



ITS OK TO BE NOT OK- TRANSPERSONAL APPROACH OF DEAR ZINDAGI

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Mental health plays a vital role in the overall development of a human being. In the present era of modern lifestyle and technology human beings are found to be diagnosed with issues related to mental health. But it is also linked with a negative social belief and marked as a social stigma. The reason behind these stigmatizations is due to the lack of awareness and in-depth knowledge about various mental disorders and the trauma linked to the same. Due to this social association of negative thought to the need to cater to the need of mental health many people fear to be open about their struggle.

The psychological field of study has always from the initial stage were concerned about the wellbeing of human mind and practiced various techniques to help out the ones who struggle. The transpersonal psychology, a stream of psychological study, deal with the need to built a mind- body connection with the traditional concepts in order to develop a healthy life. The transpersonal psychology has open the field to psychology to various aspects of human life like the ideologies, purpose, interests, values and the environment. They argue that the human wellbeing is affected by these aspects and a misconnection in any can lead to various mental health disorders.

The transpersonal approach to the treatment of these issues of mental wellbeing advocates the view that the treatment plan should consider the various aspects that could have led to the present condition rather than just the behavioral pattern observed. This was rightly observed by Dr. Cynthia Shaw, a clinical psychologist from Chicago, that transpersonal psychology goes beyond the material person and thus focuses on the mind-body connection, spiritual wholeness and values. Thus, psycho therapy sessions under transpersonal psychology doesn't adhere to a set pattern and thus varies from person-to-person catering to the individual needs. This pattern

followed by the transpersonal psychologist, transforms the therapist as a facilitator who helps to uncover the truth through a process of self-discovery.

The mental health and its discussions as always still continues to be considered as a taboo to be discussed openly. Due to the condition, many who face these issues silences themselves from the society and creates a world of themselves. Many literary works and movies had tried to spread the message of the need to take care of the psychological balances along with others aspects and spread the awareness that it is ok to be not ok.

Until lately the discussions on mental health hadn't received any acceptance and support in the society. Bollywood movie "Dear Zindagi" which was released more than a decade ago failed to receive the recognition as expected due to the social taboo on mental health. The movie is a story of Kaira, a cinematographer who lives away from he family and is shown to be into many romantic relationships. But even though she tries to enjoy her life she never felt safe in any of her relationship and her relation with parents was complicated. She is found to undergo a roller coaster soon after her breakup with Raghuvendra her colleague. After the drastic changes in life she feels difficult to continue alone and thus return to Goa to live with her parents.

The emotional roller coaster deprives her off sleep and after a self- evaluation she understands that she is losing her control of life. During her depressing stay and emotional struggle she coincidently overhears Dr.Jehangir Khan who was presenting a session on the awareness of mental health. She is soon found to connect to the words and decides to visit the doctor to seek help.

The movie dealt with the need to cater to the mental health and states the fact that brain is a part of body which needs to be taken care of. The therapy sessions display the transpersonal approach in dealing with the mental health and thus breaking the cliched thoughts about visiting a psychologist. Kaira's decision and idea of consulting a psychologist is often shown to be questioned by her family. But the very analogy used to answer the questions was so viable- like we visit a doctor when we feel sick, therapy is for the mental wellbeing. The movies normalize the concept of therapy thereby making it a viable source to seek help from.

The sessions with the therapist is portrayed with the aim to break the taboos attached to the therapy and mental health. Dr. Jehangir Khan listens to Kaira and tries to understand her troubles in life and develop a treatment pattern suitable for her. He helps her take off her emotional baggage and find what is useful in her,

recycle and repair what is within her. The doctor helps her evaluate her problems through listening to her carefully and help interpret her dreams. He advises her to let go the fear of criticism from the conventional society. Kaira's tendency to judge and blame others and victimize herself is also altered when he suggests her to notice goodness in others too. The result is that she is initiated into increasing her contact span with her parents and making up with the people who are special to her like Jackie, Fatty, Kiddo, Alka. Instead of remaining closed and withdrawn, she is much relieved when she starts being open and vocal about her emotions. She becomes forgiving and sympathetic, breaking the pattern of her emotions. Once emotionally well placed, Kaira strengthens her bond with her family and friends and the second component of well-being starts as a corollary developmental feature.

The relationship between the therapist and the client in transpersonal approach aims to understand the issue in order to give cure according the specific need of the patient. In *Dear Zindagi*, the relation between Kaira and Dr.Khan depicts how he made her feel free of the burdens of her life and embrace the beauty of life. Dr.Khan's approach to life inspired Kiara to view life from a different perspective which results in an effective transformation in Kaira. The reference to wearing torn jeans by Dr. Khan and the need of a stylist shows is to take help of a psychiatrist. Through her session it is relieved that it was the childhood memories that made her have a negative view of life. She is afraid of having long-term relationships as the fear of being left alone like her parents leaving her in the age of six haunts her. The fear of the past had become a baggage she carries over in different phases of life and thereby makes her left alone with trust issues.

The movie depicts the therapy session differently unlike the stereotypical notions the society had believed. The therapist Dr.Khan, deviates from the conventional methods in the counselling room arrangements and the outdoor sessions arranged for Kaira. The philosophy related to the chair and the easy connection build with Kaira's experience helps her approach the difficulties of life with a ease. Dr.Khan uses the analogy of purchasing chair, when we doesn't settle for one unless we feel comfortable the we shouldn't be troubled of trying different relationship before finding the right one. Kaira is found to accept her past and leave the fear of being judged by anyone. Her meeting with a furniture designer and the connection developed between them symbolises the fact that she had found the right match. Kaira is found to have undergone the transition in life and started to accept life to the fullest without any fear of rejection.

The therapist uses many skills to help the client overcome the burden of life. The main aim of a therapist is to change the client's perspectives of things. Kaira's past experience has made her believe that she might have to face loneliness in many spheres of life and it was creating a fixated view of every experiences. Understanding Kaira's issues Dr.Khan explains that it was unfair to expect one relation to workout for life time and this approach helps her to view romantic relationship from a renewed perspective. The acceptance of reality helped her move on in her life and free herself from the rejections she faced from her last relationship with Raghu, her colleague. She understood the need to leave behind certain memories than trying to hold on and punish herself.

The transpersonal therapist as should become a facilitator for the client to undergo a self-exploration and find answers to various questions by themselves. Dr.Khan is found to be a good listener and asks the right question in the right time to trigger self-evaluation. The other digression from the conventional stereotypical approach was to choose outside session for Kaira which brings a shift in the usual therapy sessions and which in-turn help her break free from the accepted settings. During the outdoor cycling session Dr.Khan denies help to Kaira while she falls down and thereby help her understand the need to be capable to help herself. The session is found to help her believe in herself and face challenges without fear of losing. The sessions also depict how we need to bring forth a change in the usual pattern to end a situation that is not helping us in life.

The movie brilliantly portrays the transformations in the life of a client and how the therapist exists as a silent listener and becomes initiator for change. They work as a catalyst for change and help the client get back to their lives. Kaira's drastic transformation is the result of the psychotherapist's right intervention and client's decision to seek for help unlike the taboo linked to the idea of consulting a psychologist. This approach makes the movie a paradigm shifter that normalizes the abnormalities associated with psycho-therapy. The choice of a non-conformist doctor and the varied depiction of counselling systems portrays the shifts in the client's life that helps her have a positive approach to life. The transpersonal approach of therapy and the ultimate transformation of opening out to the new opportunities, by leaving behind the burden of past, help understanding the need to acknowledge, accept and work on the strengths and weakness to bring a harmony in life.