

DEPARTMENT OF PSYCHOLOGY

UCSSH,MLSU

Unit-1
Development of psychotherapy in
India

Dr. Varsha Sharma



ROOTS OF PSYCHOTHERAPY

Psychotherapy in India has its deep roots in ancient past. Bhagwat Geeta offers a valuable case study for lessons in psychotherapy . Geeta explains resolution of conflict and successful resumption of action from a state of acute anxiety and guilt laden depression



ROOTS OF PSYCHOTHERAPY

Lord Krishna help the grief-stricken Arjuna through dialogue and discussion. According to Gita, Guru Shishya concept, personality of grief-stricken person, conflicting situations are important for the solution of the existing problem



ROOTS OF PSYCHOTHERAPY

Geeta is considered as first ever recorded crisis intervention globally. The mode of therapy was single session therapy.

Arjuna is a patient and Krishna is a therapist

The techniques used during therapy are flooding, cognitive behavioral therapy, rational emotive therapy etc.



ROOTS OF PSYCHOTHERAPY

Further the Guru Chela concept was popularized by doctor Neki eminent Indian psychiatrist and psychologist.

Neki discussed confidentiality and privacy in the Indian context and opined that these terms do not even exist in Indian Languages and, in the socio-cultural context.



ROOTS OF PSYCHOTHERAPY

Therefore, he recommended family therapy or at least couple of sessions with the family members along with dyadic therapy in order to help the progress of the psychotherapy.



ROOTS OF PSYCHOTHERAPY

Western or scientific psychology was introduced in India in 1905 at Calcutta University in 1915 full fledged department of psychology was developed

Psychotherapy is defined as interpersonal method of mitigating suffering.

psychotherapeutic systems have existed in India a long time back unlike western system these have lack a clinical base but have provided a more Global framework.

