



INSIGHTS

# PSYCHOLOGY SERVICES



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Therapist and Psychologist  
Deep Psychology

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RELEASE

[www.deepppsychology.co.uk](http://www.deepppsychology.co.uk)

# WE'RE EXPERTS IN THOUGHT TRANSFORMATION EXPERIENCES



## HYBRID EVENT PLANNING

We create incredible hybrid corporate events & parties



## VIRTUAL EXPERIENCES

Amazing virtual experiences to connect your remote team & clients



## IN-PERSON EXPERIENCES

Build team connections through amazing in-person experiences

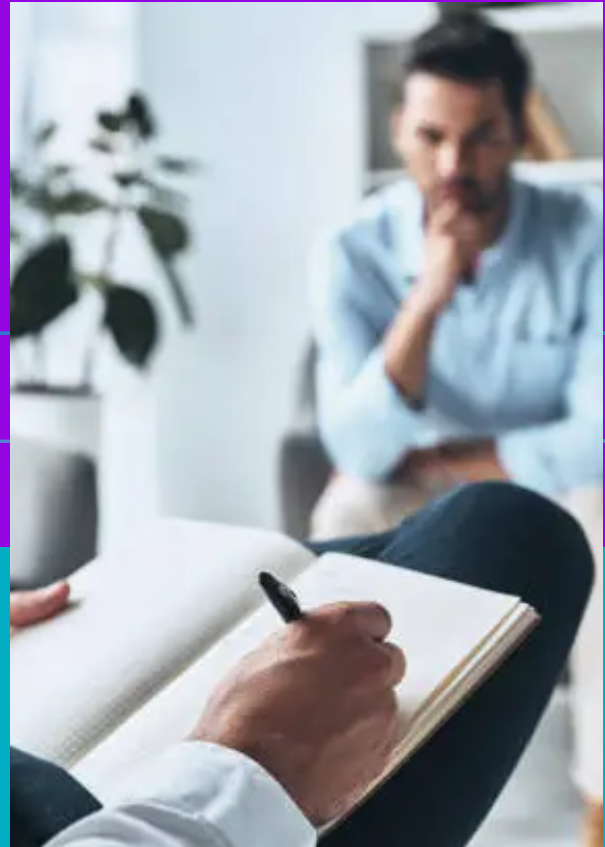


## Ongoing training & consultations

Customizable hampers & gift baskets for employees & clients

# INTRODUCTION

**“ We Use Conceptual Psychology to enrich Organizational Culture. “**



**Darshan Pindoria**

Founder Of  
Deep Psychology

Talk to us

[www.deeppsychology.co.uk](http://www.deeppsychology.co.uk)

## OVER VIEW

With mental health related matters there is a proactive approach and a reactive approach. It's truly a gift to your organization if prevention methods are in place to improve mental wellbeing. It's commonly found that many organisations do not have the guidance or resources to do this and suffer as a result. This is why Deep Psychology brings you a 360 degree approach to improving the wellbeing of those in your organisation.

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ABOUT

# DEEP PSYCHOLOGY

Deep Psychology is the ability to identify and adjust psychology from the level that governs emotional stability. External factors can be the same but have a total different effect on people. Always understand you don't access deep psychology by discussing the external factors you explore it by assessing its reason for affecting you in a particular way. Research in Psychology is governing more things around us than we realise. The way we shop, perceive happiness and even the way we think about ourselves. We are here to put this research in your hands so you can govern its effects on your mind with assertive control.

*-Darshan Pindoria*

# THE COMPANY

As mental health is a large area, between the team we have in-house and external contacts who specialise in delivering your requirements. With the team at Deep Psychology you'll have access to medical professionals, NLP and hypnosis trainers, voice coaches and mental health therapists. We also have a specialism in Eastern psychology methods such as yoga, Vedanta and martial arts. The greatest part is when you can be creative with designing a package to suit a dynamic organisation. The company was started in July 2020 under the trading name Deeppsync LTD, The pandemic meant that our services were required more than ever. We sprung to the challenge and since have been working with organisations of various sizes and directly with individuals.



# THE

# PROBLEM

MENTAL HEALTH ISSUES ARISING  
MAY BE INVITIBLE BUT REDUCING  
THEIR EFFECT IS A MATTER OF  
PREPARATION

The majority of time people spend away from their family is spent in the workplace. When it comes to reducing the effects of mental health issues, workplaces are coming under increasing pressure to acknowledge mental health matters and making sure the work environment is not contributing to the issue. Each workplace faces various challenges and, due to the limited resources available in this country for organizations, they struggle to keep the workforce educated on the matter. Having protocols in place to acknowledge mental health matters proves to be harder than putting in place protocols for physical health because there is no one size fits all.

We run through a consultation with you to make sure we understand your organisational needs so that we create a positive effect overall. Many organisations have protocols in place already, in that case we can run an optimisation on what is in place and implement a reporting structure to understand the progress.

It is not often the fault of the workplace that mental health issues arise, but it faults the workplace if they do not help the matter.



# 4

## Key Areas In Mental Health

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Mental health can be broken down further into four major components:

For more information

[www.deeppsychology.co.uk](http://www.deeppsychology.co.uk)

### **SITUATIONAL**

If your situation effects your quality of living that your mind will feel challenged and disrupted. Some situational issues are just a phase but some can be long term issues as well.

### **PHYSICAL**

Whether you are experincing an injury or a internal health issue your mental health and physical health are directly connected

### **EMOTIONAL/ SPIRITUAL**

Emotional and spiritual health tends to be the hardest to comprehend as it is unique to each individual and therefore confusion occurs

### **SOCIAL**

Social also covers relationships, people with health social relationships are said to be well emotionally supported



# OUR SERVICES



We are tasked with educating, establishing and empowering the organization. To do this we have the option of delivering content in various different ways such as seminars, workshops, online courses and direct conversations. The outcome is structure around skill set based work and mindset based work. Skill set based work is normally done through practical activities and showing demonstrations.

Once people are confident in implementing techniques they'll go on to teach others as well. Most common services are centered around mindset because of the lack of awareness around these issues within workplaces. Mindset based work is really interesting and eye-opening as we help identify things you would commonly overlook



## TALKS/SEMINARS

The most common and effective way to share insights is by holding power talks and idea based seminars. Set topics are regularly taken up but there is an option to have organization specific talks.



## VIDEO COURSES

Video courses are a company wide option long term usage. An organization specific video course can be created to help establish protocols for people to study in their own time.



## GROUP SESSIONS

Workshops and group sessions are a great way to bring a team closer together and really experience the depth of knowledge being provided. Activities are effective in group sessions.



## PROTOCOLS

Preventing issues before they arise is always better than facing the pressure to react once they occur. Various protocols can be put in place to help reduce mental health hazards.



## RESOURCES

Being equipped with the right resources is essential for every organization. When team members experience difficulty they should have easy access to various resources to help themselves proactively.



## ONE-TO-ONE THERAPY

Therapy is still known as the most successful method for helping people experiencing mental health troubles. Through Deep Psychology we provide therapy and training for individuals.



**Four in five business owners  
tell us their organization is  
experiencing mental health  
concerns**



# ANXIETY & DEPRESSION

## HOW WE HELP?

*"You are in  
safe hands"*

Let's educate ourselves on the most common mental illness today. It's said over 30% percent of the population is born with anxiety disorders and 4 out of 5 people would have experienced strong short-term anxiety at some point in their life. Only 10% of people suffering from anxiety actually get professional treatment, the rest allow themselves to live through it until it passes. Whether you choose professional treatment or self-healing methods the information we provide will be worth learning.



### INTERNAL REALITY

Anxiety triggers can be hard to stop for many and for many they need the people around them to understand they have triggers but rarely to they express that need. Having good awareness for anxiety triggers can help the people in the work place be conscious of communication styles and tactics around anxiety triggers. For those individuals experiencing anxiety within the organisation it is a huge relief factor for them when they see the workplace is raising awareness on the matter. This is because anxiety is often misunderstood by many therefore appropriate education is beneficial.



### EXTERNAL REALITY

Seminars and workshops prove to be the common service when addressing anxiety and depression but for individual relief based cases one-to-one sessions are most effective. It is rare to find a case where someone only experiences mental health issues based on the workplace matters, therefore improving workplace dynamics does not solve the issue. This is why we implement resource based assistance and promote mental wellbeing as a whole to make sure everyone is looking out for each other.

# **Anxiety & Depression** *Explained*

**60-90 minute insightful  
and tactical seminar for  
organizations looking to  
reduce its effects and  
implement prevention  
methods for the future.**

# SELF ESTEEM

## ADDRESS THE STIGMA

It is said that every situation you encounter can either raise your self-esteem or lower it.

Judging by how integrated self-esteem is with our life and mental health its a shock that we don't speak about it enough.

### DARSHAN PINDORIA FOUNDER

Helping people through the topic of self-esteem is truly a rewarding experience because once you raise one persons self-esteem they naturally help other people. Many people have fallen victim to damaging experiences in their life which left them with reasons to doubt there self worth. The big concern comes when a person starts to back out of daily tasks and for organizations they experience people lacking confidences to task or push themselves for bigger tasks.

In most case people understand when they are lacking confidence and experience the fight or flight response. Self-esteem is essentially how we feel about ourselves and specifically how much we can handle before considering the fight or flight response to a situation.

Low self-esteem cases show up in many ways, the common one is that people with low self-esteem like to be around people with lower self-esteem and have conversations about lowering ambitions

Raising self-esteem affects the workplace heavily in both directions. We find that cultures that promote self-esteem building benefit from higher productivity and workplace satisfaction. Instead of task avoidance people are more likely to push themselves towards tasks uptake. Remember it's not about changing the activities, Self-esteem lies in the way we take meaning from the things going on around us. |



# Protect

*Your self esteem*

Deep Psychology on the power of your enhanced Self-esteem. Dive into how to make self-esteem building apart of everyday activities and always attract a great vibe from the inside out. Enquire about workshops, power days or event speakers with Deep Psychology

**THE MIRROR IS TELLING YOU A  
STORY THAT SOMEONE  
CONVINCED YOU IS TRUE.**

*Make sure that someone  
is worth listening to...*



# SEMINARS AND WORKSHOPS

AS DEEP PSYCHOLOGY IS A VAST TOPIC WE GET TO EXPLORE A RANGE OF TOPICS TO MATCH YOUR INTERESTS.



## EXPLORE TOPIC OPTIONS

1

### IDENTITY AND PURPOSE

- ◇ Finding your purpose
- ◇ Power in Clarity
- ◇ The truth about 'I'
- ◇ Confidence Boosters
- ◇ The Identity Crisis

2

### MENTAL HEALTH

- ◇ Mental Health Explained
- ◇ The mind at its best
- ◇ How to Clear Anxiety
- ◇ Mental Strength
- ◇ Inner Voice Engineering

3

### SITUATIONAL HARDSHIP

- ◇ Decision Making During Hardship
- ◇ Helping Others Through Hardship
- ◇ Family and Workplace Balance
- ◇ Why People Crash After Problems Are Resolved?
- ◇ Resolving Trauma From Your Past

4

### SLEEP MASTERY

- ◇ Understanding Sleep
- ◇ Master the art of deep sleep
- ◇ How To Switch Off
- ◇ Are you waking up tired?
- ◇ Sleeping during Hardship

5

### ORGANISATIONAL CULTURE

- ◇ Create a learning Organization
- ◇ Your Contagious Energy
- ◇ Generate Progressive Momentum
- ◇ Increasing Employee Engagement
- ◇ Improve your ability to understand each other

6

### BESPOKE

- ◇ Employee Retention Methods
- ◇ Addressing external concerns
- ◇ Effects of Covid or War
- ◇ Time Management
- ◇ Emotional Control/Health

Now that you have seen the services and approach of deep psychology we invite you to have a Insights meeting with us to scope out



## WORK WITH US

We are here to use the power of psychology to best help your origination and bring about transformational results. Be a part of the growing list of organizations taking on the services like those of Deep Psychology

Steps we will go through:

- Insights meeting
- Key Area diagnosis
- Program Creation
- Implementation phase
- Continued Support.

*Contact Us*

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