

Joint Meeting on
30th International Conference on
PSYCHIATRY AND MENTAL HEALTH
&
25th COGNITIVE NEUROSCIENCE CONGRESS
November 12-13, 2018 Dubai, UAE

New perspectives on the growing mental health crisis

Jimmy K Mody

Human Potential Clinic, India

The most serious crisis facing the world today is that of growing fragmentation. Fragmentation, a form of violence, seems to be the most common way in which humanity has learnt to deal with conflicts in relationships. Consequently, the pattern repeats. No problem is really solved, only managed for the time being, if at all. When you read this; does this sound familiar? Does it ring a bell? Perhaps it does because all of us have experienced it in some way ourselves, in our own lives. We have all seen and been a part of this process of fragmentation within the confines of our own homes, families, those of our friends, as well as our corporates, etc. Yes, it seems to be everywhere; the pattern that ceaselessly repeats and a pattern that we might readily see in others, but not ourselves.

Biography

Jimmy K Mody is a Psychotherapist in Mumbai. He is also a certified Reiki and Pranic healer, who brings to his psychotherapy practice a healthy mix of spirituality. He has given many talks at various Rotary Clubs in Mumbai, Sophia College, Indus Women's Association, as well as many other venues.

tamingthefire@gmail.com

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