



PSYCHED TIME

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Department of Psychology, St. Joseph's Evening College (Autonomous)

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Indian Psychologist Mrs. Minal Kavishwar



Mrs. Minal Kavishwar is a clinical psychologist, and the first animal assisted therapist in India, having received her certification from the University of North Texas and Delta Society. According to her, animals are ideal co-therapists because they naturally provide the non-judgemental outlook and unconditional positive regard that are ideal for therapeutic settings.

Her team at Animal Angels treats individuals suffering from both physical and mental illnesses, including autism, cerebral palsy, visual impairment and ADHD. They use different animals for different therapies. In an interview with The Hindu she explained, “We use rabbits for old-age homes as the people are physically weak, and dogs are used for younger people who have more physical energy. Fishes are used for those with extreme anxiety and blood pressure or those with depression, as watching them has a calming effect on one’s mind. Fishes are also the least interactive among all others. So these patients can simply sit and watch them. In fact, watching fish is so good that it will even calm you down in five minutes”.

Mrs. Kavishwar’s current focus is on research and promoting animal assisted therapy as an evidence based therapy with positive treatment outcomes in a variety of settings including schools, hospitals and therapy centres. She published the first research paper on Animal Assisted Therapy in India in 2007. It was titled ‘Animal Assisted Therapy as a mode of intervention for the mentally challenged’ and was published by the Bombay Psychological Association. She encourages psychologists to look at new ways of treating illness, and has invited psychologists, pet enthusiasts and pet owners to visit her centres in Pune, Mumbai and Bangalore.

Fun Facts about Psychology

People who play video games are better able to influence their dream worlds as if they are controlling a video game character.

Expectant fathers can sometimes experience labour pains, weight gain, back ache, food cravings and nausea. This is called a sympathetic pregnancy. This is also seen in some species of monkeys.

Most people text faster when it is someone they like.

Do you have these phobias?

Soceraphobia – Fear of parents-in-law

Pogonophobia – Fear of beards

Catoptrophobia – Fear of mirrors

Gynophobia – Fear of women

Cynophobia – Fear of dogs

Triskaidekaphobia – Fear of the number 13

-Deepika R (IEJP)

Jokes

How many psychologists does it take to change a lightbulb?

One, but the lightbulb must really want to change.

Two behaviorists meet each other in the street.

"Hi," says one, "How am I feeling today?"

A Freudian slip is when you say one thing and mean your mother.

Pavlov's dog to his friend: "See that! Every time I salivate, Pavlov smiles and scribbles something in his notebook."

Why is psychotherapy a lot quicker for men than for women?

Because when it comes to going back to childhood, men are already there.

Receptionist to psychologist: "Doctor, there's a patient here who thinks he's invisible."

"Tell him I can't see him right now."

-Rohit Menon (IEJP)

CARING FOR AN INTROVERT

Do you know someone who needs hours alone everyday? Who loves quiet conversations about feelings or ideas, and can give a dynamite presentation to a big audience, but seems awkward in groups and maladroit at small talk? Who has to be dragged to parties and then needs the rest of the day to recuperate? Who growls or scowls or grunts or winces when accosted with

pleasantries by people who are just trying to be nice? If so, do you tell this person he is "too serious," or ask if he is okay? Regard him as aloof, arrogant, rude?

Redouble your efforts to draw him out?

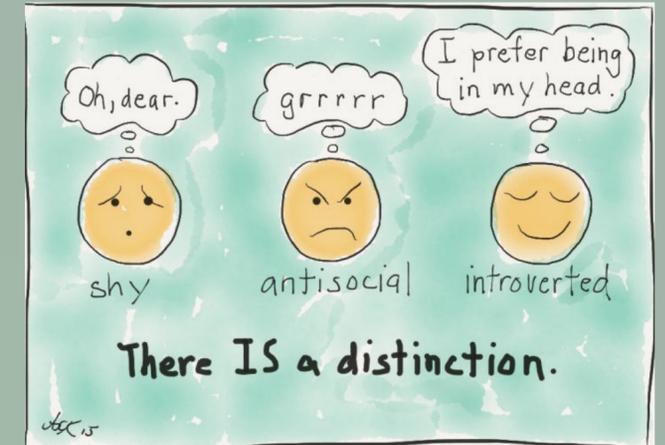
If you answered yes to these questions, chances are that you have an introvert on your hands and that you aren't caring for him properly. Science has learned a good deal in recent years about the habits and requirements of introverts. It has even learned, by means of brain scans, that introverts process information differently from other people. If you are behind the curve on this important matter, be reassured that you are not alone.

Introverts may be common, but they are also among the most misunderstood and aggrieved groups in the world.

What is introversion?

In its modern sense, the concept goes back to the 1920s and the psychologist Carl Jung. Today it is a mainstay of personality tests, including the widely used Myers-Briggs Type Indicator. Introverts are not necessarily shy. Shy people are anxious or frightened or self-excoriating in social settings; introverts generally are not. Introverts are also not misanthropic, though some of us do go along with Sartre as far as to say "Hell is other people at breakfast." Rather, introverts are people who find other people tiring. Extroverts are energized by people, and wilt or fade when alone. They often seem bored by themselves, in both senses of the expression. Leave an extrovert alone for two minutes and he will reach for his cell phone. In contrast, after an hour or two of being socially "on," introverts need to turn off and recharge. This isn't antisocial. It isn't a sign of depression. It does not call for medication. For introverts, to be alone with our thoughts is as restorative as sleeping, as nourishing as eating. Are introverts misunderstood? Wildly.

That, it appears, is lot in life. "It is very difficult for an extrovert to understand an introvert," write the education experts Jill D. Burruss and Lisa Kaenzig.



Extroverts are easy for introverts to understand, because extroverts spend so much of their time working out who they are in voluble, and frequently inescapable, interaction with other people. They are as inscrutable as puppy dogs. But the street does not run both ways. Extroverts have little or no grasp of introversion. They assume that company, especially their own, is always welcome. They cannot imagine why someone would need to be alone; indeed, they often take umbrage at the suggestion.

Are introverts oppressed? I would have to say so.

For one thing, extroverts are overrepresented in politics, a profession in which only the garrulous are really comfortable. Extroverts therefore dominate public life. This is a pity. If introverts ran the world, it would no doubt be a calmer, saner, more peaceful sort of place. As Coolidge is supposed to have said, "Don't you know that four fifths of all our troubles in this life would disappear if we would just sit down and keep still? Are introverts arrogant? Hardly. This is a common misconception that everybody has. Introverts are not arrogant. They are not showing ego if they are not making a conversation. It's just the way they are.

How can I let the introvert in my life know that I support him and respect his choice? First, recognize that it's not a choice. It's not a lifestyle. It's an orientation. Second, when you see an introvert lost in thought, don't say "What's the matter?" or "Are you all right?"

Third, don't say anything else, either.

-Saumya (IIEJP)

Beautiful Choices of Life

Life is Beautiful. It gives us many chances to venture and explore new things, motivations, challenges and it's always available at our disposal. It is up to each and every individual who make use of every minute.

Each matured person decides and makes decision for their life it is all about how we make our life whether successful or un successful. All of us experience crises one way or the other. Due to various psychological, emotional, physical or spiritual problems and it is the concern of the each person to overcome from this challenges that life places before us. We cannot blame the other people for our unsuccessful life. It is our life and no one will journey for us we have to make our life beautiful and joyful one. When make choices or decision in life we tend to look at the negative side of our life or the past experiences which must have been very painful or discouraging. This may certainly will lead us to experience difficulties or may disturb our goal toward the life that which we have set to travel. All of us

have a dream to achieve something great in our life, some people may be wanting to become a

Doctor, Engineer, Politicians or social worker and so on...But when we face problems while achieving these goals we put down our self confidence and discourage our life and we want to give up till now whatever we have acquired. We don't realize that stress, difficulties challenges are our stepping stone in achieving our life goals. We must have that self confidence and trust in our self first and the rest will automatically follow our paths. We also can examine where we have gone wrong in making some decision, we cannot blame the other for our failure while we achieve our goals. Life is never too late let's not give up what we what to achieve in our life lets keeps our head erect always. It's our life and we are free to make choices and decisions for our life and no one will hinder us to make use of every opportunity that come in our way and don't brood over the past experiences which will only cause pain but but instead fix your eyes towards the goal that you have set before hoping to achieve success in your life. It's never too late and don't waste your time make use of the each moment which is very precious.

-Kulandai Theresa (IIIEJP)

Sketch of Sigmund Freud



-Karthik K (IEJP)

Face – The Mask of Personality

The identity of a person

Is one's own face.

No one would recognise

If the face was replaced.

The face projects

The way we feel;

Our hidden emotions

Is what it reveals.

From pleasure to pain,

It expresses them all;

That's the beauty of the face

Whether big or small.

The face is originality,

Its own rationality,

It displays purity

Most of all, the face is

The map of personality.

-Eabey S (IEJP)

UNMASK THE LIE

Emotional hurts received in childhood and even from within the mother's womb can leave scar for the rest of our life, robbing us from all that is good, pleasant and beautiful. Every one of us do experience hurts now and then and have wounds in our lives and are often triggered time and again through different events, situations or even words and attitude of others.

According to the theory of Sigmund Freud – the father of modern Psychology, there are three essential parts of human personality:

1. The Id (instinct, the need to gratify immediate needs and it operates in the unconscious mind)
2. The Ego (reality, operates both in the conscious and unconscious mind)
3. Superego (Morality, it motivates to behave in a socially acceptable manner)

According to Freud, the Id (Instinct) and Superego (Morality) often have conflict and therefore Ego deals with this conflict by employing Defense Mechanisms. Defense Mechanisms are a mental process initiated unconsciously to avoid experiencing conflict or anxiety. It helps ward off unpleasant feeling and anxiety for an individual.

Although this defense mechanism helps in dealing with conflicts and anxiety, yet it is the MASK that we wear. To make ourselves presentable and respectable outside our homes and communities, necessities forces us to wear this mask. It provides camouflage we hide behind. Inside our homes, it is thin and reveals us in all our nakedness. Yet, it is not possible for a person to live a life of avoidance or escape from reality all through. It leaves void, deep seated unhappiness and incompleteness in the hearts of a person.

Life is difficult and it is never easy for one to accept the pain and struggles that life offers. We need to take a closer look at the biases, the negativities, the root hurts and the past wounds that we experienced. Yet, all these are hidden behind the MASK of a cheerful face. One never knows how wounded he/she is until they are confronted with the reality and truth about themselves. Truth about oneself is not limited only in the negativity, pain, hurts and wounds; there are still more deeper reality where we are truly lovable, honestly appreciable and precious.

In order to discover this deeper reality of being lovable and precious, we need to first accept our negativity, our biases and prejudices. A person who cannot discover this negativity and weak point of oneself can never discover how precious and worth they are. It is not enough to say 'I am happy with myself / I accept myself / I am okay, etc...' This acceptance is only known after having the ability to say that I too have a flaw, I accept that I am not perfect, I need lots of things to get over, to overcome and grow, I make mistakes and need to be corrected, etc. And we need to unmask the lie of appearing flawless and rediscover our true identity and nature in all its beauty and splendour.

-Brenda Zomathari (IIIEJP)