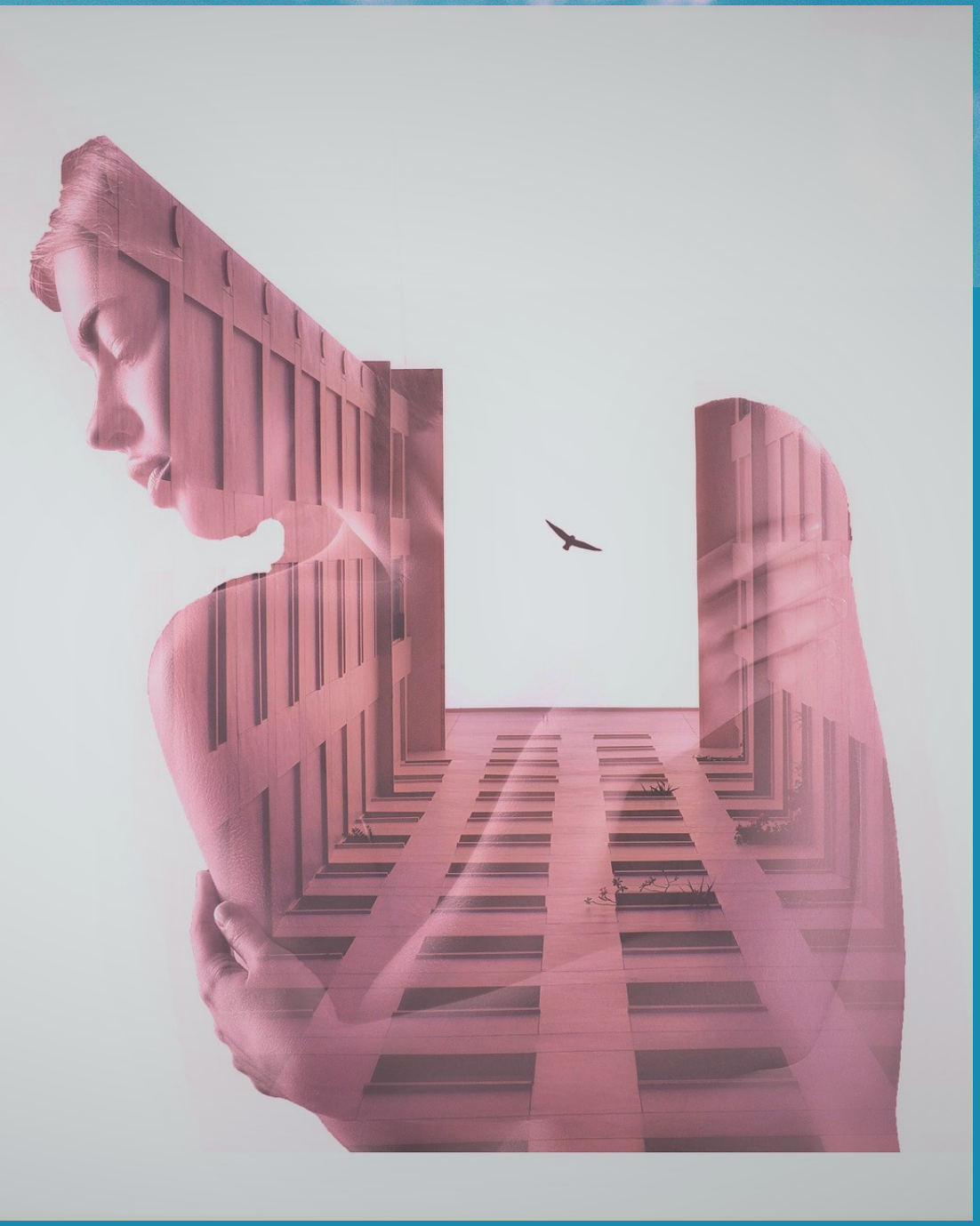
altmindshift

Assisting Human Potential for Growth & Wellbeing

www.altmindshift.com



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A Healthy Choice

We bring to you, our expertise through principles of REBT (Rational Emotive Behavior Therapy), an evidence based model in behavioral science, from the Cognitive school of psychology. Our objective is to collaboratively work toward human potential growth for psychological and emotional well being and to help our clients reach their goals in healthy ways.

Our team has a diverse panel of experienced mental health professionals, each member specializing in core areas of human potential development. We believe in the extraordinary human capacity to unlearn, relearn and adapt with the desire to strive for better.

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Service Features:

PSYCHOTHERAPY, COUNSELING & SUPPORT PROGRAMS:

Employing principles of Rational Emotive Behavior Therapy [REBT] in Cognitive Psychology, our team includes qualified and trained professionals to offer support.

PROFESSIONAL MENTORING PROGRAMS IN PSYCHOTHERAPY SKILLS:

Workshops & Internship Programs are offered for psychology students & qualified working professionals in applications of Rational Emotive Behavior Therapy (REBT).

CORPORATE PROGRAMS & WELLNESS:

Structured Employee Assistance Programs (EAP) are offered in the form of Employee Counseling, De-stress Wellness Programs and Webinars on Emotional Intelligence (EI) based life skills.

DEVELOPMENT PROGRAMS FOR EDUCATIONAL INSTITUTIONS:

Counseling Services, Emotional Intelligence Training & Student Workshops are offered.

SELF-HELP EMOTIONAL SKILLS DEVELOPMENT WORKSHOPS:

Initiatives in mental health to make principles of psychology and rational living applicable and relatable.

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Our Clients:

- SS&C Globeop Financial Services
- RepIndia
- Himalayan Academy of Music Technology
- Central Tibetan Administration (Tibetan Govt), Dept of Education
- Russell Square International College, Ecole Mondiale World School
- VIBGYOR High International School
- Gargi College, University of Delhi
- Kangra Valley School
- Mewoen Tsuglag Petoen School (Tibetan)
- Rajiv Gandhi College of Management Studies
- Sardar Patel Institute of Technology
- Cactus Communications
- Waste Warriors
- Orange Byte Studios
- GMES High School & Junior College
- Central School for Tibetans (CST) – Kalimpong
- Central School for Tibetans (CST) – Mundgod
- Central School for Tibetans (CST) – Mussoorie
- Nirmala Niketan, College of Social Work
- World College School of Media Studies
- Usha Mittal Institute of Technology, SNDT University
- Smt. Mithibai Motiram Kundnani (MMK) College of Commerce & Economics

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