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GEETOPDESH: SPIRITUALITY, CULTURAL VALUES AND PSYCHOTHERAPY

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In today's age of globalization, growing materialism-unhealthy competition and distress, there is a felt need to explore the dimension of spirituality (Spiritual Intelligence). Spirituality and values can work as a soul for the science. In this regard, mythology and cultural heritage have a lot to offer. Revisiting scriptures and trying to understand the insights gained in the past era can add on to the knowledge and skills used in the practice of Psychotherapy. In today's fast pace life and age of globalization, utilizing such knowledge, insights and skills shall indeed be quite useful, both for personal growth and that of the patient. Today the challenge lies in inclusion, merging the cultural knowledge with current psychotherapeutic skills.

The paper shall focus on values derived from 'Geetopdesha' ('Geeta', the Holy Book of the Hindus that incl. the preachings and guidance of Lord Krishna, an incarnation of the Administrator God Vishnu, to Arjun on the battlefield). It incorporates the philosophy of life and death, the never ending soul, cognitive psychotherapy, 'Karm' philosophy emphasizing on one's duties and responsibilities.

Patients from different parts of the world can benefit from such insights and concepts that help in conflict resolution, enhancing motivation, self realization, increasing tolerance and acceptance thus aiding in reducing human suffering. It is of practical use in managing anxieties, phobias, fear of death, care of terminally ill and grief work. Combining relevant traditional approaches with the newer techniques is indeed a challenge in today's clinical practice of mental health professionals.