



# PSYCHOTHERAPY

BY **DR. JASH AJMERA** [M.B.B.S, D.P.M]

*"Between stimulus and response, there is a space.  
In that space is our power to choose our response.  
In our response lies our growth and our freedom."*

*- Viktor E. Frankl*

# WHAT IS PSYCHOTHERAPY?

Psychotherapy: Therapists aid people in navigating emotions, thoughts, and behaviors through structured talks and techniques.



## Objective

The primary goal is to address your psychological and emotional issues, ranging from anxiety, depression, trauma, and relationship problems.



## Guidance & Coping

Therapists offer guidance, support, and effective coping strategies tailored to the individual's needs.



## Safe Environment

It is a secure and confidential space for your unfiltered thoughts.



## Diverse Focus

Psychotherapy's focus can vary from uncovering the root causes of distress to cultivating healthier patterns of thought and interaction.

# WHO SHOULD OPT FOR THERAPY?

Individuals of any age going through following can opt for psychotherapy

- 01 with mental health concerns
- 02 facing emotional struggles
- 03 going through relationship issues
- 04 having desire for personal growth or improve their well-being

A good starting point can be to take our [free mental health screen test](#) to know your mental health status. (Click the above button)

# MY APPROACH IN THERAPY



## Client Centered

I try to Create a supportive and non-judgmental environment to explore your feelings and gain insight, which is mostly through empathy and active listening.



## Non Directive

I tend to allow my clients to lead the conversation with very minimal guidance or solutions, promoting self-exploration and personal insight.



## Neuroscientific

I integrate neuroscience findings to explain how the brain impacts psychological issues, and apply therapies targeting brain processes for better emotional regulation and well-being.



## Emotion Management

I help clients learn strategies to understand, tolerate, and regulate their emotions, leading to healthier emotional responses and improved well-being.

## NUMBER OF SESSIONS

The number of sessions needed in psychotherapy varies widely based on individual needs, the nature of the issues, and the chosen therapeutic approach, ranging anywhere from a few sessions to several months or more.

Do ask for our [discounted therapy subscription packages](#).

## CREDENTIALS

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- 01 M.B.B.S - GAIMS, Bhuj
- 02 D.P.M (Psychiatry) - Government Medical College, Rajkot.
- 03 F.I.P.S

## EXPERIENCE : PRACTICING SINCE 2017

- 01 District Nodal officer for government of Gujarat - Bhuj (2019), Bharuch (2020)
- 02 Sadbhav neuropsychiatry clinic, Surat since 2021.
- 03 Associated with major hospitals of Surat.

Working extensively with adolescents and young adults.

Guidelines and Regular consultation for schools and corporates.

**Featured and quoted** - Dainik Bhaskar, Gujarat Samachar, Loktej, Radio City fm (91.1)

**Training:** My proficiency in psychotherapy has been honed under the mentorship of the esteemed Dr. M.J.Samani.



Dr. Samani, founder of "Integrative Psychotherapy For Emotion Management" author - psychotherapy chapter in the revered A.P.I. textbook of Medicine.

## CLIENT TESTIMONIAL

[Read here](#)

## REACH OUT TO US AT



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