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EUDAIMONIA

BY ASCEND PSYCARE

EXPRESSIVE ARTS AND COVID19

"Art is a kind of innate drive that seizes a human being and makes him its instrument. The artist is not a person endowed with free will who seeks his own ends, but one who allows art to realize its purpose through him. As a human being he may have moods and a will and personal aims, but as an artist he is "man" in a higher sense— he is "collective man"— one who carries and shapes the unconscious, psychic forms of mankind."

— Carl Gustav Jung.



**ARTICLES/POEM/
ARTWORK AND
MANY MORE**

TEAM

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ABOUT

ASCEND PSYCARE

Dr. Nimisha kumar
Founder & CEO

Ascend PsyCare (APC) was conceptualized as a Behavioural Health Science and Psych Innovation Enterprise which was registered as an MSME in March 2020. In just over a year, we have created our little 'niche' in the field with various activities. One of our main endeavors has been to create mental health awareness and literacy so that the 'lay' person can make informed choices with regards to their mind's health and well-being. APC is committed to providing world-class professional and ethical counseling and psychotherapy (CBT) facilities firmly grounded in the Indian context. One of our main USPs is the active involvement of young people in our organizational functioning. The idea is to create a sense of ownership, responsibility, innovative thinking and empathic understanding in the mental health professionals of the future. I am extremely proud to be a Mental health professional, who is grounded in the three pillars of the discipline – practice, training and research. It is my intention to pass on the baton of the field into talented young hands who have the right skills to think creatively and practice mindfully in this field. The APC vision is to be a like a lighthouse for vast and vibrant but turbulent sea of the human mind.

Eudaimonia is our very own e-magazine which is managed and brought to life by a team of talented young Psychology students. Our previous three editions have been highly appreciated and have focused on themes of Happiness, Gratitude, love and bonding respectively. This fourth edition promises to be an "intellectual and artistic treat" with a focus on 'Expressive Arts and Covid-19'. Enjoy the pages...and do share your thoughts with us!

EXPRESSIVE ARTS FOR THE NOT-SO-ARTISTIC

By Tanishka Israni (APC INTERN)

For the uninitiated, expressive arts might sound something close to engaging in art, only to create a tasteful masterpiece. Consistent with this logic comes a question: "But I am not that artistic, what good will this do for me?" Being a novice in this beautiful world of expressive arts, I too wondered pretty much the same. Much to my surprise, you don't need to be conventionally creative or artistic to make use of or benefit from expressive arts. Another thing to think about is "what is conventionally creative?" but that is a discussion for another day! What I am trying to say is that the focus of expressive arts is not on what lies on the other end once we have finished making the art but its essence lies in the process of it. However, we must bear in mind that engaging in these art forms can surely be therapeutic, but it cannot solely be a substitute for therapy.

Professor Girija Kaimal of Dexter university believes that imagination in art is an act of survival itself. While we paint, we make a series of decision as to how big the painting will be, the colours that will be used, type of brushes, the kind of canvas that will be used etc. Similarly, our brain is also trying to imagine what lies in the future for us and then goes on to try it's best to survive those events.

Even though I do not view myself as an artistic or creative person, interestingly, a lot of things that I ended up engaging in during the pandemic come under the vibrant umbrella of expressive arts. Expressive art is not restricted to sketching beautifully or dancing gracefully but its branches stretch far beyond to the lush fields of sculpting clay, drama, writing, knitting, collaging and even decorating that cake you just baked. Allow me to let you in on a fun little fact- even digital art and creating content on social media can be considered as an outlet to express oneself.

On that note, I am reminded of a post going around on Instagram which says "As you binge watch your thirteenth entire series or read a book or sleep to music, remember. Remember that in the darkest days when everything stopped, you turned to artists" or in a lot of cases art itself.



goldhornsandblackwool Follow

pretty awful how baseline human activities like singing, dancing and making art got turned into skills instead of being seen as behaviors

so now it's like 'the point of doing them is to get good at them' and not 'this is a thing humans do, the way birds sing and bees make hives'.



sonateharder Follow

I know I've posted this before, but it bears repeating.

This is a thing humans do; you don't have to be good at it to enjoy it.

336,150 notes



References:

<https://www.npr.org/sections/health-shots/2020/01/11/795010044/feeling-artsy-heres-how-making-art-helps-your-brain>

<https://www.goodtherapy.org/learn-about-therapy/types/expressive-arts-therapy>

HEALING WITH ART


By Samiksha Khare (APC INTERN)

Art therapy is an approach of expressive therapy in which a person's physical, mental, and emotional well-being is improved via the physical expression of creating art. Art helps you grow as a human being, and it keeps you rooted and in touch with your inner self in this big wide world. Art is therapeutic because it challenges you to make a mental and physical connection. Unlike exercise and meditation, which both work the body and clear the mind, art-making improves both the mind and the body. You use mental processes in a physically engaging activity every time you sit down to write a song or paint a picture.

When you're working on a piece of art, it seems difficult to be absorbed by negative emotions and fears. Instead, you feel a sense of connection with yourself that is grounded, present, and fulfilling. You may even learn to ask questions about your artwork, participate in a conversation with it, and discover facts about yourself by engaging with and interacting with it. It may appear silly at first, but connecting with oneself in this way may lead to insightful discoveries about oneself.

In some cases, healing is not limited to medications, doctors, or hospitals. It is also an interior process that requires determination, fortitude, and optimism. Art is considered to be a link to healing and also decreases stress levels. Regardless of past art expertise, three-quarters of participants in a research published in the Journal of Art Therapy had decreased levels of the stress hormone cortisol throughout their 45-minute art-making session. When a person is in physical discomfort or coping with a terminal disease, painting provides relaxation, diversion, and calm to his body, mind, and spirit.

Colours, brush strokes, hand paint, wild random strokes, paint splashes, or quiet calm sceneries can all contribute to the healing process.



Art has no boundaries; it just allows you to be whoever you are and whoever you want to be.

EXPRESSIVE ARTS FOR TEENS

By Sabiha Banu PR (APC INTERN)

As a teen we all go through a phase of a self-discovery phase where we are in a constant emotional roller-coaster. We find it hard to understand our strengths and weaknesses as it's a transition phase emotionally, socially, mentally and of course physically. This self-identity phase creates confusion within self and our relationships with others. Teens usually find it difficult to express what's actually going on in their mind as they're often misunderstood by adults. It's the age of pure rage and constant rush of thoughts and ideas to have a self-affirmation. Therapy can be a really helpful way to deal with one's emotions at this age and gain an idea about one's self concept, but as teens don't usually act clear and expressive towards their thoughts it might get difficult. Teens are usually advised into therapy by their parents or friends which is why teens might get reluctant to talk or be straight forward with their therapist. In this sense, adapting to an expressive art -therapy could be a right approach.

Expressive art therapy is an approach where we incorporate elements of dancing, music, painting, writing, etc. as a form of therapy. Expressive art therapists help you exploring your way of art and then analyzes your responses based on your work

You don't need to have artistic skills to benefit from art therapy

When teens are exposed to this way of therapy, their reluctancy towards their emotions can be avoided in a subtle way making them comfortable with the therapist to ease the process. The biological need of independence is also maintained especially for teens seeking freedom through adult assistance. If the teen and the therapist have a new accomplished relationship then expressive art therapy gives a safe distant to the teen with respected boundaries as teens has the autonomy to choose the amount of effort they want to put in a session. Teens have a newly built capacity for abstract thinking which can work highly for their problem -solving skills, critical thinking capacity, coping skills, etc. Expressive arts being a space for complete creativity, teens tend to develop skills while simultaneously expressing their emotions and feelings.

EXPRESSIVE ARTS FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

By Simran Gupta (APC INTERN)

Expressive Arts Therapy is a therapeutic approach that combines the visual arts, movement, theatre, music, writing, and other creative processes to promote deep personal growth and community development. The appropriate combination can boost overall well-being, self-awareness and self-esteem.

Children with autism can benefit from expressive arts therapy because it allows them to communicate their feelings and perceptions of the world. People with autism are sometimes unable to communicate at all. In other circumstances, persons with autism struggle to understand language and convert it into simple conversation. They also have trouble reading facial expressions and body language. One of the hallmarks of autism is problems with verbal, social, and communication abilities, thus, creative art treatments are a perfect fit for autism.

Art Therapy

Increased tolerance for unpleasant stimuli while diverting self-stimulating behaviour into creative activity is one of the most basic goals of art therapy. Art can enable children with autism to tolerate objects with texture or scents that they might otherwise shun. The idea is for children to become conditioned to identical sensations to the point where they'd be tolerated in everyday life. Art therapy also aids children in understanding the perspectives of others.

Music Therapy

Music therapy is the use of music interventions in a developmentally appropriate manner to influence behaviour and improve skill development. Music is a helpful technique for working with children with autism since they usually respond positively to it and exhibit heightened interest. Music can be altered to match the demands of each individual due to its adaptability. The structured and sensory nature of music can help establish role expectations and positive interactions. Because hearing and responding to another person necessitates turn-taking and joint play, music aids in the development of communication. In autistic children, music therapy increases calm, learning, self-expression, and motivation.

Dance Therapy

Dance Therapy is a therapeutic evaluation and intervention practise that incorporates elements of dance and movement. It aims to redirect movement and expression into the formation of bonds. Therapists determine how an autistic child receives information and communicates with his or her body by observing their movement. Dance therapists can meet the autistic child in their language by using the child's motions as cues. This initially physical contact can lead to verbal expression. Dance therapists can help children use their repetitive and restricting behaviours to communicate creatively.

COVID-19 AND MENTAL HEALTH STIGMA

By Saloni Lad (BA Psychology Hons.,
Vishwakarma University)

Mental health in today's busy life and especially during COVID-19 outbreak is very important. We have to optimally care for ourselves by keeping our mind and body fit. Mind and body are interrelated, when you are mentally at peace, not stressed, your body reflects positive energy and vigor.

Millions of people are infected by COVID-19 today, while many individuals lost their lives to the infectious disease, also devastating livelihoods and communities around the world. It's not just taking a physical toll, but devastating the mental health of many. People naturally feel worried, anxious, lonely, depressed or down from time to time. But what is the difference then? A mental distress is a health condition that gets in a way of thinking, feeling, how we relate to others and our day-to-day function. In simple words, it gets worse when people worry over everything. Psychological distress affects young and old, male and female and individuals of every race, ethnic background, and education and income level. The good news is you can seek help and it can be treated.

Psychological distress can become a serious mental health condition that negatively affects how you feel, think, and act. It's more like constant mood swings, excessive happiness or sadness. It's being so hungry that you literally eat anything, or other way round, not wanting to eat for days, wanting to sleep to sleepless nights. Commonly known to us, mental illness is not a feeling or a phase, which can be cured by just taking naps or medicines. It's important to take their feelings into consideration and talk about it. And it's like sometimes we don't want people to solve our problems, we just need someone to listen to our problems carefully and say "I am always there for you"! These six words can make a difference in someone's life.

Mental illness is not a choice, so please be kind and polite to others when they have to say something. We don't wear signs that illustrate our personal struggles. There are days when we feel like giving up, we feel hopeless and restless. These are the times, one should not give up, because we all grow differently, we all grow by going through our personal struggles, which is absolutely OKAY! Take care of yourself, reach out and talk to someone, because your mental health is important and most of all-

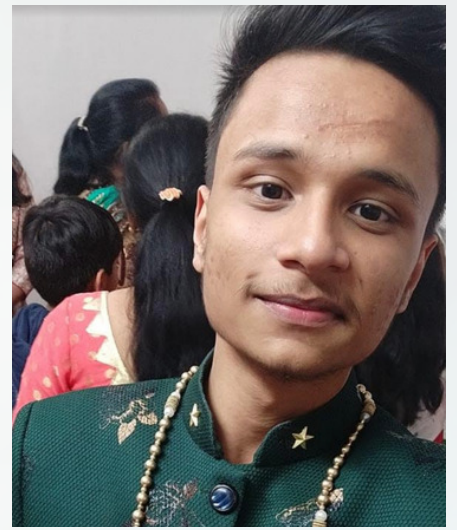
#YOUMATTER

वीर

वीर केवल सरहल्लों पर ही नहीं
चारदीवारी में भी लड़ा करते हैं
अपने मन-कम और वचन में
सद्भावना और प्रेम की भावना रखा करते हैं
न जाने कितने ही सपनों में वे
काल से भी भिड़ा करते हैं
वीर केवल सरहल्लों पर ही नहीं
चारदीवारी में भी लड़ा करते हैं।

वे खुद के लिए नहीं
राष्ट्र में के लिए जीया करते हैं
राष्ट्र की जान जोखिम में डाल कर
दुसरो के सुखने अपने किया करते हैं
मोहमाहि की जान के लिए
अपने प्राण भी दिये करते हैं
वीर केवल सरहल्लों पर ही नहीं
चारदीवारी में भी लड़ा करते हैं।

आज विश्व में बाइकार मचा हुआ है
चारों अतरफ तनाव और अशांति का साहल बना हुआ है
मेरे में भी कुछ निरमोही चल रहे हैं
अपने सर्वस्व को त्यागकर भी दुसरो के निमन रखे हैं
दुसी जगह को ही तो सब सलाम किया करते हैं
वीर केवल सरहल्लों पर ही नहीं
चारदीवारी में भी लड़ा करते हैं।



By Jatin Kumar

अपने पशयों का फर्क न कर
एक देश एक आवाज का नारा लिए फिरते हैं
अपने दुखों पर खड़े अड़िहा
मौत को गले लगाने से भी नहीं डरते हैं
मेहमाव को दूर हटा, निःस्वार्थ सेवा किया करते हैं
वीर केवल सरहल्लों पर ही नहीं
चारदीवारी में भी लड़ा करते हैं।

भूखे की खाना खिलाना
मरते-मरते भी दुसरो की बचाना
देश की परवाह में दिन-रात भूल जाना
परिवार से दूर होकर भी सब पर प्यार डताना
ऐसा सब तो बस इस खुद के बन्दे ही किया करते हैं
वीर केवल सरहल्लों पर ही नहीं
चारदीवारी में भी लड़ा करते हैं।

होसले बुलंद और विचार मजबूत रखा करते हैं
धने भी हैं पर अपना दुख चुभारा करते हैं
मन को मिथर और चंचलता को दूर भगाया करते हैं
देश की जान के लिए सब कुछ गंवाया करते हैं
बस हुसीलिक इस सब ऊँचे शून-शून नमन करते हैं
वीर केवल सरहल्लों पर ही नहीं
चारदीवारी में भी लड़ा करते हैं।

— जतिन कुमार



HUSHED

By Kavya Ashok
Instagram - kavya_ashok_



*The ink in my pen had almost dried out,
For no long words had I been able to spout.*

*When I was questioned about my depleting stock,
I claimed I had developed writer's block.*

*It's bizarre how easily an attitude we develop,
Without any achievement, we often give up.*

*No ambition, no goal, no mission to accomplish,
Life is a journey, a canvas without a blemish.*

*Carving a niche for oneself in life,
Requires perseverance amidst endless strife.*

*'Cause behind that fame and glory lies trauma and the
silence of an untold story.'*

PANDEMIC ARTISTS

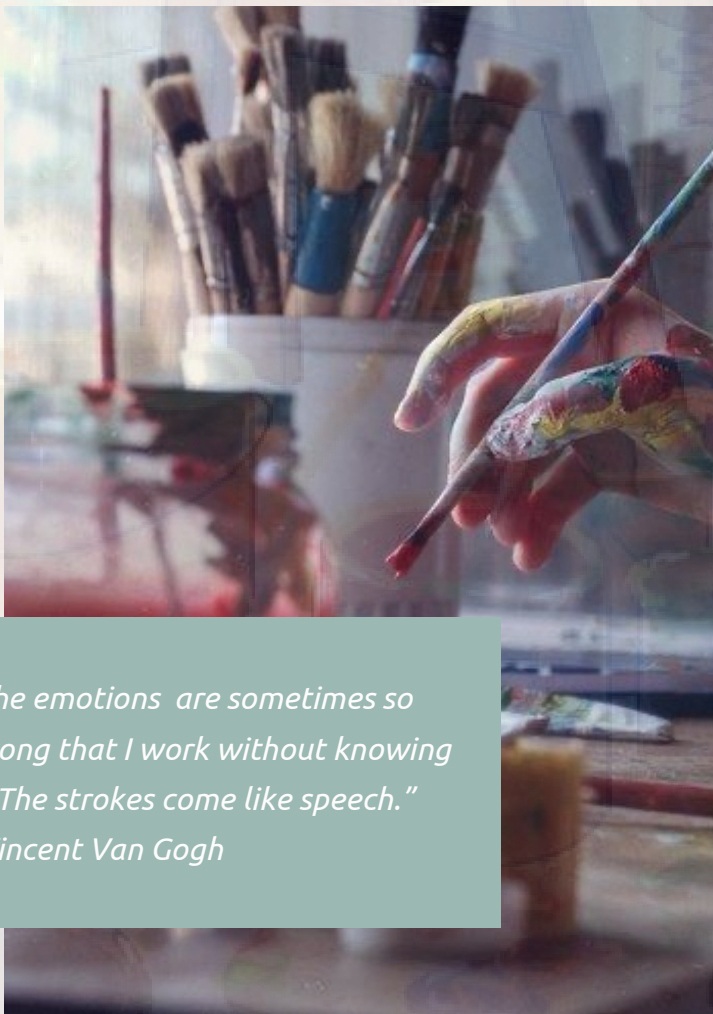
By Pratik Khodke
Instagram: pratikkhodke21



"Where there is a will there is a way" on this verge the new normal started after the very first Covid-19 Lockdown was implemented. Everything closed, a lot of time was there for each and every age group and from here itself the hidden "ART" inside the talented minds started to rose up. It is said that "Arts and music are the best ways of expression" following the same saying people started to cherish their hobbies and started chasing their passions with double enthusiasm. The major advantage of the pandemic was totally taken by the arts and artists.

People who were scribbling some sketches now became an professional sketch artists and now started making paid sketches and contracts. Many of them stared Instagram ages, YouTube channels and started to recognize themselves in their friend circle as well as on social media platforms. Some students who were participating in school annual functions in singing now learnt Guitar and various instruments and took their talents onto next level. Participated in many of the singing contests and have won many titles following their passion. Also the reels of their talents on Instagram and YouTube are hitting thousands of views and likes and are going popular day by day.

Next comes the amazing writers, people now switched to typing their articles and poetries, reviews, snippets and many more art forms. Some become co authors in the online anthologies and some became the compliers whose books are getting great response on Amazon, kindle etc. In the same way actors, video editors and audio makers have done exceptional work for expressing their art work to the society which is very innovative whereas Covid-19 taught us many life lessons such as to make proper use of natural resources and the real meaning of humanity was observed during the pandemic.



"The emotions are sometimes so strong that I work without knowing it. The strokes come like speech."
- Vincent Van Gogh

THE TASTE OF COVID

By Rini Mathew



Loss of taste and smell described those days....

This spiked celebrity kissed my little family. International and national channels were inundated with facts and myths revolving around this celebrity.

Well, my life had a turning point after this mental and physical glitch. I call it a glitch because it hitched its tent in my body. Covid-19 lurks in my life even now with body aches and gastric issues. But life has turned over for a purpose unfurling the writer in me.

Had I not been kissed by Covid, I would have missed this juncture and would have stood at the crossroads of worldly pestilence.

The tasteless and blandness days taught me the aroma of Life. It endowed me with an essence and flavour of more fragrance. The complicated situations helped me reverberate with positivity. I thank people around and the omnipotent for this indelible experience. It's not the era or the times but the attitude and approach that matters..

Splurged with the disastrous storms of my life what more could I ask of Life? Fragmented childhood, lack of affection, loss of loved ones, mental abuse and agony tossed and twirled the waves the shores.

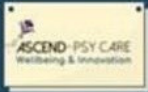
Now the calm storms helps me sail in fellowship and friendship away from the bays of hardship.

The days have been ones of despair and confusion. This fiasco recurred as long I focussed only on the red spikes of my sensitive mind . As soon as I deflected those into spears of hope and love , I saw the magic of the world conspiring to bring all my aspirations true.

It is time to isolate ourselves physically for the security and safety of all but not the time to isolate anyone mentally and emotionally!!

INTERNSHIPS AND COURSES

FOUNDATION SKILLS IN CBT (ONLINE MODE)



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FACILITATOR



Dr. Nimisha Kumar,
MSc CBT (UK) & PhD (DU)
Senior Consultant Psychologist & UK
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The course fee is ₹5000/- inclusive of study material, worksheets, training skills certificate, opportunity for further/ advanced training discounts and internship member of

16th M

ADVANCED SKILLS IN CBT (ONLINE MODE)



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- This 10 week training course is open for Psychology/Allied Health professionals & students with a Masters degree who have previous training experience in CBT and want to upgrade their previous skills/personal development
- Easy to grasp experiential, high quality training provided by Dr. Nimisha Kumar (PhD) - a senior consultant psychologist & UK trained CBT therapist with significant practice, training and academic experience.
- The course will cover skills development related to cognitive behavioural assessment, formulation & management of complex cases with relevant case example, role plays & practical exercise.
- The course fee is ₹10,000/- inclusive of study material, worksheets, training skills certificate, opportunity for further training/ supervision discounts & job opportunities/collaborations as a member of the Ascend PsyCare Community.

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The internships and courses occur regularly. Please enquire to join!

THANK YOU NOTE

We would like to thank you all for taking the time to read our E- Magazine. Our team put its heart and soul into its creation. We aspire to create more meaningful content for you in the near future.

If you need answers to your problems by a trained therapist, then please don't hesitate to mail us your queries. All the questions will be answered by Dr. Nimisha Kumar, Senior Consultant Psychologist and CBT Therapist. You can write to us with your feedback at eudaimoniabyascend@gmail.com. For any further details about Ascend-Psy Care, refer to our website.

Magazine design credits- Ms. Nikita Srivastava



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