

# Nuance in Mental health

# A

# VIEW



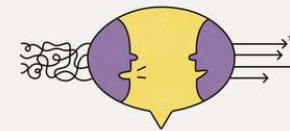
SATURDAY  
SATURDAY  
SATURDAY

17 perspectives

17 speakers

CONTACT US

[imperfectshrinks@gmail.com](mailto:imperfectshrinks@gmail.com)



**GUFTAGU**  
COUNSELLING AND PSYCHOTHERAPY SERVICES

imperfect  
shrinks

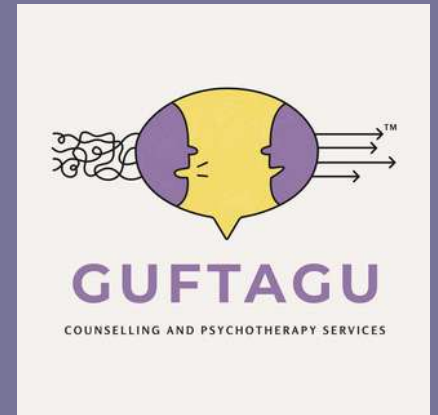


# WHO ARE WE?

Imperfect Shrinks collective is an Instagram page that tries to speak about nuances in mental health and worldview. It is handled by a bunch of therapists. At Imperfect Shrinks Collective, we like to think beyond the binaries of left right, old new, right and wrong. We guid ourselves by curiosity and the capacity to hold depth and dichotomies. To the end, we feel like we need to empathetically but critically question wha is considered as truth.



# WHO ARE WE?



Guftagu Counselling and Psychotherapy Services is a for profit organisation offering various services like, individual therapy both online and offline, group therapy/support group, supervision and workshops and trainings. Our aim is to make mental, health care accessible to all. We believe in systemic change and individual's experience in these systems. We are currently offering a few training programs and will soon be open to more as we are already working in preparing training modules. Our idea of therapy centres around inner world experiences such as introspection, unconscious and collective experiences and human beings as inherently knowledgeable even without an expert position. However, we also understand the role of society and its systems in creating our inner world experiences.



# WHAT ARE WE TRYING TO DO BY THESE SESSIONS?

We are trying to create and share knowledge by the common people and to the common people. We believe in lived experiences as the primary source of knowledge which brings in most depth and unknown sides of ourselves and the world. We believe that change can be possible where relationships and relatability are formed which also share emotions like care and empathy. We also believe in building knowledge base which is accessible to mass population and not only with people belonging to certain socio economic location. The knowledge is incomplete until it has the capacity to reach to the mass population. Hence, we believe free/affordable knowledge creation which is for all.

Language of discussion: English and Hindi

Who can attend? Everyone!

As we do not have any translator or sign language master, we are unable to invite the particular section. [However, if anyone is willing to take up translation in any language (including sign) may feel free to write to us at [imperfectshrinks@gmail.com](mailto:imperfectshrinks@gmail.com)]



**26TH JUNE, 2021**  
**02.00 - 04.00 PM IST**

**CINEMA : THE  
PRIMITIVE ART  
FORM OF VISUAL  
NARRATIVES.**

**AVINASH KUNJU**

**DECONSTRUCTING  
IDEAS OF  
MASCULINITY: ART  
BASED THERAPY  
WITH ADOLESCENTS**

**VIKRAMJEET SINHA**

**FEMINISM IN  
PRACTICE: A  
GRASSROOTS  
PERSPECTIVE**

**DIVYA KANDUKURI**

**02.00 - 04.00 PM IST**  
**12TH JUNE, 2021**

**02.00 - 04.00 PM IST**  
**10TH JULY, 2021**

**ARE MENTAL HEALTH  
SCIENCE APOLITICAL?  
- A CURIOUS CASE OF  
THE HOMOSEXUAL  
AND THE  
TRANSGENDER IN THE  
CLINIC.**

**KETKI RANADE**

**14TH AUGUST, 2021  
02.00 - 04.00 PM IST**

**RETRIEVING THE  
COMMUNITY IN  
COMMUNITY  
MENTAL HEALTH -  
POSSIBILITIES AND  
PRACTICES**

**BHARGAVI DAVAR**

**WHAT LIES BETWEEN  
US: WORKING WITH  
PSYCHIC AND  
SOCIAL POLITICAL  
TRANSFERENCE**

**RHEA GANDHI**

**02.00 - 04.00 PM IST  
24TH JULY, 2021**

**02.00 - 04.00 PM IST  
28TH AUGUST, 2021**

**25TH  
SEPTEMBER, 2021  
02.00 - 04.00 PM IST**

**FAILURE AS  
RESISTANCE:  
STORYING  
ALTERNATIVE  
IDENTITIES AND  
KNOWLEDGES TO  
LIVING LIFE**

**SHWETA  
SRINIVASAN**

**PSYCHOTHERAPY  
FOR CHRONIC PAIN**

**SURPRISE  
SPEAKER!!!**

**THE SELF HEALING  
CAPACITY OF THE  
BODY**

**PREETHA  
RAMASUBRAMANIAN**

**02.00 - 04.00 PM IST  
18TH  
SEPTEMBER, 2021**

**02.00 - 04.00 PM IST  
9TH OCTOBER, 2021**

**20TH  
NOVEMBER, 2021**

**02.00 - 04.00 PM IST**

**CREATING A POPULAR  
SEX-EDUCATION**

**PAROMITA VOHRA,  
DEBASMITA DAS**

**FANTASY FRAMES:  
SEX, LOVE AND  
POLITICS**

**JAYA SHARMA**

**DIVOCE IS NORMAL:  
DESTIGMATIZING**

**SHASVATHI SIVA**

**02.00 - 04.00 PM IST**

**23RD  
OCTOBER, 2021**

**02.00 - 04.00 PM IST**

**27TH  
NOVEMBER, 2021**





**8TH JANUARY, 2022**  
**02.00 - 04.00 PM IST**

**MAGICAL  
IMAGINATION:  
RESPONDING TO  
TRICKY PROBLEMS**

**RAVIRAJ SHETTY**

**STORYTELLING FOR  
RE-BUILDING  
COMMUNITIES**

**ANKIT DWIVEDI**

**TRAUMA, SUFFERING  
AND POSSIBILITIES  
OF MOURNING**

**ZEHRA MEHDI**

**02.00 - 04.00 PM IST**  
**11TH  
DECEMBER, 2021**

**06.00 - 08.00 PM IST**  
**12TH  
FEBRUARY, 2022**

**9TH APRIL, 2022**

**02.00 - 04.00 PM IST**

**SOCIAL  
CONNECTIONS AS AN  
ANTIDOTE TO  
'MEDICINE' ;  
EXPERIENCES WITH A  
VOICE-HEARER**

**VAIDEHI  
CHILWARWAR**

**MUSLIM  
COMMUNITY AND  
WOMEN**

**HASINA KHAN**

**RELATIONAL  
CONCERNS IN A  
PSYCHO-SOCIO-  
LEGAL CONTEXT**

**IPSITA CHATTERJEE**

**02.00 - 04.00 PM IST**

**12TH MARCH, 2022**

**02.00 - 04.00 PM IST**

**14TH MAY, 2022**

## Avinash Kunju

Avinash Kunju has a graduate degree in mass media and a Master's degree in Film, Television and New Media Production. He has worked in the film and media industry in various capacities. He enjoys exploring non conventional perspectives of cinema.



### **Cinema : The primitive art form of visual narratives.**

This topic will explore cinema's connecton with ancient art of visual storytelling, the imporance of visual grammar, mental health in cinema and basics of practical film-making.

**12TH JUNE, 2021**

# Vikramjeet Sinha

Vikramjeet Sinha is an Arts based therapist and an Arts based Educator and Dramatist , He has 20 years of work experience in the social development sector and He works for arts for Psycho -social change. He has worked in challenging areas like the Children's Observation Home, Railway children (UK), adults and children at risk, especially in present day Kashmir. He also works as a trainer of teachers and therapists with the inner child method using arts based therapy.



## Deconstructing Ideas of Masculinity: Art Based Therapy with Adolescents

This topic will explore Vikramjeet's work with adolescent boys using arts based therapy modes like play therapy, clay work, puppetry, drama, dance therapy etc and how he uses this to talk about ideas of masculinity.

**26TH JUNE, 2021**

# Divya Kandukuri

Divya is an \*AntiCasteCat\* and a freelance journalist whose work lies around the intersections of Caste, Gender and Mental Health. She is the founder of Blue Dawn and writes and talks about smashing brahminical patriarchy.



## Feminism in Practice: A Grassroots perspective

This topic will address how feminism can look beyond the echo chamber of academia and social media where big words decide who is a better feminist.

10TH JULY, 2021

## Ketaki Ranade

KP's areas of teaching and research include queer affirmative mental health practice; mental health advocacy, policy, legislations; clinical social work and research methodology. KP's recent publication includes a book titled 'Growing Up Gay in Urban India - a critical psychosocial perspective'.



### **Are Mental health sciences apolitical? - A curious case of the homosexual and the transgender in the clinic.**

This topic will explore the history of pathologization of sexual minorities and critically evaluate the idea that science is a neutral, apolitical search for the truth.

**24TH JULY, 2021**



# Bhagavi Davar

Bhargavi Davar, Ph. D. is an adult survivor of childhood exposure to mental asylums in post colonial India and channelised her recovery through nutritional and trauma informed ways. She has written vastly on women's mental health, among other important topics. She founded the Bapu Trust for Research Mind & Discourse, the first Indian user survivor organization and is presently the director of TCI Asia.



## Retrieving the community in community mental health - Possibilities and practices

This topic will help us learn from Bhargavi's experience of providing community mental health interventions under Seher, a project of Bapu trust, and other learnings from her lived experience.

**14TH AUGUST, 2021**

# Rhea Gandhi

Rhea Gandhi is a psychodynamic and person-centred psychotherapist and published researcher. She teaches in St. Xaviers College, Mumbai and undertakes efforts to bring high quality therapist training to India at affordable costs via the International Attachment Network.



## What lies between us: working with psychic and social political transference

This topic will take the idea of transference out of the therapy room and into the social world, where people differentiate and project a lot based on their social location and political ideas.

**28TH AUGUST, 2021**



## Shweta Srinivasan

Shweta Srinivasan (ciswoman, she/her) is a therapist and co-founder of TheMindClan.com. Shweta holds a Masters degree in Clinical Psychology and an Advanced Diploma in Counselling Psychology with 4 years of experience. She is trained in Narrative Practices and Trauma Informed Therapy. Her practice is anti-oppressive, queer affirmative and client-centred.



### **Failure as Resistance: Storying Alternative Identities and Knowledges to Living Life**

This topic will explore Shweta's work with young people where together with them, she helped reframe the idea of failure and how, in failing, we are resisting the dominant ideas of productivity and achievement culture.

**18TH SEPTEMBER, 2021**

**Surprise!!!!!!!**

Dr. is M.D., DPM, FIPS. He was practicing psychiatry and Behavioural Medicine 1981 till March 2020 and now practices in Pune. He has lectured extensively in TISS, Mumbai University and SNTD Colleges. Founder of the Behavioural Science Foundation and has been actively involved in training and therapy in the field of psychotherapy and hypnotherapy. He has also been a co-founder of National Addiction Research Center.

*This session is complimentary, regardless of your plan*



## **Psychotherapy for chronic pain**

This topic will explore the history and recent trends in using psychotherapy approaches to help those who complain of chronic pain - apparently a physically condition considered far from the realm of mental health.

**25TH SEPTEMBER, 2021**

# Preetha Ramasubramanian

Preetha is a qualified Dance Movement Psychotherapist (DMP) from Goldsmiths College, University of London. Preetha is the founder President of the Indian Association of Dance Movement Therapy (IADMT). Preetha works with children and adults in her private practice, and consults for group sessions and workshops as well as provides supervision in the area of psychotherapy and DMT. She has also co-founded 'The Arts Therapists Co-Lab' for collaboration between arts therapists.



## The Self Healing Capacity of the Body

In this topic, Preetha will be talking about how the body has the capacity to heal itself given we help the journey of healing, and she would be using her understanding of body movements and dance movement therapy for the same.

**9TH OCTOBER, 2021**

## Paromita Vohra

Paromita Vohra is a filmmaker, writer, devoted antakshari player and Founder and Creative Director of Agents of Ishq, India's best-loved website about sex, love and desire. AOI's exuberant and playful videos on everything from consent to masturbation to mental sexual health, beautiful art and compelling personal narratives of intimate life, help create a new Indian language for talking about desire and sex.



## Creating A Popular Sex-Education

Paromita and Debasmita will be talking about the process they follow at AOI to create a unique, nuanced and culturally conscious language around sex and consent that leads to some amazing and relatable content that helps a lot of people get clarity.

**23RD OCTOBER, 2021**



## Debasmita Das

Debasmita Das works as a Creative Associate at Agents of Ishq. She handles mainly the visuals and art for AOI as well as a bit of plotting about themes and social media.



## Creating A Popular Sex-Education

Paromita and Debasmita will be talking about the process they follow at AOI to create a unique, nuanced and culturally conscious language around sex and consent that leads to some amazing and relatable content that helps a lot of people get clairy.

**23RD OCTOBER, 2021**

## Jaya Sharma

Jaya Sharma is a feminist, queer, kinky activist and writer based in New Delhi. She has worked in sex and gender education, especially with rural women. As a queer activist she has co founded and been involved with queer forums in Delhi. She is also one of the founder members of the Kinky Collective, an organization that spreads awareness on BDSM and kink. Currently her writing seeks to explore sexuality and politics through the lens of the psyche



## Fantasy Frames: Sex, Love and Politics

This topic will help look at political events to the lens of the psyche, and especially through the lens of the erotic. Further, it will look at the divide between "yummy/yucky" in our sexual fantasies and what we give ourselves permission for vs we don't.

**20TH NOVEMBER, 2021**

## Shasvathi Siva

Shasvathi moved to Mumbai 13 years ago, and loves branding, writing and story telling. She is a passionate follower of veganism and works hard to destigmatize divorce and strive to have conversations around the same, under #DivorcelsNormal. She runs a support group of 700+ members to help those going through divorce. She's a TedX speaker, and a budding author in the making, her first book to be published with Penguin India in 2022.



## Divoce Is Normal: destigmatizing

This topic will entail Shasvathi's journey of normalizing and destigmatizing divorce and her learnings from it.

**27TH NOVEMBER, 2021**



## Raviraj Shetty

Raviraj is an occupational therapist and library educator at Ummeed Child Development Center. His work is informed by occupational justice, sensory integration, narrative practices, queer writings and disability justice. He believes that all the problems in this world are rooted in structures of oppression rather in our bodies or identities.



### **Magical Imagination: responding to tricky problems**

This topic will explore the use of a narrative therapy lens, especially the idea of magical imagination, to respond to tricky and uncertain times.

**11TH DECEMBER, 2021**



# Ankit Dwivedi

Ankit is a Doctoral Scholar at TISS Mumbai. His action research explores how stories can influence classroom culture in government schools of Chhattisgarh. He trained in Storytelling at Emerson College, England and in Art Therapy at Bapu Trust, Pune. For the past ten years, he has been performing and facilitating workshops using Theatre, Storytelling and Art therapy techniques to promote social and emotional learning.



## Storytelling for re-building communities

This topic explores how stories connect us deeper with ourselves, with other creatures and nature. In doing so, we rediscover and rebuild lost connections and communities of belonging.

**8TH JANUARY, 2022**

## Zehra mehdi

Zehra Mehdi is a psychoanalytic psychotherapist, and a doctoral candidate at Columbia University, New York. Her research interests are political psychology, religion and identity politics, Partition literature, violence and trauma, and psychoanalytic anthropology.



## Trauma, suffering and possibilities of mourning

This topic will explore Zehra's experience and insights using the psychoanalytic lens with longstanding trauma, and help explain the political situation as well as how we may mourn what has hurt us, so we may heal rather than hate.

**12TH FEBRUARY, 2022**

# Vaidehi Chilwarwar

Vaidehi Chilwarwar is professionally engaged as a psychologist and arts based therapist. She works with individuals and groups on therapeutic platforms. Her research interests revolve around exploring arts based and community driven practices of healing and resilience. Explorations around mental wellbeing are central to her learning and living.



## **Social Connections as an antidote to 'medicine' : Experiences with a Voice-hearer**

This topic will explore Vaidehi's first hand experience of finding that social connections play a big role in healing mental health distress, even for more extreme forms of disconnections.

**12TH MARCH, 2022**

## Hasina Khan

Hasina Khan is recognized as one of India's most visible, courageous and effective activists raising issues and questions of women's rights in general and Muslim women's rights in particular. She has worked with Awaaz e Niswan, and founded to Bebaak Collective to work on these themes. Her work on triple talad and getting muslim women's voiced heard "Sadak se Sansad tak", against right-wing hate and violence towards minorities and for the rights of sexual minorites among muslims, especially muslim women, is noteworthy



## Muslim Community and women

This topic will explore Hasina's work with the muslim community, especially with women since they are considered "oppressed" and weak and the only attention they get from the country and the media is either villification or a rescuer syndrome.

**9TH APRIL, 2022**

## Ipsita Chatterjee

Ipsita is a therapist with 5 years of experience having completed her masters from TISS, Mumbai. She sees clients through Wysa (app based help), a private psychiatry clinic in Kharghar as well as her own practice called Thehraav. In the past, Ipsita has led a TISS field action project, 'Sukoon' which provided free of cost psychosocial services to individuals, couples and families approaching courts for matrimonial litigations. She has played roles in coordination, intervention and grassroots research as part of Sukoon.



## Relational concerns in a psycho-socio-legal context

This topic will explore how relationship issues play out in the context of legal institutions and when seen through the unique sociocultural context of India.

**14TH MAY, 2022**



ANY 5



ANY 10

SALE!

ALL 17

1500/- INR

EMI

Full before 10th  
June- Rs. 1500

2800/- INR

EMI

10th May - Rs. 1400  
10th June - Rs. 1400

4500/- INR

EMI

10th May - Rs. 1500  
10th June - Rs. 1500  
10th July - Rs. 1500

COMPLIMENTARY SESSION FOR ALL



# STEPS TO ADMISSION



**Step 1: Fill the form- choose your plan**

**Step 2: Make the payment (Bank details in the next slide)**

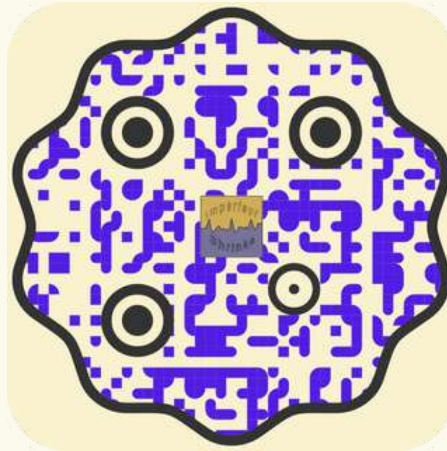
**Step 3: Send your details: Full name, number, email id, plan chosen, transaction details at [imperfectshrinks@gmail.com](mailto:imperfectshrinks@gmail.com)**

**Step 4: Wait for confirmation email from us**

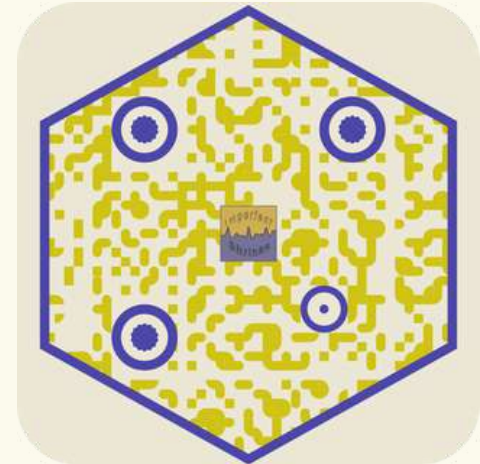
# PROCESS DETAILS



instamojo  
or click [here](#)



UPI  
or click [here](#)



Google form  
or click [here](#)

## Payment details:

A/C no.: 7645189121

name: Guftagu Counselling  
and Psychotherapy OPC

Private Limited

IFSC code: KKBK0000669





CONTACT US



and/or

