Wellbeing Restoration

Foundational Philosophy-Restoration of neglected mind,body and soul one step at a time by using the tool of action after contemplation.

www.wellbeingrestoration.in

Foundation

Over the experience of the past seven years, 2017-counting. Based on our personal observation, we understood that due to life's situational struggles, a person unknowingly neglects his mental and physical health. Due to this, a person starts becoming dependent alcohol, drugs, unhealthy on emotional reactions, toxic relationships, negative thoughts, self-destructive habits, reckless acts, and so on. This temporary coping turns into a permanent anchor.

An anchor that is unhealthy in its She again walks with core nature is not life-enhancing in human dignity and the long term. With this spreads the same understanding, we founded our compassion, and kindness 'working dynamic'. around him or her.

<u>Vision</u>



To continue building a rehabilitation where a person doesn't feel shame, crazy or abnormal to consult and when a person is healed. He or She again walks with human dignity and spreads the same compassion, and kindness around him or her. SERVICE BY PSYCHOLOGIST-

CONFUSION, COUNSELLING FOR DECISION MAKING, RELATIONSHIP ISSUES, CLINICAL DEPRESSION, CLINICAL OBSESSION, ALCOHOL/DRUG RECOVERY, GRIEF, EMOTIONAL/PHYSICAL TRUAMA, HABIT MORDIFICATIOM, IMPULSE CONTROL, ANGER ISSUES WHICH IS CREATING TROUBLE IN DAILY LIFE, ISOLATION, LONELINESS.

APPROACH/METHOD-

TRADITIONAL TALK THERAPY, CBT, APPLIED THERAPY, INTROSPECTION, SENSORY INTEGRATION, ACCOUNTABILITY COUNSELLING AND ECLECTIC APPROACH. ANIMAL ASSISTED THERAPY, FAMILY THERAPY, COLLECTIVE TRUMA RECOVERY, JOURNALING.

COLLABORATION - ANIMAL ASSISTED INTERVENTION/THERAPY WITH WOFFERS SNOW & SKY (AHMEDABAD)

TESTIMONIAL-

AVAILABLE ON REQUEST. YOU CAN DIRECTLY TALK TO PATIENTS ON REQUEST AND CONSENT. (ETHICAL PROTOCOL OF CONSENT)

COUNSELLING/PSYCHO-THERAPY/REHAB-COUNSELLING

RESOURCES WWW.WELLBEINGRESTORATION.IN

WORKING CONDITIONS-

THE WORKING RELATION IN FOUNDED IN ETHICAL GUIDELINES OF CONSENT, CONFIDENTIALITY AND PROGRESS.

 IF THE CLIENT IS UNABLE TO REACH TO WILLINGLY WORK ON SELF AFTER THREE SESSION. THE THERAPIST WILL GIVE A REFERRAL OR TERMINATE THE SESSION FOR 2 WEEKS.
IF THE PSYCHOLOGIST DOESN'T FEEL THAT THEIR IS ANY PROGRESS AFTER 15 SESSIONS. THE SESSION FEES WILL BE DOUBLED OR THE SESSIONS WILL BE TERMINATED OR A REFERRAL WILL BE GIVEN.

3. IT WILL BE PSYCHOLOGIST AND CLIENTS PERSONAL RESPONSIBILITY TO DEVELOP TRUST AND RESPECT FOR THE WORKING RELATION OVER THE TIME.

 REST VARIABLES CAN BE FIGURED OUT AS THEIR IS PROGRESS.
LASTLY, NOTHING CAN JUSTIFY YOUR SUFFERINGS AND SELF DOUBT.

LOCATION AHMEDABAD, INDIA

MS. ANKITA GUPTA CONTACT INFO- +91- 9898166811 CONSULTATION FEES- INR 1000/- (+)