

DEAR ME...

ISSUE

N.01 -

உறவுகள்

(A SELVES AND SPACES MAIL)

Hi!

Welcome to a little peek into our space. We are Selves and Spaces, a Mental healthcare Clinic located in Chennai, Tamilnadu.

This first issue of our newsletter 'Dear Me...' is to commemorate one year of our clinic's physical space and our journey throughout this year 2024-2025. Let's take a look?

WHO ARE WE?

Selves and Spaces is a mental health care organization founded with a deep commitment to providing accessible, inclusive, and high-quality mental health support. Our mission is to create environments that foster healing, safety, and growth, where every individual feels seen, heard, and valued. We believe in the power of relational spaces—places where connection, understanding, and acceptance are not just encouraged but embedded in the way we interact with each other.

Here, we also strive to build communities that go beyond therapy, where the sense of safety and acceptance we cultivate within our clinic extends into the broader world. Our aim is to empower individuals to carry this sense of "okay-ness" into their personal lives and the shared spaces they engage with, helping to create a ripple effect of healing, resilience, and support in the communities around us.

IN THIS NEWSLETTER YOU CAN EXPECT:

Therapist reflections

Our trainings &
workshops

Our people & stories!

Blogs

Project Updates

Highlights of the
month!

TO VISIBILITY.

As a women-led organisation, and having established a physical space we have always dreamt of, I found myself asking: What does this really mean?

Does it hold meaning in today's fast paced world? I have asked myself this question many times.

This past year of holding space, both physically and emotionally, has taught me more than I could have imagined. Through my work, my lived experience, and the privilege of working alongside a group of incredible women, one truth has continued to reveal itself. Our struggle to be visible and to claim space.

I've observed how often we are expected to be gentle, kind, subtle and soft. How we downplay the impact of our work. We carry layers of intersectionality and privilege, yes, but we also live with forms of marginalisation that often go unseen. We are both navigating and resisting systems that in their design have never fully made room for us.

So this newsletter is not an attempt to be gentle. It is an attempt to show who we are. The rawness of our work, the depth of our thinking, and the power we hold in a world that constantly asks us to shrink. To shrink into our bodies, our clothes, our thoughts.

This is a humble offering. An invitation to witness our words, our truth, and our refusal to stay quiet. So, dear readers, we hope you feel the strength in our showing up, the authenticity in what we share, and the intention behind bringing this to your table.

"I will not shrink so you can breathe easy. My existence is not a burden to carry."

-Nikita Gill.



“RELATIONSHIPS AS A TOOL FOR CHANGE”

On how safe relational spaces can be healing entities!

Smruthi Peramaiyadass

As humans, if there is one thing that sustains us all in this world - it is 'Relationships'. This can be our relationships with parents & family, our friends and social systems, romantic relationships, and most of all - our relationship with ourselves that evolves as a result of all the above. So, what if that by itself can be a therapeutic tool for change? Let's explore the major crux of our work at Selves and Spaces - A safe relational space for exploration, understanding & acceptance.

Why are supportive relationships important?

There are two major life contexts through which people may potentially thrive - Coping successfully with life's adversities & actively pursuing life opportunities for growth and development (Feeney & Collins, 2015). And how does this happen? Through functional support systems, especially in a collectivistic society such as India. Research even shows that people who are more socially integrated and have rewarding, supportive relationships have better mental health, subjective well-being & lower rates of morbidity & mortality (Miller et al., 2011). Close relationships encourages well-being not just as a resource during adversity, but also by enabling us to fully participate in life's opportunities for growth, in the absence of adversity.

Now, What are some aspects of safe relationships you may ask. Here are some factors that can create space for safe and secure relationships:

- Emotional availability and responsiveness.
- Consistency & Reliability.
- Non-judgment and unconditional acceptance.
- Mutual empathy & respect.
- Safety during Conflict and Repair.

So, what happens when there isn't enough supportive relationships?

Research evidence from multiple fields such as developmental psychology, neuroscience, etc., has consistently shown that prolonged absence of safe relationships in life can increase our vulnerability towards psychological, emotional & physical difficulties. Adults who lack safe and supportive relationships are at a higher risk of both mental & physical problems. When individuals grow up without safe relationships, they might find it even harder to create them as they get older - which causes intergenerational transmission of trauma and relational patterns.

BUT, this does not mean that somehow I am doomed if I haven't experienced enough safety in my life so far. Here is where the importance of new safe relationships comes in!

Safe relationships as Corrective emotional experiences - what does this mean?

Explained simply, a “Corrective emotional experience” (Termed by Carl Jung) means this : When there is consistent warmth, understanding & acceptance of one’s life experiences, especially where there has been a history of constant rejection & invalidation of oneself, it creates change in one’s perception of themselves and can be a facilitator towards growth & thriving.

And this is what we mean when we say Relationships as experiential healing entities. The more we experience safety, unconditionality and empathy, the more likely we are to express the same in our relationships. And one of the spaces where that can happen, is the therapeutic setting.

The relational framework of therapy!

Usually, when someone is distressed or dysregulated, a calm & supportive presence can help bring their body back to the present. This is what we call ‘Co-regulation’ - a crucial aspect in our work as therapists, where we regulate each other’s nervous systems during times of anxiety, through our tone of voice, facial expressions, emotional presence, touch, etc.,

“

*"Be like a tree and let the dead leaves drop—
Let those who love you hold your branches through every season."*

Rumi.

As therapists who follow a relational framework to facilitate healing, here are a few aspects that are of importance:

- Focus on the therapeutic relationship as a model
- Understanding interpersonal dynamics
- Exploring and changing existing relational patterns
- Exploring one’s relationship with oneself - The ‘Self’ experience
- Addressing conflict & disconnection

As we conclude how safe and supportive relationships can be entities of change and growth, it is important to acknowledge that safety that’s experienced within therapy can be transferred to the broader world outside as well - to friends, family & the community. This creates a sustainable support system which can help us thrive and not just survive life.

So, can we try to notice how we show up in our relationships more? For ourselves and for others! :))



I'm Pichumani. Thank you for stopping by to read our newsletter. I hope this gives you an idea on our work. Let us know what more you'd like to understand about mental health and it's nuances!

CELEBRATING SMRUTHI!

Look who is going for her MPhil in Clinical Psychology finally!

2 years, probably some breakdowns and a full heart later - there comes our Future Clinical Psychologist.



Group call after I got through!

SMRUTHI SAYS,

I'll be honest. This was not easy. After I graduated MSc. in 2021, I was a little too optimistic about getting through to MPhil. But little did I know my meaning behind it was a BAD idea. In this line of work, where we come from unfortunately played a huge role and I am not ashamed to admit that I fell victim to the same. 2 years - I did not apply anywhere else but one institute. At one point, even picking up books made me sweat.

However, the same 2 years was when I came to S&S. And here experientially I knew, the real goal was to become a Clinical Psychologist - not because it's better in any way, but because it mattered to me, and I enjoy greatly the work I do. And here I am, after a few hard slaps from the universe and some great support systems, learning to be grateful. And taking another step, slowly. Not because I NEED it to be credible, but because I want it and enjoy it. Here's to growth & redefining meanings behind goals as life happens!



@Cookiemomsterbakes

- *Mental health is a vital part of overall well-being, affecting how we think, feel, and handle daily stress.
- *One key way to support mental health is through eating food with clean ingredients - preferably close to homemade and ZERO preservatives.
- *We, at @cookiemomsterbakes keep this as our principle and introducing cookies and desserts with finest chocolate and clean ingredients.
- *CookieMomsterBakes is a Chennai based home-bakery which specialises in chunky cookies and decadent brownies.
- *What more? It is mom-made!

TREATS FOR THE SOUL!

"YOUR GUT IS YOUR SECOND BRAIN—WHAT YOU EAT AFFECTS HOW YOU FEEL."

ATTACHMENT STYLE : UNDERSTANDING RELATIONSHIP PATTERNS

Pavithra M

**“SECURE
ATTACHMENT MAY
SEEM “BORING” BY
TODAY’S
STANDARDS, BUT
IT’S THE
FOUNDATION OF
TRULY HEALTHY
RELATIONSHIPS.”**

Have you ever come across a reel that resonates with your relationship with someone? Have you ever wondered why you react the way you do in relationships? Sometimes, you might feel overwhelmed when you get close to someone, or you worry that the other person might leave — even when everything seems perfectly fine. Or maybe you’ve noticed that you always end up either chasing or running away from the other person. These experiences aren’t random. They’re tied to your *attachment style*.

Attachment is an emotional bond between a human infant or a young nonhuman animal and its parent figure or caregiver (APA, 2018). Think of a baby reaching out for comfort and safety, that’s attachment at work. But those needs don’t vanish when we grow up. As adults, we still long for connection, safety, and emotional closeness.

Attachment style is how we tend to relate to others in close relationships like with partners, parents, or even children. It’s influenced by early experiences, especially how safe, seen, and soothed we felt with our caregivers. If caregivers were consistent and responsive, we would develop a secure inner world.

If not, we adapt in two ways: either by clinging tightly (hyperactivation) or by shutting down emotionally (deactivation).

Further studies have helped in identifying early attachment styles: Secure, Anxious-Preoccupied, Dismissive-Avoidant, and Disorganized. Let’s understand them in detail.

No Drama, Just Depth:

Secure attachment may seem “boring” by today’s standards, but it’s the foundation of truly healthy relationships. People with secure attachment trust, communicate openly, and feel safe giving and receiving support.

To reflect: Do you feel that balance of giving and receiving support?

Chasing Closeness

The question, “Are you always worried they’ll leave?” might be indicative of this attachment style. You crave intimacy but fear abandonment. You might often feel insecure or need reassurance, even though you deeply care. This often stems from inconsistent caregiving in early life.

To reflect: How can you recognize these feelings and communicate your needs without overwhelming yourself or your partner?

Caught Between Closeness and Distance:

Do you pull back when things get too close? People with this style often view themselves positively but others more negatively, preferring self-reliance and emotional self-sufficiency. They often suppress emotions to maintain distance.

To reflect: How comfortable are you with emotional closeness? Do you notice yourself stepping back when things get intense?

The Push and Pull

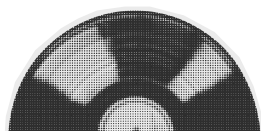
Do your feelings about closeness and trust often feel confusing or mixed? Disorganized attachment style combines fear and longing. You want connection but also fear it. Often linked to past trauma or loss, it can lead to mixed signals and emotional overwhelm.

To reflect: Have you noticed yourself wanting closeness but also feeling afraid or unsure? What might help you feel safer in relationships?

Understanding attachment styles isn't about labeling ourselves or others, but gaining insight into the patterns shaping our relationships. Our identities and connections are more complex than any single label, and attachment tendencies can change with self-awareness and support.

**"WHAT WAS
BROKEN IN
RELATIONSHIP CAN
BE HEALED IN
RELATIONSHIP!"**

— PETER LEVINE



**SOMETHING TO USE:
SONGS THAT CALM YOUR NERVOUS SYSTEM -
"WEIGHTLESS" – MARCONI UNION
VEENA RECITAL BY JAYANTHI KUMARESH**



JANANE & VIJAY
- FOUNDERS OF
GNACK

"Witnessing a loved one's battle with cancer opened our eyes to a harsh reality—proper nutrition is often sidelined in the rush of daily life. The result- we developed gourmet delights with clean-label nutrition. Products launching soon!"



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"THE ONE THAT'S LIVING FREE IN OUR HEAD"

Maybe you're more than that? Have you ever considered this?

Ms. Kanaga Lakshmi



Imagine making a mistake.

What are your thoughts?

My thoughts would be: "How could you make this mistake? It's the end of the world, and no one is going to bear you."

These are what we call critical thoughts.

Have you ever wondered about these critical thoughts? We all know that it is important that we are not critical of ourselves, at least that's what Instagram and social media tell us. But when we move from those fantastical worlds of Instagram and social media, we often stumble upon reality. The reality of mistakes and what they do.

Let's be real: mistakes have consequences, and sometimes worse consequences. (At least all of us are brought up with that thought!)

In our practice, we often hear how these critical thoughts have helped us. Many of my clients say:

"It will prevent me from making a mistake."

"It will help me sail through life."

Which is true, isn't it? It does help us to re-evaluate our options. It helps us to maintain a sense of okayness the next time we perform something. It helps us take accountability for our actions. When critical thoughts have so many functions, why do psychologists say that it's not okay? But, before we uncover the why's and what a self-critical thought is, other than these punishing and harming thoughts we have, let's go back to our childhood.

Growing up, we learn by imitations. We want to do what our parents did and what others around us did. Hence, we begin to start identifying with the adults around us. As we begin to identify, this identification continues to impact us unconsciously and becomes a guide to our behaviour.

And if we had a parent or an authority figure who punished us or was critical of us when we made a mistake, in order to continue to exist in the relationship, we use this identification to secure the relationship. We, as children, needed to secure these relationships in order to exist and survive.

According to Jon Frederickson, this identification of the critical thoughts comes in as three parts:

- We start being critical of ourselves.
- We fear that other people will do the same thing as early parental figures.
- We believe that other people will be critical.

All three things we do are ways we cope in the world. As we cope and survive through the world, we miss out on one of the most important aspects – "Us," our "inner self." The damage that these critical thoughts do to us.

When I think about critical thoughts, I see a human wrapped in wounds trying to win the world. I wonder what that scene would be like? Maybe the one that deserves claps as we watch a heroic movie. Because that's what we have also been told, isn't it?

Hardwork will be rewarded, will be praised, will be accepted, and then you will see the light.

If I am being honest, does this even allow us to see the light?

It's like a parasite that keeps us where we are with little or no compassion towards ourselves. With little left to give, there's a drained feeling as you go on with the scorching heat in Chennai. We all need water, food, love, and care. However, you keep pushing, because that's what you've always done. That's what you have done to live in this world. But the truth is, no one can pour from an empty cup. No one can feel the pain of YOUR hurt. Only you can !

*I am not asking you to care for yourself.
Your inner self is asking you to.*

Your body is screaming through that pain, through that unexplainable illness and headache.

So maybe ask yourself—would I suggest someone who is hurt to run the race, or would I ask them to take some time, heal the wound, and then get back to running?

TAKING CARE OF MY BODY!

Why should I exercise?

1. *Builds Strength & Endurance*

Helps tone muscles, improve stamina, and boost overall energy levels.

2. *Supports Fat Loss & Metabolism*

Increases calorie burn, helps reduce body fat, and improves metabolic health.

3. *Improves Heart & Lung Health*

Strengthens the cardiovascular system and enhances oxygen flow.

What does it do for my mind?

Exercise releases endorphins! They are your happy chemicals – it can lift your mood, reduce stress, and boost mental clarity. It's like therapy, but sweatier ;)

Ms. Yasmine Begum
*Fitness & Wellness
Coach*



RIDDLE TIME!

I can make you smile or cry,
I'm in your head, flying high.
I change like weather, wild and free.
But learning me helps you and me.
What am I?

Ans. Feelings

CHILDREN AND US.

Abhirami Krishnamurthy

**“IF THERE IS ANYTHING
THAT WE WISH TO
CHANGE IN THE CHILD, WE
SHOULD FIRST EXAMINE IT
AND SEE WHETHER IT IS
NOT SOMETHING THAT
COULD BETTER BE
CHANGED IN OURSELVES”**

- CARL JUNG

I have wondered what is happening when a child begins to fight through extremes of being rigid, stubborn or throwing tantrums. Think of times when you did not allow an extra play hour or when you established a boundary, or when the child's favourite snack is out of stock!

At such moments, it is essential to know that child is on an internal chaos - the logic of I can get the snack later, or I can play later, won't hit. Because the brain is now on alert, and what it needs is safety.

To understand the child's experiences, it is crucial to know how their brain functions! What I want for my child more than learning to survive, can be built by intentional moments of connection. The moments you are just trying to survive are actually opportunities to help your child thrive. Let's now look at what the brain has to contribute to this. To look at integration, it is two parts of the brain which needs integration in order to sustain meaningful connections- the left and the right!

Left Brain acts as a centre for Logical, linguistic, literal approach and it loves order! The Right Brain works holistically, dealing with non verbal emotional experiences and detailed observations. And Imagine bridging them! That is what we can do when we help them integrate.

“Connect with the Right and Redirect with the Left”

How do I connect with the right?

- Offer a gentle hug and use a softer tone so safety is established.
- Name what the child is feeling so they feel seen.
- Acknowledge the experience.

Now to integrate left brain,

- Revisit the experience after establishing connection.
- Breakdown instructions and give steps in sequence to build order.
- Use 'why' and 'how' questions to encourage logical answers and understand actions to consequences (cause and effect).



**ANNOUNCEMENT
IN PAGE 13**



So when your child feels upset after having a fight with a friend, the key to helping the child is for us to attune to those real feelings gently. Allowing yourself to feel, then trying to communicate from a place of integration and gently tuning in to the child's emotions can help the child feel a sense of connection, so the integration can happen naturally.

Why is revisiting these experiences important?

Talking and revisiting experiences over time can help, as it stimulates firing of neurons to rewrite the incident and remember it without having to relive the emotional state. When we encourage to talk about difficulties after soothing, the experience stays in a safer space. Children need models more than they need critics. So it becomes crucial to model a healthy way of dealing with the experience so they can learn to live rather than survive!

HOW TO HELP PARENTS OF CHILDREN WITH AUTISM

Sailakshmi Kannappan

Have you seen a child flap their hands or spin a wheel over and over? To us, it may seem odd but for them, it's comfort & safety. It's how they calm a world that feels too loud, too bright, too fast. Like Shaun in Good Doctor, what we call "misbehavior" is often a child asking for safety in the only way they know how. Autism isn't a parenting failure it's a different way of sensing, thinking, and being.

For many parents, the hardest part isn't the diagnosis it's the judgment that follows. The glances at the school. The whispers. The unsolicited advice. The exhaustion of constantly explaining their child to a world that doesn't listen. But support isn't a one-time thing. It's ongoing. Not just after a diagnosis. Not just during Autism Awareness Month. But through the teen years, adulthood when the world is still too fast, too unforgiving.

Parents aren't looking for pity, they're looking for partnership. For space to breathe. For someone to say, "I see you." When we choose understanding over assumptions, we create a world where children feel safe and parents feel seen.

"They might not speak the same way we do, but they're always saying something we just need to listen differently."

SOME THINGS WE ARE PROUD OF!!



OPPRESSION WORKSHOP

A workshop on “Understanding Oppression in the Therapeutic Relationship” was held on September 2024 at Selves & Spaces. The workshop explored how oppression is internalised, how it manifests in therapeutic work, and the importance of using a systemic approach to mental health care that is inclusive, equitable, and culturally sensitive.

Participants learned Transactional Analysis methods, tools to navigate oppression in therapy, and how to integrate these insights into effective treatment planning. The session was facilitated by Deepak Dhananjaya, Psychotherapist and Agile Leadership Coach.

A reflective workshop for therapists & mental health professionals was held on November 2024 at Selves & Spaces. The sessions focused on risk assessment, managing emergencies, session contracts, closing escape hatches, community support, and practical tools and techniques for therapists. Facilitated by Ms. Kanaga Lakshmi, Senior Clinical Psychologist and Psychotherapist.



WORKING WITH AT- RISK CLIENTS

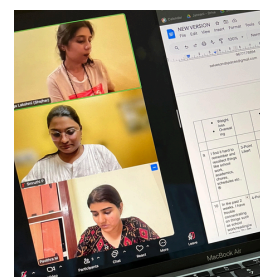


MIRROR MIRROR WHAT DO YOU SEE?- REFLECTIVE WORKSHOP

A space to pause, reflect, and recharge, this workshop was held on January 2025 at Selves & Spaces Clinic.

Facilitated by Dr. Poornima Viswanathan and Ms. Kanaga Lakshmi, it offered a nurturing environment for therapists and students to reconnect with themselves and their practice.

Our team has been working with a private school chain in Chennai, constructing a wellness check-in tool for adolescents' mental health, through a comprehensive need analysis process, involving Focus Group Discussions with Students, parents & teachers.



CONSTRUCTING A WELLNESS CHECK-IN TOOL FOR ADOLESCENTS

THE THERAPEUTIC RELATIONSHIP: IS MY THERAPIST “THE RIGHT FIT”?

Jannani M

Therapy can be something that is daunting and overwhelming. Having to sit down, think and talk about your problems can be overwhelming. It can feel unimaginable and painful to ever have to redo this process. These fears are valid. The therapeutic relationship is imperative for you to feel safe in the therapy room with your therapist. With that being said, how do you know if your therapist is the right fit for you? This is a valid yet difficult doubt to cross your mind.

Opening up is hard; having to restate your goals and what you want to work on constantly, can be exhausting and counterproductive to what you want to achieve. Unfortunately, as much as we'd love a quick and easy way to evaluate if your therapist is the right fit for you, that way confounds me still. However, there are markers to assess if the path therapy is taking is suiting your needs and working for you.

The first thing to keep in mind on your therapy journey is that progress takes time, effort and kindness to yourself. It is not something that is going to happen in one session and probably not even in ten. You are a complex and intricate individual with numerous threads to unravel and understand; and that takes time and communication from both you and your therapist. So, what can you look for in your therapy journey?

HOT NEWS

➤ PRIDE: A CELEBRATION OF PROTEST

Pride month was born out of anger, of rage against injustice and discrimination. Pride is not just a parade, a party: it's a protest. A protest of unjust laws, of bigotry, of dehumanisation. It is an advocate for equality, inclusivity and acceptance: of the self and of the diverse people around us. Pride month brings to the forefront, people who have been pushed to the background, identities that have fought through the brutality of oppression and suppression. Pride is a celebration of resilience and the fight to be seen, acknowledged and accepted. It is an amalgamation of generations of progress, decades of advocacy and effort that has made pride month not just a protest but also a celebration of different identities, sexualities, and genders.

PIN THIS
AND
REGISTER



Queer inclusive workshop!

Queer lives matter. Queer mental health matters and queer people deserve the space to exist, access mental health care and be catered to beyond the heteronormativity that exists in current mental health care.

In accordance with the same and in an aim to be the change in this world, Selves and Spaces has taken the steps to spread the message of queer inclusivity:

- **The Queer Inclusive Workshop on July 5th and 6th aims to equip mental health professionals with the required knowledge, care and sensitivity to cater to and be inclusive of queer clients while being aware of and working on their own internal biases.**
- **The Queer Support Group on July exists to offer a space for queer people to share their experiences, connect with other fellow members of the queer community and foster a sense of belonging.**

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HERE ARE A FEW THINGS TO KEEP IN MIND AS YOU GO FOR YOUR THERAPY SESSIONS:

Time: Give yourself enough time to assess if your therapist is a good fit for you. Observe how the budding relationship between you and your therapist is sitting with you. In the initial 4 sessions, where the therapeutic relationship takes form, the time to allow it to form is paramount.

Safety: Do you feel safe in the therapeutic space? Notice the sensations in your body. Do you feel wound up? Do you notice changes in that sensation as you engage with the therapist?

Do you feel well-informed about the process of therapy? These are all key aspects that will help you feel safe in the therapeutic space. Sitting and thinking about what safety means to you can also help.

Being Heard: Feeling heard harbours safety. Do you feel like you're being heard by your therapist? How does that sit with you, to be seen like that? What does that do to you? Being heard can be hard, especially when it's not something you're used to. Check with yourself, if you have discomfort, where it is coming from.

Communication: The most important step in assessing if your therapist is a good fit for you, is communication. Putting out all of these observations to your therapist and seeing how it is received. Is there an active plan to work on the feedback or is it being dismissed?

While this is not an exhaustive list on how to assess if your therapist is a good fit for you, it is a start during the initial sessions with your therapist. When you feel heard, safe and are able to recognise the existence of an open channel of communication, that can be an indicator that you and your therapist are starting to make a good team and that you two are a good fit for each other.

EYES THAT LEAD

- Sit or stand in a safe space.
 - Slowly move your head and eyes around the room, like a curious animal.
 - Name or notice objects that feel calming, beautiful, or familiar.
 - Let your gaze rest on something that feels neutral or pleasant.
 - Take a deep breath and allow your body to soften.
 - Why it helps: It signals safety to your brain and moves you from fight/flight into presence.
-

SOME MORE THINGS WE ARE PROUD OF!!

Our first mental health stall at MSSW - our work being displayed and sold out was an exciting experience- as a part of our vision in making mental health accessible to all- we curated pocket friendly tool kits for all.



SUPPORT & PLAY SESSIONS FOR SURVIVORS OF DOMESTIC VIOLENCE

We facilitated a play session for children single-parent homes, creating a safe space for connection and expression. Focusing on building emotional safety through play-based activities where children explored themes of safety, trust and belonging.

The support group focused on emotional grounding, and trust-building through storytelling, guided reflections, and creative expression through body-based check-ins and collaborative art and play that helped externalize and process difficult emotions.

“You might not know it yet, but it’s happening already :)”



MENTAL HEALTH STALL



COUNSELLING SKILLS TRAINING-DISTRICT CHILD PROTECTION UNIT- VILUPURAM

A two-day mental health and counselling skills training was organised in March 2025 by the DCPO in collaboration with the Selves and Spaces team. The training focused on understanding the body through the lens of children, basic counselling skills, working with the body, and self-care for care providers. The participants were highly engaged and receptive throughout the sessions.

HUMANS OF SELVES AND SPACES :))



Sriram anna,
Our dutiful
watchman :))



Swathi

Our research
enthusiast who
also keeps it fun:)



Indra akka,
Who helps keep
our clinic
spotless and the
plants thriving!

Gowthaman,

Our ALL-In-ALL presence
- be it capturing content,
helping with our stalls,
our merchandise, his hat
is undeniably heavy!



Heera,

The one who's brain
can somehow organize
our chaos - financially,
logistically & during last
minute shopping!

Abhirami,

Not just our Clinic
coordinator, but quite
literally the multi-handed
human who has the
responsibility of keeping the
clinic up and running -
literally keeping us above
waters!



Radhika Iyer,
Our supervisor who
holds fort in every
capacity.

MEET OUR INTERNS! - BATCH JUNE 2025 :))



Ms. Sailakshmi Kannapan
III Year, Bsc. Psychology



Ms. Vrushanki
II Year, MSc. Clinical Psychology



Ms. Amirthaa
III Year, BSc. Psychology