



YUVANA WELLNESS

**HOSPITAL
VALUE ADDITIONS**

ABOUT US

Yuvana Wellness
Psychotherapy, Psychometrics and Training

Exploring the light within

Yuvana Wellness was established with the goal to offer varied psychological services under one roof and make them easily accessible for you. We aim to equip you to handle and monitor your emotions in a healthy and fulfilling way.

Our services are complementary to one another to suffice the enhancement of your mental health.

At Yuvana Wellness,
we hope to lend you a helping
hand in exploring the light that
shines within.

A. Kulkarni.

Aditi Kulkarni
Director, Yuvana Wellness

PRE- AND POST- SURGERY CONSULTATIONS

SINGLE SESSION THERAPY



Yuvana Wellness is Pune's first **Single Session Therapy (SST)** centre, with therapists that are certified practitioners of RECBT (Rational Emotive Cognitive Behaviour Therapy) from Albert Ellis Institute, New York. Single session Therapy, as the name suggests, focuses on helping the patient **deal with the emotional distress** they are currently facing within one session. We also offer pre-surgery and post-surgery consultation services, with the aim to maximize patient's well-being and minimize the doctor's time spent on counseling the patients for non-surgery related issues.

PRE- AND POST- SURGERY CONSULTATIONS

SINGLE SESSION THERAPY



Benefits for Doctors

- Informed patients
- Calm, stable patients
- Any distress, doubts, pressure would be handled by our trained therapists
- Less time spent explaining details – concentrate on surgery
- Family is informed
- Better operation outcomes
- Patient counselling is outsourced: Basic brief given by doctor, doubts can be cleared by counsellor, regarding non-surgery related details

Benefits for Patients

- Minimize fear or anxiety related to surgery
- Better coping and recovery
- Any distress, doubts or concerns of family members would be dealt with
- Reduced stress
- Reduced physical symptoms due to anxiety or stress
- Increased knowledge about medical conditions and resources
- Quick and immediate resolution of concerns

THERAPY INTEGRATED MENTAL HEALTH SCREENING



Steps in Mental Health

Package highlights and timeline:

Day 1: “Getting to know you” – Phone call and Psychometric Test 1

Day 2: Psychometric Test 2 & 3

Day 3: Psychotherapy consultation

Day 30: Follow-up by the consultant

For online or clinic sessions ·

Go to yuvanawellness.com·

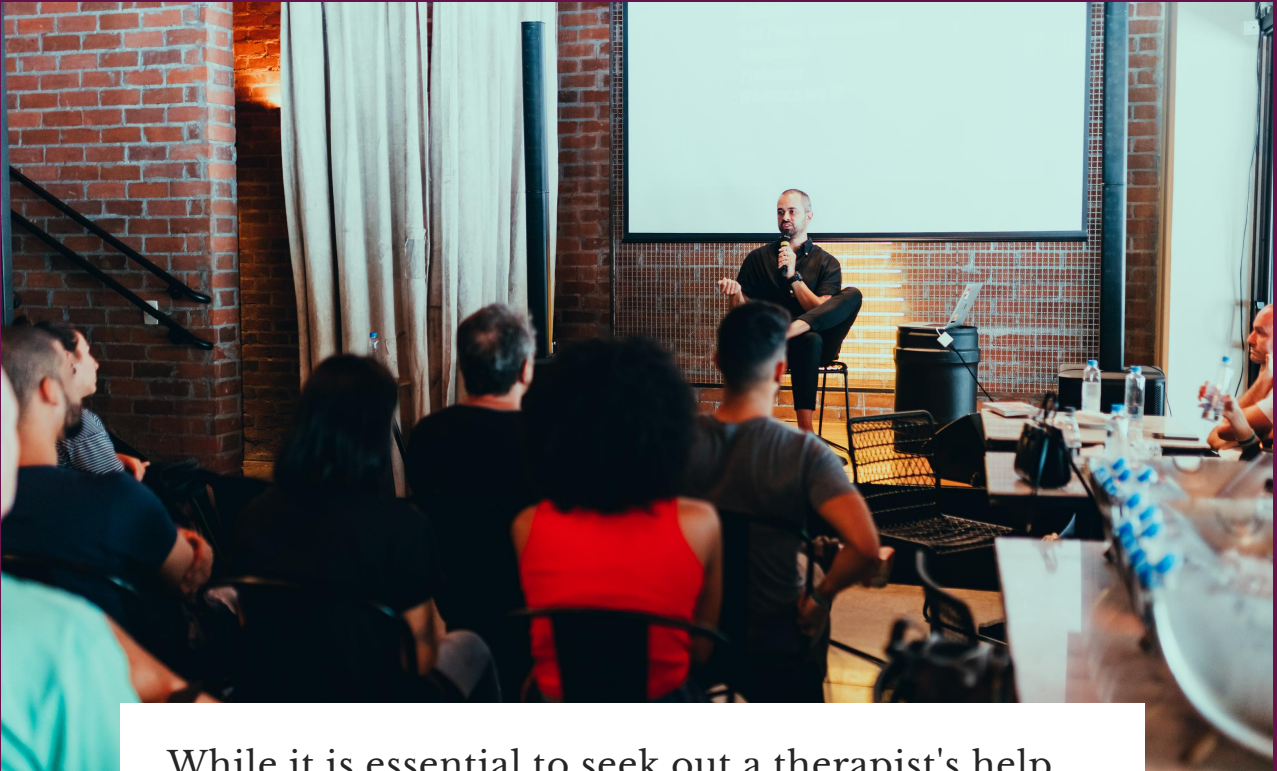
Go to mental health screening booking·

Select suitable time slot for the “**Getting to know you**” session

- Our team will contact you and provide you with all the required information
- You will receive your psychotherapy consultation and results and create your own action plan to improve your mental health

We, at Yuvana Wellness, encourage everyone to think of mental health in the same way as their physical health. For this purpose, we have come up with a unique and comprehensive "Mental Health Screening" program. It is an interactive method, making use of various tools, which gives you an insight into your overall mental health. Through our Mental Health Screening program, we offer various packages that are customized to suit your requirements. These packages would include tests that are specifically used for the type of patients you provide services for.

SEMINARS AND WORKSHOPS



While it is essential to seek out a therapist's help when needed, it is also vital that we improve our understanding of ourselves and others. Keeping this goal in mind, Yuvana Wellness also provides short-duration workshops and seminars for self-help and emotional skills development. We also create specialized workshops for particular groups based on topics or issues suggested by you.

How can your staff benefit from these?

- Empower them to better deal with day-to-day stressors
- Improve their overall well-being
- Increased efficiency
- Better work performance
- Reduced burnout
- Provide better patient care

Do you want to learn about emotions, causes of emotional disturbances, coping techniques and basics of therapy?

We have a number of short duration programmes designed just for you. The programmes are aimed at helping you develop skills for better mental health.

Through our interactive workshops, you can learn about the basics that can prove to be a foundation for further knowledge attainment.

Testimonials

"It doesn't need any suggestions it (the workshop) already was perfect"

"The webinar (What makes you YOU?) was very much informative. Would like to attend more such webinars in future."

"Congratulations it was a superb talk"

LEARN MORE



SCAN ME

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YUVANA WELLNESS

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