



MindSight

FOR BETTER MENTAL HEALTH

# ABOUT US

MindSight Clinic offers world class treatment of mental conditions under one roof right in the heart of Mumbai. Experienced professionals in Psychiatry, Clinical Psychology, and Psychotherapy bring to MindSight expertise in treating nearly all mental health problems from phobias and anxieties to several disorders and more.

We as a team of psychiatric doctors, psychologists, counsellors, special educators and therapists in Mumbai, provide consultation to clients of all age groups; we also conduct regular workshops to share information and equip people with the right knowledge.

This is an effective way to:

- Relieve anxiety or stress in all spheres of your lives with proficient counseling
- Learn to manage unhealthy reactions, responses to conflict, or intense personal animosity
- Cope with major changes in one's life, such as abortion, divorce, death of a loved one
- Treat long term physical health problems, insomnia
- Cope with menstrual or sexual problems/abuse, whether physical or psychological

# MISSION

Person-centric, unrivaled mental healthcare accessible to all.

**Innovation** - Innovation and inventive problem solving technique leads to the quick and effective service pervasive at Mindsight, and continuous research leads to our cutting-edge excellence.

**People** - We care for our clients, employees and the community.

**Passion** - Our sheer pleasure in doing our work gives us the edge we have in mental health care.

**Transparency** - We value openness and honesty in all regards to ensure what you see is what you get.

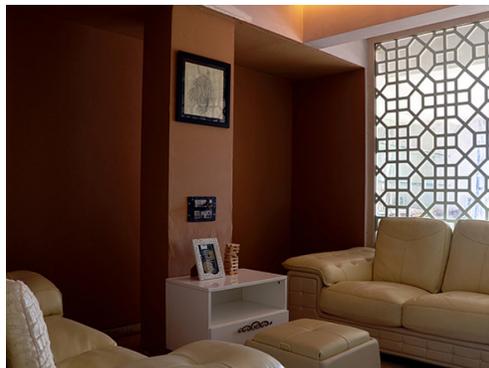
**Clarity** - The process needs thoughtfulness and we're always sure to induce clarity for the client.

**Humility** - Humility, outwardness and approachability help reach our aim of mental healthcare accessible to all.

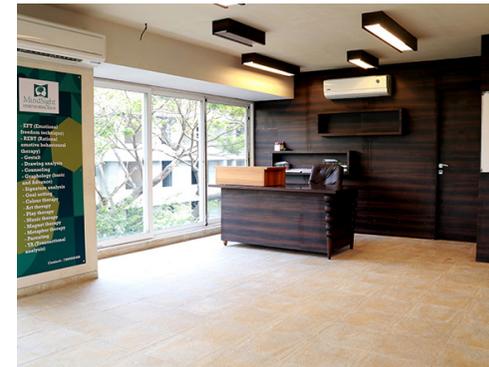
**Team Spirit** - Our mission and our value system bring us together under the roof of mindsight with great personal and professional zest.

# OUR CLINIC

A 4000 square feet MindSight Clinic resides at Malad and insists on being lit into an ambience conducive to deep thought, like at no other healthcare option. We operate here with four consultation rooms, an occupational therapy room and a seminar hall.



We also operate in Bhayandar in a 1200 square feet clinic with three consultation rooms, and the same insistence on a meditative milieu.



- Career Counseling
- Occupational Therapy
- Remedial Therapy
- Special Educators
- Music Therapy
- Art Therapy
- Psychotherapy
- Color Therapy
- Mediation
- Counseling
- Cognitive Therapy
- Interpersonal Family
- Behavior Therapy
- Psychological Testing
- Psychiatric Consultation
- Speech Therapy



### Career Counseling:

Through strategic counseling and evaluation methods we provide the professional guidance and support for the client to plan and develop what is perhaps the source of meaning to many in life - their career:

- Personality analysis tests
- Aptitude and other related tests
- Guidance/counseling for mid-life career change
- Career counseling
- Career guidance
- Guidance for competitive exams



### Occupational Therapy:

The occupational therapist focuses on daily life occupations such as fine and gross motor skills, fitness, sense of balance and confidence, from child care, geriatric care, to rehabilitation and recovery.



### Special Educators:

Mindsight recognizes and offers solutions for the hindrances that prevent many children from living and enjoying life to the maximum potential:

- Attention-deficit disorder
- Hyperactivity disorder
- Autism Spectrum disorder
- Specific Learning disability
- Cerebral Palsy
- Down's Syndrome
- Sensory Processing disorder



### Remedial Therapy:

Nearly 15% of children in each school face some kind of Learning Difficulty. It is important that we intervene at the earliest to assess the type and extent of the learning difficulty and develop personalized intervention programs to curb what may well otherwise become a nightmare for parent and child.



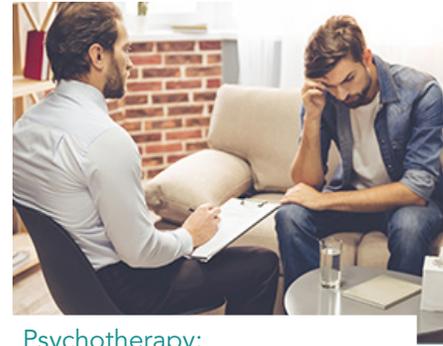
### Music Therapy:

Music therapists aim to pair academic information with musical material, engaging long-term memory to trigger reminiscence, reality orientation, through performing or singing familiar music. Clients, adolescent, adult, pediatric, geriatric, have all shown improved tolerance of pain and stress through guided listening methods, personalized for the client's individual needs.



### Art Therapy:

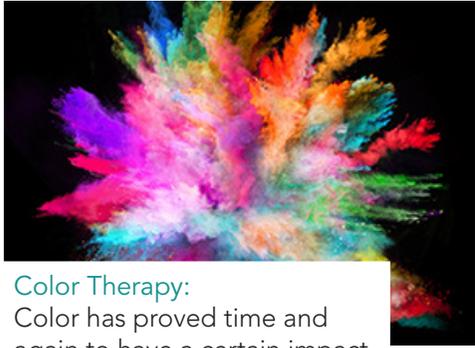
Art therapists induce the person's creative process in creating an item of artistic bearing, such as drawings, and assess from the ensuing products the personality and conflicts that the patient faces. Thought these means the patient grows in self-analysis, social interaction, managing stress and anxiety and other areas concern.



### Psychotherapy:

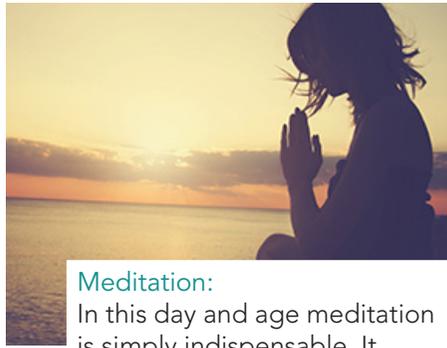
This psychodynamic approach to counseling encourages the client to associate freely and explore how they could affect their current problem. A psychotherapist helps the client become conscious of causal experiences that might affect the extent of any of these issues:

- Anger
- Headache
- Depression
- Suicidal thoughts
- Forgetfulness
- Exam stress
- Relationship problems
- Scholastic backwardness
- Hyperactivity
- Phobias
- Behavior problems
- Temper tantrums
- Sexual problems
- Alcohol and drugs de-addiction
- Performance anxiety



### Color Therapy:

Color has proved time and again to have a certain impact on mind and body. Through color psychology, therapists at MindSight Clinic help direct the energies in the body, with the aim of improving the mental state.



### Meditation:

In this day and age meditation is simply indispensable. It creates a clarity in the head that enables work-life balance, better decision-making and more. Our therapists help overcome the difficulty found in meditating and in alleviating the misery of stress.



### Counseling:

With assured confidentiality, our counselors help the client explore with rationality their intellectual and emotional experiences, often discovering a new point of view, with the aim of facilitating positive change.



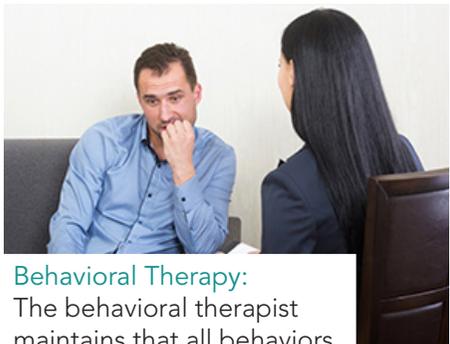
### Cognitive Therapy:

The cognitive therapist tackles problems like depression through systematic, time-sensitive, and directed psychotherapy combined with skill-training for solving specific dysfunctional thoughts and behaviors. The client learns to deter negative thoughts and other causes.



### Interpersonal Therapy:

This therapy influences the client's social functioning and is meant to improve their interpersonal social relationships. Through a time bound, focused, and evidence based approach, Interpersonal Psychotherapists tailor effective ways to resolve the client's conflicting relationships for maintaining a healthy mind.



### Behavioral Therapy:

The behavioral therapist maintains that all behaviors are learned and treats mental disorders that are the result of behaviors that happen to be unhealthy or destructive, and the client emerges changed by learning to identify and alter potentially self-destructive behaviors.



### Psychological Testing:

These psychological evaluations aim to assess what difficulty the client is experiencing. A school child, for example, may undergo aptitude testing as a test for learning disabilities. Testing reaction time, memory, dexterity, etc., help the neuropsychologist to diagnose brain injuries.



### Psychiatric Consultation:

Based on past and current medical or psychiatric conditions, and the problems which the client faces, we evolve a highly collaborative decision-making process to arrive at the diagnosis and tailor the components of psychiatric treatment required for the client.



### Speech Therapy:

The speech therapist can help with:

- flow of speech, such as stuttering
- voice pitch, volume and quality
- articulation, clarity, errors in sounds
- difficulty in eating, swallowing, drooling
- trouble expressing language
- trouble using socially appropriate language
- trouble perceiving language

# SESSIONS

Our experienced team of mental health professionals excel in clinical psychology, counseling, psychotherapy, psychiatry, neuropsychiatry, occupational therapy and speech therapy, and includes special educators.

- Screening of 5000 children in schools across India.
- Career counseling for students in schools across India.
- Parenting and Teachers Training workshops in schools.
- Music Therapy for dialysis patients at Wockhardt Hospital
- Events at colleges
- Tie-ups with NGOs, Old Age Homes for counseling.



# CASE STUDIES

SP, a student of the second grade, showed signs of dwindling self esteem and a lack of learning ability. He was reserved and was reported to have a general lack of ability in grasping any material, and he needed personal attention and guidance to complete any task.

There was emotional distress when reprimanded, and when often bullied by other children. After assessments, to help SP reach his potential, we used a combination of therapies built with the idea of matching with the client's goals. After sessions of group play therapy, behavioral therapy, psych-education, etc., we had successfully instigated the required thinking in the mind of the client, thereby deciding on what techniques gave what outcomes to set the goals in motion.

J.G., a student of the sixth grade, was referred to psychological assessment, as she was hyperactive, prone to temper outbursts, often behaving aggressively at school and at home, and was quite capricious. Parents and teachers included have complained about incidents that were caused by these behaviors.

Sessions of targeted cognitive behavioral therapy, rational emotive behavioral therapy and parent management training have helped the client and her parents learn techniques to manage behavior to an exceptional degree of success.

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# TESTIMONIALS

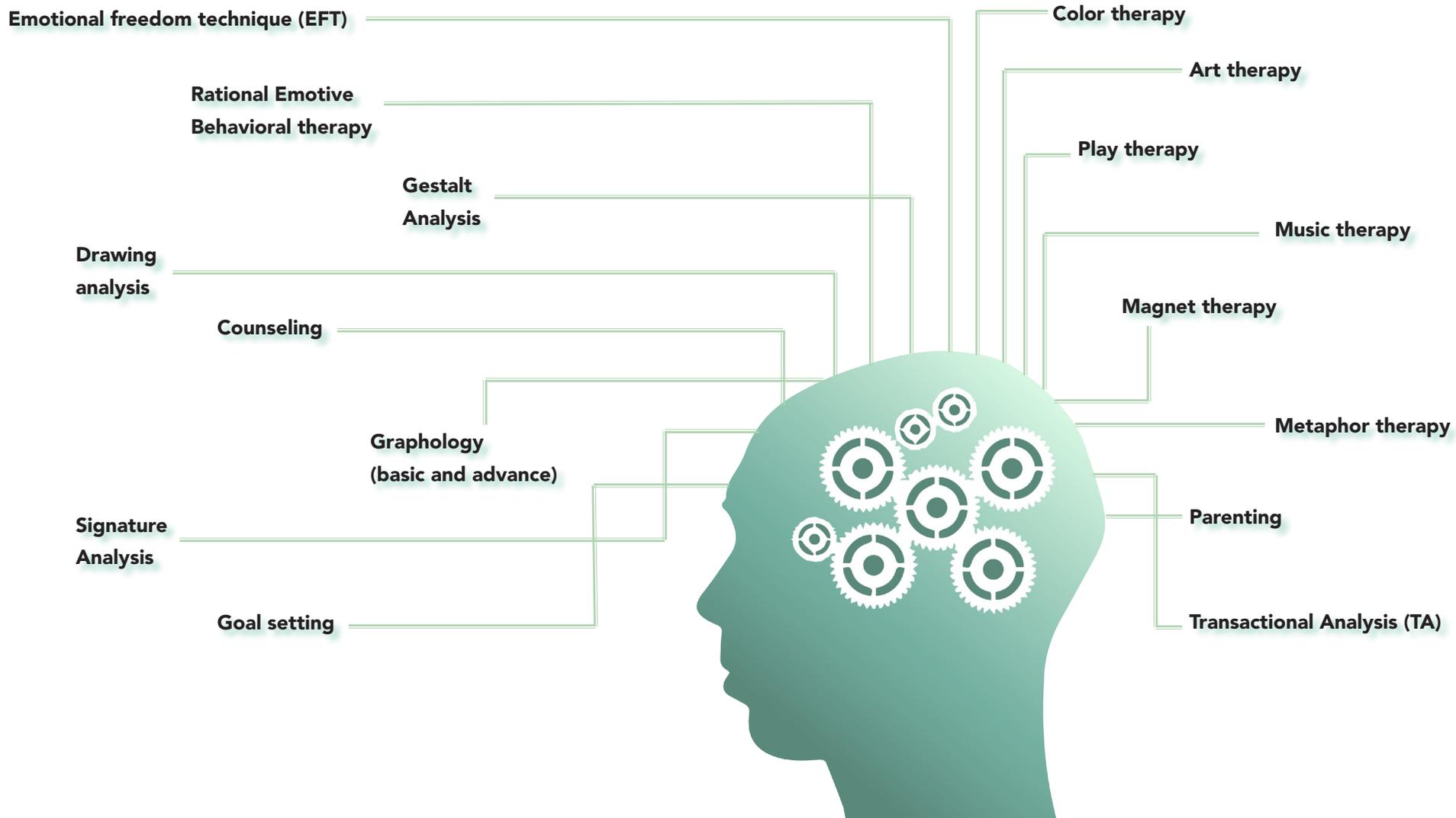
“My name is Sheetal. My son Prasham has always been very hyperactive. He wouldn't let me sit for five minutes wherever we went and I was upset that it was difficult to handle him. Now it's been only a year since he joined Mindsight and seeing the progress so far has been very positive.”

“It's unbelievable how I don't have exam phobia anymore. I've come to you only twice and I feel so confident.”

“We got our eight year old son for therapy because he was extremely stubborn, angry and irritable all the time and had difficulty making friends. We found out that we were the ones who need therapy and in less than five sessions, we now have no complaints.”

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# WORKSHOPS



## VISION

At MindSight we are dedicated towards shaping a community with awareness and responsibility about what mental problems can befall a child, and how they can be approached and solved with professional help. We believe in starting early and working from the roots, for individuals of tomorrow deserve not only to be the best professionals they can be, but also the best people they can be.

## CONTACT US

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