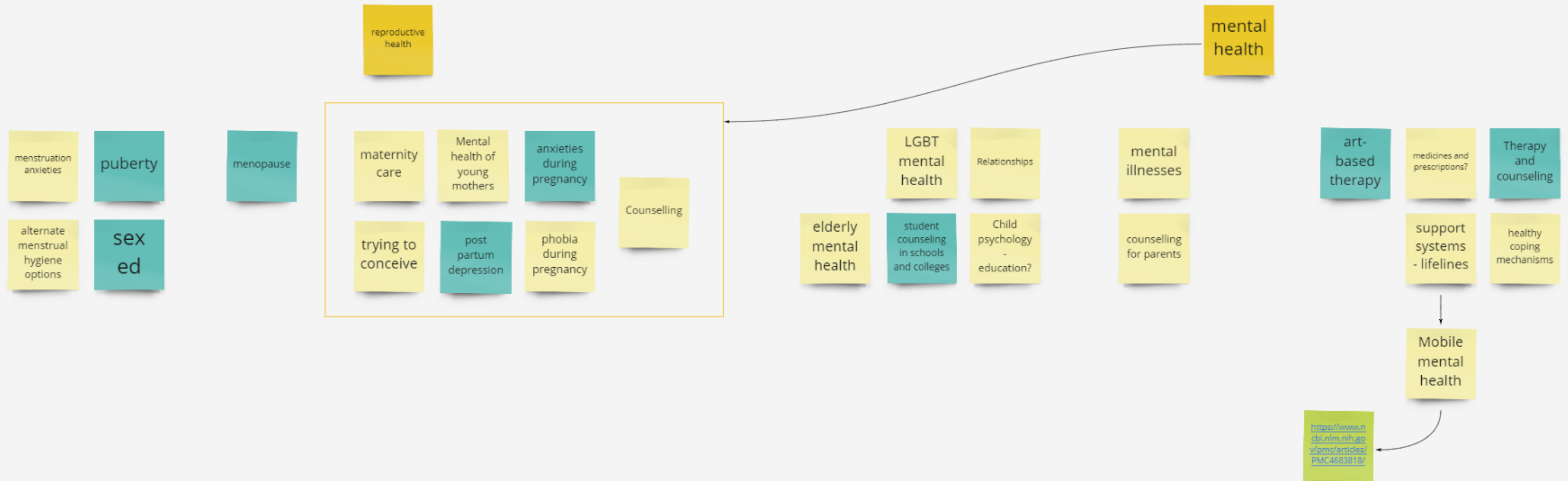
brainstorming

inclination mapping



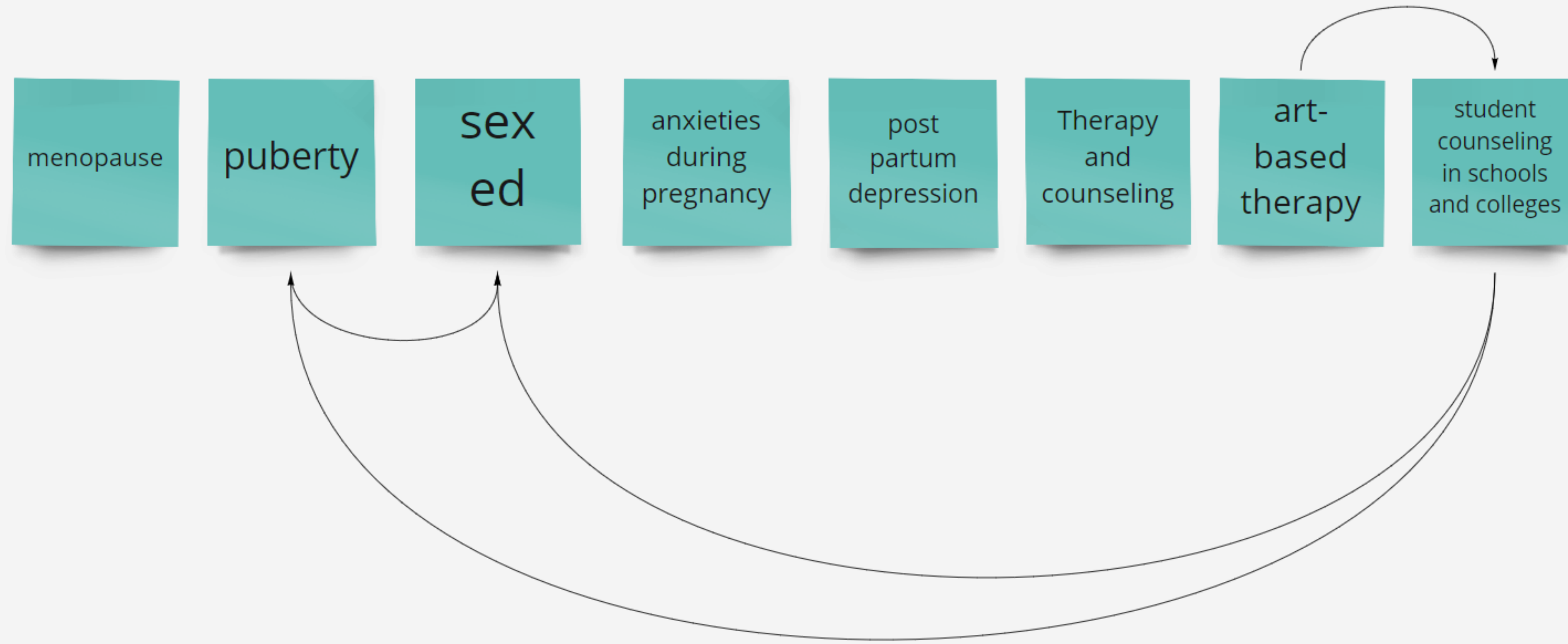
narrowing down

inclination mapping



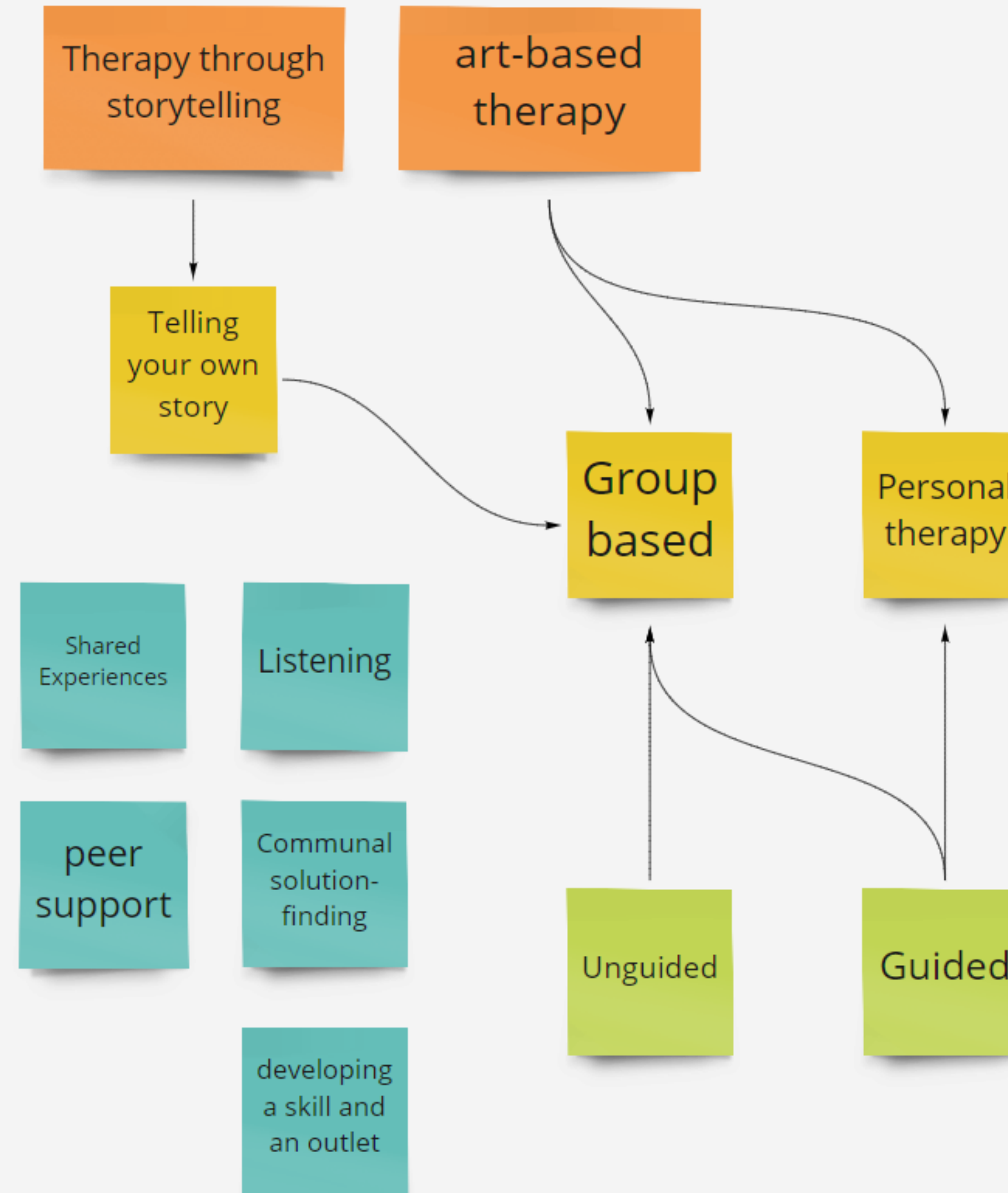
spectrum of interest

inclination mapping



mental health

inclination mapping



first decisions

inclination mapping

topic/focus group	approach
students	group therapy
young children	art therapy
domestic violence	support groups
middle-aged women	awareness systems



interviews

objective

interviews

Topic

Approach

Efforts

objective

interviews

Topic

Approach

Efforts

Where are the gaps in the current systems?

objective

interviews

Topic

Approach

Efforts

Where are the gaps in the current systems?

Where do we have accessible data?

objective

interviews

Topic

Approach

Efforts

Where are the gaps in the current systems?

Where do we have accessible data?

What is out of our scope of ability?

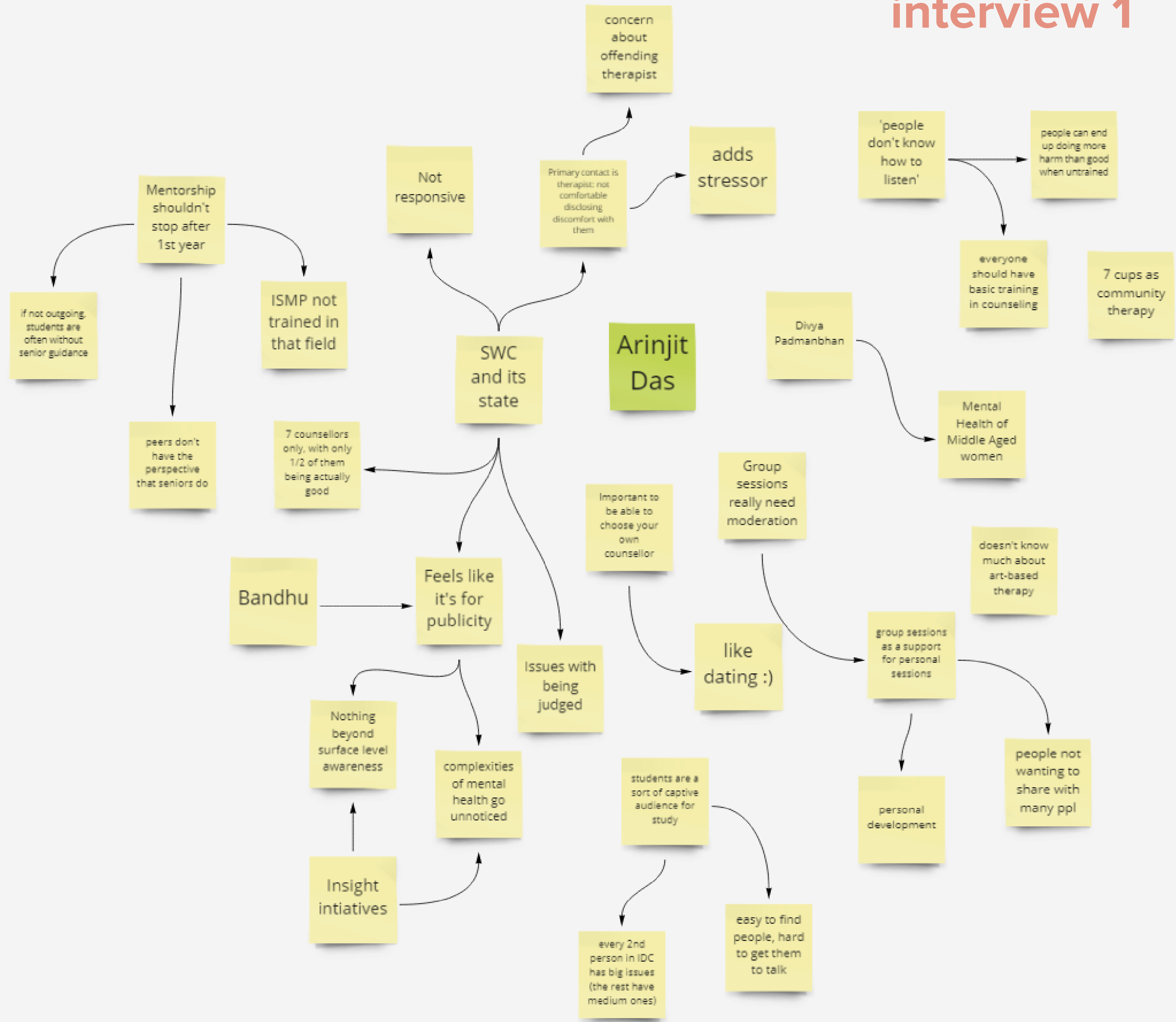
Arinjit Das

Problems with the SWC

Importance of choosing your counselor

Mentorship and importance of senior guides

interview 1



Dr. Rekha Bhattacharya

Group Therapy

- Benefits
- Pitfalls
- Personal Experience

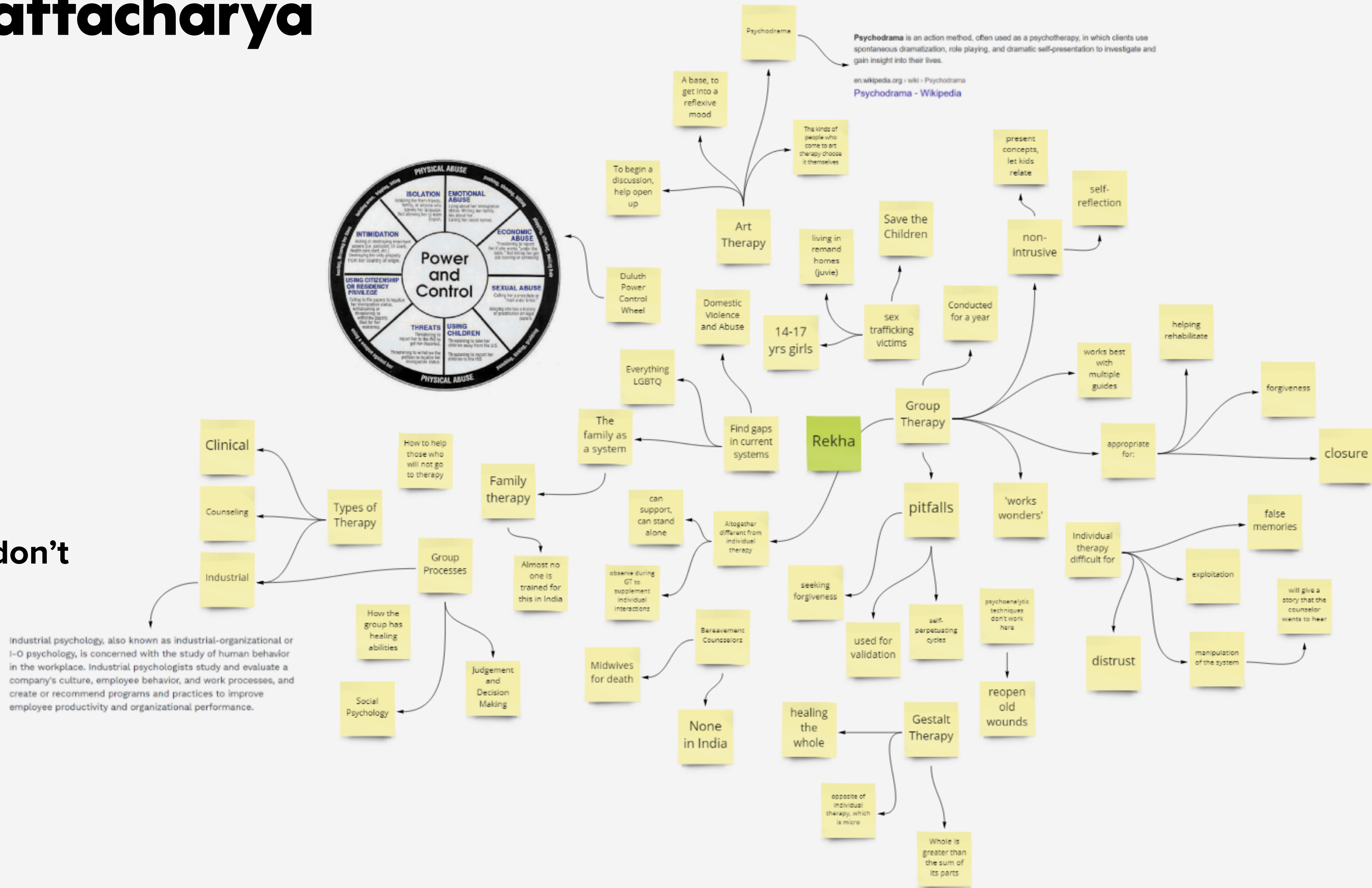
Gestalt Therapy

Group Processes

The Family as a System

- Gap in Family Therapy

How to help those who don't go to therapy



Dr. Rekha Bhattacharya

Group Therapy

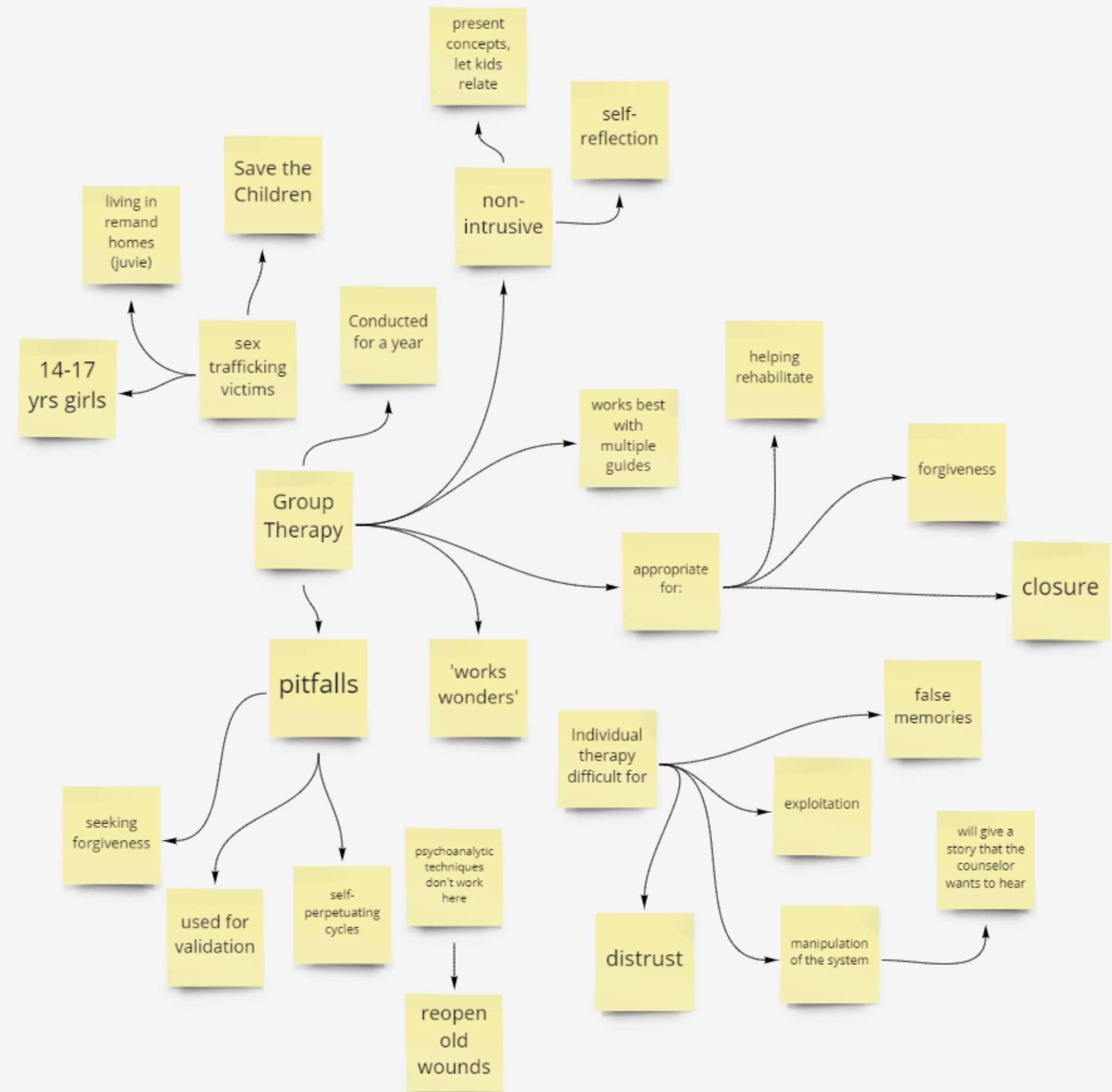
Conducted GT for a year
Save the Children NGO
Girls, 14-17 years of age
Sex trafficking victims

Avoids Pitfalls of Individual Therapy

- Distrust
- False Memories
- Exploitation
- Manipulation of the System

Own Pitfalls

- Trap of self-perpetuating cycles
- Used for undue validation



Dr. Rekha Bhattacharya

Gestalt Therapy

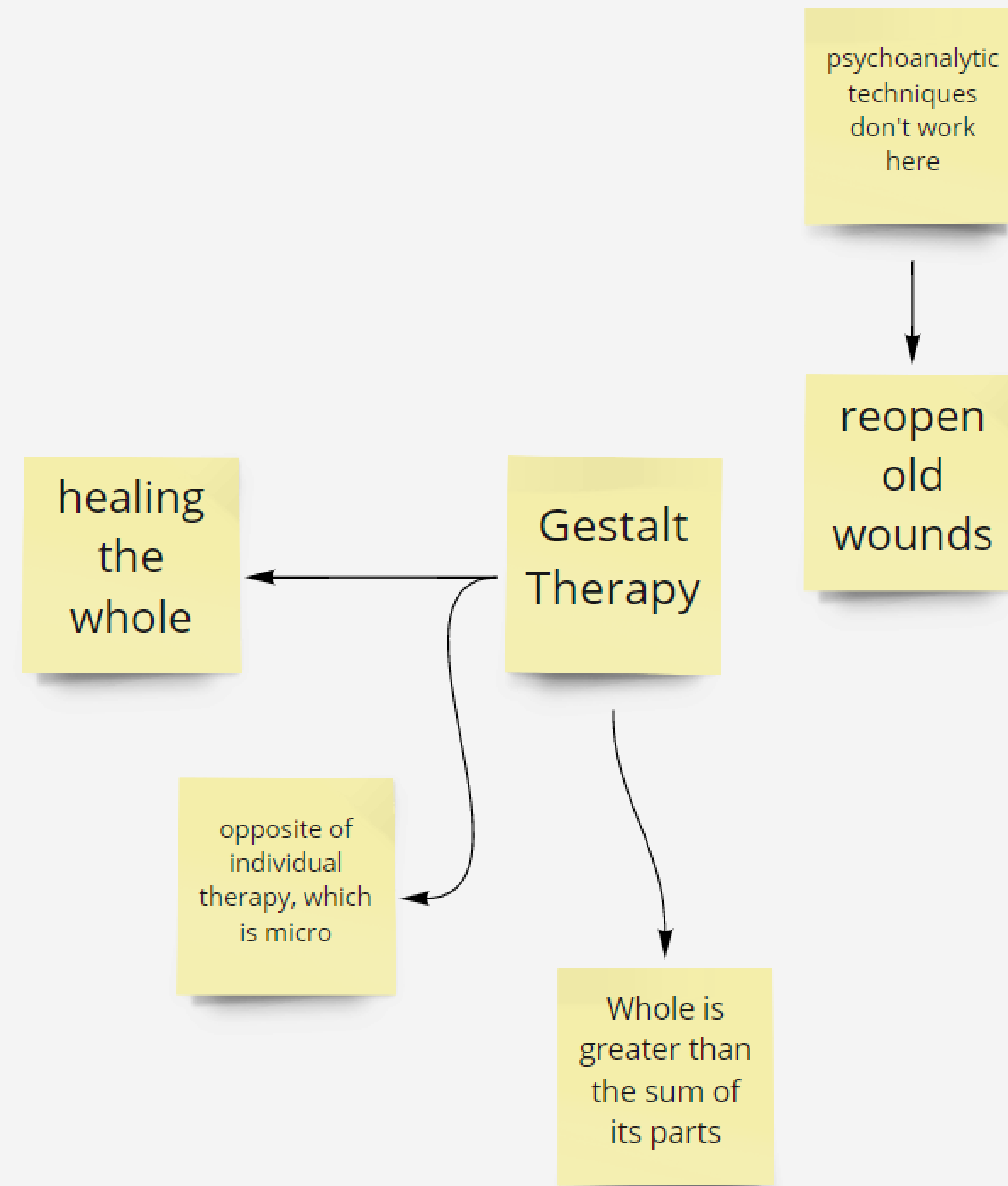
Not to be confused with Gestalt Theory!

‘The whole is greater than the sum of its parts’

Unlike individual therapy

- Focuses on the macro
- Heals the ‘whole’
- Avoids opening old wounds

Prevalent in psychological theory



Dr. Rekha Bhattacharya

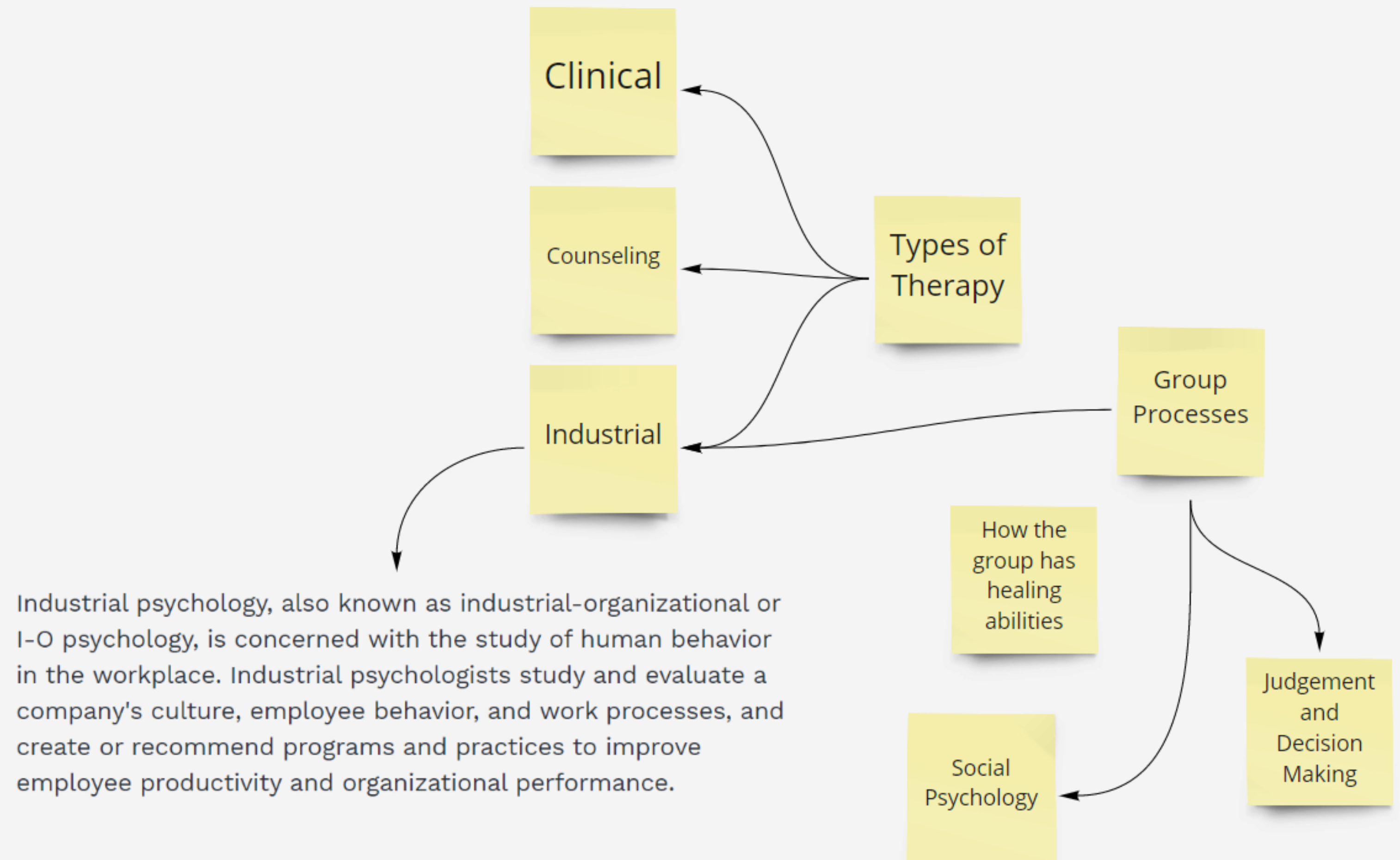
Group Processes

‘What you’re thinking of, is Group Processes’

Explores the healing power of the community

Forms the basis of Industrial Psychology

The power of
Telling stories
Social problem solving
Shared experiences





secondary research

literature

secondary research

Art-Based Group Therapy

Bruce L. Moon

Family Therapy, 100 Key Points and Techniques

Mark Rivett & Eddy Street

Group Process Made Visible - The Use of Art in Group Therapy

Shirley Riley

Handbook of Innovative Psychotherapies

Raymond J. Corsini, Myra Levick

Social Psychology

Robert S Feldman

literature

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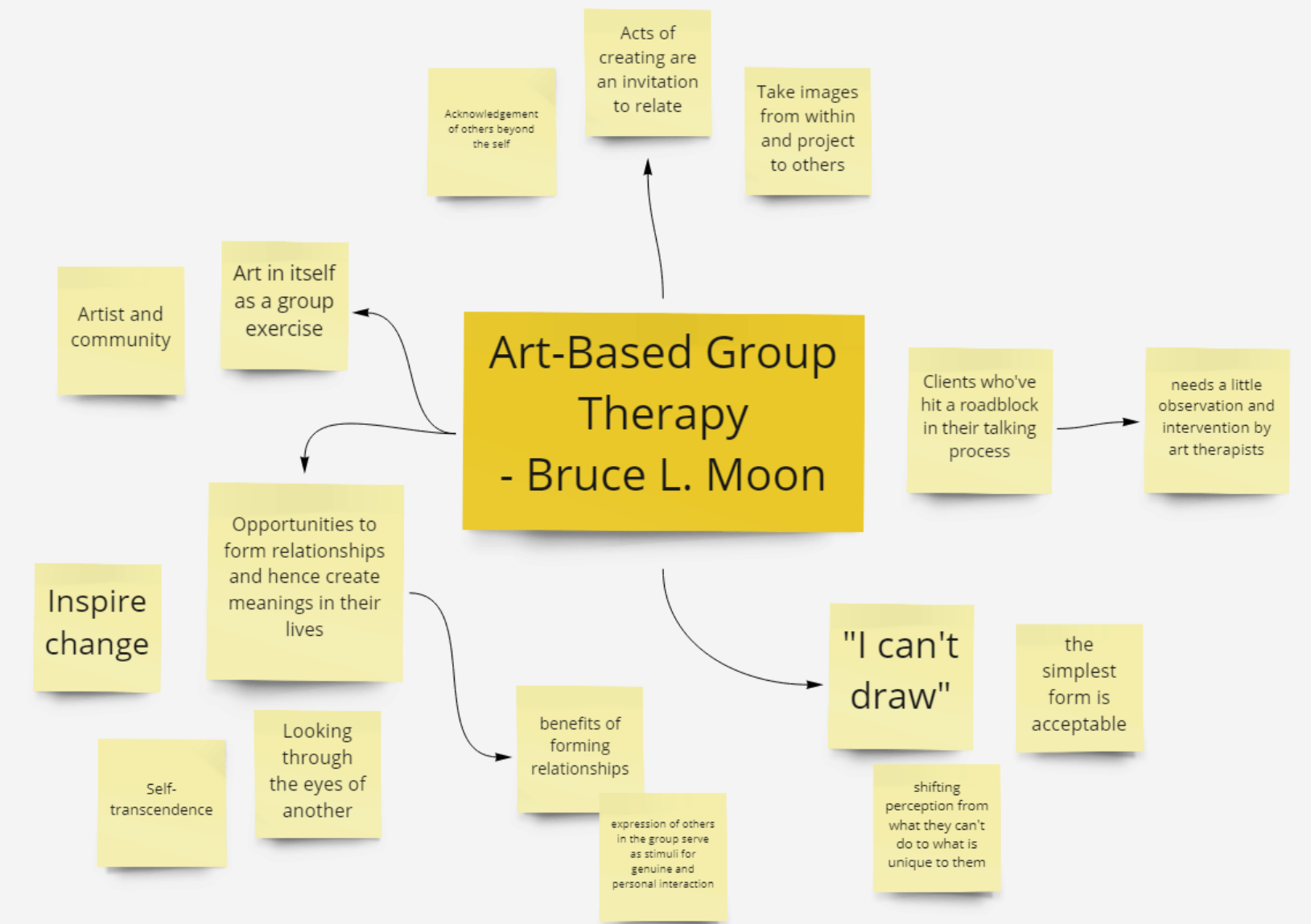
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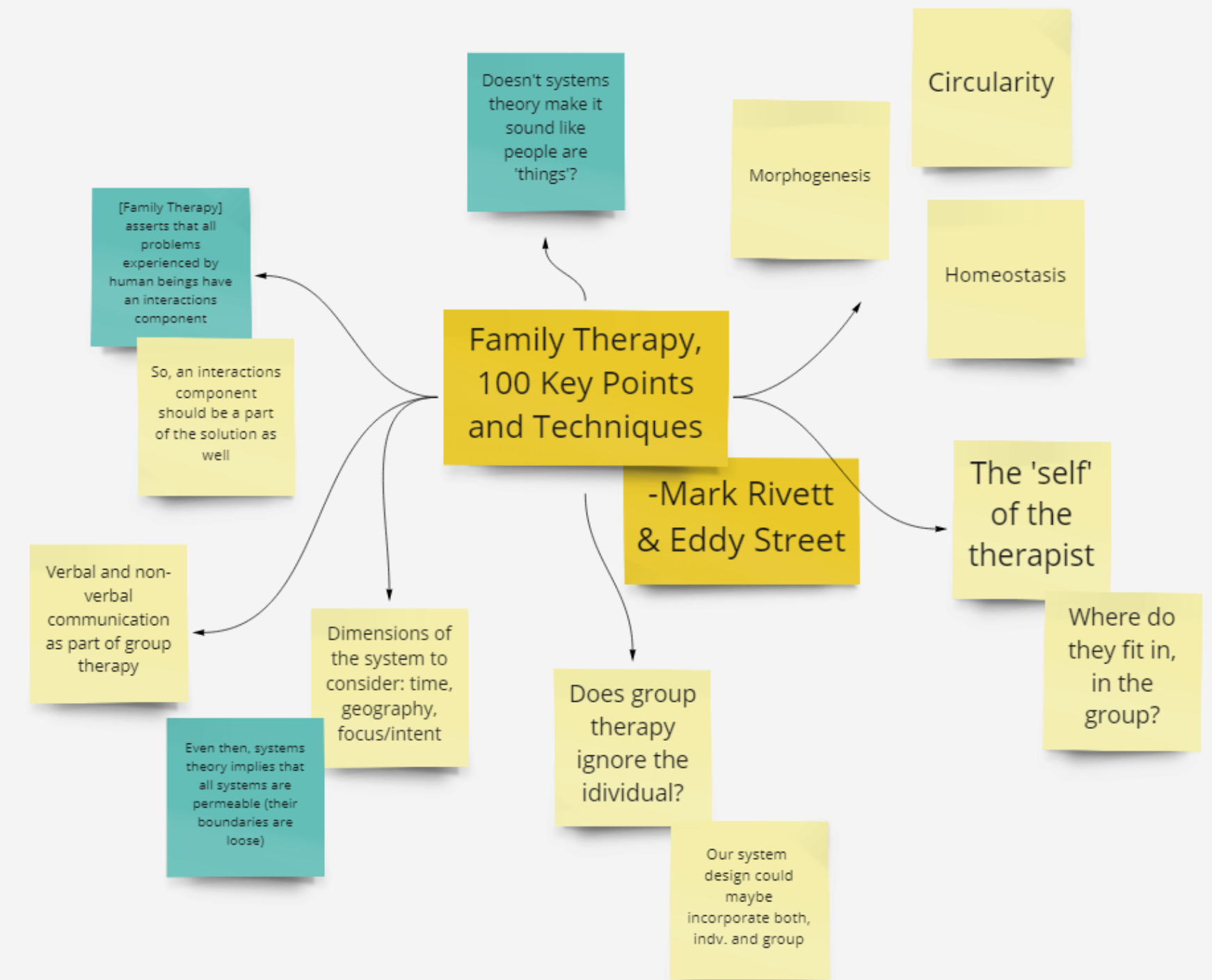
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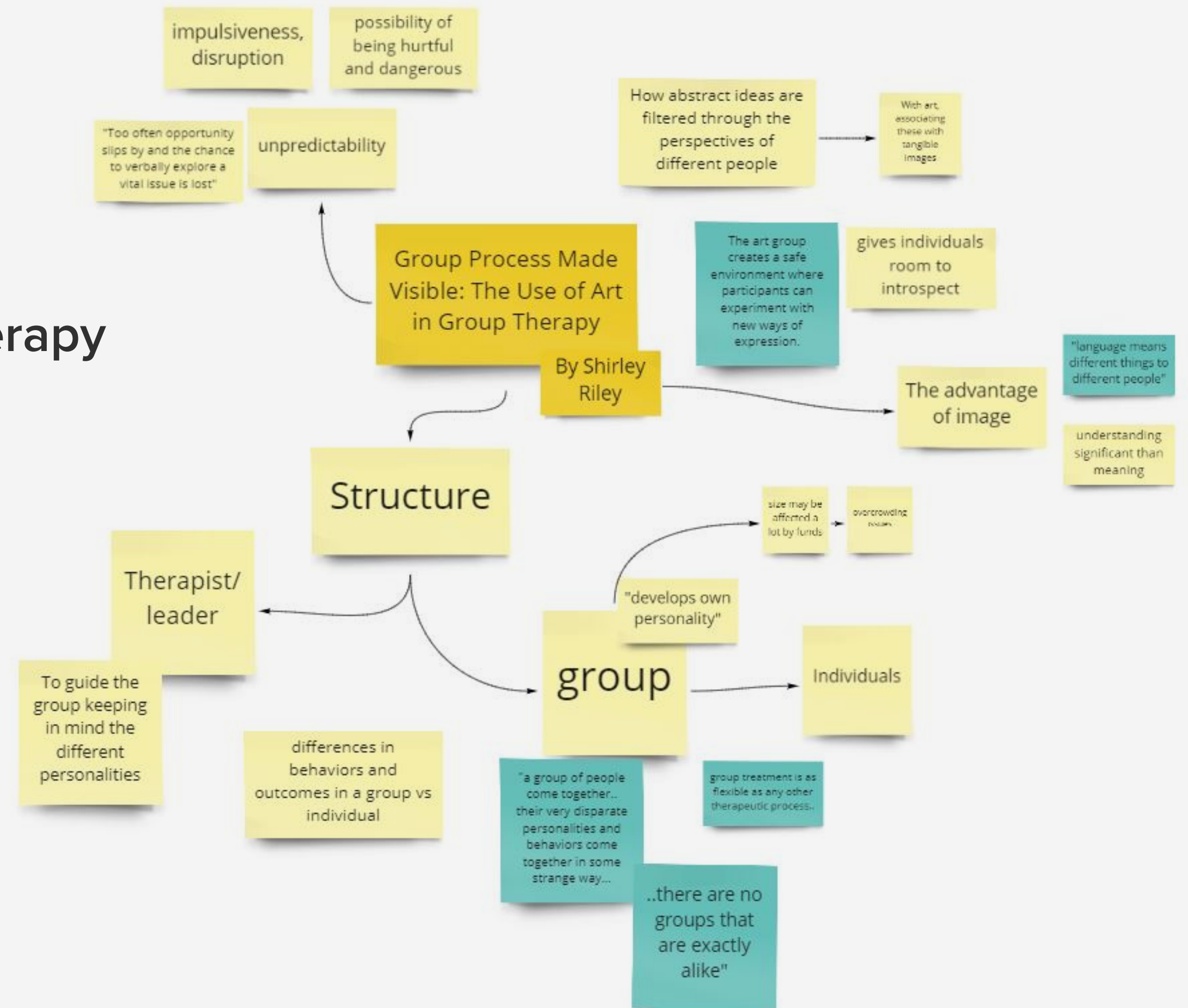
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secondary research

identifying systems

Institute Initiatives

SWC, IIT Bombay

NGOs

Save The Children

Support Groups

Alcoholics Anonymous

Therapy Centers

IPH (Institute for Psychological Health)

secondary research



focus identification

first decisions revisited

focus identification

topic/focus group	approach
students	group therapy
young children	art therapy
domestic violence	support groups
middle-aged women	awareness systems
	group processes

problem statement

focus identification

to understand applications of **group processes** and **art therapy** to create a system that serves as an **introduction to mental healthcare** for **college-level students**, including those who **do not seek therapy**

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future steps

Primary Research

Secondary Research

Goal

future steps

Primary Research

Divya Padmanabhan

Dr. Sharmila Londhe (IPH)

Art Therapy Study with
Dr. Kavita Joshi (IPH)

Secondary Research

Goal

future steps

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Deep-dive into therapeutic
processes

Goal

future steps

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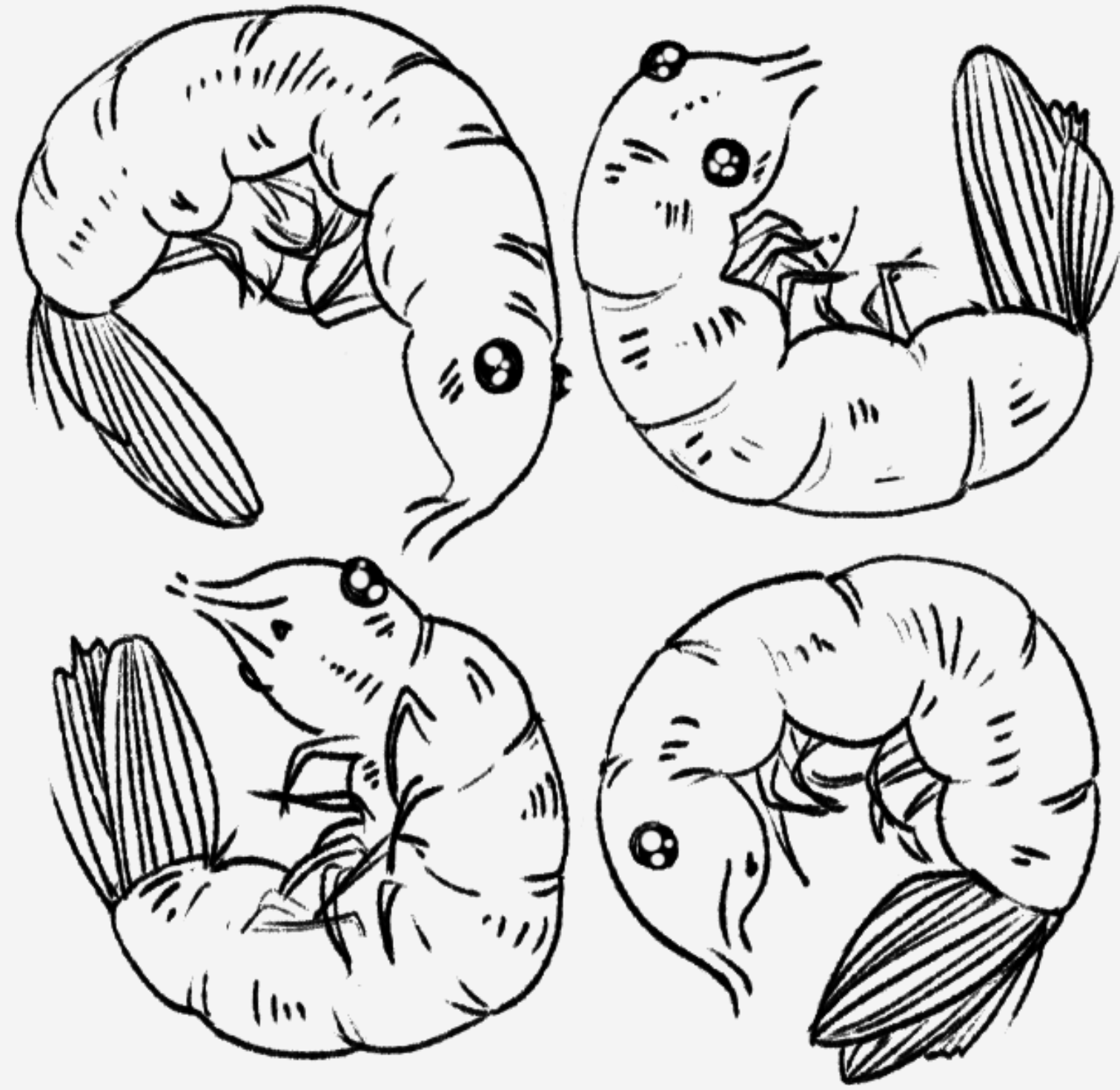
Literature

Deep-dive into therapeutic
processes

Goal

Identify and define the
system and its boundaries

Begin work on ideation



Q&A