

Evaluation of Reattach Therapy among Diverse Social Groups in India

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Abstract

The article has mentioned the impact of Reattach Therapy on the diversity issues among the social groups of India. The therapy has importance and value to the affected people and also it works on the social groups among the people. There are different types of diversity have been noticed in India beside the impact of the therapy on the people and the social groups of India. The main objective of this study is analyzing the implementation of the ReAttach therapy among the diverse social groups in Indian and implementation procedure of this therapy. The project has been made by the secondary qualitative data collection method and it makes the project productive and informative. The major findings and conclusion of this study is this therapy is much more beneficial compared to the other kinds of therapy session.

Keywords: Diversity, Reattach Therapy, Patients, psycho education, India, Social Groups.

1. Introduction

Diversity, Reattach Therapy, Patients, psycho education, India, Social Groups

Reattach is a cursory intervention of psychological and helps for decreasing distress and the over-responsiveness by the processing optimization of the adverse effects. Reattach enlarge the multiple sensory mentalization, integration, self-awareness, resilience and many more. The therapy of Reattach is much important for patients who are struggling with many negative thoughts and feelings for themselves and also for the entire world. The therapy is the trans-diagnostic in the clinical neuropsychiatric range that decreases the primary symptomology. This therapy can be the first treatment that creates the optimal condition for future treatments. In this therapy, "**Wiring Effect with Reattach (W.A.R.A)**" is an exercise that helps patients with sensory, choric pain, and over-responsiveness [1]. The therapy can solve the problems of emotion regulation that are usually provided by the Reattach therapist. On the other hand, diversity in India is related to many things, and it means people are from different categories, such as physical characteristics, religious beliefs, culture and many more. Diversity in India is an important subject that has different types of things and objectives, and in all things, there are differences in the people of India. The differences in India cause several problems that have made the distance between the people, and people are suffering from these difficulties and facing a lot of problems. The therapy of Reattach has an impact on the diversity among the people of India. India has issues with their diversity as different categories of people are with many differences in their culture, atmosphere, language, religion and many things. The meaning of a diverse social group is one or more than one groups possessing characteristics, including such as not limited to color, age, race, religion, sex, gender identity and any other status. There are several problems that are happening for diversity, and in that area, the impact of Reattach therapy is helping people to overcome.

2. Literature Review

Different Types of Diversity in India

India is a country of multi-culture and full of differences, and all the people are living with each other, and sometimes they suffer from the problem of Diversity. People have differences in their living styles, culture, languages and in many things and diversity in India face many problems and threats, and the society gets disrupted by these difficulties.

Regionalism is one of the most important and conservative things among the people as its contrasts with national interests and frequently emphasizes particular areas and regions. These types of problems can create distance from each other of the people and make boundaries among them. Different **Religions** are surrounded by nature, and people are suffering from these differences. Religion is a serious thing that people maintain in their personal perspective. On the other hand, **Language diversity** as the people of India are surrounded by several types of people, and they are living in different states [2]. India has lots of languages as people are from different locations. India has the second different language number in the world, and the ethnic diversity of the country is split into groups. It is a big problem as people cannot communicate with each other. Language is the way to contact people and share their things. With the language barrier, people are facing problems and difficulties. **Caste Diversity** creates the problems such as the main global races Monogoloid, caucasoid and negroid involved in Caste diversity [3]. The differences in the Caste come from the history of India. It has been divided into four varna categories as vaishya, Kshatriya, Brahmin, and Shudra. It is the most priority for the people of India, and people are surrounded with these problems. **Ethnic Diversity** is another issue for the people of India as there are problems in the culture and regional variation [4]. It is varied culture and the fashion of different cultures, and that is the result of the diversity among the people. India is a high-population country, and people have different styles, communication and culture among the people. There are huge consequence differences in the theatre, architecture, dance and many more. **Geographic Diversity**, India is one of the largest countries, with 3.28 million square kilometres and it has different types of cultures and living styles [5]. There are differences in the rural, tribal and urban habitation and other issues.

The Effect of Diversity on the People and Social Groups of India

In the country, India has millions of problems among the people and different areas are facing different types of problems. There are problems in **Politics** as the political leaders are using the advantages of the issues among the people. The boundaries are an advantage for the political parties as they are making distance from the people and making a difference among them [6]. These problems are affected by these differences, and the backwardness of the region can bring on socioeconomic growth, the resulting economic disparities and economic policies. The people are affected by the differences in regions, culture and understanding, and that is causing the issues in the country, and it makes the problem at the national level. The development of the country will get affected by these diversity problems. The problems are created by one stage of people and faced by another level of people, and that creates more difficulties at the national level. It has been seen that conflicts among **ethnic groups** and that has been created from ethnic differences and lack of resources, and identity threats [7]. **Geographical Isolation** also result in problems and many parts of the country are isolated from the other part of the country. The north-east countries are an example of the condition and it has a bad impact on the diversity among the people of India [8]. Apart from that, inter-Religious Conflicts and inter-State conflicts are also involved in the diversity among the people of India. The people are affected by the problems and issues of diversity and things are getting over gradually, and the people are suffering from this condition.

Importance of ReAttach Therapy on the People and Social Groups of India

Reattach therapy has focused on the individual and changes in a short time, and the importance and the environment need to be managed through psycho-education. The therapy seemed to be the alternative to intervention. The effectiveness of Reattach therapy is a treatment and conduct disorder management in the adolescent. **The therapy of Reattach** is a way of treatment for the patients, and it has five sessions that have been given [9]. The first session was a little tough to cooperate with the patient as the other sessions were comfortable

and cooperative with the patients. Intervention can work for the patients, such as the immediate atmosphere needs psycho-education that helps to accept and recognize the changes of the patients. In this therapy, the main focal point understands the present condition of the patient and making them psycho-educated is the important point of the treatment.

The social groups of India are focused on the issues and problems of diversity, and that makes the people affected. Reattach therapy is an effective and tailor-made intervention that works by the major elements [10]. The therapy has been used in the different social groups of India to make the people more understanding and focused on their personal things as these types of affected things are causing problems to the people. Reattach Therapy is the positive and neutral emotional experiences. It has been found that maximum patients suffering from trauma and anxiety problems are taking Reattach Therapy.

3. Methodology

The methodology defines the structure of the project and the entire structure has been made by following the method of the methodology of the project. Methodology refers to the previous steps of the project that represent the steps and the method of the project that has been made. The project has been done by the secondary qualitative data collection method and in this method [11]. The project has found all the necessary sources and information that are necessary for the project. Important information about the project has been collected from various sources of sources. The online sources are different types of articles, journals, online books, and newspapers have been given much information that has been used in the making of the project.

The project has mentioned the issues and the problems of diversity and the impact of Reattach therapy on the social groups of India. Social groups play a crucial role among the people as these groups share positive thoughts and fix all the problems and issues and the effectiveness of the people. People get affected physically and mentally by the diversity issues in the country [12]. The therapy of Reattach is the most important treatment that has been applied to people to get rid of the condition. The affected people struggling with the issues and problems that have been caused by the difficult situation. Mental disorder is a common effect that has been made from diversity. People are surrounded by the pathetic condition and made biased condition among the people and other parts of the country. It can happen with any age group of people.

4. Findings and Discussions

Reattach therapy is one of the best treatments for affected people who are suffering from anxiety and depression. The therapy has some steps that are followed by the therapist and the patient. Both people have a conversation before stating the therapy, and the therapist inventoried all the symptoms of the patient and set the treatment goal, and the patient will get rid of the affected condition. It has been found that. The therapist regulating the patient's sensory stimuli and the level of tension optimize the training condition of the Reattach therapy [13]. Then the therapist focuses on the steps to treat the patients, and the patients follow the steps as these are part of the therapy. The entire process of the treatment is about 20 minutes, and that reduces the poor condition of the people that are recognized.

The people of India are facing and struggling with these conditions of diversity issues that are much effective for each and every age group of people. It has been seen that the symptoms have been recognized in adolescent's people. The main problems and issues are not having any specific condition as it is around everyone and creating issues, and the effectiveness of diversity is more noticeable. India is a country of versatile styles and different types of people are living together and sharing their personal activities with others. Several types of Diversity have been found in the country and this diversity is making threats to the people and the effectiveness has been found among the people of India [14]. People are making differences in their regular life and these differences make the distance among the people. Many people are struggling with the condition and the effectiveness transformed into depression, isolation, stress and mental disorder.

The social groups of India focus on these issues and work on the problems and try to fix the problems and stretch out the people from their poor condition. Social groups are working on these diversity issues that are increasing gradually and affecting people. These groups are involving different types of training and therapies that are making

things easy and increase confidence among the people. Reattach therapy has an impact on the people that are making the issues solve and helps the people to overcome the condition and fix the issues among the people [15]. People understand the efficiency of the therapy and it helps the people to determine their main facts and identify the main issue that is creating problems. Moreover, people resolve the issues of diversity that make the development of the country and many national problems have been solved by these types of therapy and training from the social groups of India. Social groups are focusing on the limited people or the selected areas that help to identify the main perspective of the problem and work on the selective problems and for these reasons, the outcomes are predictive of these social groups of India.

Conduct disorder is much more prevalent among adolescents and children as well as in the diverse group in India, those who are living under the low socio-economic status and under the below poverty line and whether patients have the genetic possibility for mental illness and turbulent past. The symptomology primarily ranged from moderate level to severe levels with many more symptoms. The total number of symptoms among the patients enhanced the possibility risk of developing anti-social exploits in adulthood.

ReAttach therapy implementation in the diverse social group

The ReAttach therapy process implementation is one of the powerful tools for communication and thoughts. Yet, in this particular therapy, along with communication and thoughts, there are multi-censoring procedures and visual imagination through cognitive bias modification. Aside from this, ReAttach therapy opens a large number of possibilities for capturing the intricate interaction among the memories provided practice and the thoughts, emotions, assumptions, and beliefs besides specific facts. However, those relationships could be accessed through the schemas or cognitive structure besides assisting to restructure and identifying the distortion inherent among the patients [16]. This particular therapy majorly works among a specific individual in a much more comprehensive and holistic way, which the analytic and linear verbal techniques could not obtain. However, Rewatch therapy evaluation within the diverse social group in India could provide various kinds of advantages and benefits in a different way.

This specific kind of intervention at which the individual would not have to further explain their challenges and risks. The ReAttach therapy session primarily assists with a few gathered events, impressions, and facts. The mentioned components are later processed rapidly for ensuring the fact that, participants are not feeling overwhelmed through this therapy session. In the period of ReAttach therapy session, the therapist primarily focuses on the facts of the overall process not only on the content of data and information. However, during the procedure, it further has to ensure that, participants are properly asked towards listening to their thinking activity, which would be given to them during the period of their cognitive practice. Each and every individual has a treasure trove of the experience, events, emotions, and memories, which would be stored among the long-term memories. The major challenge and risk of the ReAttach therapy are to properly access the overall piece of data, or information that is hidden and fragmented within a long-term memory besides processing that information in a coherent manner [17]. The whole process is for reflecting on some of the vital components which are social, significant, and self-concepts. Aside from this, for reprocessing that information, at the patient's arousal level, they should be slightly regulated in the above level of falling asleep among the Alpha Theta border. This arousal level is much more vital and crucial for transitioning through creativity, visualization, and deep relaxation. However, the arousal level is further important for gaining the information acquired through long-term memory.

5. Discussion

From the above study, it has been found that this ReAttach therapy, is much more reliable and effective compared to the other kinds of therapy sessions. The ReAttach therapy is one of the effective and impactful interventions that work effectively through combining some vital and crucial components. Those components are restructuring of the maladaptive schemed by CBM, mental imagery in a specific form of the cognitive bias and properly controlling the psychological arousal through tapping's on the patients. Apart from this, there are six major and basic procedures for ReAttach therapy. Those basic steps are oxytocin regulation or proactive arousal, creating connection, and multiple sensory processing besides the social cognitive training for self-regulation and relationship.

For the ReAttach therapy, the instructions are one of the crucial procedures for both patients and therapists. The therapy session mainly starts with the regulating patient's arousal level. This is mainly achieved through exchanging tactile input through tapping within the hands of patients. The process could be further obtained through modulation within the voice, changes in attention, and attitudes besides the present level of the therapist. Put in simple words, the ReAttach therapy is a primary combination of various kinds of censoring techniques within the patients, that primarily works under leading the patient's sensory integration process. However, from the above study, it has been estimated that ReAttach therapy is a much better therapy compared to other therapy session for properly controlling various kinds of mental challenges within the patients. Alongside, implementing this particular therapy session within the diverse social groups in India provides a major impact on the patient's mental health. However, the ReAttach therapy works in a combination of some of the crucial steps such as providing necessary tactile stimulation for stimulating the sensory channel most frequently with visual and auditory inputs. Another stimulating process is though slowly tapping the patient's hands for multiple sensory integrations.

6. Conclusion

India is one of the most diverse countries in the world and full of multi-culture individuals and for this reason, people, with various kinds of cultures, languages, and living styles often face different kinds of mental issues and risks regarding their own personal life. In recent times, after the pandemic, the total number of people with severe mental illness is frequently growing. Aside from this, the ReAttach therapy majorly focused on patients with various kinds of mental illness. From the above study, it has been observed that this therapy is mainly focused on the multiple sensing techniques among the patients. This particular therapy could be addressed regarding an alternative version of the interventions. There are crucial and vital steps for completing this particular ReAttach therapy session among patients. The first step includes properly cooperating with the patients and integrating multiple sensory systems within the patients. However, the core point of this therapy understands the present condition of the patients besides making the patients psycho-educated.

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