



PSYCHOLOGICAL AND WELLBEING SERVICES

MentCouch

PSYCHOLOGY CENTRE

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Life is very easy and beautiful and it just happen with the “the greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.” Tanjina ashraf khan|founder & ceo of mentcouch psychology centre kuala lumpur

Does your work in therapy tend to be more focused on the past or the present?

Tanjina Ashraf Khan: Our past experiences play a significant role in the way we see ourselves and the way we experience the world. My approach falls somewhere on a continuum between past and present but since it is more solution-focused; I assess current scenarios in relevant cases. Certain clients can benefit from a look at their past and the impact it has had on their present situation. It differs in every case since each of them is unique. For instance, a client experiencing burnout will receive solution-focused or present-focused counselling whereas with someone suffering from PTSD we will need to assess their past experiences mostly.

Do you tend to see people for long-term therapy or shorter-term therapy?

Tanjina Ashraf Khan: Again, it greatly depends on the severity of the case and how deeply seated the concern is. If a client only has one issue or a specific current stressor they want to exclusively focus on, a short term therapy might be best. If it is something recurrent or if they would like to understand themselves better, and they would like to understand how their past has impacted their present-day patterns or they have several issues or just aren't sure what they want to discover, long-term therapy might be called for.

Tell us do you consider yourself a risk-taker or do you like to play it safe?

Tanjina Ashraf Khan: I take calculated risks to play it safe! I do put myself in uncomfortable positions to learn from them and to grow. In business, risk-taking is something one cannot avoid. But I try my best to always be able to pull myself up at the right time so that I don't risk everything.

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What is your approach to therapy?

Tanjina Ashraf Khan: My experience over the years taught me that human beings are complex, unique on their own and have varied needs. And so, every individual requires a different approach, no such thing as a one-size-fits-all approach. Hence, I always tailor my approach to my clients. As a mental health professional, I work with the notion that every individual case is unique, given that we all have different backgrounds and life experiences, and so, I believe in using both a person-centred and an integrative psychological approach to therapy. As an integrative therapist, I have a solid foundation in a wide variety of theoretical approaches and have developed my way of working as a result.

How do you know if treatment is working, and what do you do when it doesn't work?

Tanjina Ashraf Khan: Therapy is working when the therapeutic relationship is good and you and your client are on the same page comprehension wise. I always remind my clients that therapy varies depending on the personalities of the psychologist and client, and the particular issues the client brings forward. Sometimes, one may find it difficult to open up to a psychologist and it is okay, in such cases, it is best to keep looking until you find the right one. Developing trust in the therapeutic relationship is vital, for the client's masks to come off, for them to be fully comfortable and in order for the therapy to work. Your therapist should be someone who "gets" you, makes you feel profoundly understood, yet also challenges you effectively.

What is the biggest risk you've ever taken? Does it prove good or bad?

Tanjina Ashraf Khan: My company mentcouch is the biggest risk I have ever taken amidst a pandemic and with no prior business knowledge. It has turned out to be my biggest success so far.

How many years have you been seeing clients? What is the conclusion about most of the cases?

Tanjina Ashraf Khan: I have only been seeing clients for 1.5 years but so far the journey has been a very fruitful one with extremely good reviews. Surely, this is what I was meant to be doing in life.

Have you worked with individuals that are experiencing similar concerns?

Tanjina Ashraf Khan: I have worked with various individuals from various parts of the world. While a majority of concerns are similar or aligned with my expertise, I have come across few very challenging and unique cases.

- Year of founding: 2020
- Founding members: tanjina ashraf khan mou
- Office locations: kuala lumpur, malaysia
- Company strength: empathy and affordability
- Website: mentcouch.com



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