

PSYCHOEDUCATION SAVES THE DAY



From Bangalore Cluster

When psychoeducation becomes the key to transforming the lives of not one, but two people, the profound ripple effect of providing comprehensive care through the i4We initiative, which encompasses both physical and psychosocial support, comes to light. Anitha, a dedicated and enthusiastic worker in one of our garment clusters in Peenya, exemplifies how a single conversation can empower an individual to navigate life's challenges and discover innovative solutions.

Although Anitha did not display any evident medical issues, her repeated attempts at conceiving were met with disappointment. It was during a simple conversation that a turning point occurred. Initially, she exhibited signs of distress, prompting our counselor to use probing techniques and indirect questioning to elicit her concerns. Adopting a holistic perspective, the counselor explored various facets of Anitha's life, including the bio-psycho-social-financial-sexual-spiritual aspects. This approach enabled Anitha to express her hidden feelings and suppressed emotions, providing a sense of relief by unburdening her from the heightened fears and anxiety she had been experiencing.

Crucially, the factory management was also willing to provide a comfortable and supportive environment within the factory premises, facilitating this vital conversation. With the guidance of the counselor and the assistance of a nurse, Anitha was equipped with the necessary information and psychoeducation to better understand her conception-related challenges. This included insights into period tracking, fertility cycles, luteal phases, ovulation phases, and identifying safe days. As she found solace in the i4We team, she became more open in discussing these deeply ingrained, often-taboo topics that are seldom openly addressed.

As the underlying concerns and root causes of her difficulties were addressed, the external signs and symptoms of stress, depression, anxiety, worry, and fear gradually dissipated. Anitha's journey is a testament to the transformative power of psychoeducation and holistic care, demonstrating that by addressing the core issues, individuals can reclaim their well-being and happiness.