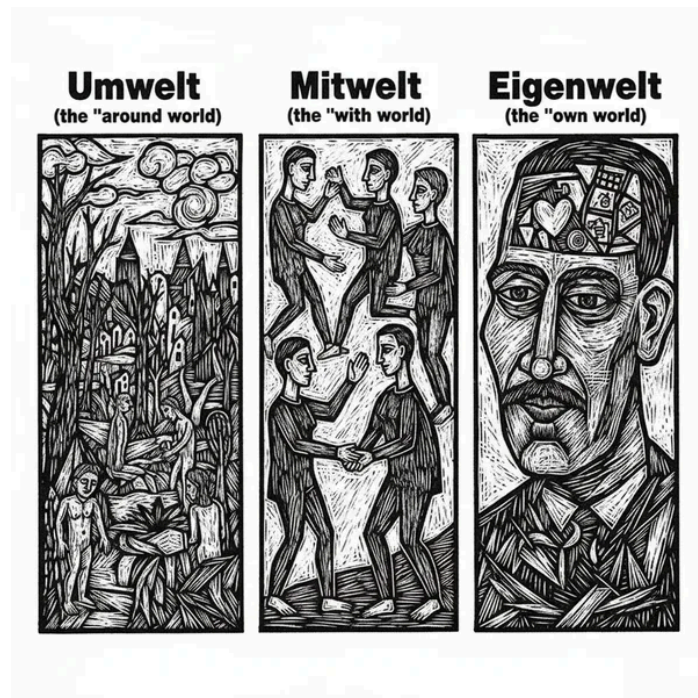


# ☀️ Mantra of Hope Counselling:

## Monthly Newsletter: 2026 April



Ludwig Binswanger 13 April 1881 – 5

February 1966) was a Swiss psychiatrist and pioneer in the field of existential psychology.

### ***Healing & Growth Together - April 2026 Edition***

*"I finally understand why I react the way I do to family conflicts. The cultural perspective helped me see that my struggles weren't personal failures but generational patterns that I can now change." - Men's Group Participant*


In this Newsletter we will

- 1- We share some resources on Men Support Group with a focus on Suicide awareness
- 2- Share link with a Oral History narrative-to see how self care and journaling develop
- 3- Historical Perspectives-On birthday of Ludwig Binswanger-we go into how Existential psychotherapy approach developed.

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## Welcome to Our Community

Welcome to our monthly newsletter! As we continue to build a supportive community for healing and growth, we're excited to share updates about our expanding support groups and therapeutic approaches.

 **Exciting News:** We are launching a fortnightly women's support group to complement our established men's support group. This expansion reflects our commitment to providing inclusive, culturally-informed therapy for everyone in our community.

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## Our Support Groups

### **Men's Support Group - Growing Strong**

Our Men's Support Group continues to thrive! What started as a space for men in their 30s and 40s has organically grown to welcome participants across all ages:

- **Young Adults (20s):** Navigating early career and relationship challenges
- **Mid-life (30s-40s):** Our original focus group, dealing with career transitions and family pressures
- **Mature Adults (50s-60s):** Facing retirement transitions and life reflections



RESOURCES-BLOG -Last In Person Meeting-Wednesday March 25-we discussed about Suicide awareness

*When a group member brought up the suicide of an acquaintance, I remembered the first time I came to know about suicide. This was in Poona (now Pune), Maharashtra, Western India, in the 1970s. The wife of one of my father's colleagues took her own life—everyone knew, but they did not want to discuss it. One of my family members has suicided, suffering from chronic pain, from which he saw no way out. Many decades later, we still do not mention him. In medical school, every year, a colleague or student took their life.*

You can read the full blog and [download](#) resources

## New: Women's Support Group

Starting this month, we're launching a fortnightly women's support group. This space will provide women with the same culturally-informed, emotion-focused approach that has made our men's group so successful.

### Upcoming Sessions

Men's Support Group - April 2026- Online-Wednesdays 1, 8, 15, 22 730 pm 90 m,

In person-April 29-7 pm- 4310 Sherwood Towne Blvd

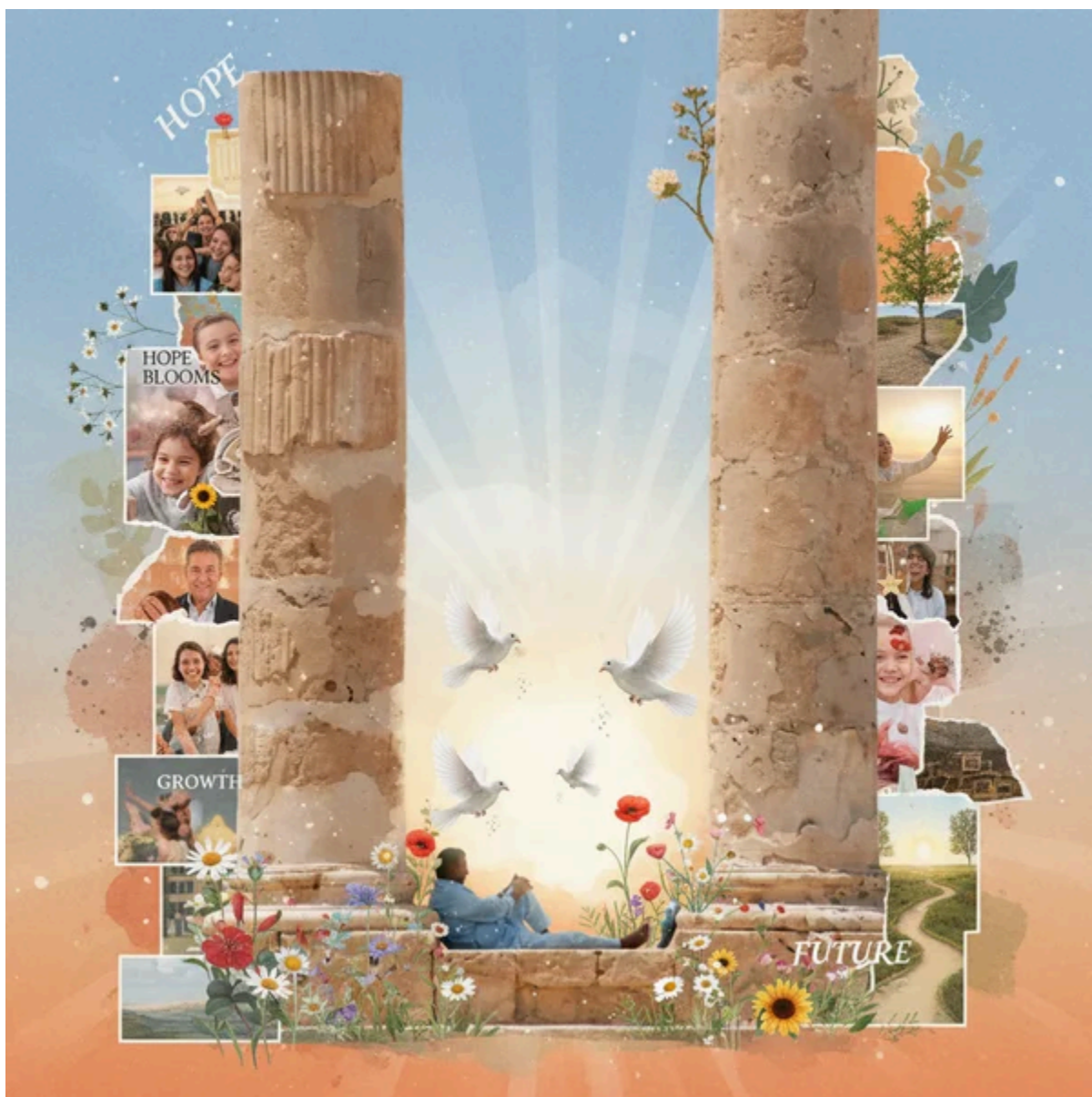
## OUR HISTORY AND DEVELOPMENT

Being professionals and teachers, my parents and grandparents inspired me to follow a medical career-(joined 1985). Below -from right upper-clockwise are 1- Parvati Temple and Fortress -Poona- built 1749. during the Peshwa dynasty by Peshwa Balaji Baji Rao (also known as Nana Sahib Peshwa). 2- Firoz shah Kotla built 14 th century 3- Tripoli Castles built 1920s and 4- Chest Diseases Hospital Poona- established in 1940s -current building was commissioned in 1960s.)







*My grandfather came back from Russia in July 1979. He was another great morning walker. He would get up early in the morning and go for a morning walk to Lunanagar, dressed in a coat, a hat and a walking stick in hand. Dressing sense carried through the decades, by the retired Professor of Political science of Banaras Hindu University who did his PhD under Harold Laski in London School of Economics in the nineteen thirties. The walking stick has many layers of culture ingrained into it. Human beings carrying various layers.*

**For a more nuanced narrative you can read the full post [here](#)**



## Common Challenges We Address

Across all our groups, we see recurring themes that affect people regardless of age or gender:

-  **Loneliness & Isolation:** Learning to build meaningful connections and combat the epidemic of social isolation in modern life
  -  **Identity Crises:** Exploring who we are beyond societal expectations and family traditions
  -  **Conflict Resolution:** Developing healthy communication skills for family, work, and personal relationships
  -  **Managing Confusion:** Finding clarity amidst cultural transitions and generational differences
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## Culturally Informed Therapy

As a South Asian origin immigrant with extensive experience in the Arab world, I bring a unique perspective to understanding how Canadian North American culture impacts different generations within families. This cultural lens is essential for addressing:

- **Generational Conflicts:** Bridging gaps between traditional values and modern expectations
- **Cultural Identity:** Balancing heritage with integration
- **Family Dynamics:** Understanding how cultural transitions affect family relationships
- **Communication Styles:** Adapting therapeutic approaches to different cultural backgrounds

**Culture Defined:** Culture is the sum total of attitudes, priorities, and habits passed from one generation to another through parents, teachers, and mentors. Understanding your cultural foundation is key to healing and growth.

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## Our Emotion-Focused Approach

### Habits of the Heart

Emotions are the drivers of behavior. We help you become aware of, access, process, and harness your emotions productively.

### Habits of the Head

Working with thoughts, memories, and sensations to develop awareness and create new realities.

## **Observer Mind**

Developing the ability to catch, check, challenge, and change negative coping patterns.

## **Creating New Patterns**

Moving beyond repetitive cycles to build healthy, sustainable ways of being.

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## **Words of Wisdom**

*"Doing the same thing again and again and expecting different results is the only definition of insanity I agree with."* - **Dr. Gabor Maté**

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## **Building Your Community of Resilience**

Resilience isn't built in isolation—it's cultivated through community, understanding, and the courage to change patterns that no longer serve us. Our support groups provide:

- **Safe Spaces:** Judgment-free environments for authentic sharing
  - **Peer Support:** Learning from others who share similar experiences
  - **Professional Guidance:** Culturally-informed therapeutic facilitation
  - **Practical Tools:** Evidence-based techniques for emotional regulation and growth
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## **Community Impact**

Our participants have shared remarkable growth stories:

*"I finally understand why I react the way I do to family conflicts. The cultural perspective helped me see that my struggles weren't personal failures but generational patterns that I can now change."* - **Men's Group Participant**

*"Learning about the Observer Mind has been life-changing. I can now catch myself before falling into old negative patterns and choose different responses."* - **Individual Therapy Client**

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## This Month's Resources

- **Recommended Reading:** "When the Body Says No" by Dr. Gabor Maté
- **Practice:** Daily 5-minute Observer Mind meditation
- **Reflection Question:** "What cultural patterns am I ready to examine and potentially change?"
- **Community Challenge:** Practice one new communication skill with family this month

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## Join Our Growing Community

Whether you're interested in group therapy or individual sessions, we're here to support your journey toward healing and resilience.

**Ready to take the next step?** Contact us to learn more about our programs and find the right fit for your needs.

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## Community of Resilience

*Culturally Informed • Emotion Focused • Community Centered*

**Building bridges between cultures, generations, and hearts**

*For more information about our support groups and individual therapy services, please visit our website or contact us directly.*

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**Existential Approach *Daseinsanalyse* (existential analysis) *being-in-the-world*.**

In 1942, Ludwig Binswanger (1881–1966) a Swiss psychiatrist and pioneering figure in existential psychology who fundamentally transformed how mental illness and human experience are understood in therapeutic practice.

Trained initially in Freudian psychoanalysis, Binswanger grew dissatisfied with purely mechanistic approaches to the psyche and sought to integrate existential philosophy—particularly the work of Martin Heidegger and Søren Kierkegaard—into psychiatric theory and treatment.

He developed *Daseinsanalyse* (existential analysis), a therapeutic framework that views mental distress not as a symptom of unconscious drives alone, but as a disruption in the patient's fundamental way of *being-in-the-world*.

## **EXISTENTIAL LENS OF IDENTITY, MORTALITY, RELATIONSHIPS, PURPOSE**

Scenario: I sat with a 41 year old and did a factors and forces table as he faced marital dissolution. He was initially confused by this approach. "Is immigration a factor" I asked him. He then realized what we were getting at, as we dissected the degree of assimilation, marginalization, separation and integration in this society.

**Umwelt**  
(the "around world")



**Mitwelt**  
(the "with world")



**Eigenwelt**  
(the "own world")



Existential approach:

Rather than reducing humans to biological mechanisms or intrapsychic conflicts, Binswanger emphasized authenticity, personal freedom, responsibility, and the search for meaning as central to psychological health.

This approach highlighted how anxiety, depression, and psychosis reflect existential struggles—questions about identity, mortality, relationships, and purpose—rather than mere pathology.

For a Customized Recovery and Resilience Plan you can contact us

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