

Nikhil Homoeopathic Clinic

Dr. Sunita Rathi (MD)



Unlock the Power of

Mental Well-Being

Empowered Minds, Brighter Futures



FACING RELATIONSHIP STRUGGLES?

Our Marriage Counselling Services Guide You Towards Stronger, Healthier Bonds.

WHAT SUPPORT DO WE OFFER?

From individual therapy to family and child Counselling, we support every aspect of your mental well-being.

WHY DOES MENTAL HEALTH MATTER?

Because your mind needs care just as much as your body.

LOOKING FOR SOMEONE TO LISTEN?

Our therapy sessions create a safe space for healing and self-discovery.

Psychotherapy

About Us

We are dedicated to providing compassionate, evidence-based psychotherapy services to support mental well-being. Our approach is client-centered, ensuring personalized care that fosters healing and personal growth.

Vision

To create a world where mental health is prioritized, and individuals feel empowered to lead fulfilling and balanced lives.

Mission

To provide high-quality, accessible, and effective psychotherapy services that nurture mental and emotional well-being, fostering resilience and self-awareness.



Objectives

- To offer a safe and confidential environment for individuals to express their thoughts and emotions.
- To promote mental wellness through therapy, counseling, and self-care strategies.
- To support individuals, couples, and families in overcoming challenges and enhancing relationships.
- To provide professional guidance in managing stress, anxiety, depression, and other mental health concerns.
- To encourage holistic well-being by integrating therapeutic techniques tailored to each client.

Key Features of Our Psychotherapy Services

- **Individual Therapy** – Personalized one-on-one sessions for self-exploration and healing.
- **Couples & Family Therapy** – Strengthening relationships through effective communication and conflict resolution.
- **Child & Adolescent Therapy** – Supporting young minds with specialized therapy approaches.
- **Cognitive Behavioral Therapy (CBT)** – Addressing negative thought patterns and behaviors.
- **Stress & Anxiety Management** – Techniques to help cope with daily stressors and anxiety.
- **Trauma & PTSD Therapy** – Helping individuals heal from past experiences.
- **Online & In-Person Sessions** – Flexible options for therapy based on client needs.

What is Counselling?

Psychotherapist counselling is a professional process that helps individuals address emotional, psychological, and behavioral challenges. It involves structured conversations between a therapist and client to explore thoughts, feelings, and coping mechanisms, leading to improved mental health and well-being.

Addiction Recovery Support

- Anxiety, depression, and stress management
- Relationship and family conflicts
- Trauma and PTSD recovery
- Self-esteem and personal growth
- Workplace stress and career counseling
- Behavioral and emotional concerns in children and adolescents
- Addiction and substance abuse support

Positive Outcomes of Counselling

- Improved emotional well-being and mental clarity
- Enhanced coping mechanisms for stress and anxiety
- Better communication and relationship skills
- Increased self-awareness and confidence
- Effective management of life transitions and challenges
- Support in overcoming trauma and grief
- A confidential and non-judgmental space for self-expression

Counselling Needs in India: Key Statistics

- **Mental Health Issues:** 14% of India's population suffers from mental health disorders.
- **Stress & Anxiety:** Over 80% of working professionals experience stress-related issues.
- **Depression Cases:** Around 7.5% of Indians suffer from depression.
- **Children & Adolescents:** 12-15% of Indian students face emotional and behavioral difficulties.
- **Workplace Burnout:** 50% of employees report workplace-related stress impacting their mental health.



Individual Counselling



Individual Counselling provides a confidential space for personal growth and self-exploration with the guidance of a trained therapist.

Family Counselling

Family Counselling fosters better communication and conflict resolution through guided therapeutic discussions.



Marriage Counselling

Marriage Counselling helps couples strengthen their relationship, resolve conflicts, and enhance communication through structured professional guidance.



Prenatal Psychology

Shaping Minds Before Birth

A baby's emotional and mental development begins in the womb. A mother's thoughts, stress levels, and environment directly influence the baby's brain, emotions, and future well-being. From bonding to early learning, every moment counts—because psychology starts before birth!



Addiction Counselling

Addiction Counselling helps individuals overcome substance use challenges and develop healthier coping strategies.



Trauma Counselling

Trauma counselling supports individuals in processing and healing from traumatic experiences, fostering emotional stability and resilience.



Relationship Counselling

Relationship counselling helps couples and individuals resolve conflicts, improve communication, and strengthen their connections.



Grief Counselling



Grief counselling offers support and guidance to help individuals navigate and cope with loss.

Self-Improvement Counselling

Self-improvement counselling supports individuals in identifying and achieving personal growth goals, promoting overall well-being and effectiveness.



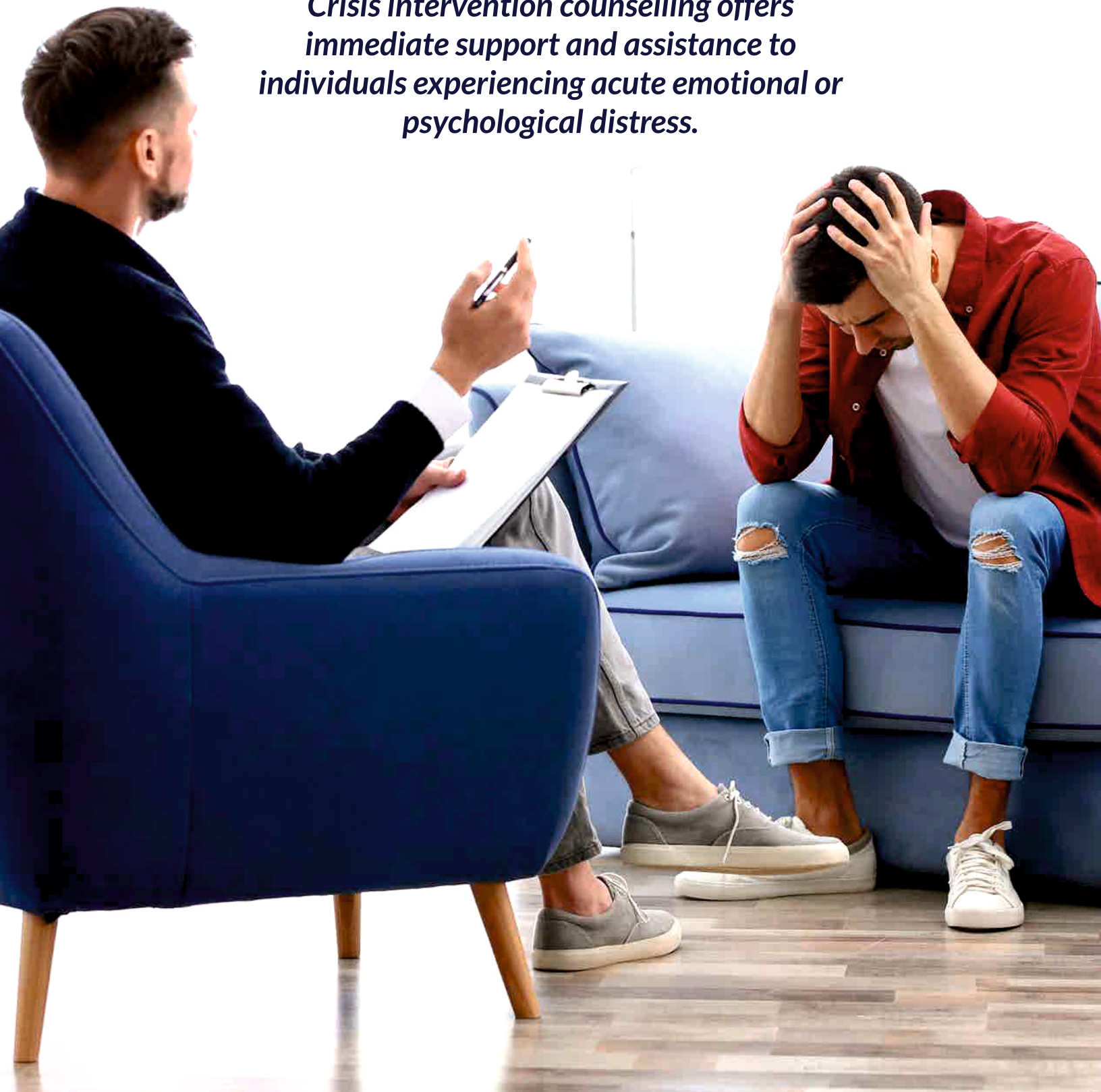
Online Counselling

Online counselling provides flexible and accessible mental health support through digital platforms.



Crisis Intervention Counselling

Crisis intervention counselling offers immediate support and assistance to individuals experiencing acute emotional or psychological distress.



Group Counselling

Group counselling is a therapeutic process where a trained facilitator leads a group of individuals in sharing experiences, offering support, and fostering personal growth together.



Pre - Marital Counselling

Pre-marital counselling helps couples explore and address important topics before marriage, strengthening their foundation for a healthy and lasting relationship.



Marital Counselling

Marital counselling provides couples with guidance and support to enhance their relationship and effectively resolve conflicts.



Post – Marital Counselling

Post-marital counselling assists couples in addressing challenges and finding solutions to strengthen their relationship.



Extra – Marital Counselling

Extra-marital counselling helps couples deal with infidelity, fostering healing and rebuilding trust in their relationship.



Therapies Involve

Psychotherapist therapies encompass a range of evidence-based approaches designed to help individuals manage emotional, psychological, and behavioral challenges. These therapies aim to enhance mental well-being, develop coping strategies, and foster personal growth.

Types of Psychotherapy Approaches

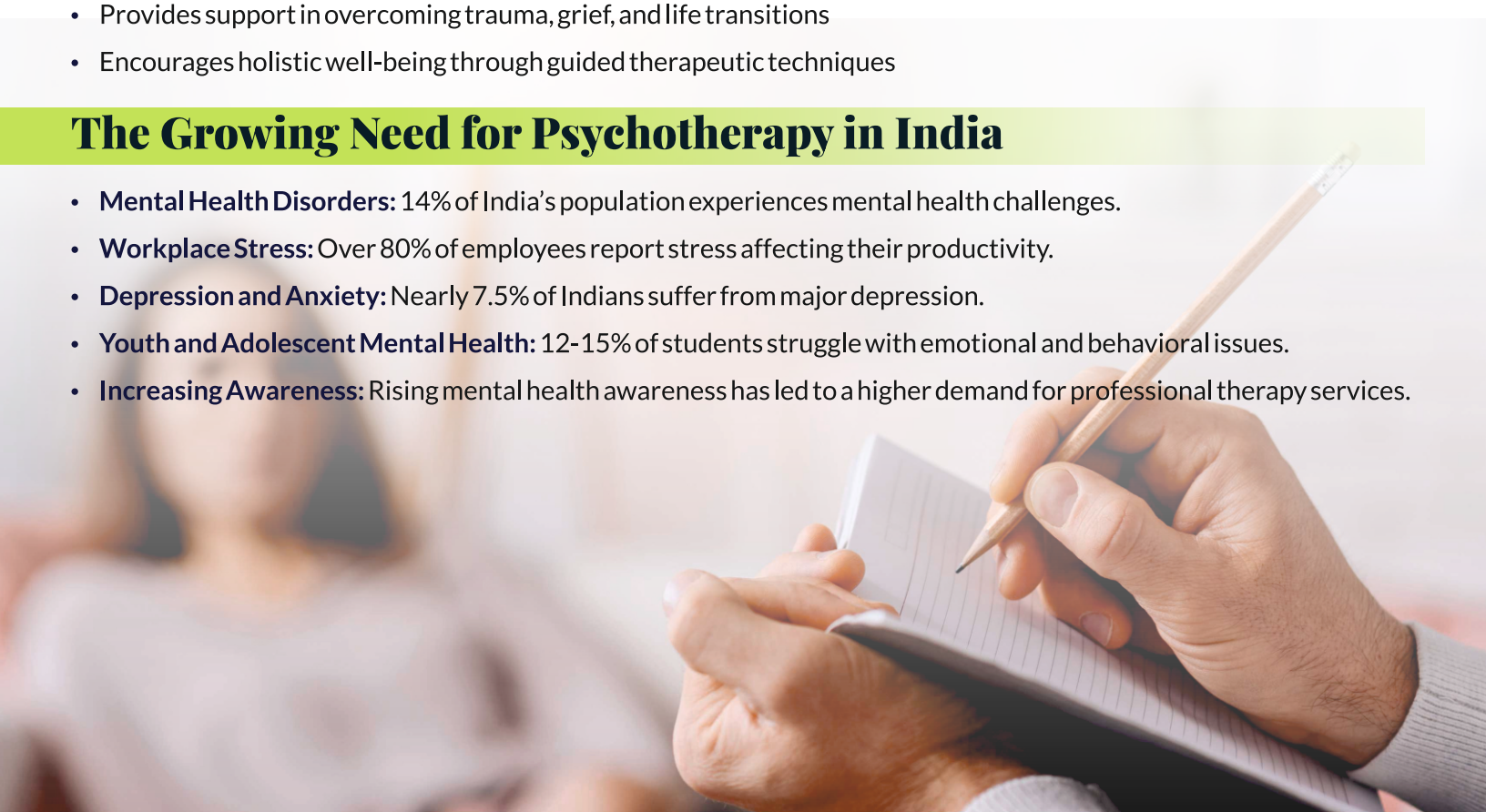
- **Cognitive Behavioral Therapy (CBT):** Focuses on identifying and changing negative thought patterns and behaviors.
- **Psychodynamic Therapy:** Explores past experiences and unconscious thoughts to understand present behavior.
- **Humanistic Therapy:** Encourages self-exploration and personal growth.
- **Mindfulness-Based Therapy:** Incorporates mindfulness practices to manage stress, anxiety, and depression.
- **Family and Couples Therapy:** Helps improve communication and resolve conflicts in relationships.
- **Trauma-Focused Therapy:** Assists individuals in processing and healing from traumatic experience

Purpose and Key Benefits of Psychotherapy

- Enhances emotional regulation and mental clarity
- Strengthens coping mechanisms for anxiety, depression, and stress
- Improves interpersonal relationships and communication skills
- Increases self-awareness, self-confidence, and personal development
- Provides support in overcoming trauma, grief, and life transitions
- Encourages holistic well-being through guided therapeutic techniques

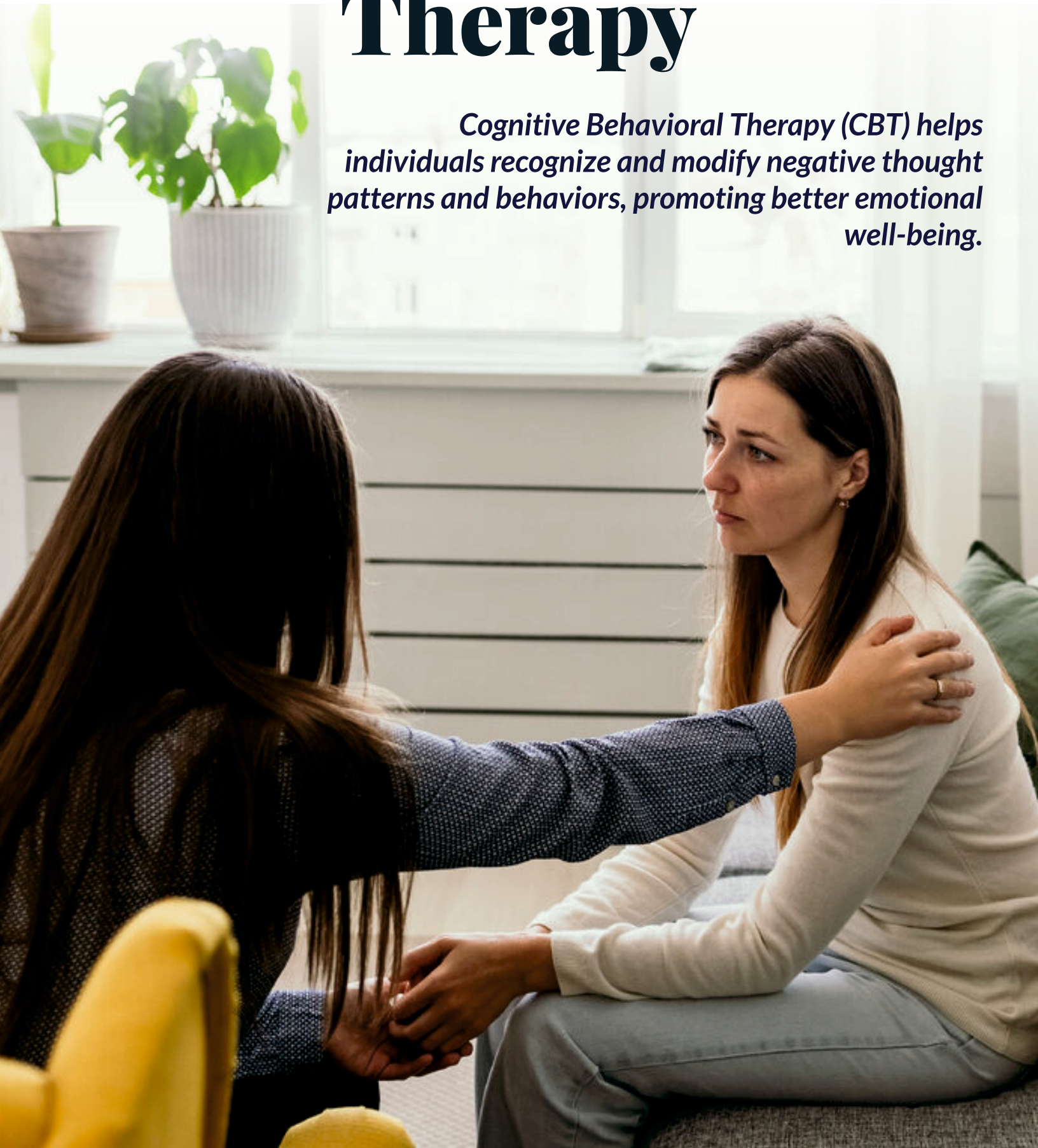
The Growing Need for Psychotherapy in India

- **Mental Health Disorders:** 14% of India's population experiences mental health challenges.
- **Workplace Stress:** Over 80% of employees report stress affecting their productivity.
- **Depression and Anxiety:** Nearly 7.5% of Indians suffer from major depression.
- **Youth and Adolescent Mental Health:** 12-15% of students struggle with emotional and behavioral issues.
- **Increasing Awareness:** Rising mental health awareness has led to a higher demand for professional therapy services.



Cognitive **Behavioral** Therapy

Cognitive Behavioral Therapy (CBT) helps individuals recognize and modify negative thought patterns and behaviors, promoting better emotional well-being.



Play Therapy

Play therapy utilizes creative play techniques to support children in expressing their emotions and overcoming emotional challenges.



Art Therapy

Art therapy encourages self-expression through creativity, helping individuals explore their emotions and enhance mental well-being.



Occupational Therapy

Occupational therapy helps individuals build or restore essential skills for daily life and work activities.



Speech and Language Therapy

Speech and language therapy supports individuals in enhancing communication skills and overcoming speech or language disorders.



Developmental Therapy

Developmental therapy helps individuals reach age-appropriate milestones by providing personalized interventions.



Trauma – Focused Therapy

Trauma-focused therapy aids individuals in processing and recovering from traumatic experiences, promoting mental and emotional well-being.



Mindfulness – Based Therapy

Mindfulness-based therapy helps individuals manage stress by fostering awareness, presence, and acceptance of their thoughts and emotions.



Music Therapy

Music therapy utilizes music to promote emotional expression, enhance communication, and support mental well-being.



Parenting Training

Parent training equips caregivers with effective strategies and skills to guide their child's behavior and support positive development.



Group Therapy

Group therapy provides a supportive environment where individuals share experiences, receive guidance, and gain insights from peers and a therapist.



Acceptance Therapy

"Acceptance Therapy, much like the Sākṣhī Bhāva in the Bhagavad Gita, teaches us to observe our thoughts and emotions without attachment or resistance. True freedom arises not from battling our thoughts, but from accepting them and committing to meaningful action."

सर्वकर्माणि मनसा संन्यस्यास्ते सुखं वशी।
नवद्वारे पुरे देही नैव कुर्वन्न कारयन्॥



सर्वकर्माणि मनसा संन्यस्यास्ते सुखं वशी।
नवद्वारे पुरे देही नैव कुर्वन्न कारयन्॥



Integrative Therapy

Integrative therapy blends techniques from different therapeutic approaches to meet each client's unique needs and goals.



What is a Child Disorder?

Childhood mental health disorders encompass a range of emotional, behavioral, and cognitive conditions that impact a child's development, learning, and social interactions. Early intervention and therapy can significantly improve long-term outcomes.

Therapeutic Approaches for Childhood Disorders

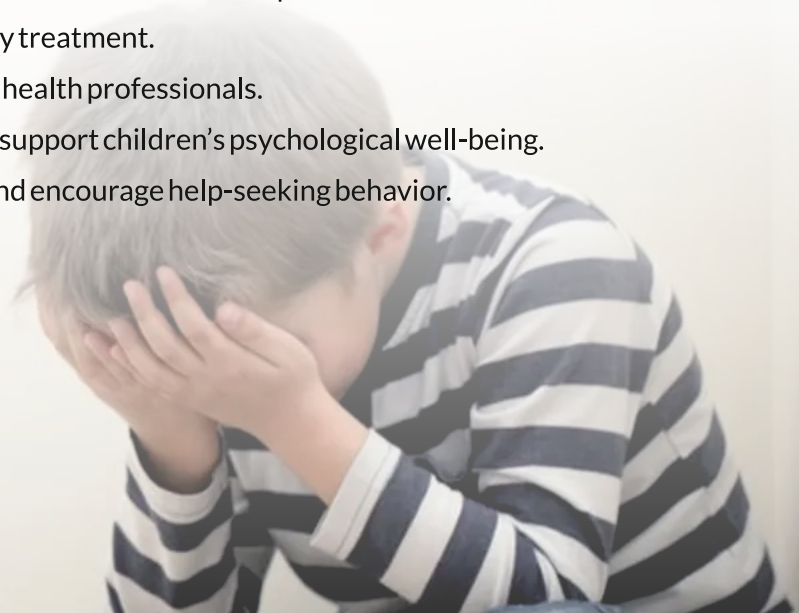
- **Cognitive Behavioral Therapy (CBT):** Helps children manage anxiety, depression, and negative thought patterns.
- **Play Therapy:** Uses creative play techniques to help children express emotions and cope with trauma.
- **Behavioral Therapy:** Focuses on modifying challenging behaviors and reinforcing positive habits.
- **Family Therapy:** Involves parents and caregivers to improve communication and family dynamics.
- **Speech and Occupational Therapy:** Supports children with developmental and communication disorders.
- **Mindfulness-Based Therapy:** Enhances emotional regulation and stress management through relaxation techniques.

Prevalence of Childhood Mental Health Disorders in India

- **Emotional & Behavioral Issues:** 12-15% of Indian children face emotional or behavioral difficulties.
- **Learning Disabilities:** 10% of school-going children struggle with conditions like dyslexia and ADHD.
- **Autism Spectrum Disorder (ASD):** Approximately 1 in 100 children in India is diagnosed with ASD.
- **Anxiety & Depression:** Rising academic pressure and social stress contribute to increased cases of anxiety and depression among children.
- **Limited Access to Care:** A significant treatment gap exists due to stigma and lack of awareness.

Bridging the Gap: The Growing Need for Child Therapy in India

- Early intervention leads to better mental and emotional development.
- Lack of awareness often delays necessary treatment.
- A need for more specialized child mental health professionals.
- Schools and parents must collaborate to support children's psychological well-being.
- Increased advocacy can reduce stigma and encourage help-seeking behavior.



Attention – Deficit/ Hyperactive Disorder

ADHD in children is characterized by ongoing inattention, hyperactivity, and impulsivity, affecting their daily functioning and overall development.



Autism Spectrum Disorder

Autism spectrum disorder is a developmental condition marked by challenges in social interaction, communication, and repetitive behaviors, varying widely in severity and presentation.



Opposition Defiant Disorder

Oppositional Defiant Disorder (ODD) in children is characterized by a consistent pattern of defiance, disobedience, and hostility toward authority figures.



Conduct Disorder

Conduct Disorder in children involves ongoing patterns of aggression, antisocial behavior, and rule-breaking that disregard the rights of others.



Anxiety Disorder

Anxiety disorder in children is marked by persistent worry, fear, or anxiety that disrupts their daily activities and development.



Depressive Disorder

Depressive disorder is a mental health condition characterized by ongoing feelings of sadness, hopelessness, and a loss of interest or enjoyment in daily activities.



Learning Disability

Learning disabilities are neurological conditions that hinder an individual's ability to acquire, process, or express information, affecting learning and academic performance.

Dyslexia: A specific learning disability that affects accurate and fluent word recognition, spelling, and decoding skills.

Dysgraphia: A neurological disorder that causes difficulty with writing, including challenges in spelling, handwriting, and organizing thoughts on paper.

Dyscalculia: A learning difficulty that impairs a person's ability to understand and work with numbers.



Eating Disorder

An eating disorder is a mental health condition involving irregular or disruptive eating patterns that can greatly affect both physical and emotional well-being.



Trauma and Stress Related Disorders

Trauma and stress-related disorders in children are characterized by anxiety, flashbacks, and behavioral changes triggered by exposure to traumatic or stressful events.

Post-Traumatic Stress Disorder (PTSD): A mental health condition that develops after experiencing or witnessing a traumatic event, resulting in persistent and distressing symptoms.

Acute Stress Disorder: A condition in children characterized by severe anxiety and distress that emerge within a month of experiencing a traumatic event.



Disruptive Mood Dysregulation Disorder

Disruptive Mood Dysregulation Disorder in children is marked by intense temper outbursts and a consistently irritable mood that interferes with daily life.



Experience the Healing Power of Homeopathy

Why Choose Homeopathy?

- **Safe & Natural** – Gentle treatment with no side effects.
- **No Dependence** – No lifelong reliance on medicines.
- **No Withdrawal Symptoms** – Stopping treatment doesn't cause adverse effects.
- **Addresses Root Cause** – Provides long-term relief, not just symptom management.
- **Holistic Healing** – Balances both physical and mental well-being.
- **Suitable for All Ages** – Safe for infants, pregnant women, and the elderly.
- **Boosts Immunity** – Strengthens the body's natural defense system.
- **No Drug Interactions** – Can be used alongside conventional medicine.
- **Effective for Chronic Conditions** – Helps with asthma, allergies, arthritis, skin diseases, and more.
- **Eco-Friendly & Cost-Effective** – Natural remedies with no environmental toxicity.

Embrace Natural Healing with Homeopathy!

- Gentle • Effective • Holistic







*"BEHIND EVERY PHYSICAL ILLNESS,
THERE IS SOME MENTAL ILLNESS "*

Dr. Sunita Rathi

Qualification:- MD (Hom) | NLP (Neuro-Linguistic Programming) | CBT (Cognitive Behavioural Therapy)
| Emotional Intelligence Trainer & Coach | M.A. Psychology | FHCH (UK)

Counselor & MD Homeopathy
Ex. Vice Principal & Professor
N.C.H. & H Nagpur



98229 49161 / 83191 29810



74, Samaj Ekta Society, Near Mousam Colony, Manish Nagar, New Somalwada Nagpur- 440005