

PSYCHOTHERAPEUTIC CARE

MindCare Mantra offers psychotherapeutic care services in the form of incisive counseling to support individuals who are dealing with problems faced in everyday work life.

Some of the typical issues addressed will include:

- Managing personal relationships
- Coping with stress
- Facing dilemmas and decision points
- Parenting and
- Other workplace issues.

Trained behavioral health specialists will be accessible through on-site visits and tele-counseling services. Access to on-site behavior health specialist will be based on scheduled visits at the workplace.

Tele-counseling services can be accessed through prior appointments.

TELE COUNSELING

MindCare Mantra offers psychological telephone counseling service to support individuals who are dealing with problems faced in everyday life.

- Since employees work round the clock, they may not be in a position to visit a professional counselor at a time convenient for them
- Employees might be embarrassed visiting an in-house counselor during work hours. This stems from the fact that counseling and psychotherapeutic services are still considered taboo by many
- Employees might not be willing to share their personal or professional behavioral inadequacies with their peers
- Personalized and professional
- Confidential
- Convenient (no office visits are required)
- Flexible
- Affordable, practical and of high quality

We will provide you with a number to dial whenever you are in need of scheduling a 'solution focused' session with one of our certified professional counselors.

For more information contact:

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MindCare Healthcare Services

THE MINDCARE MANTRA

MindCare Health Services

C/o 3rd Eye Knowledge Foundation

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The Corporate Services from MindCare Counseling Center Pvt. Ltd.

Our Corporate Services is labeled as MindCare Mantra, a comprehensive occupational behavioral health package that is tailor- made to suit the needs of corporate organizations. Our focus is on building awareness with programmes, training and education that help organizations build effective interpersonal relationships for a positive, productive work environment. Our services also provide extensive range of preventative programmes and treatment services aimed at improving the wellbeing and productivity of employees (through EAPs).

Our corporate services cater to the mental well-being of every employee of an organization right from



EMPLOYEE ASSISTANCE PROGRAMMES

EAPs are defined as “a worksite-based programmes” designed to assist

1. Work organizations in addressing productivity issues, and
2. Employee clients' in identifying and resolving personal concerns, including, but not limited to, health, marital, family, financial, alcohol, drug, emotional, stress or other personal issues that may affect job performance”. MindCare Mantra offers psychotherapeutic care services to support individuals who are dealing with problems faced in everyday life.

Trained behavioral health specialists will be accessible through on-site visits and tele-counseling services.

- On-site expert assistance – one-to-one psychotherapeutic care offered by formally trained professionals who possess diagnostic skills and deploy appropriate interventions
- Critical incident de-briefing and crisis intervention, brief solution-focused counseling
- Access to offsite locations (MindCare centers) which promote feelings of confidentiality
- Monitoring and evaluation – Internal monitoring will be an integral component of the service. MindCare Mantra will provide timely and comprehensive reports

The psychotherapeutic care service will be confidential and names and specific problems will not be disclosed to Management. However if a situation warrants the Management's intervention or attention it will be brought to notice.



AWARENESS AND SKILL BASED PROGRAMMES

MindCare Mantra designs and runs customized awareness and skills workshops on various topics. Typically the awareness workshops are one day sessions and skill based workshops are two day sessions.

Below is a brief outline on some of these topics:

- **Building and managing interpersonal relationships at work place**

During the course of the workshop participants will explore key factors for building successful workplace relationships and develop a greater understanding of their personal behavioral style. This allows them to foster stronger workplace relationships with others.

- **Psychological literacy**

Psychological Literacy is about exploring, understanding and fluently articulating the underlying causes and meanings of one's own as well as others' thoughts, feelings and behaviors. During the course of our workshop we will introduce the concepts and skills so that at the workplace Managers and Supervisors can begin to skillfully differentiate between the behavior and personality traits of their team members.

- **Gift of therapy for Managers**

In this programme we will train Managers on the basic Helping Skills, and by the end of this program managers will be trained to listen with empathy, respond with understanding, challenge with care and uphold values of confidentiality, and finally learn to be non-directive and non-judgmental.

- **It's not easy saying no**
- This half-day programme will show participants how to pull back, re-prioritize, focus and accept what can be done without getting strung out and spread thin. The programme will allow participants to identify and manage some factors that constitute to 'being overwhelmed' which can include disorientation, role demand in excess of ability and degrees of fatigue.

Avoiding reaction spirals and managing negativity and frustrations

Some of people's biggest frustrations arise from the work environment. These everyday frustrations can get compounded and result in negative emotions. It has the ability to build into a reaction spiral. A reaction spiral is a tendency to overreact to something – and then compound the problem by over analyzing it. The workshop will address everyday frustrations and provide tools to stop reaction spirals and even deal with negative emotions.