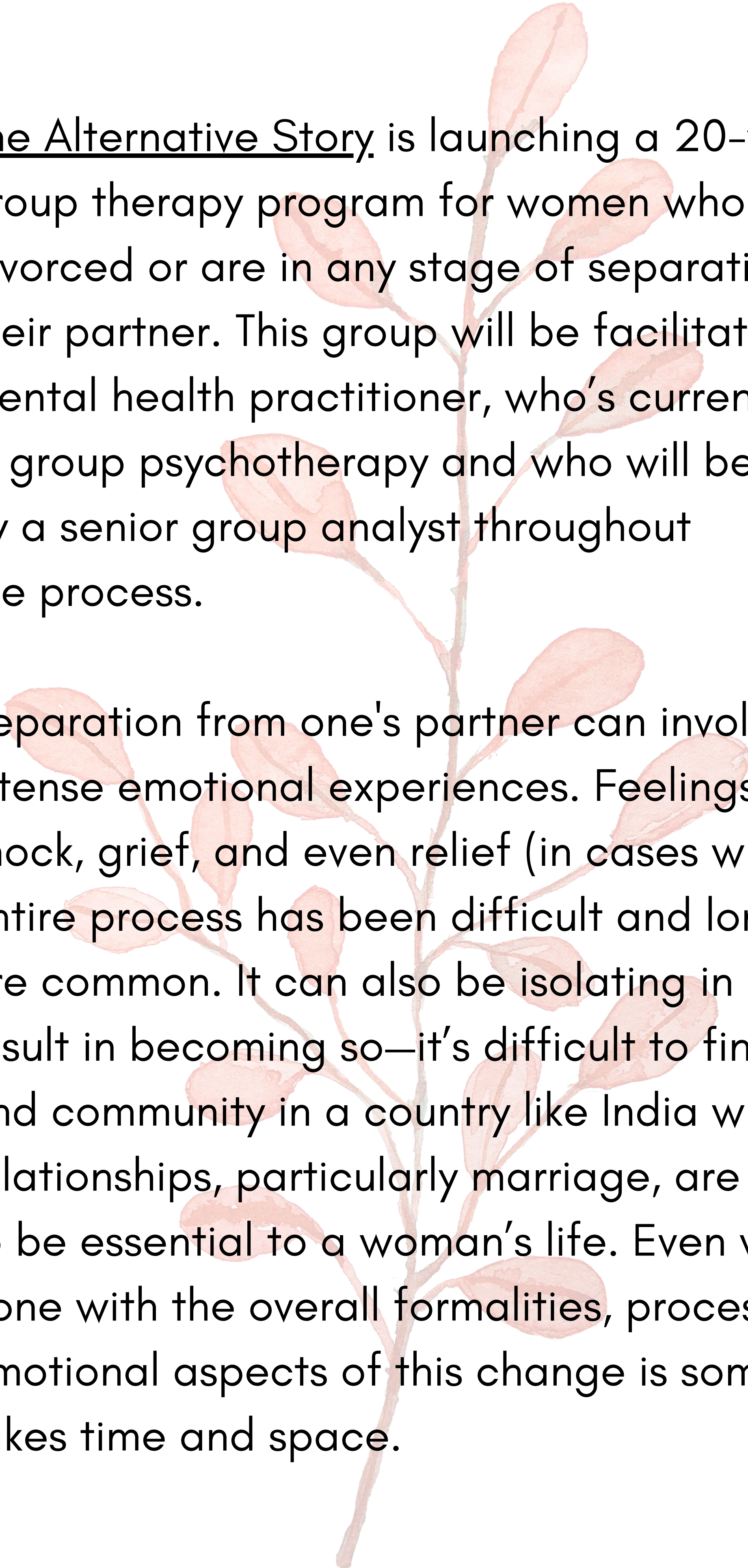




A PART TO APART

group therapy for divorced and
separated women in India



The Alternative Story is launching a 20-week long group therapy program for women who are divorced or are in any stage of separation from their partner. This group will be facilitated by a mental health practitioner, who's currently training in group psychotherapy and who will be supervised by a senior group analyst throughout the process.

Separation from one's partner can involve having intense emotional experiences. Feelings such as shock, grief, and even relief (in cases where the entire process has been difficult and long-drawn) are common. It can also be isolating in nature, or result in becoming so—it's difficult to find support and community in a country like India where relationships, particularly marriage, are considered to be essential to a woman's life. Even when you're done with the overall formalities, processing emotional aspects of this change is something that takes time and space.

No matter what the diverse experiences of group members are, they will all have one thing in common—the fact that they're all women who have navigated or are navigating the process of separating from one's partner in India.

The group will meet once every week for a period of 20 weeks, and each session will last for 90 minutes. By accessing group therapy the aim is for members to feel—a sense of belonging; less lonely; and heard. This space will act as a sounding board that can help provide perspective from a place of empathy.

The number of participants in the group is capped at eight. If you would like to be a part of this program you will have to commit to attending all 20 sessions. The program cost, inclusive of 18% GST, is Rs 12,000/-. Find details of the payment plans available in the FAQs section.



Who is the group therapy program's facilitator?

Yasmin Paul will be the group facilitator. She holds a master's degree in psychosocial clinical studies from Ambedkar University, Delhi and is currently an associate at The Alternative Story, in Bengaluru. Previously, she worked with marginalized single women and children in the context of urban homelessness in Delhi, as well as in the area of community-based mental health interventions for suicide prevention.

At present she is training with the Institute of Group Analysis (IGA), to be a group analyst. This group is part of her group psychotherapy training and will be supervised by David Glyn (group analyst, President, GASI) on a weekly basis.

Yasmin is deeply curious about people's inner worlds, her therapeutic work emphasizes the role played by relationships in the construction of our individual and shared realities.

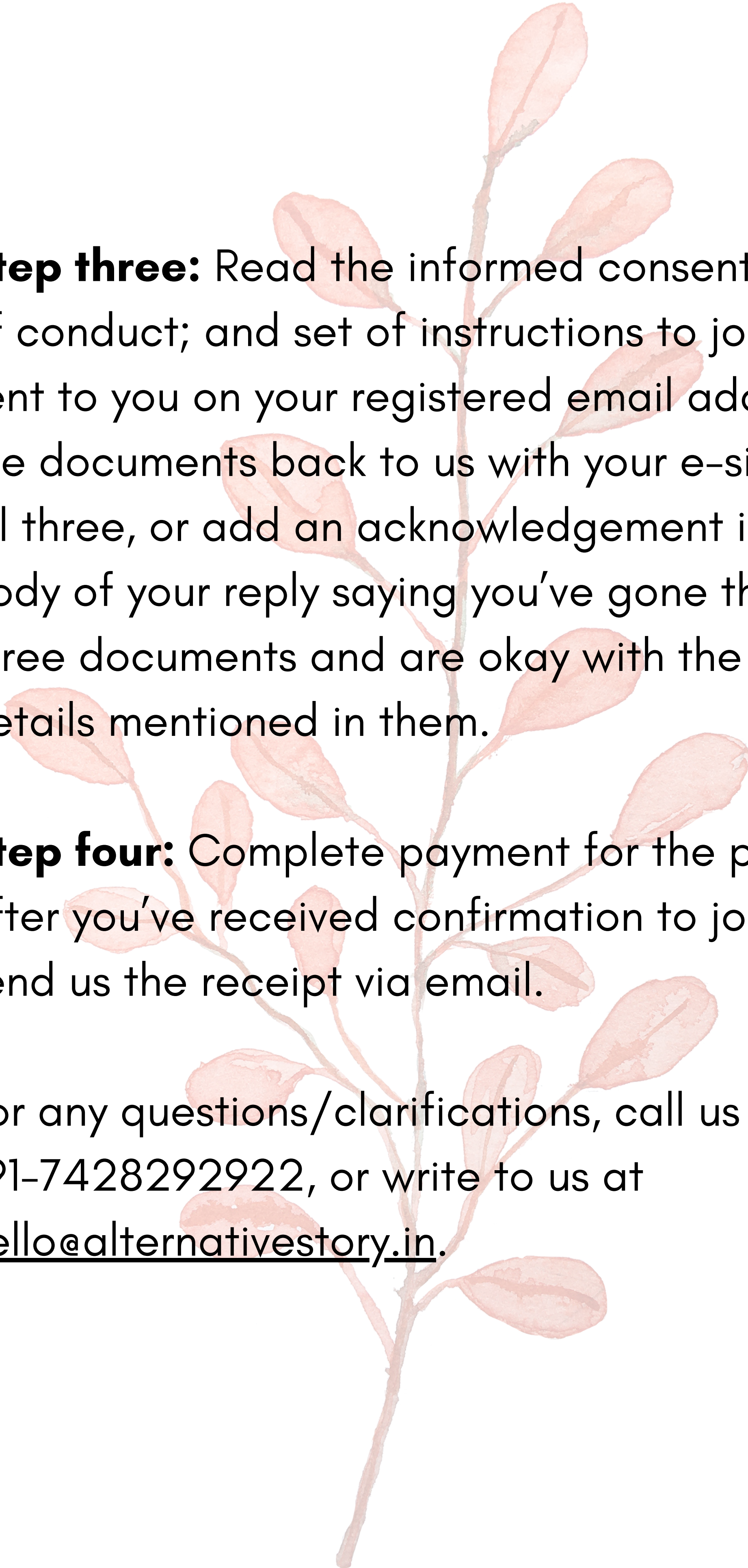
Frequently Asked Questions (FAQs)

How can I apply to be a part of the therapy group?

You can apply to join the group, in four steps —

Step one: Fill the registration form.

Step two: A staff member from our team will contact you to schedule an assessment, this is in order to understand your needs and whether the group will be a good fit for you. In case it isn't, we will inform you during the assessment, and share information about other resources you may find helpful.



Step three: Read the informed consent form; code of conduct; and set of instructions to join the group sent to you on your registered email address. Send the documents back to us with your e-signature on all three, or add an acknowledgement in the email body of your reply saying you've gone through all three documents and are okay with the program details mentioned in them.

Step four: Complete payment for the program; after you've received confirmation to join the group send us the receipt via email.

For any questions/clarifications, call us on +91-7428292922, or write to us at hello@alternativestory.in.

Am I eligible to join this group?

You are eligible to apply to join the group if you meet all the following criteria –

- i. You are an adult (18+), and identify as a woman
- ii. You reside in India
- iii. You are divorced or are in any stage of separation from your partner
- iv. You have been looking for a safe space to talk about your experience, and also wish to be a part of creating such a space

What if I can't commit to attending all 20 sessions? What if there's an emergency and I can't attend a session?

Your presence means a lot to the others in the group who will be counting on your support. Please register to join the group only if you can make sure to attend almost every meeting.

In case of an emergency you will be expected to inform the group facilitator, so that they can inform the group about your absence in the session.

I have been divorced/separated for 20 years, can I join the group?

Yes, absolutely!

What can I expect from this group?

The founder of group analysis, SH Foulkes reasons that as our difficulties arise in group spaces, it makes sense that these are best explored, understood, and changed in a group context too.

In this group you can expect —

- A space that will allow you to freely discuss your experiences, thoughts, and emotions (this is a space in which to think of this with others instead of by yourself)
- To learn to build a safe, supportive space together for the other participants and you, where you can express your concerns, and be vulnerable

How is this space different from a support group?

A support group is usually aimed at exchanging useful information between members, listening to each other without judgment, creating a community space where all members feel accepted.

Group therapy on the other hand is a space where members can explore personal conflicts and concerns; work through them in a supportive atmosphere in the company of others who may be experiencing similar challenges. It offers a space to reflect on and deepen your understanding of— yourself as an individual; and your relationship with others.

I'm a part of another group for divorced and/or separated women, can I still join?

Please go ahead and apply. We can have a conversation during the assessment meeting about any confusions that may arise in such a situation.



What is the duration of the group therapy program?

The therapy group will start on 4th March, 2022 and will be held once every week for 20 weeks until the end of July 2022. The group will meet every week on Fridays at 5 pm for 90 minutes.

What is the payment for the program?

The sessions' cost is Rs 600/- per session, and the total cost of the program is—600 multiplied by 20—Rs 12,000/- (inclusive of 18% GST).

You can make the payment for the sessions on a weekly basis, before or after the session. There's a special discount in case you choose to pay for all 20 sessions at a go.

What are the payment options?

Your payment options are as below (all prices mentioned are inclusive of 18% GST) –

- i. Option one – If you choose to make the payment for all 20 sessions at once, the total cost is Rs 10,000/-
- ii. Option two – The second option is to pay Rs 2200/- per month, cost of four sessions
- iii. Option three – And the third is to pay session-wise, Rs 600/- per week