

Madras School of Social Work

Department of Psychology MSc Family Counselling

Field Visit Report – De-addiction, Rehabilitation and Psychiatric Care

On 27 March 2023, the Department of Family Counselling visited the Jeeva Rakshai centre located at Valasaravakkam. Jeeva Rakshai is a De-addiction cum Rehabilitation & Psychiatric care. The aim of this centre is to provide comprehensive mental health care that is easily accessible and affordable to the needy. The overall focus of the centre is to promote positive mental health, instil resilience and improve positive coping in their clients. A.C.N Aruna is the Managing director and Counselling Psychologist of this rehabilitation centre. She has more than 10 years of experience in counselling, psychotherapy, awareness, and training programmes. The founder Ms. Aruna facilitated the presentation about the centre. She started with a general discussion about currently trending drugs like Tidol and its effects on the general public. The causes observed behind most addictions include emotional triggers, inferiority complex, academic or career failure, and family issues. The target clients for this centre include clients with addiction, clients who need adolescent guidance, adult guidance services, and women-centric mental health services. The steps of de-addiction counselling include detoxification, individual therapy, family counselling, psychological interventions to enhance motivation and coping skills, medical and psychiatric treatment, psychometric assessments, group therapy, relapse prevention, and AA / NA self-help support groups. The two primary focus areas in treatment are changing the behavior and helping to manage the personality of the individual. The most used therapies such as Cognitive Behavioral Therapies, Dialectical Behavioral Therapies, and Mindfulness Exercises were also discussed. Restructuring the brain was one of the major areas of work in counselling. The individual's maladaptive thought patterns were replaced with productive patterns. Relapse prevention was discussed and the role of counsellors in relapse management was highlighted. The role of family members in the de-addiction process was highlighted. The students gained valuable insights and the event ended on a positive note.



Chennai, Tamil Nadu, India
 Jeeva Rakshai Mental Health Wellness Centre (De-addiction cum Rehabilitation & Psychiatric care)1-32, 9th Cross St, Velan Nagar, Alwartirunagar, Valasaravakkam, Chennai, Tamil Nadu 600087, India
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 27/03/23 11:39 AM GMT +05:30



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Dates	27 th March 2023
Venue	Jeeva Rakshai Mental Health Wellness Centre
No of Students attended	25
Faculty In-Charge	Ashwini U R