



Married Couple Mental health “Tending Model” Trending in India... An Eclectic Mental Health Mentoring approach for Newly Married Couple is effectively producing the best results

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Abstract:

Let us take the analogy of a Tree... You will definitely agree with me, that the health of a tree is as strong as its deep roots. Similarly, the health of a society is as strong as the mental health of its newly married couples.

A gallop survey in developed countries shows over 50 % of the couples are on the verge of divorce, more than 70% of respondents accepted divorce as amoral right. In India too where, family values are traditionally structured, divorce cases are piling up faster than a pandemic...

The major causes of divorce is adultery, addiction, incompatibility in finances however I have found that communication issues and lack of support in good times as the underlying issues for relationship discord which is threatening the very moral fabric of our society. The mental health of newly-weds suffer a range of issues starting from misunderstanding to divorce.

There are currently few approaches of drugless therapy to restore the mental health of the young couples in the society - Counselling approach which focuses on getting the client from past to present and Coaching Approach which helps the client to move from present to future. Both of them often focus on the symptoms of the client and for our discussion I am calling this as ‘Hunting Model’(as the mental health professional is hunting for issues and challenges at the front end level solution) to restore the mental health of the client. Studies of impact of this hunting model, may help temporarily erase the symptoms, however they resurface after a brief period in the form or some other mental issues.

Biography:

P.T.Sunderam is one of the leading Relationship Mentors of India and No.1 mental health professional and founder of ho-



listic Tending Model. DrSunderam an engineer turned psychologist armed with doctorate in NLP(Neuro-linguistic programing). 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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