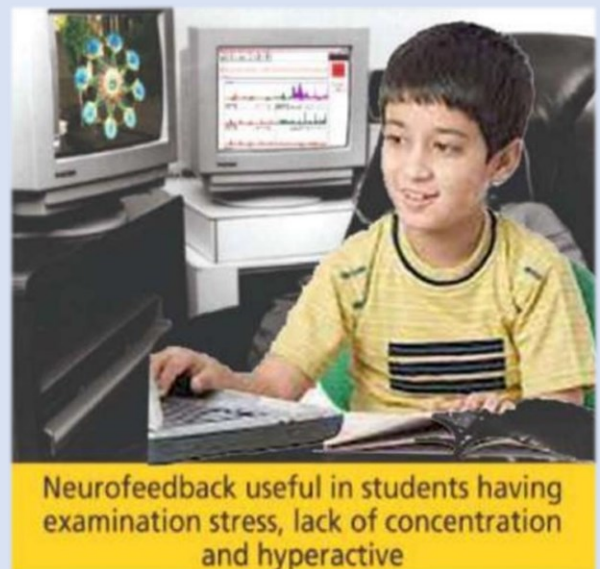


NEUROBIOFEEDBACK

What is Neurobiofeedback?

Neurobiofeedback, also known as neurofeedback, is a fascinating field of biofeedback that involves real-time monitoring and regulation of brain activity. The program uses auditory or visual signals to help patients recognize their thought patterns and try to modify them.

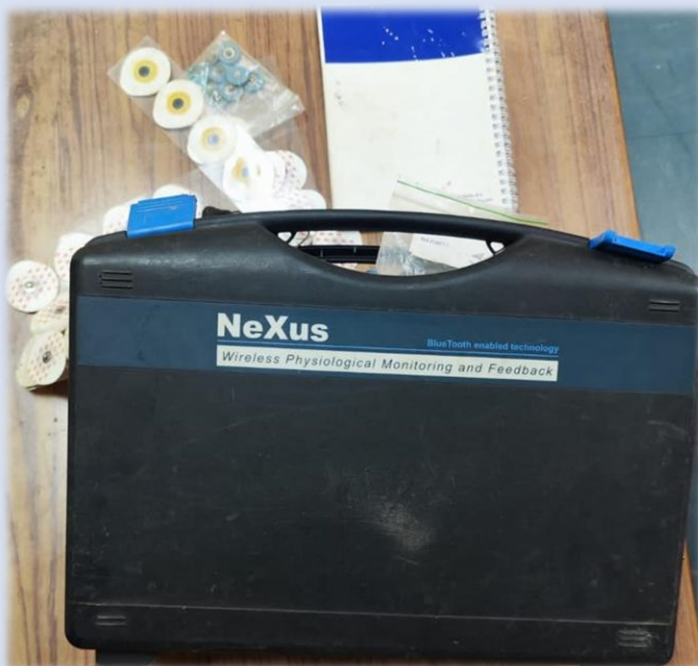
Through this process, clients can learn to regulate and improve their brain function and hopefully alleviate symptoms of various neurological disorders and mental health conditions. This innovative technology has gained significant attention in recent years due to its potential for improving cognitive and emotional well-being.



How Does Neurobiofeedback Work?

Neurofeedback is not considered a cure, but rather a method of managing or regulating the workings of the brain so it functions in a healthier manner. This is achieved by repeated training sessions using a computerized neurofeedback program that teaches the central nervous system to reorganize and regulate brainwave frequencies.

The idea is that patients can see their brain waves depicted in front of them. If they can learn to shift their thoughts to produce a desired pattern of activity, they can solve the harmful effects associated with the original pattern of activity.



Applications of Neurobiofeedback:

Neurofeedback can help treat many different conditions, including:

- ADHD
- Seizure conditions
- Brain injury
- Insomnia and sleep problems
- Anxiety
- Depression
- PTSD
- Age-related cognitive loss
- Behavior disorders
- Developmental delays
- Neurofeedback may also be used as an adjunct intervention with other forms of therapy.
- Devices in the form of headsets or earbuds can monitor electrical activity in the brain that people can then access and analyze on their phone or computer.



MULTI BEHAVIORAL SEX THERAPY

Multi-behavior sex therapy is a comprehensive approach to addressing a wide range of sexual issues and concerns. It involves a holistic assessment of psychological, emotional, physical, and relational factors contributing to sexual difficulties.



This therapy combines various techniques, including cognitive-behavioral therapy, education, communication skills, and mindfulness to provide individuals or couples with a customized treatment plan.

It aims to improve sexual health and satisfaction by addressing the diverse aspects of human sexuality, such as performance anxiety, desire discrepancies, trauma, and relationship dynamics.

The therapy is conducted by licensed sex therapists and can be beneficial for individuals and couples seeking solutions to their sexual concerns.

How does multi sex behavior work?

It works by integrating various therapeutic techniques and strategies to provide a holistic and individualized treatment plan for clients. Here's how multi-behaviour sex therapy typically works:

- **Assessment:** Identifying specific sexual issues and underlying causes.
- **Setting Goals:** Collaborating with clients to establish clear therapy goals.
- **Education:** Providing information about sexual health and anatomy.
- **Cognitive-Behavioral Techniques:** Modifying negative thought patterns and behaviors.
- **Communication Skills:** Improving open dialogue about sexual needs.
- **Mindfulness and Relaxation:** Reducing anxiety and enhancing presence during sex.
- **Trauma Care:** Supporting clients who've experienced sexual trauma.
- **Sexual Function Enhancement:** Addressing performance issues.
- **Couples Therapy:** Improving both sexual and relationship dynamics.
- **Inclusivity:** Supporting diverse sexual orientations and identities.



What are the applications of multi behaviour sex therapy?

Some common applications of multi-behaviour sex therapy include:

- **Treatment of Sexual Dysfunction:** Addressing issues like erectile dysfunction, premature ejaculation, and anorgasmia.
- **Improving Desire and Arousal:** Enhancing sexual desire and arousal for individuals or couples.
- **Anxiety:** Helping individuals overcome performance anxiety and sexual fears.
- **Couples Therapy:** Addressing both sexual and relationship issues for couples.
- **Communication and Intimacy:** Enhancing communication and intimacy in relationships.
- **Sexual Trauma:** Providing a safe space for healing from sexual trauma.
- **Desire Discrepancies:** Navigating differences in sexual desire in relationships.
- **Inclusivity:** Supporting diverse sexual orientations and gender identities.
- **Cultural and Religious Sensitivity:** Addressing the impact of culture and religion on sexuality.
- **Exploring Interests:** Safely exploring sexual interests and preferences.
- **Addiction and Pornography:** Managing issues related to sexual addiction and pornography use.
- **Postpartum and Aging:** Addressing sexual changes after childbirth or due to aging.
- **Prevention:** Educating individuals and couples to maintain sexual wellness and prevent issues.

DIGITAL COGNITIVE THERAPY

What is Digital Cognitive Therapy?

Digital cognitive therapy is a form of cognitive-behavioral therapy (CBT) delivered through digital platforms, such as websites, apps, or software. It provides individuals with access to evidence-based therapeutic content, interactive exercises, and, in some cases, remote support from licensed therapists. Digital cognitive therapy is often used to address a variety of mental health issues and offers convenience and accessibility for users seeking to improve their well-being.

How does Digital cognitive therapy work

Digital cognitive therapy works by providing evidence-based cognitive-behavioral therapy (CBT) through digital platforms. Users access interactive lessons, exercises, and self-guided or therapist-assisted content to learn and apply CBT principles. They can track progress, challenge unhelpful thought patterns, and modify behaviours. Digital CBT offers accessibility, convenience, privacy, and often cost-effectiveness, making it a valuable resource for improving mental well-being.



Applications of Digital Cognitive Therapy

Applications of digital cognitive therapy include addressing a wide range of mental health and well-being issues such as anxiety, depression, stress, addiction, phobias, self-esteem, relationship problems, and more. It offers accessible and convenient support for individuals seeking to improve their mental health and overall well-being.

GROUP COUNSELLING

What is group counselling?

Group counseling is a form of psychotherapy where a trained therapist leads a small group of individuals who come together to share their experiences, challenges, and emotions. It provides a structured and supportive setting for people with shared concerns or goals to offer mutual support, gain insights, and work on personal growth and healing.

How does group counseling work?

Group counseling involves a trained therapist facilitating sessions for a small group of individuals with similar concerns or goals. It works by encouraging participants to share their experiences, challenges, and emotions in a structured and supportive environment.

The therapist guides discussions, promotes peer support, and may use various therapeutic techniques to help participants gain insights, improve coping strategies, and work on personal growth and healing. The group dynamic fosters mutual support and offers different perspectives, contributing to therapeutic outcomes.



Applications of group Counseling

Group counseling is applied to address various mental health and personal development needs, including anxiety, depression, addiction, grief, relationship issues, anger management, and more.

It provides a supportive, structured environment where individuals with shared concerns or goals can gain insights, improve coping skills, and receive mutual support from peers.

LEARNING DISABILITIES

A learning disability is a neurological condition that affects the way an individual learns, processes, and uses information. These disabilities can impact skills like reading, writing, math, or problem-solving.

Learning disabilities are not related to intelligence, and with the right support and strategies, individuals with learning disabilities can achieve success in their education and daily life.

Early signs of learning disabilities can vary depending on the specific type of learning disability a person may have.



However, some common signs and types of learning disabilities include:

Dyslexia: language-based learning disability that affects reading and language processing.

Signs: Difficulty in reading, slow reading progress, difficulty recognizing words, poor spelling, and difficulty with phonological awareness.

Dyscalculia: learning disability that affects mathematical abilities.

Signs: Struggles with mathematical concepts and operations, difficulty with number recognition, challenges with basic math skills.



Attention-Deficit/Hyperactivity Disorder (ADHD): neurodevelopmental disorder that can affect attention and impulse control.

Signs: Inattention, hyperactivity, impulsivity, difficulty focusing, trouble following instructions, and difficulty with organization.

Dysgraphia: learning disability related to writing and fine motor skills.

Signs: Poor handwriting, difficulty with fine motor skills, trouble with spelling and composition.

Auditory Processing Disorder (APD): affects how the brain processes auditory information.

Signs: Difficulty processing and understanding auditory information, problems with following spoken directions, struggles with verbal communication.

Visual Processing Disorder: affect how the brain interprets visual information.

Signs: Difficulty recognizing shapes, letters, or objects, problems with reading, writing, and understanding visual information.

Language Processing Disorder: affect how individuals process and use language.

Signs: Challenges with understanding spoken and written language, difficulty with comprehension, expressive language difficulties.



STRATEGIES AND INTERVENTION



- **Individualized Education Plan (IEP)**
- **Structured Environment**
- **Multi-Sensory Instruction**
- **Peer Tutoring**
- **Positive Reinforcement**



POCSO AND JUVENILE COURT TRIAL CASES

Psychological Centre for Assessment has Conducted counseling for several Juvenile cases that are brought to our department by the stater police department.

POCSO

- The psychological centre for assessment has conducted counselling sessions to the accused of POCSO cases who were diagnosed with classic symptoms of being a Podophiles.
- The biological clues attached to paedophilia demonstrate that its roots are prenatal but not genetic consequences. It can be traced to specific periods of development in the womb.
- Psychological and Environmental factors may also contribute.
- Counseling individuals who have committed or are at risk of committing sexual offenses, including paedophilia, is a complex and sensitive process.
- The psychological centre for assessment conducts clinical interviews, psychological testing and brain mapping.



JUVENILE

The psychological centre for assessment has conducted counselling sessions to the accused of Juvenile cases who were diagnosed with classic symptoms of Anti-social behaviour.

Anti-social Behaviour symptoms include:

- Behaving irresponsibly.
- Rationalizing and explaining behavior as a consequence of another's.
- Behaving recklessly.
- Manipulative and deceive others.
- Show no remorse for hurtful actions.
- Psychological problems, including unstable relationships, unreliable parenting and underachievement in education and work.

(The association between teenage childbirth and early adulthood criminal convictions was confounded by genetic and shared environmental factors that influence both the likelihood of teenage childbirth and risk of early adulthood criminal conviction.)

- Disruptive behavior manipulation, deception are key areas in the individual.

(The childhood-age common antisocial behavior factor was influenced by 41% genetics, 40% shared environment and 19% non-shared environment. In adolescence, 41% of influences on the common antisocial behaviour factor were novel and entirely genetic, while the remainder of influences was stable across time.

Future research should identify adolescence-specific environmental influences on the development of antisocial behaviour problems.)

- Peer pressure

(When with peers, youths are more likely to display behaviors that might increase their social position. Because antisocial behaviors become more normative and are connected to a mature and high social status, these behaviors are likely to be imitated.)

(see also Bandura, 1973, Dijkstra et al., 2008).

Director and head of Department of Psychology

Prof. MVR Raju