



Our Group therapy, Support Group and Community Spaces are lead by mental health professionals, and peer support practitioners as well as community mental health advocates. To know more about each of the groups you can write to us at [pause.perspective@gmail.com](mailto:pause.perspective@gmail.com) or send us a Whatsapp at [8106864001](https://www.whatsapp.com/channel/002998106864001) You can also head over to our [instagram page](#) and DM us there to register for the session.

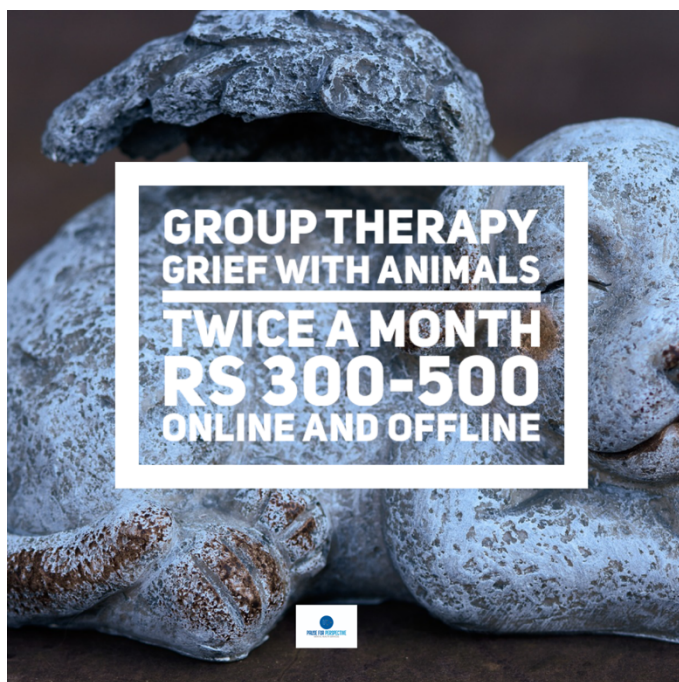
Each group and community space is held to explore the dominant discourses and access preferred ways of being. We centre Narrative and Mindfulness based practices in each of our work. We also ensure that we are informed by anti-oppressive stance in our work (ND affirmative, Queer Affirmative, Anti-caste and Anti-patriarchal). Our work continues to shape us and our community supports us in this shaping. Please join us in our collective explorations



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Group therapy for people sitting with grief with animals in their life.

**Honoring the animals and the relationship shared in a group space.**

- Open group
- Twice a month (online and offline alternatively)

**Who can join**

People interacting with ailing animals or who have experienced the death of an animal (any animal) in their lifetime regardless of time (social workers, family animals).

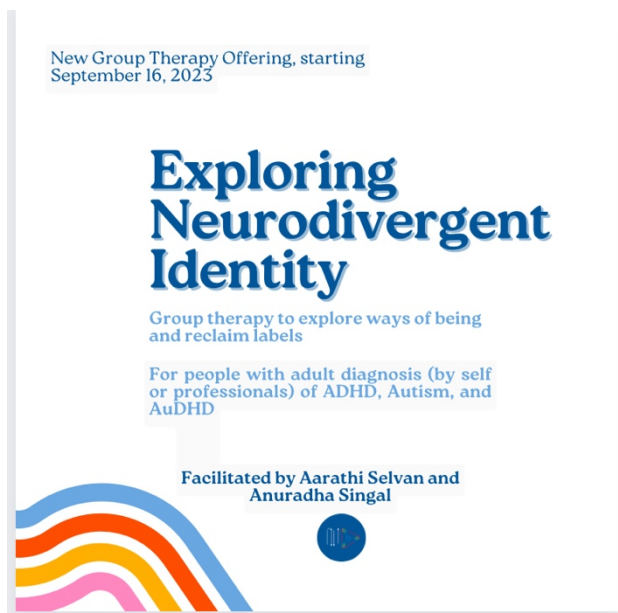
**What will the group entail**

- How to support the animals and humans emotionally with ailment/death
- With a social justice stance fostering compassion and centering animals. Also, to challenge the notions of care and pets for the better future of animals.
- Holding, exploring, honoring and deconstructing various emotions. Example: guilt, loss, sadness, anger or joy.
- Grieving together- creating a relational space, being seen and heard in a group.

**Tools used:** narrative work with feeling near through tapping into the experiences of the body

**Facilitator:** [Eera](#)





## Exploring Neurodivergent Identity

Pause for Perspective, Hyderabad is starting a biweekly (once in 2 weeks) in person group therapy sessions for persons with adult diagnosis of neurodivergence. The group focuses on specific ND experiences i.e. ADHD, Autism, and/or AuDHD. The group is for adults who have either received a diagnosis or have self-diagnosed neurodivergent identity at the age of 21 and above. All genders are welcome.

Sessions will be co-facilitated by Anuradha Singal and Aarathi Selvan.

### About the facilitators:

[Anuradha](#) (she/ her) is a fiercely compassionate human/ therapist who believes that therapy work, like any other work, is political and needs systemic seismic shifts. She tries to provide individual and community care and support that aligns with their emotional, physical, and sensory needs.

She has lived as well as practitioner experience of working with neurodivergent individuals.

Aarathi Selvan <http://hyderabadpsychologist.com/about-us/our-team/aarathi-selvan/> (she/ they), founder, Pause for Perspective, is a clinical and counseling psychologist with two decades of work in the field of mental health. They are a therapist, teacher and supervisor in the field.

Both the facilitators are queer affirmative, neuro affirmative, and social justice informed mental health practitioners.

### Why this group?

Slowly and steadily we are all beginning to have active conversations about the neurodiversity paradigm. We are beginning to think about what it mean to exist in a culturally, ethnically, sexually, and neurologically diverse society that has a set binary framework of normal and abnormal, typical and atypical, order and disorder. However, we still live in a world that perceives ADHD and Autism as disorders. It is not uncommon to associate these words with children. It is only recently that we have begun to understand



that these are not children's disorders, rather diverse ways in which the brain functions and that it is not a disease or disorder that needs a cure.

Hence, adult diagnosis of being an ADHDer and/ or autistic comes with a major identity shock. It comes with waves of grief and joy.

### **How can this group help you?**

The group is coming together with an intention to question the perceived "normal" and deconstruct the "disorder" label. We want to hold a safe space together to explore your journey of adult diagnosis. Together, we will explore our ways of being and deepen our awareness of it.

### **What to expect from the group?**

Exploring emotions, reclamation of diagnosis, disability justice, how do identify burnout, what is care, talking about shame, crip time, relationships and intimacy, sensory overload, masking

### **Logistical details**

The group is going to meet for 8 sessions, spread across four months, starting on the 2nd of September till 16 December 2023. The group requires in person presence. This is going to be a closed group, meaning, once the group begins, no new people will be joining at later stages.

The program is designed in continuity from session 1 to session 8. To experience the group in its wholesomeness, you are expected to join for all 8 sessions. Emergencies will be accommodated through a buddy pairing system.

**Fees:** ₹2200 (for all 8 sessions)\*\*

**Maximum number of participants:** 8

**Venue:** Pause for Perspective, Flat no 101, Kaisen Imperial Heights, Street No 2, Uma Nagar, Kundanbagh Colony, Begumpet, Hyderabad.

**Language:** English

**Time:** 5 PM to 7 PM IST

#### **Dates\***

16 September 2023, Saturday

30 September 2023, Saturday

7 October 2023, Saturday

14 October 2023, Saturday

4 November 2023, Saturday

25 November 2023, Saturday

2 December 2023, Saturday



16 Dec 2023, Saturday

To register: <https://forms.gle/8w8mwfc4HRU5p6er5>

\*Please note that date and timings have been pre-decided so as to create reliability and predictability with scheduling.

\*\*Financial accomodations can be made as per individual requests, such as paying for each session individually.

#### Note

1. Please note that the group is not a crisis intervention.
2. In case of an emergency, please reach out to your emergency contact as mentioned in your form details.
3. You can also reach out to the facilitators to help you find an individual therapist wherein you will be able to discuss what is happening for you at length.



## Deconstructing BPD



### **Introduction to Psycho education and group therapy for people diagnosed with Borderline Personality Disorder (BPD).**

This space is created with the intention of coming together to talk about specific concerns that sneak into our lives and hamper our growth in an overarching manner. The framework would entail conversations around the underlying dominant influential ideas, their potential impact and challenges, identifying coping mechanisms, and exploring room for other possible alternatives to deal with the challenges.

Our objective is to not fix or solve any problem, instead we want to understand how the problem operates and what tactics it uses to take over our lives. This is in line with our belief that a person is not the problem but the problem is the problem itself, which further helps us to enquire into the various ways /tricks used to break out of the influence of a problem and discover other preferred ways of being.

The hope is to do this as a collective, in a group setting, to build a sense of community and instill a feeling of solidarity within the context of how these concerns affect us all, although in different ways but the emphasis being on how we could learn and share with one another of what we know whereby the therapists holds and facilitates the group.

We also intend to keep it open for all, with no long term commitment. You don't have to come regularly. You can choose to come for those themes/topics that resonate with you, so that you don't feel enforced to attend.

### **Non-negotiables of the group setting:**

To ensure confidentiality w.r.t each others' sharing and be accountable to keep the same within the group premises and not disclose it to anyone or anywhere else.

To be mindful of group norms and show up with mutual regard & respect for each other, ensuring it to be a safe and non-judgemental space.



### What the space could offer?

It would allow participants to discern a language to discrete b/w person and the problem story and not see it as the same entity.

It would provide them a safe space to reflect, realize and acknowledge the dominant systems that are ingrained & are at play w.r.t their problem stories. It would also let them experience resonance whereby participants would learn, unlearn and reflect through shared realities and lived experiences making it time and cost effective.

It would work as a platform to access support and be compassionate to oneself and the fellow participants.

Who can join: People who have been diagnosed with BPD; people who have been given diagnoses of BPD or other than BPD (e.g., anxiety and depression) but do not resonate with it (self diagnosed are welcome; excluding cis het male); Neurodivergent (e.g., ADHD, ASD etc.), queer folks (and/or people exploring their sexuality) and cis women.

**Age criteria-** 18 and above

**Mode of session & timings** - Online. Second and fourth Friday of every month

**Group Structure:** Closed group for every five to six session. Reach out to us to know more and be added to the group.

Symptoms of BPD as per DSM 5-

- Chronic feelings of emptiness;
- Frantic efforts to avoid real or imagined abandonment) ;
- A pattern of unstable interpersonal relationships;
- Unstable self-image or sense of self;
- Impulsive behaviors, such as promiscuous sex, binge eating, substance abuse, etc. that are potentially damaging;
  
- Suicidal or self harming behavior;
- Instability and mood swings;
- Inappropriate anger or difficulty controlling anger;
- Paranoid idealization, delusions or dissociation (transient stress related).

Keywords for self diagnosing individuals- Even though these are common symptoms that a person would experience at least once in their life time what makes it difficult for people diagnosed with BPD is that it is Serious, recurring and chronic (extremity of symptom) as indicated by 5 (or more) of the above mentioned criteria.

Facilitators: [Meghna](#) and [Aarathi](#)







## Expressions of well-being

### Theme:

A creative and expressive arts community group that meets twice a month on alternate Saturdays to explore ideas of rest and regulation in resistance to the oppressive systems around us.

In a capitalistic society, ideas of rest and regulation are often dismissed and frowned upon. As we are validated, supported, and sometimes even rewarded when we perform and work without resting or taking a break. This is true for not only professional spaces but even personal spaces where a person is supposed to keep giving

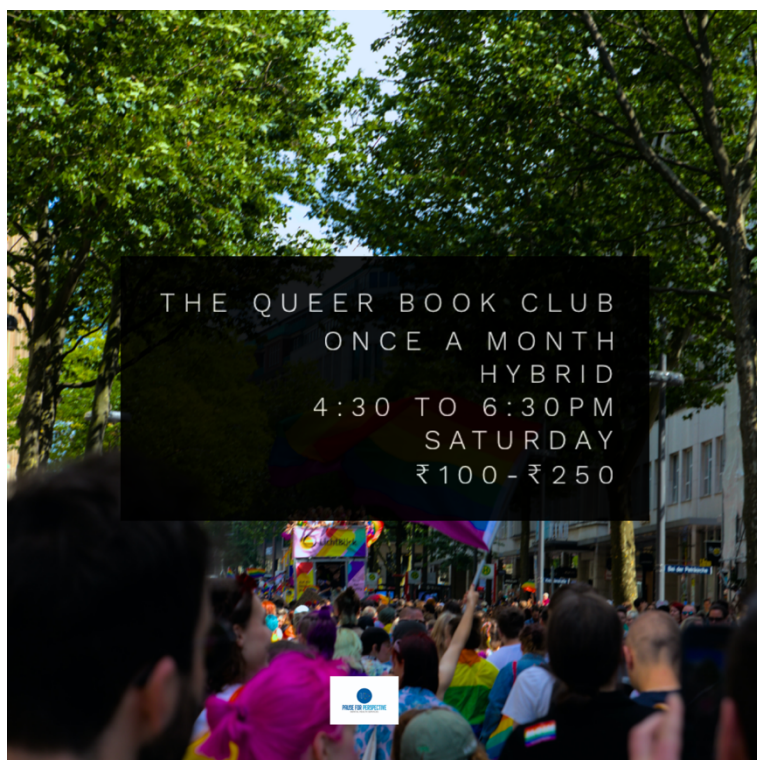
unconditional care and support without taking a break, especially for marginalized folks.

**Hopes from the group:** The community's intention will be to acknowledge and challenge such notions so we can collectively create resources and tools for ourselves to recharge, nourish and reset our nervous system.

**Who is this for:** Above 18+ Open to all who would like to explore art and restoration in a community space

**Facilitator:** [Sammy Sahni](#)





## The Queer Book Club

### What are we doing?

We come together first / third Saturday of every month to appreciate and discuss a book/ essay by a queer writer or on queerness. We will read out excerpts, listen to sound productions of the book if it's available, reflect, and even design a fun activity around it.

### Who can come?

Anyone who loves books and want to create some joy and a sense of community around reading is welcome.

### How long will it be?

We are starting with 120 mins(2 hrs)

### What do I do if I haven't read the book?

It's not necessary that you read the book before you come for the discussion. The idea is to introduce the work and to experience and appreciate it. It's enough if you're curious. :)

### How do I access the material?

We'll see that a physical copy of the book is available at Pause Library whenever possible. If we are discussing an essay, the soft copy will be distributed in advance to all registered participants. You can also download a copy if that's more accessible / affordable for you. We hold a stance of ethical access when it comes to knowledge ;).

### Is there an entry fees?

Yes, it's on a sliding scale of [100-250](#). you can pay what you want.

Facilitator: [Meherin](#)





## Explore, Express, and Heal ✨

This is a new offering that will be happening twice a month - one session will be hybrid (in-person at our office in Begumpet, Hyderabad) and one session will be online. Session time is 11:00 AM - 12:30 PM.

In every session we will sit with a different visual art therapy technique (one per session), to practice together and learn about the technique. As a social justice affirmative space we look at how we can reclaim our identities from oppressive structures through visual art therapy.

### Who can attend:

This offering is for anyone who would like to explore art therapy and its benefits, as well as MHPs or others from a Psychology background looking to learn about and integrate visual art therapy in their work.

Fee is Rs. 500 per session.

Facilitator: [Vasavi Eriki](#)





## Cis-het Mens' support group:

### Intention:

- To provide a platform to talk about emotions-to intentionally deepen and access emotions that tend to be dismissed by personal and societal experiences
- To create a space that allows to unmask, feel vulnerable and deconstruct the impact of patriarchy on men
- Conversations to build a community that allows to address patriarchy-as a way to unpack and break into undoing the ideals created

### Attention:

#### Themes:

- The themes that would be touched upon would include
- media representation/portrayal of masculinity
- Unpacking the ideas of toxic masculinity
- Deconstructing the impact of capitalism-body image issues
- Breaking down intergenerational trauma-caste, class and societal status
- Alternative means to access emotions-books, art, journaling

### Stance:

The stance would primarily be

- Social justice informed
- Trauma sensitive
- ND affirmative,
- Building based on lived experiences and
- Witnessing others experiences as a means of holding space.

### Group details:

**Who can join:** Cis-het men



Who are cis het men: Men who identify with the gender they were assigned at birth, and who are romantically inclined towards the opposite gender.

Age: 18 years and above

Number of participants-5, will be capped at 7

Frequency-Twice a month on Saturdays for 2 hours-afternoon or evening

Mode-offline

**Facilitator:** [Shravani Koduri](#)

**Structure of the sessions:**

The community will together build a personal self care/reflective journal in the initial days which will act as a base to create consistency in the group work process.

The journal will also be a means for collective documentation of the group work.

The session would begin with reading out the reflections, followed by the activity planned out for the day and end with reflection prompts for the coming weeks.





## Pause for Perspective introduces

### Support group for Neurodivergent people

People who resonate with any part of the neurodivergence spectrum are welcome. You need not be diagnosed with neurodivergence by a clinician. In this space we will come together and share experiences and hold space for each other.

We will begin with talking about what it has been like to figure out or discover neurodivergence and what supported us

through this process. These sessions are peer facilitated and led by a therapist who also has lived experience.

**To know more about the group sessions and see if you are a fit please reach out to our therapist and group lead at [aarathi.selvan@gmail.com](mailto:aarathi.selvan@gmail.com) and they will connect you.**

**Topic:** Call or whatsapp us on 8106864001 to check on the topic for the weekend. You can also check out insta page [@pauseforperspective](https://www.instagram.com/pauseforperspective) for this weekends topic

**When:** Second and Fourth Wednesday of every month

**Time:** 5:00pm to 6:00pm

**Where:** Zoom. Once you call/DM/Whatsapp and register we will send you a zoom link

**Fees** Rs 200/-

**How to register:** Call or Whatsapp on 8106864001 or DM us on our insta page [@pauseforperspective](https://www.instagram.com/pauseforperspective)

Facilitator: [Rachna](#) and [Manasi](#)





## Safe Spaces and Quiet Reading Nooks

Join [Aarathi](#) once a month to read picture books and have conversations about life, love and madness.

**Aarathi says,**

“As a psychotherapist conversations about life, love and madness is an every day thing. I sit with people and wonder why we don’t have enough of it in our hearts and souls, we wonder about the world that’s here and how we’d like one that fills us with better things and people.”

Safe spaces and Quiet Reading Nooks is an opportunity to come together as people to embrace what feels odd, crazy, joyous, different and at the same time warm, gentle and fun within us. This is an opportunity to unpack what may be difficult while also holding ideas and experiences inside of us with a certain kind of ease; books can do that for us.

### Who can join:

- If you love books and/ or are curious about books, especially picture books, they take no longer than 20 minutes to read, have brilliant art and poetry and may hold space for a younger version of you.
- It helps if you are in therapy or doing work on yourself that can support any unpacking that may happen in this group
- The group is ideal if you are here to reflect and go within and also meet other people who may want to do the same but also more importantly listen to one another also.
- If the description seems too abstract but oddly fun, this group is for you!

**Group size:** 6-8 people of all ages

**Time:** 5-6:30pm every third Friday of the month

**Venue:** in-person, Pause for Perspective

**Cost:** Rs. 300/-

15



To Register: call or whatsapp on 8106864001 or DM us on our insta page @pauseforperspective

This November aarathi will hold space for picture books and conversations that take on the flavour of 'Belongingness' as a theme.

We'll share every week atleast one book and questions for you to reflect on as a teaser to come to our safe spaces! Take a look at our Instagram page for the monthly themes and book talks @pauseforperspective







## Queer Support Group

If you are looking to find a safe space to explore, express and find support and community in your journey as a queer person (sexual and/or gender identity) with a mental health experience. Please join us.

**What to expect:** this is a psychotherapy support group for queer folk. We will explore experiences of being queer in a patriarchal cis-heteronormative world. Often times queer experiences and the erasure and emotional deprivation we experience lead to several mental health conditions and challenges

as well, apart from the daily life challenges (and also joy ofcourse!)

The group will be a relaxed, conversational one, we will bring experiences into the group that would like to be held with care, love, non-judgement. Individuals may take away reflections and insights into their life and a support group to fall back on regularly. The group will be facilitated by Queer counselors who are also queer affirmative practitioners.

To register: Please DM or call 8106864001 and register.

For whom: To group is for individuals who identify as queer.

Fee: Rs 100 per session.

Session: Twice a month. Second and fourth saturday every month.

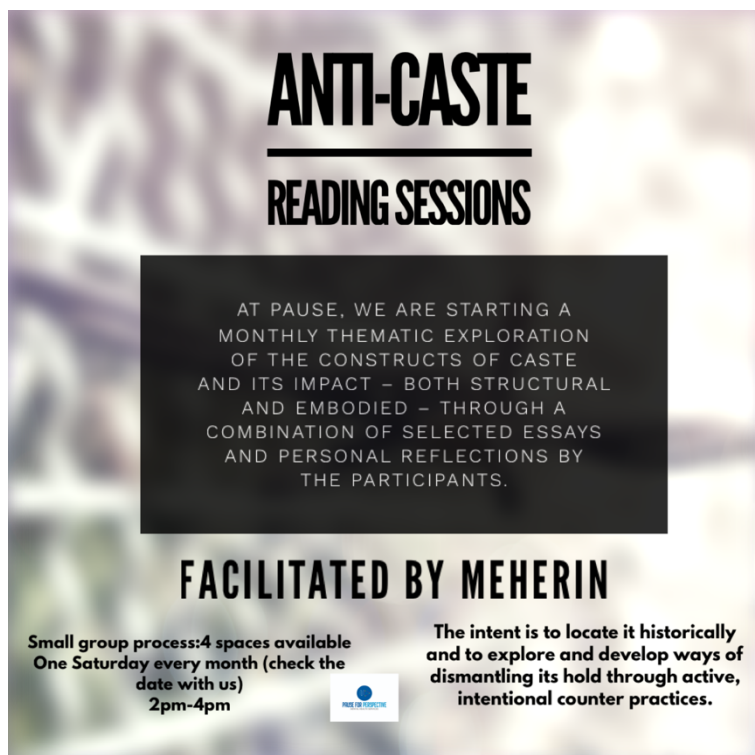
Timings: 5pm to 7pm

Venue: Zoom and in-person(eventually, at hyderabad)

Facilitator: [Aarathi](#) and K



## Anti-Caste Reading Circle




**ANTI-CASTE**  
**READING SESSIONS**

AT PAUSE, WE ARE STARTING A MONTHLY THEMATIC EXPLORATION OF THE CONSTRUCTS OF CASTE AND ITS IMPACT – BOTH STRUCTURAL AND EMBODIED – THROUGH A COMBINATION OF SELECTED ESSAYS AND PERSONAL REFLECTIONS BY THE PARTICIPANTS.

**FACILITATED BY MEHERIN**

Small group process: 4 spaces available  
One Saturday every month (check the date with us)  
2pm-4pm

The intent is to locate it historically and to explore and develop ways of dismantling its hold through active, intentional counter practices.



At Pause, we are starting a monthly thematic exploration of the constructs of caste and its impact – both structural and embodied – through a combination of selected essays and personal reflections by the participants. The intent is to locate it historically and to explore and develop ways of dismantling its hold through active, intentional counter practices.

We have 04 seats open for outside participants.

Sessions: One Saturday per month., 2-4 pm

Fee: sliding scale Rs 250-500. We encourage dominant caste folks to contribute on the higher end of the scale if they are able to afford

This session is at no charge for those from caste margins.

Facilitator: [Meherin](#)



## Other Groups

Know more on our [Insta page](#)



These sessions are led by [Vasavi Eriki](#)

