

Dr. Srinii Pillay, Reveals 5 Counterintuitive Ways to Benefit From Psychotherapy

New research helps explain why unfocus can help you in therapy.

LOS ANGELES, CA, UNITED STATES, July 13, 2018 /EINPresswire.com/ -- [Dr. Srinii Pillay](#), best-selling author of [TINKER DABBLE DOODLE TRY](#), aptly reveals five counterintuitive ways of benefitting from psychotherapy.

“Most people request psychotherapy for a reason. Either they are overwhelmed by their own emotions or thoughts, or they have mental roadblocks that they have to navigate,” Pillay shares. “Often, people come in expecting that they will focus on their goals. But much of the value of psychotherapy actually lies in unfocusing.”

Lesson #1: “Goals” are far less obvious than they seem. When we say we have a goal, we may simply be reporting what our brains have already decided. Deeper thought may reveal that this is not what we truly want. The real goal may be obscure, so you may want to question and examine your actual goals from time to time.

Lesson #2: When you are logical, you may succumb to habit pathways in the brain. This will not help you get unstuck. One way to overcome this is to allow your mind to wander. This kind of unfocusing will turn on more “self” representations in the brain. You feel more self-connected. As a result, you will be more likely to find creative solutions to your problems.

Lesson #3: Your brain is a little like a telephone. Sometimes you may be in sync with your therapist; at other times, not. Either way, it’s helpful to look at those feelings in the interaction and not just what comes from you.

Lesson #4: Being practical is not always the best thing. Also, becoming intolerant of ambiguity and uncertainty could rob you of the power of your paradoxes, sterilizing you and removing the motivation that authenticity can bring when you are holding contradictory feelings.

Lesson #5: When therapists are reflective out loud, detailing even minutiae, it may seem that they are off track. They wouldn’t be remembering their story if you had not contributed to it. Called reverie, this could be something to explore instead of reject or ignore.

“In all of these suggestions, unfocus is key. Unfocusing from your goals, releasing the hold of logic, looking outside yourself, and opening your mind to the therapist’s rambling are all things you might want to try out,” Pillay expertly concludes.

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