



How I Use Movie Therapy For Married Couples In India, An Innovation Tool In Mental Health

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Abstract:

Movie therapy is a self-help tool that uses films for healing, growth, and self-insight in people. The aim is to change the way we think, feel, and in the process, cope with the ups and downs of one's life.

Therapists are now increasingly using Movie therapy as a tool to help their patients, including young couples, explore their psyche and overcome their hurdles and achieve their goals.

The author In the last 2 decades, Movie as a therapy has been applied with 20 thousand couples in class room and mentoring labs.

This Married couples Lab includes assigning selective introspection-oriented family movies, which are pre-evaluated by a team of marriage therapists. for the young couples in India.

Movie therapy brings in a matured thinking and transformation in relationship in young couples under proper mentoring supervision.

Biography:

P.T.Sunderam is one of the leading Relationship Mentors of India and No.1 mental health professional and founder of holistic Tending Model. DrSunderam an engineer turned psychologist armed with doctorate in NLP(Neuro-linguisticpro-



gramig). He is former GM of Training division of BHEL public sector manufacturing unit in India. Dr Sunderam, completed MS (Counselling and Psychotherapy) entered counselling as hobby to help his Management trainee of his company. Dr sunderam was associated with BHEL hospital for many psychological interventions Projects, Dr Sunderam completed ACC certification from ICF (international coach federation USA) started coaching young executives.. Having treated 25k couples mostly from software industries in India His mission is to empower 1 million young couples of the next generation through his 'Tending Model' of relationship Mentoring "Dr Sunderamis based in Chennai, India.

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