



Vadodara Psychology Club

Psychologue

February '26
Issue 12

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*We're all
living
different
lives- but
we're all
under the
same sky :)*

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Editor's Note

The journey of documenting life at the Vadodara Psychology Club (VPC) has never been easy. Capturing the movement, growth, conversations, and quiet transformations that happen within the centre has been both challenging and demanding. Yet, despite the hurdles, we stayed with it. What began as a quarterly newsletter slowly evolved into a biannual one as the VPC expanded and my commitments grew across projects. With this issue, *Psychologue* now takes another step forward to present our first annual issue, a milestone that reflects both our growth and our persistence.



Dhvani Patel, PhD
Founder, Vadodara Psychology Club

Issue 12 brings together voices, visuals, reflections, and insights that truly represent the many directions in which the VPC is spreading its roots. The VPC Times has been thoughtfully divided into seven sections, each representing the branches we are steadily growing into. Our Mind Chimes column features poetic contributions by *Irtika* and *Mitisha*, offering moments of pause and resonance through verse. We also present a powerful featured article on Rape Myths by *Mrunali Damania*, inviting readers to question deeply ingrained narratives and assumptions.

In the Founder's Column, I share a personal experience; one that is honest and deeply resonating with me, titled as "Who Is the Psychologist Answerable To?". Our Camera Chronicles showcases a beautiful capture by *Dr. Ujjwal Trivedi*, reminding us of the stories that images can tell without words. The Career Compass section offers valuable information on the *Jungian Psychoanalysis course*; an opportunity psychologists and psychology students may wish to explore. Behind the Couch introduces a dedicated therapist from our team. This issue also features artful creations by *Aangan*, and an engaging psychological analysis of a cartoon character by *Dusha Nanthakumar*, blending curiosity with creativity.

This issue is especially close to our hearts as it marks a significant transition. Our head designer and a core pillar of the *Psychologue* team, Swara Khakhkhar, bids farewell after an enriching three-year journey of shaping and nurturing this newsletter. Her presence and dedication have been integral to what *Psychologue* has become. Things may not feel quite the same after she is gone, and her creative contributions will always remain woven into these pages.

As you turn through this annual issue, we hope you sense the effort and evolution behind it. This issue is a reflection of a journey we chose not to give up on.



About VPC

Nestled in the heart of the city, yet tucked away within the quiet lanes of a residential society, Vadodara Psychology Club (VPC) offers a space that invites stillness and reflection. Thoughtfully designed to soothe the mind and calm the senses, the setting supports emotional safety and meaningful engagement allowing individuals to arrive, pause, and truly be present.

VPC is an evolving centre of mental health practice and community engagement rooted in the belief that mental well-being is both personal and collective. With a growing footprint across mental health services, training, and education, VPC continues to create meaningful spaces where psychology comes alive beyond textbooks and therapy rooms.

At the heart of VPC's work lies **DHIYOM Mental Health Consultancy Services**, through which the club offers counseling, psychological assessments, and

consultation services that are ethical, reflective, and client-centred. Complementing its clinical services, VPC actively engages with schools, institutions, and organizations through consultation projects, corporate training programs, and skill-based workshops aimed at fostering emotionally healthy environments.

In alignment with its vision of comprehensive mental health care, VPC has welcomed experts from psychiatry and occupational therapy, alongside its existing team of psychologists. This interdisciplinary approach allows the club to bring diverse clinical perspectives under one roof, ensuring comprehensive, client-centered mental health care that addresses emotional, cognitive, and functional well-being.

Further strengthening its commitment to professional education, Vadodara Psychology Club proudly introduced its first-ever Diploma in Gestalt Psychotherapy, in collaboration with GENI – Gestalt Psychotherapy Education Network of India under the guidance of Prof. Sam Manickam. This milestone initiative reflects VPC's dedication to experiential learning and rigorous training, offering participants an in-depth engagement with Gestalt Psychotherapy in theory and practice.

VPC continues to nurture a vibrant learning community through expert-led training sessions and collaborative events. *Psychologue*, its annual publication, captures reflections, conversations, and emerging developments in psychology, while also documenting new initiatives and evolving directions at Vadodara Psychology Club. With an unwavering commitment to holistic mental well-being, Vadodara Psychology Club remains deeply invested in integrating psychology into everyday life responsively and with purpose.

Founder's Column



Dhwani Patel, PhD

Who Is the Psychologist Answerable To?

To a layman's imagination, the psychologist works in a quiet room, accountable only to scientific rigor and the person seeking help. In reality, accountability is far more complex. Contemporary psychological practice develops at the intersection of care and regulatory practices. When services are commissioned, or monitored, the assumption that a psychologist answers solely to the client begins to strain.

This strain is especially visible in contexts where oversight is weak. In India, for example, psychology and psychotherapy have expanded rapidly without a single, uniformly enforced licensing or regulatory framework. While professional bodies and ethical guidelines exist, adherence is often voluntary rather than legally binding. As a result, standards of training, supervision, and ethical accountability vary widely, and pathways for grievance redressal remain unclear for many clients.

In such landscapes, accountability shifts from institutional safeguards to individual discretion. Moral responsibility rests heavily on the practitioner's personal integrity rather than on enforceable systems. This places both clients and clinicians in a vulnerable position: clients may lack protection from harm or exploitation, while psychologists work without consistent ethical support or external guidance. Weak regulation leads to ethical fragility.

At the heart of psychological practice lies a moral promise to place the client's wellbeing first. Ethical traditions across psychology emphasise beneficence, non-maleficence, fidelity, and respect for autonomy. Together, these principles provide guidelines to the psychologist as a professional entrusted with intimate access to another person's inner life. Trust is a very basic condition that makes therapeutic engagement possible.

Ethical challenges can become more complicated in professional collaborations. Referrals between colleagues are usually well-intentioned and meant to support ongoing care. However, when these arrangements are informal or loosely structured, questions about influence and accountability can arise.

In the absence of transparent criteria, referrals may be shaped by familiarity, convenience, or reciprocal professional benefit rather than explicit clinical rationale. Even when no explicit wrongdoing occurs, such ambiguity can weaken trust. Clients may assume decisions are purely care-led, while the underlying influences remain unspoken. Where boundaries are unclear, accountability becomes diffuse and difficult to locate.

Work involving children makes these tensions particularly acute. Child welfare may begin as the primary concern, and most professionals enter collaborative arrangements with sincere intentions. The nature of ethics is such that they rarely collapse in a single moment. They erode gradually. What starts as care-led judgement can slide into habit or self-interest without a clear point at which one can definitively say a line has been crossed.

This ethical slippery slope is intensified in environments with minimal oversight. When intentions shift from prioritizing the child's needs to accommodating personal or professional interests, the boundary between ethical practice and moral compromise becomes increasingly blurred. Without shared standards or external accountability, practitioners are left to rely largely on individual conscience.

These vulnerabilities are particularly pronounced for novice therapists and for those transitioning rapidly into entrepreneurial models of practice. In the pressure to establish visibility and financial stability, ethically ambiguous practices may present themselves as efficient shortcuts. What is framed as networking or collaboration can

gradually acquire a transactional character, subtly displacing the original intention of care.

The risk isn't just doing something wrong. It is normalising unethical behavior! Without reflective supervision, and/or regulatory guidance, early-career professionals may come to equate speed and scale of services with professional success. When such patterns are reinforced by financial or reputational returns, stepping away from them becomes increasingly difficult.

So, who is the psychologist answerable to? Ethically, the answer remains unchanged: first and foremost, to the client. And good ethical practice means recognizing that systems often challenge this responsibility. Integrity in psychology isn't shown by ethical codes alone; it is shown by how practitioners disclose conflicts of interest, and are clear about the limits of their role.

In an era of commissioned and market-driven mental health services, trust cannot be assumed as a by-product of professionalism. It must be actively protected. The moral credibility of a psychologist ultimately rests on one enduring question: when values collide, whose interests truly come first?

VPC Times

VPC Times brings to you events that have been carried out as part of club activities from February 1, 2025 to January 31, 2026!

I. ADVANCING MENTAL HEALTH ACROSS EDUCATIONAL ECOSYSTEMS

For the past four years, VPC has had meaningful work for projects based on student mental health awareness, parenting sessions, teacher training, aptitude testing, and Comprehensive Sexuality Education (CSE) programs.

Through interactive student workshops, we have encouraged young minds to openly discuss mental well-being, develop healthy coping strategies, manage stress, and build emotional resilience. Our initiatives aim to normalize conversations around mental health while equipping students with practical life skills essential for their personal and academic growth.

Recognizing the critical role of educators, VPC has conducted teacher training programs covering a wide range of essential topics, including self-awareness, identifying and addressing mental health concerns in school children, classroom emotional safety, and self-care practices for teachers. These sessions empower educators to foster emotionally supportive learning environments while also prioritizing their own well-being.

Our parenting sessions have been equally impactful, offering parents guidance on understanding developmental needs, and creating emotionally nurturing home environments that support children's mental health.

In addition, our career counselling and aptitude assessment programs have helped students gain clarity about their abilities, and interests, enabling them to make informed academic and career choices with confidence.

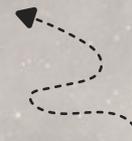
During the past year, VPC also conducted Comprehensive Sexuality Education (CSE) programs at Fountainhead School, Surat, addressing age-appropriate themes around body awareness, consent, relationships, emotional health, and safety in a sensitive and structured manner.

We further expanded our impact through 360-degree mental health services at Navrachana Vidyani School, offering an integrated model that includes ongoing professional training for school counsellors, teacher training programs, parenting sessions, and career guidance initiatives. This holistic approach ensures sustained mental health support embedded within the school ecosystem.

Additionally, for this academic year, VPC continues providing visiting consultation services at BHS School (ONGC) and Bagikhana School, offering expert guidance and targeted interventions to support the school community and its stakeholders.

The growing demand for mental health awareness and structured interventions in schools reaffirms our belief that early, comprehensive, and collaborative mental health initiatives can shape healthier, more resilient individuals. As we move forward, VPC remains deeply committed to making mental health a priority across educational spaces, working closely with schools to build emotionally informed and supportive communities.

Career Guidance Program at Navrachana International School Vadodara in July 2025



Test conduction on the school premises.



Report sharing with child and parents is the hallmark of our Career Guidance Program

Glimpses of services provided at Navrachana
Vidyani Vidyalaya for the current academic year 2025-26

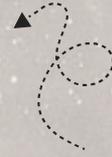


Parenting session for Teens (Grades 9 to 12) - Honored to be sharing the stage with the School Principal, Dr. Archana Mishra. The session was held on August 2, 2025.

Parenting session organized for students of Grades 1 and 2 on October 4, 2025. The session was attended by a large number of eager parents.



The teacher training program at Vidyani Vidyalaya is split into two sessions for the academic year 2025-26 - one that was conducted on September 17, 2025. The session highlighted the need to look within and understand oneself as an individual in our day to day interactions with others at the workplace.



Parenting session organized for parents of Grade 3 to 5 on October 4, 2025. The session focused on nurturing resilient and emotionally balanced children.



Career Guidance Program for Grades 10-12 at Navrachana Vidyani Vidyalaya in December 2025



Parenting session for the middle school years with focus on setting rules and boundaries on January 17, 2026.

II. OUR CORPORATE COLLABORATIONS

Building on previous year's momentum, Vadodara Psychology Club continued its corporate mental well-being initiatives with an extended series of webinars in collaboration with DP WORLD from February 2025 to May 2025. This thoughtfully designed series focused on strengthening essential psychological and interpersonal competencies required in today's dynamic workplaces. The sessions covered key themes such as *Dealing with Emotions*, *Empathy at Work*, *Thinking Critically*, and *Communicating Effectively*, offering employees practical tools to enhance both personal well-being and professional effectiveness.

Each webinar encouraged reflection and dialogue, helping participants better understand their emotional responses, foster empathetic connections, approach challenges with a critical mindset, and communicate with clarity and confidence. The consistent engagement and positive feedback from participants underscored the value of sustained mental health interventions, reinforcing the importance of integrating psychological well-being into organizational culture as an ongoing commitment rather than a one-time initiative.

III. PSYLOGUE SUMMER INTERNSHIP PROGRAM

The Psylogue Summer Internship Program by Vadodara Psychology Club offered undergraduate students an immersive month-long journey into the diverse and evolving world of psychology. Through experiential sessions, reflective discussions, and expert-led modules, interns explored psychology not just as a discipline, but as a lived, felt practice.

From art and expressive arts therapy sessions that deepened somatic awareness and emotional expression, to insightful explorations of dreams, psychological testing, child behavior, and decolonizing therapy, the program emphasized learning through doing, questioning, and reflecting. Group mentoring conversations further encouraged interns to think critically about ethics, empathy, supervision, and purpose within the mental health field.



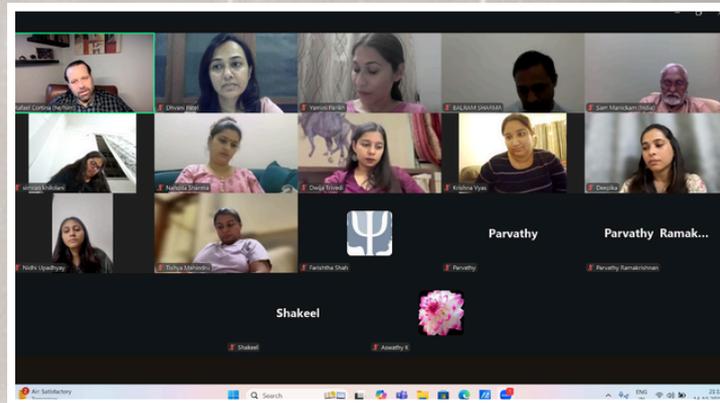


IV. PROFESSIONAL TRAININGS AT VPC

Vadodara Psychology Club in collaboration with GENI (Gestalt Psychotherapy Education Network India) under the guidance of Prof. Sam Manickam, organized the first Diploma in Gestalt Psychotherapy which is a hybrid mode - one year course (GPC 2025) that culminates into a research project submission by March 2026. As part of the course, participants met for a 2-day in person session in Vadodara on 21-22 Dec 2025.



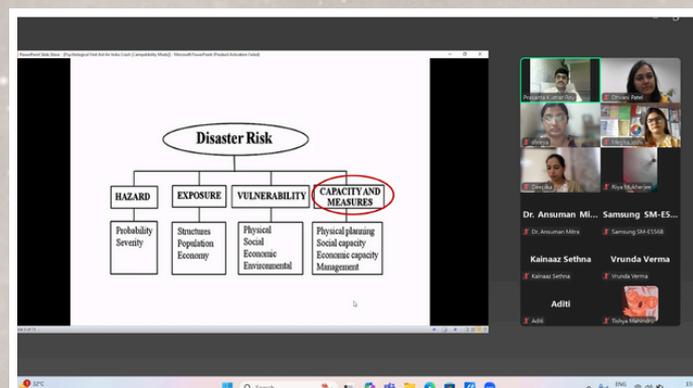
The Vadodara Psychology Club organized a two-hour session with Rafael Cortina, President of the International Association for the Advancement of Gestalt Therapy (IAAGT), on December 8, 2025, under the guidance of Prof. Sam Manickam. The session was conducted as part of the one-year diploma program in Gestalt Psychotherapy and was attended by 15 Gestalt Psychotherapy trainees from India. The title of the session was “Embarking on Wholeness: The Essence of Therapeutic Relationships through a Compassionate/Relational Gestalt Approach.”



Psychological First Aid Workshop

Vadodara Psychology Club hosted an insightful online workshop on Psychological First Aid (PFA), grounded in the World Health Organization’s framework of humane and supportive care for individuals in distress. The session was conducted online via Zoom Platform on 12 July, 2025. It was led by Dr. Prasanta Kumar Roy, a distinguished expert in Disaster Mental Health, who shared valuable insights on understanding vulnerability, building psychological capacity, and implementing effective support measures during crises.

The workshop attracted over 100 registrations, with 30 engaged participants actively joining the discussion. Through practical perspectives and compassionate dialogue, the session emphasized how timely psychological support can be life-saving in disaster and crisis situations. This workshop marks the beginning of a larger journey toward strengthening community-based mental health responses. Vadodara Psychology Club looks forward to welcoming more changemakers committed to fostering resilience, compassion, and preparedness in times of need.



V. EVENTS ORGANIZED AT THE CLUB

The Vadodara Psychology Club organized a professional development training session with Ms. Falguni Harpale, offering experts on the board - RCI-registered professionals with an enriching Sunday dedicated to learning and skill enhancement. The session reinforced VPC's commitment to continuous learning and excellence through engagement with experienced professionals.



On 27 August, 2025 Vadodara Psychology Club hosted an insightful interaction with Vishnu Agnihotri, Co-founder of Genwise, focused on understanding gifted children and nurturing their potential. The session brought together parents, educators, and mental health professionals for meaningful discussions on giftedness, its common misconceptions, gaps in school support, and the importance of addressing both intellectual and socio-emotional needs. The high engagement extended the session beyond its scheduled time, highlighting the growing need for awareness and dialogue around gifted education.



The Vadodara Psychology Club organized a Vision Board workshop under the mentorship of Ms. Khevna Shah on December 31, 2025. The workshop was attended by six parent - child dyads. It was an inspiring and enriching experience to conduct a vision board workshop right before the start of the new year.



VI. FOUNDER ENGAGEMENTS

On September 23 2025, Dr. Dhvani facilitated an Emotional Awareness session with a group of women who meet regularly in an informal, agenda-led space. Stepping outside traditional academic and professional settings, she encountered a safe and open environment where experiences were shared without judgment. The dialogue around emotions was honest and deeply reflective. This founder engagement outside of a professional realm reaffirmed the value of creating spaces that encourage emotional connection and collective growth.

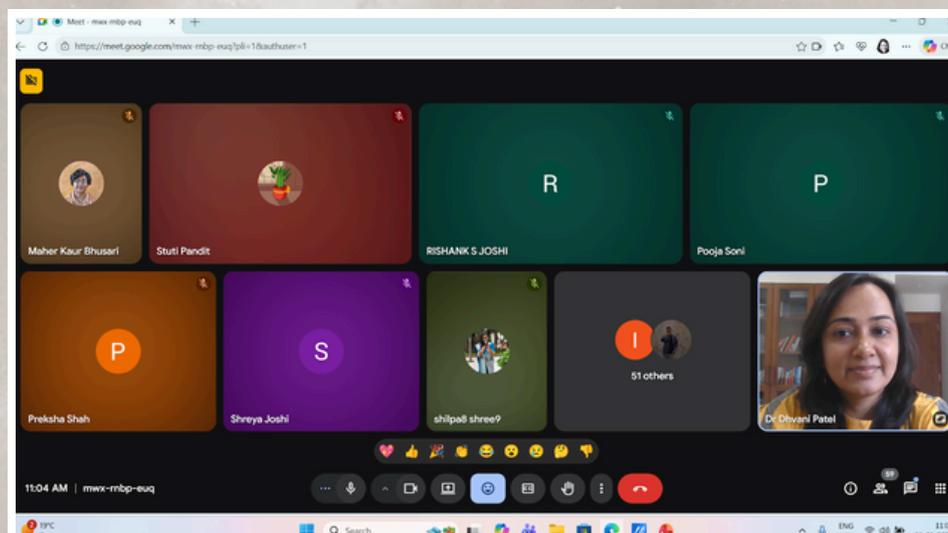
On 6 October 2025, Dr. Dhvani was invited as a guest speaker at Synapsoirée Conclave 2025, a Psychology Conclave hosted by the Department of Psychology, Parul University. She delivered a session titled “Understanding Self in Relationships” to students from the Psychology Department and other disciplines. The session explored inner voices, conversational patterns, and relationship blueprints, offering students psychologically grounded insights into relationships and self-awareness.



On 21 January 2026, Dr. Dhvani facilitated a Vision Board Workshop at a women's gathering, creating a reflective space to pause, acknowledge the experiences of 2025, and move forward with intention into 2026. The session supported participants in identifying personal aspirations and setting a clear, mindful direction for the future. This third founder engagement highlighted the power of guided reflection and was met with warm and thoughtful feedback from those involved.



Dr. Dhvani Patel was invited to deliver a webinar on emotional wellness at the L.J. Institute of Media and Communications, Ahmedabad, on Tuesday, 6 January 2026. The event was organized in collaboration with Dr. Divya Soni and was attended by students and staff from various departments of the institute. The hour-and-a-half session concluded with active engagement and thoughtful questions, particularly around emotional regulation and recognizing early warning signs of emotional distress.



On 25 January 2026, Dr. Dhvani Patel attended Melange 2025, the 6th Annual Function of the Foundational Stage at Amicus International School, Vadodara, as Chief Guest. The event featured heartfelt performances by Grade 1 and 2 students under the theme “Masti Ki Pathshala.” It was deeply moving to see the children’s confidence and creativity, and most importantly, the dedication of the educators whose thoughtful guidance brought the production together.



VII. OUTSTATION COMMITMENTS

Dr. Dhvani was invited as an expert for conducting sessions on Comprehensive Sexuality Education (CSE) by Fountainhead School, Surat for Grades 10 and 11 on November 7, 2025. The sessions were planned as activity oriented to fulfil the objective of opening up and talking about sexuality in day-to-day conversations. Considering the sensitive nature of the subject and the hesitation students often experience in opening up, the sessions planned to explore concepts on CSE via engaging students in reflective exercises and team games.

Mind Chimes



A Letter Left in the Quiet

I saw you today with the pen in your hand,
The weight in your chest too heavy to stand.
Still, you showed up, still you chose to write,
While your past kept screaming and stealing your night.

I saw how you paused when the ink wouldn't flow,
Not from a lack of words—just too much to know.
You wondered where stories like yours should begin—
With goodbye, with a scream, or the silence within?

You're tracing through time like a child in the dark,
Each memory lit by a shivering spark.
And you're asking if pain that you never named
Can still make your body feel broken and blamed.

Yes, it can.
And it did.
And it still has its grip.
But love, look how firm you are holding the slip—
The thread of your truth that you're daring to chase
Even when shame tries to cover its face.

I'm you.
But softer.
More quiet in soul.
The pieces you're gathering?
They made me whole.
The questions you're asking, the tears that you hide—
They watered the ground where I now stand with pride.

You weren't exaggerating.
You weren't "too much."
You were breaking and bending and craving a touch—
That never quite came when you needed it most,
So you learned how to live like a half-faded ghost.

But still—
You stitched joy into poems and light into air,
You held your own hand when no one would care.
You walked with your fears as they tightened the rope,
Yet somehow you carved out a sliver of hope.

And now here I am.
Breathing softer and slow.
The war isn't gone, but at least now I know—
That the girl who kept going when no one could see,
Was the reason there's finally a future for me.

So thank you.
For crying in silence and rage,
For dancing with grief on a half-written page.
For not numbing out when it all came too close,
For daring to name what once hurt you the most.

And when flashbacks return with their merciless grip,
When the chest tightens hard and the words start to slip—
Just whisper this truth as you shiver and sway:
"I am not back there. Not anymore. Not today."

So write.
Not for answers, not tidy goodbyes,
But for space in your ribs and some light in your eyes.
You're doing it right. Even when it feels wrong.
You're building a place where your soul can belong.

And me?
I'm the proof that you make it somehow.
But I never could've—
Without who you are now.

~ By Irtika Jahan
Jodhpur
Insta Id: @irtika_jahan

Mind Chimes

Fading facades of Age

The whispers from my past
Brought me back to the pavement
The stories dimmed too fast
Only my memory holds its sentiment
Once happy, playful faces
Are under the covers of stress
Some fake smile graces
Only to win a baseless race
We played hide and seek
In our childhood days
Our hearts play now, but more weak
than our young innocent hearts did
Just my album reminds me of those days

P.S. : It is a poem which highlights the memories of childhood in bits and pieces kept safe in her heart. After ages, when the protagonist opens her album and touched those old pictures where she was laughing heartily with her friends, she realized how innocent were those days and how every life has changed over time.

*~ By Mitisha Mukherji
Kolkata*

Insta Id: @Meraki_phantasiaMitisha



In Spotlight: Featured Article

By Dr. Mrunali Damania
Research Associate, University of Hamburg
PhD, IIT Roorkee

"Myths are not just stories we tell; they are the silent scripts that shape our behaviour."

Rape myths are faulty beliefs that blame victims, exonerate perpetrators, or minimize the severity of sexual assault. They are among the most dangerous silent scripts in our society. For decades, researchers have tried to measure these myths to better understand how they persist, and how they can be challenged. Yet, because myths are embedded in culture, no single tool can capture them across societies. This is why, as part of my Ph.D. at IIT Roorkee, I developed the Rape Myth Acceptance Scale – Indian Adaptation (RMAI-I), a scientifically validated tool designed specifically for the Indian context.

Our work revealed four key dimensions:

- *She Lied* – the belief that women often fabricate rape accusations.
- *She Should Keep Quiet* – a uniquely Indian cultural dimension, suggesting that silence and suppression are the “right” responses to sexual violence.
- *She Asked for It* – the idea that women provoke assault through their clothing, behavior, or presence.
- *It Wasn't Really Rape* – minimizing or redefining sexual violence as something less serious.

The scale, tested on 875 participants across India, proved to be reliable across genders. While these findings are important in themselves, their true power lies in what they open up for future research, particularly in cities like Vadodara, where psychology students, educators, and practitioners are at the frontlines of social change.

For Masters and PhD Researchers

Researchers can investigate how RMA scores are predicted by various personality and cognitive variables or test interventions, for example, how exposure to survivor narratives, or empathy training affects RMA scores over time. The tool could also be translated to other languages.

For Psychologists in Schools

Schools are not just educational spaces; they are cultural laboratories where beliefs are formed. Counselors and teachers could use insights from the RMAS-I to design preventive workshops for adolescents. One could explore whether RMA levels among teenagers predict bystander behaviour.

For Psychologists in Hospitals and other Organizations

Hospital-based psychologists often work directly with survivors of sexual violence. Understanding the rape myths survivors themselves may have internalized (“Maybe I should keep quiet”) can guide more sensitive, trauma-informed therapy. At the same time, researchers can design training sessions for professionals (such as police personnel, lawyers and judges, hospital staff, media persons) who may come in direct contact with rape victims. This could ensure that survivors do not have to face secondary victimization. This can make justice more accessible.

The Road Ahead

The development of RMAS-I marks a beginning, not an end. It offers Indian psychologists a mirror to examine the rape myths that silently condone violence. Each classroom discussion, each counselling session, and each research study that uses this tool chips away at the silence surrounding rape myths.

And perhaps, as we confront these myths head-on, we return to the opening idea: if myths are silent scripts, then research, education, and practice give us the power to rewrite them.

References:

Damania, M., & Singh, R. M. (2025). Development and validation of Indian rape myth acceptance scale. *Psychology, Crime & Law*. Advance online publication. <https://doi.org/10.1080/1068316X.2025.2529434>

Damania, M., & Singh, R. M. (2022). An exploratory qualitative analysis of rape myths in India. *Analyses of Social Issues and Public Policy*, 22(3), 989–1016. <https://doi.org/10.1111/asap.12323>

Art It Out



Frida Kahlo believed that 'The most powerful art is to make pain a healing talisman,' and when I look at this canvas, I feel that in my core. At the center is my heart, not just a simple symbol, but the real, anatomical core of me—the source of my deepest feelings, both the painful and the powerful. Yes, science says it's the brain that's responsible, and maybe that's true, but I feel like the poets had something right, too. For ages, people saw the heart as the very seat of our soul, our intelligence, and our emotions. This painting is about that connection - that maybe the key is learning how to cultivate those emotions, like tending to an inner garden. From this raw, honest place, a whole bouquet of flowers grows. My hands are there, gently tending to it all, holding my own truth and helping to transform it into these blossoms. helping to transform it into these blossoms. This piece didn't happen in a flash of inspiration; it was a slow, meditative process that took immense effort, an act of art that needed time to mature and now holds every moment of that journey. For me, this is a picture of my own journey: realizing that I don't have to run from the messy, vulnerable parts of myself. Instead, I can tend to them with care, and that's the very soil where the most beautiful parts of me can grow. It's my own little map of turning vulnerability into strength, and life into art.

~ By Aangan Parikh
MA Second Year
MSU, Baroda

Character Review

A Childhood Amusement: Patrick Star

~ By *Dusha Nanthakumar*
PhD Candidate
University of Malaya, Malaysia.



I humbly believe that everyone is a child at heart. That 'child' sneaks out when one feels home or at least surrounded by people or things that provide adequate emotional security. I have always loved cartoons and still love them. SpongeBob SquarePants has always been my never-miss-cartoon and one of its characters, Patrick Star, has surely established himself as a legendary personality in the series. Though frequently eclipsed by SpongeBob's crazy pranks or Squidward's serious attitude, Patrick is notable for his distinct charm, unwavering friendship spirit and candid humour. Patrick may appear to be a dim-witted, indolent starfish who lives under a rock at first, but beyond his goofy facade is a person of kindness, loyalty, and unexpected depth.

1. The Epitome of Kinship

Patrick is a devoted and helpful buddy. He may not often be able to relate to SpongeBob's zeal or complex schemes, but he is always emotionally available to provide his own viewpoint. Most may relate to this friendship as it demonstrates genuine bonding that is founded on love, trust, and a readiness to stick by one another through good times and bad rather than intelligence or success. Providing a reassuring presence even when he doesn't know everything is one of Patrick's distinctive traits. In an episode where SpongeBob confronts his anxieties of losing his

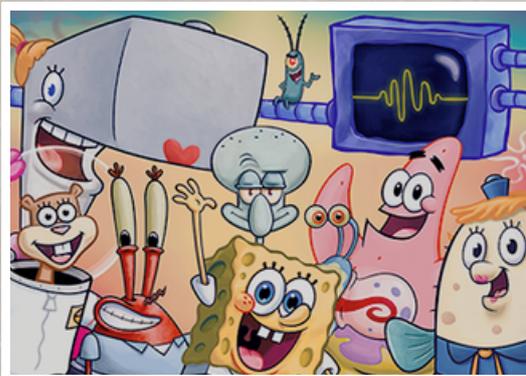
career, he finds comfort in Patrick's straightforward but sincere counsel. Even while he may not offer the finest conventional advice, his sincere and straightforward demeanour makes him an excellent pal.

2. An Unexpectedly Wise Philosopher

Even though Patrick is regularly shown as a "less intelligent" character, he occasionally offers unexpected pearls of insight. He has unanticipated epiphanies as a result of his unrestrained thinking. In the episode "The Secret Box," for instance, Patrick tries to hide a strange box from SpongeBob the entire time, just to disclose that it was empty. This instance illustrates how ridiculous concealment is and how our doubts and anxieties are frequently self-inflicted. In other episodes, Patrick reflects philosophically, displaying his profound sense of self-acceptance or his capacity to find joy in the little things. He might not be the voice of reason, however, there are moments when his straightforward outlook on life teaches valuable lessons about the value of contentment, inquiry, and avoiding overthinking situations.

3. A Symbol of Unconventional Humour

Patrick's naivete and propensity to have a hilariously unrealistic perspective on the world are the foundations of his humour. Patrick's humour is contagious, whether he is misinterpreting fundamental ideas, making a puerile verbal expression, or participating in crazy activities. His inadvertent wit produces some of the series' hilarious moments, despite the fact that he may not always be the sharpest tool in the



shed. Patrick's well-known comment, "Is mayonnaise an instrument?" from the "Band Geeks" episode is an illustration of his bizarre comedy. His innocuous but foolish query has endured as a meme in popular culture. This comment sums up Patrick's simple and charming attitude perfectly: he doesn't need to be intelligent to be funny—he just has to be himself.

4. Endearing Simplicity

Patrick is a shining example of honesty and purity. He enjoys life carefree since he doesn't idolize wealth or prestige. He is the perfect counterpoint to the more complex

people around him, particularly SpongeBob, because he isn't burdened by the complexity of adult life. Some may view Patrick's modest lifestyle as sluggish or unambitious, but it actually conveys a deeper message about satisfaction and living in the present. He shows that material success isn't always the source of happiness, but rather from embracing oneself and appreciating life as it is. His easy-going demeanour can be refreshing in a society that frequently prioritizes work above leisure.

5. The Anti-Hero in a World of Overachievers

In a world where SpongeBob and other ambitious characters are constantly aiming for achievement and perfection, Patrick stands in contrast as a person who is content to be himself and not try to accomplish anything beyond leading a laid-back, carefree life. It is possible to interpret this as a subtle indictment of contemporary society's fixation with achievement and success, even though it may appear to be a lack of ambition. Patrick defies social norms, which is exactly why he's such a novel and new



character. He enjoys the little things in life, lives in the moment, and is unconcerned with the strain that frequently accompanies high expectations. By doing this, Patrick serves as a reminder that success isn't the only goal in the world of overachievers.

Conclusion

Patrick Star is one of my lovable characters. His greatness stems from his steadfast loyalty, unique humour, simplicity and unexpected knowledge. Patrick is the anchor who reminds me to enjoy the moment, not take life so seriously, and importantly, to value genuine bonding. Patrick is remarkable because of his uncomplicated outlook on life, which is refreshing in a complex world.

Camera Chronicles

"Peace is not found. It is felt."



~ By Dr. Ujval Trivedi

Career Compass

Foundation course in Jungian Analytical Psychotherapy (FJAP)

Objectives:

At the end of this course the mental health professional would be equipped to add Jungian angle and techniques to their therapy work and will have a sound foundation to proceed towards becoming a Jungian analyst as a router of the International Association of Analytical Psychology from the Ahmedabad Jung Centre.

Eligibility:

- Anyone working in the field of mental health and interested in Depth Psychology (Jungian work)
- Any mental health professional trying to decide whether becoming a Jungian Analyst is their calling and wanting a taste of it, this year can serve as a pre-runner or any mental health professional who has decided that they want to become a Jungian Analyst and are in personal analysis with a Jungian analyst, an aspiring Router or a Router can take up this course for a strong foundation and better results in Intermediate and Final exams by IAAP.

Potential Teachers and Trainers:

IAAP certified Jungian analysts including but not limited to Dr. Ashok Bedi, Dr. Boris Matthews, Mary Dougherty, Dariane Pictet, Lisbet Myers Zacho, John Hayes, Dr. Robert Jakala, Dr. Minakshi Parikh, Dr. Nimrat Singh, Meenakshi Gupta and others.

Program Syllabus:

1. Foundations of Jungian Psychology – Life and work of Carl Jung; differences from Freud and other schools; structure of the psyche (Ego, Persona, Shadow, Self)
2. Archetypes and the Collective Unconscious – Major archetypes (Mother, Hero, Trickster, Wise Old Man/Woman, Child) and cultural and mythological amplifications
3. Complexes – Concept of complex and various complexes
4. From Primary Experience to Concept
5. Typology – Personality Structure
6. Psychopathology – Aligning DSM and Jung in clinical relevance to anxiety, depression, trauma, and psychosis

7. Transference and Countertransference - Distinctive Jungian understanding, clinical challenges, and enactments
8. Dream Analysis: Technique and Symbolism - Principles, Techniques and Symbolism in Jungian dream interpretation; Symbol amplification, compensation, prospective function; Working with recurrent dreams, nightmares, collective dreams; Clinical application with examples.
9. Active Imagination and Creative Techniques - Drawing, painting, movement, and sand play with therapeutic applications
10. Jungian Feminine and Masculine - Anima, Animus, and gender identity in clinical work
11. Individuation Process - Developmental stages; working with Shadow and Anima/Animus; role of synchronicity, spirituality, and symbolism
12. Integration and Contemporary Relevance - Various schools of depth psychology
13. Marion Woodman and Other Post-Jungian Perspectives - Trauma and body dreaming
14. Cross-Cultural Perspectives - Indian mythology and Jung
15. Clinical Journey of a Jungian Analyst - Case presentation

To Note: Sequence of teachings can change and run parallelly or modules may be modified to enhance the value of foundation course.

Program Duration and Structure for the current year:

- Term start date for the first batch: January 2026 (the second batch may start in January 2027)
- Mandatory Attendance Required: 70hrs out of 90 hrs is the minimum to proceed for evaluation.
- Evaluation: At the end of the year (November - December)
- Exam Structure: Essay and oral (viva) exam
- One has to pass in both separately for certification.
- Retake of Exam: after 6 months (Rs 5000/- INR)
- Certificate: will be awarded after passing the evaluation

Program Fees:

- For Indian candidates : Rs: 75,000/- or Rs: 20000/- if paid every quarter (December'25, March'26, June'26, September'26).
- For Foreign candidates : 1100 US dollars or 300 US dollars if paid every quarter (December'25, March'26, June'26, September'26).
- Once paid, fees are non - refundable.
- Scholarship can be considered for deserving candidates

Contact for Further Queries: Dr. Nimrat Singh
+91 9825020718 | Nimrat@tangramhr.com

Behind The Couch



Ms. Darshna Rawat is a licensed Clinical Psychologist (Associate) with over seven years of experience in clinical and counselling settings. She holds an M.A. in Counselling Psychology and a Professional Diploma in Clinical Psychology, and is registered with the Rehabilitation Council of India (RCI). Her areas of specialisation include anxiety disorders, mood disorders, personality disorders, and difficulties related to relationships and attachment. She has also received training in ISTDP- Intensive Short-Term Psychodynamic Psychotherapy, which informs her integrative clinical approach.

To gain further insight into Darshna’s approach and expertise, we conducted a brief Q & A. Here's what she had to say:

What therapeutic approach do you use and what’s the rationale behind using it?

“I work primarily within the framework of Intensive Short-Term Dynamic Psychotherapy (ISTDP), a deeply focused, emotion-oriented approach that aims to help clients access and resolve unconscious emotional conflicts that drive symptoms, behaviours, and relational patterns. ISTDP facilitates rapid change by helping clients face internal emotional barriers—such as anxiety, guilt, or defense mechanisms—that often develop in early attachment relationships. By identifying and working through these barriers in real time, therapy becomes an active process of emotional restructuring.”

I use this approach because it goes beyond symptom relief. It supports lasting transformation by addressing the root causes of distress, not just the surface-level symptoms. It's a challenging, but ultimately liberating process, and one I feel privileged to guide my clients through.”

What is one myth about therapy you wish more people understood?

“That insight alone leads to change. Understanding why we feel a certain way is important but unless we feel the emotions associated with our experience and allow them to move through us, the problematic patterns often remain. The real change happens when we allow ourselves to access and work through the emotional roots and not just the cognitive surface.”

How did you end up in this profession and what was the motivation?

“I ended up in psychology almost by fluke. I hadn’t planned it, but something about the subject pulled me in. I’ve always been fascinated by emotions, especially the ones we don’t say out loud. As I started learning and eventually practicing ISTDP, something clicked. I began to truly understand how powerful are our emotions, how much healing can happen when someone feels safe enough to connect with what’s really going on inside. Watching people come back to themselves in that process has been one of the most meaningful parts of my life and work.”

Outside of your professional life, what activities do you enjoy?

“Outside of work, I really enjoy slow mornings with a warm cup of coffee in hand, just watching the light change or noticing the little things in nature around me. It’s become a grounding ritual that helps me start the day feeling present. I also love cooking; there’s something comforting about being in the kitchen, trying out new recipes or just making something simple and familiar. It’s one of the ways I unwind and take care of myself.”

Could you share a memorable success story from your work with a client?

- *“Client A came into therapy overwhelmed by constant anxiety and an inner voice that told them that they were never “good enough.” Through ISTDP, we uncovered early relational patterns where emotional expression was met with criticism and made to feel less of themselves. Over time, they learned to access and process previously buried anger and grief. This emotional breakthrough helped significantly reduce their anxiety and allowed them to develop a more compassionate relationship with themselves.”*
- *“Client X came to therapy feeling overwhelmed by sadness and a deep fear about the future. As we explored their emotional experience, we uncovered unresolved guilt and regret tied to past choices and relationships. Over time, they were able to access and process those feelings, allowing space for grief and self-forgiveness. This shift helped reduce their sadness and opened up the possibility of imagining a future grounded in self-compassion and personal meaning.”*

Tell us a fun fact about yourself!

“I’m as organized and perfectionistic as an adult with OCPD and just as clumsy as a toddler learning to walk. It’s a mix of structure and chaos that somehow works (most of the time)!”

Behind The Scenes



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