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Calm Your Mind.life

In Mind >>>

Dr. Kavitha Kannan is a compassionate therapist who specializes in career counseling, addressing study-related anxieties, mood disorders, and interpersonal challenges. Kavitha empowers individuals to overcome obstacles and transform into unique, confident individuals ready to face the world with resilience. Her unwavering commitment to helping others navigate life's challenges sets her apart as a trusted and effective Counseling Psychologist. She serves as the CEO of **Mind Scape Counselling**. In her capacity as Director, Kavitha assumes a crucial position at **Alagu Jothi Academy**, an educational institution passionately devoted to nurturing young minds and promoting comprehensive development.



MIND SCAPE COUNSELLING

We can help resolve a wide variety of issues such as stress, anger, anxiety, relationship problems, Trauma, depression, low self-esteem and grief.



*Unleash your mind...
Unwind yourself...
Heal your mind...
Get back on your feet...
End your pain today...*

MENTOR
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Interview with Dr. G.V. Kumar, Psychologist

by Dr. Kavitha Kannan, Counseling Psychologist and Corporate Trainer

Dr. G.V. Kumar, M.B.A., M.Sc., Ph.D. a famous Psychologist with 40 years of vast experience. Practising as Psychologist, Psychometrician, Psychotherapist, Hypnotherapist, Sex Therapist, Motivational Speaker, Research Guide, Professor of Psychology, Corporate and Soft Skills Trainer since 1983.

Q: In Counseling Psychology, how should a Counseling Psychologist approaches the clients?

A: The approach is guided by core psychological principles, clinical training, and human connection - with an emphasis on empathy, respect, and collaboration. Here's an overview of how a counseling psychologist typically approaches clients:

With Empathy and Unconditional Positive Regard. Following Carl Rogers' person-centered foundation, counseling psychologists create a non-judgmental, warm, and accepting environment. They listen deeply, reflect feelings, and validate the client's experience, building a relationship where the client feels emotionally safe. "People are not problems to be fixed—they are stories to be heard."

Through Collaborative Exploration: Rather than offering immediate solutions, counseling psychologists work with the client to understand their inner world, challenges, and goals. The therapist acts as a guide—not an

authority—helping the client gain insight and develop coping strategies at their own pace.

Using an Integrative and Culturally Sensitive Lens: Counseling psychologists often draw from multiple theories (e.g., CBT, psychodynamic, humanistic, CFT, IFS) and adapt their approach to the client's cultural background, identity, and worldview. They aim to understand the client within their context—not apart from it.

With Respect for Autonomy and Strengths: Clients are seen as capable and resourceful, even when distressed. Counseling psychologists help clients identify and build on their strengths, promoting growth, not dependency.

Grounded in Ethical and Professional Standards: They maintain confidentiality, set clear boundaries, and ensure informed consent. The relationship is always guided by trust, transparency, and accountability.

A counseling psychologist approaches clients with the belief that healing begins in relationship.

Continue in the next issue ...

Mind Matters >>>

The Compassionate Mind – How Kindness Changes You from Within

by **Sudhakar Haridoss**, Counseling Psychologist

What if the key to calming your mind wasn't more control, but more compassion?

Modern psychology and contemplative science are revealing what ancient wisdom long understood: kindness isn't just a virtue—it's a powerful force for healing the mind. When we relate to ourselves and others with compassion, we engage inner pathways that create safety, resilience, and emotional balance. This practice doesn't just feel good—it transforms how we think, feel, and respond.

The Science of Soothing: At the heart of this shift is the soothing system, a natural function of the mind that helps regulate stress and foster calm. When you practice compassion—through gentle words, a warm inner tone, or a mindful pause—you activate parts of the mind responsible for connection, emotional regulation, and clarity.

Unlike the reactive “threat mode” of the mind, which fuels anxiety and harsh self-talk, the

soothing system brings steadiness and safety. It can be trained and strengthened with consistent practice.

Compassion Reshapes the Mind: When you consistently meet yourself with kindness, your mind gradually learns a new way of being. Over time, this leads to:

- ❖ Less self-criticism and overthinking
- ❖ Greater emotional resilience
- ❖ More empathy and patience with others

This process—sometimes called mental rewiring or emotional neuroplasticity—shows that the mind is not fixed; it's flexible and always learning from how we treat ourselves.

Kindness Is Strength, Not Softness: A common misconception is that being kind to yourself means letting yourself off the hook. But studies show that self-compassionate people are more motivated, more accountable, and better at bouncing back from setbacks—because their



mind becomes a safe place to grow, not a battleground.

A Gentle Takeaway: Every time you respond to discomfort with kindness instead of criticism, you're reshaping your mind into a space of calm, courage, and clarity.

The compassionate mind isn't just an idea—it's a practice. And it's available to you, right now.

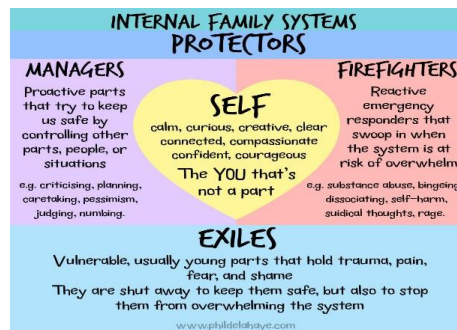
Internal Family Systems (IFS) Therapy

by **Kavitha Kannan**, Counseling Psychologist and Corporate Trainer

IFS – ALL WE KNOW IS Indian foreign service or Indian forest service but in psychology what it is all about?

Internal Family Systems (IFS) is an integrative approach to psychotherapy developed by Richard C. Schwartz in the 1980s. It combines systems thinking with the view that the mind is made up of subpersonalities or "parts", each with its own unique viewpoint and qualities. IFS proposes that everyone possesses a core Self, an undamaged and resourceful essence, which can be accessed and used to heal other, hurt parts of the mind. The picture above represents the vivid points, in elaborate:-

Parts: These are sub-personalities within us that hold specific roles or emotional experiences. There are three main categories:



Managers

Role: Hold painful memories, trauma, vulnerability, shame, fear, or unmet needs—often from childhood.

Examples: A lonely child part, a scared or rejected teen, or a shamed inner child.

Why they're “exiled”: Other parts try to lock them away to protect the system from being overwhelmed by their intense emotions.

IFS Goal: Help exiles release their burdens in the presence of the Self so they no longer need to remain hidden.

Firefighters

Role: Proactively try to prevent the exiles from being triggered. They keep life organized, controlled, and safe.

Examples: The perfectionist, the inner critic, the overachiever, the planner, the people-pleaser.

Style: Often highly controlling or judgmental but are protective in nature.

IFS Goal: Help managers trust the Self and relax their extreme roles.

Exiles

Role: React when exiles are activated. They try to extinguish emotional pain quickly, often through impulsive or numbing behaviors.

Examples: Addictive tendencies, binge-eating, rage, self-harm, dissociation, overuse of social media or substances.

Style: More reactive and impulsive than managers, but with the same core goal—protecting from pain.

IFS Goal: Help firefighters find healthier roles once the exiles are healed.

continued next page...

The Self

Not a part—but the true inner leader.

Characterized by 8 C's: Calm, Curiosity, Clarity, Compassion, Confidence, Courage, Creativity, and Connectedness. Healing occurs when the Self leads and interacts with parts in a loving, nonjudgmental way.

How They Interact:

Managers try to keep control and prevent triggers.

Firefighters act when that control fails.

Exiles carry the original emotional wounds everyone is trying to avoid.

So, how does IFS help in family issues such as handling adolescence and

phone addiction which is the call of the hour, even a teacher who handles 40 students in a classroom, is unable to handle her own adolescent girl or a boy at home, the same teachers as a parent at home is emotionally disturbed and unable to handle the situation wherein, EQ plays an important role to cope up the issue and IFS helps to overcome the same in the following way,

Identifying Parts: Clients learn to recognize their inner parts and understand their roles and motivations.

Accessing the Self: Therapists guide clients to connect with their core Self, leveraging its compassionate qualities for healing.

Unblending: Clients learn to differentiate between their Self and their parts, fostering a greater sense of internal spaciousness and choice.

Unburdening and Healing: With the Self as the guide, clients engage with exiled parts, helping them release their pain and integrate them into the system.

IFS is considered a trauma-informed and gentle approach



that is gaining recognition for its effectiveness in addressing a range of issues, like Trauma, PTSD, Anxiety, Depression, Relationship challenges, Eating disorders, Addiction, Substance use disorders, Physical health conditions such as rheumatoid arthritis, General functioning and wellbeing.

Dealing with Feelings >>>

Compassion-Focused Therapy (CFT)

by **Ranee Sen**, Counseling Psychologist, Life Skills Coach, and Yoga Instructor

Compassion-Focused Therapy (CFT) is a modern, integrative form of psychotherapy developed by Dr. Paul Gilbert in the early 2000s. It was primarily designed to help individuals who struggle with high levels of shame, self-criticism, and low self-esteem, especially when traditional cognitive-behavioral methods alone are not effective.

CFT draws upon multiple psychological theories, including evolutionary psychology, neuroscience, Buddhist psychology, and cognitive-behavioral therapy (CBT). It emphasizes the healing power of compassion — for both oneself and others — to regulate difficult emotions and improve mental well-being.

CFT is based on the idea that humans have three emotion regulation systems:

1. **Threat System** (fight, flight, freeze):
 - a. Activated by fear, anger, shame, anxiety.
 - b. Driven by survival instincts.
 - c. Often overactive in people with depression or trauma.

2. **Drive System** (achievement, pleasure, motivation):
 - a. Motivates us to achieve goals and rewards.
 - b. Can become dominant in highly competitive or perfectionistic individuals.
3. **Soothing System** (safety, calm, connection):
 - a. Regulates distress and promotes feelings of contentment and security.
 - b. Often underdeveloped in people with trauma or harsh self-criticism.

CFT helps individuals activate and strengthen the soothing system, allowing for balance between these three systems.

Goals of Compassion-Focused Therapy

- Develop self-compassion.
- Reduce self-criticism, shame, and guilt
- Improve emotional regulation.
- Promote psychological resilience.
- Foster acceptance, rather than judgment.

Core Techniques Used in CFT

1. **Psych education:** Educating the client about the brain's emotional systems, the role of shame, and how compassion can change emotional responses.
2. **Mindfulness:** Developing awareness of thoughts, emotions, and sensations without judgment.
3. **Soothing Rhythm Breathing:** A breathing technique to activate the parasympathetic nervous system and promote calmness.
4. **Compassionate Imagery:** Visualizing a compassionate figure or a compassionate version of oneself to create a sense of safety and kindness.
5. **Letter Writing:** Writing letters from the perspective of a compassionate self to one's critical self or inner child.
6. **Chair Work:** Role-playing different aspects of the self (e.g., critic vs. compassionate voice) to externalize and transform self-talk.

Who Can Benefit from CFT?

Individuals with: Depression, Anxiety, Trauma/PTSD, guilt, Eating disorders, Personality disorders, Chronic shame. Especially effective for clients who are highly self-critical or who have difficulty feeling warmth toward themselves

Calming Your Anxious Mind

by **Srikanth Vaigundam**, Psychologist and Yoga Instructor

When anxiety takes over, it can feel like your thoughts are racing, your body is tense, and your sense of safety disappears. Instead of fighting anxiety, these practices invite you to respond with compassion and inner connection.

Soothing Rhythm Breathing (CFT): This is a simple but powerful way to calm the threat system and shift into your soothing system.

- ❖ Sit comfortably with a relaxed posture.
- ❖ Inhale gently for a count of 4, hold for 1, and exhale slowly for a count of 6.
- ❖ Repeat for 1–2 minutes, noticing how your body begins to soften.
- ❖ As you breathe, imagine each breath carries calm and kindness inward.

Why it works: Lengthening the out-breath activates the parasympathetic nervous system—your body’s natural calming response.

Meet the Anxious Part (IFS): Instead of saying “I’m anxious,” recognize that a part of you is feeling anxious—and that part needs attention, not suppression.

- ❖ Say internally: “I notice a part of me is feeling anxious.”
- ❖ Ask: “What are you afraid might happen?”
- ❖ Let the part speak (in your mind) and just listen—with curiosity and care.
- ❖ Thank it for trying to protect you, even if the method feels overwhelming.

Why it works: This creates space between you and the anxiety, helping you access your calm, compassionate core.

Grounding in the Present: Anxiety often pulls us into future fears. Grounding helps return to the here and now.

- ❖ 5 things you can see
- ❖ 4 things you can touch
- ❖ 3 things you can hear
- ❖ 2 things you can smell
- ❖ 1 thing you can taste or feel inside (e.g., your breath)

Why it works: This reorients your brain to safety in the present moment, reducing spiraling thoughts.

Final Reminder: You don’t have to get rid of anxiety. You only need to relate to it differently. With warmth, with patience, and with practice—you can calm the anxious mind and return to a steadier self.

When anxiety visits, it can cloud our clarity and tighten our sense of control. Instead of pushing it away, we can learn to meet it with understanding and steadiness. Here are a few gentle reminders to help calm your anxious mind from within.

1. Anxiety is not the enemy—it’s a signal: Anxiety often arises from a part of you trying to protect you from uncertainty or harm. Instead of fighting it, try listening to it with curiosity and care.
2. Don’t rush to fix—first, breathe: When anxiety spikes, we often try to control or escape it. The first step is not to “solve” it, but to ground yourself with slow, steady breaths and a calm inner presence.
3. Change your inner tone: Speak to yourself as you would to a friend:
 - a. “This is hard right now, but I’m doing my best.”
 - b. “It’s okay to feel this way. I’m here for myself.”
4. Separate the anxious part from your whole self: Instead of saying “I’m anxious,” try saying “A part of me feels anxious.” This creates space and allows your compassionate self to step in and support.
5. Safety begins in small moments: Create simple rituals that signal safety to your nervous system—like drinking warm tea, taking a short walk, or gently placing a hand over your heart.

Remember: calm is not the absence of feeling: It’s the ability to stay present, kind, and steady—even while emotions move through you.

we are *here to listen...*

Reach out to us at
www.calmyourmind.life



Editor's Message

Dear Readers,

Welcome to the third edition of our **CalmYourMind.life** eNewsletter! As we navigate an ever-evolving world, the importance of mental health and emotional well-being continues to come to the forefront. This eNewsletter aims to be a source of inspiration, information, and connection for our valued community.

In this issue, of **CalmYourMind.life** where we explore ways to nurture emotional resilience. Dive into expert insights with Dr. G.V. Kumar, briefed about Internal Family Systems (IFS) and Compassion-Focused Therapy (CFT) and learn how to Calming Your Anxious Mind. Let's journey together toward a calmer, stronger mind!

At **CalmYourMind.life**, we believe in creating a safe, compassionate space where everyone feels heard and supported. This newsletter is an extension of that commitment, bringing valuable insights and tools to your doorstep.

Thank you for being part of our community. Together, let's continue to prioritize mental health and work towards a brighter, healthier future for all.

Best Regards

Ranee Sen

Editor, **CalmYourMind.life** eNewsletter

Let's Talk with Counseling Psychologists — Offline/Online Counseling

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"The good life is a process, not a state of being. It is a direction, not a destination" — Carl Rogers