

A community mental health venture

+91.9891.88.6060

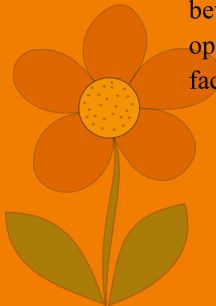
New Delhi | Faridabad | Online

Welcome

Thank you for your interest in the **Bright Side Family Counseling Center**. We are a specialist mental health organization in the community, offering new services, outreach, advocacy and solutions in mental health. We operate from two locations in Delhi-NCR, working with clients all around India as well as in several overseas locations. Please take a look at our services and feel free to ask us for customization to serve you better. We continuously endeavour to make our work relevant.

The focus on mental health is a growing concern and more people are stressed today than in the past. The effect of stress is evident in all aspects of health, wellbeing, community, family and work life. Without new skills and tools people cannot easily navigate the diversity of situations they are exposed to, with a different set of expectation in every setting.

This necessitates an approach which is flexible, adaptable and grounded in a philosophical framework, yet eclectic. We precisely respond to this need for we do not believe that mental health is a medial issue only- there are diverse aspects of it, especially the emotional, aesthetic, spiritual, social and community ones. People heal better when they interact with others on a day to-day or regular basis, talk about their grief, trauma and pain openly rather than being suppressed or silenced. We create such milieus - both within groups and families, facilitating communication and expression.



Why Family Counseling

Being a traditional society family is the heart of the matter for a majority of Indians, even if many among us increasingly live alone. When one individual suffers it is their family that provides the first level of support, before any professional intervenes. Suffering of one affects everyone in the family and therefore many can all become part of the solution for one. In a majority of cases people do not know how to support their loved one/s, or how to respond to their suffering.

Family Counseling, though not practiced routinely in India, is a well-established mode of intervention in families with distress, which can help and assist everyone as well as facilitate communication in areas of conflict; especially inter-generational conflict. Please note, we do not offer psychoeducation.

However, family counseling does not mean being *status-quoist*. We do not believe the family as an institution can remain intact if everyone is not understood and people are made weak in their homes. Every generation needs to develop recognition, respect and appreciation for the challenges of every other generation. Only then can families withstand forces which pull people in disparate directions. Towards that goal we endeavour with every family, one at a time, or as per requirement.

We offer the following services, each of which relates to mental health - counseling, art-based therapeutic services, music therapy services and music psychotherapy. A majority of our services are recovery-oriented. We routinely do advocacy about recovery in serious mental illness and you are welcome to invite us for a workshop,

symposium, talk or lecture to your institution or organization for the same. We especially design programs for school children and teachers.

Certain services are *also* offered online while *all* services are offered in-person in our centers in New Delhi and Faridabad, Haryana. A list of our diverse services follows...



Counseling and Arts' based services

Individual

Usually offered to one person at a time, even though they can be part of a family seeking counseling services

Family

Offered to two or more people within the same family or whoever the family is comfortable to include in the dialogue

Groups

Offered only in groups which are created by us with a deliberation towards a particular goal, e.g. recovery, music therapy etc

Art- colors

Art therapy

Writing

Creative writing, poetry and other forms

Music

Music therapy and music psychotherapy

Our Backstory

Bright Side Family Counseling Center is founded and currently headed by Dr. Prateeksha Sharma, M.A., Ph.D. She comprehends the field of mental health from diverse positions over a span of three decades and specializes in recovery-related work. In addition to her specialized therapy practice she is a researcher and musicologist. Her research is widely published around the globe in journals and book chapters. It can be freely read/downloaded. Her forthcoming book, in 2022, is titled *Barriers to recovery from psychosis*



A community mental health venture

+91.9891.88.6060

hello.prateeksha@gmail.com

www.prateekshasharma.com

New Delhi | Faridabad | Online