

## JOINT EVENT

3<sup>rd</sup> International Conference on  
Forensic Psychology & Criminology

3<sup>rd</sup> International Congress on  
Addictive Behavior and Dual Diagnosis

August 16-17, 2018 | Stockholm, Sweden

Kripi Malviya  
TATVA Center, India

### TATVA: An international emotional well-being and recovery practice

TATVA is a harm reduction, experiential and meaning focused project that offers psychotherapy, training and consultancy and 'home based' or 'direct' treatment; using an existential, humanistic and an integrative approach to addiction and mental health. TATVA is primarily about promoting and celebrating conscious self-exploration and are committed to creating spaces where this can take place in a healing environment. They aim to cultivate a sense of curiosity about ourselves and the world in the age of distractions and 'quick fixes.' Their therapeutic work contemplates questions like: How do we bring a sense of calm into our living spaces and inner space? How can we be more present and engaged in our lives and our relationships? How can we find meaning, direction and purpose to enable a fulfilling existence? Our work focuses on celebrating authenticity and vulnerability, mutual collaboration, intersectionality and multidimensional creativity. They are one of a very few organizations in the world run by mental health professionals that mix transformational travel experiences with psychological support. At their therapeutic retreat in Goa, India; they offer counselling and other therapies including yoga, meditation, massage, art, music, nature etc. Building on the ideology with nature and wilderness therapies, they create individually, and group tailored programs for our guests to go into natural spaces like waterfalls, rivers, nature trails and seaside with us using the process of talking, sharing experiences and working together for an enriching experience. Psychotherapy at TATVA plays the role of acknowledgement and assimilation of individual and collective experiences, which usually go unexpressed or unexplored if they do not get the space to be heard. TATVA intends to create a sustainable echo of the internal changes and tribulations that happen in the course of risk taking, travelling, making connections with people, creating or simply day to day living.

TATVA's focus is on: Working on the intersection of arts and well-being ; Prioritizing therapeutic relationships; Encouraging relational awareness of self, others and the world; and Working with the whole spectrum of drug use, mental health and lived experiences.

### Biography

Kripi Malviya is a Psychologist, Experiential Psychotherapist and Advocate with a Master's in Clinical Psychology and with an International Certification in Addiction Counselling and Training. She has worked with adolescents, adults, couples and families with multi-disciplinary teams of international mental health professionals, from varied cultures and therapeutic backgrounds. She facilitates addiction treatment and general mental health training workshops in the South Asian and South East Asian regions; including Bhutan, Afghanistan, Sri Lanka, Malaysia and Thailand including her role as a Regional Resource Training Coordinator in India. She is an existentially inclined Psychotherapist and a Poet who promotes and facilitates the reciprocal connection and relationship between creativity and psychotherapy with respect, openness and vulnerability.

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### Notes: