

Dream and Realise it, through Oneiric way!

By our Staff Reporter

Right in the heart of Royapettah, Chennai, is a group of professionals working together, contributing significantly to the positive mental health of thousands of people in Tamil Nadu and abroad.

“Oneiric” – an English word which conveys meaning relating to ‘dreams’. This is the name of the organization that helps individuals realize their dreams. Several people have vouched that this has happened to them really and no exaggeration



Mushtaq, also a Psychologist. A team of experts from areas such as art, education, management, occupational

somatic problems have been successfully helped here.

Besides therapy, Oneiric

holistic approach appropriate to the needs of each individual and the group. The remarkable feature is the

wish to pursue therapeutic counseling as their career and (3) training for trainers themselves as a short term course for those who are conducting training workshops. The self development group programmes conducted by them include: self esteem, personality development, communication, motivation, overcoming grief, stress and anger management, time management, parenting and grand parenting, forgiveness and so on.

One of the highly placed police officials said to this

correspondent “their workshop has changed my life by changing my thinking pattern. I am very happy and highly indebted to them for this”. “Thanks to their amazing interactive programs, I have been able to get some fantastic jobs” says a young man who underwent a workshop with Oneiric recently.

So, get in touch with Oneiric even if you are happy and satisfied, as they can help you live a complete life.

Contact for further information : 2813 3483 / 98402-30151 e-mail: glsampoorna@yahoo.com.

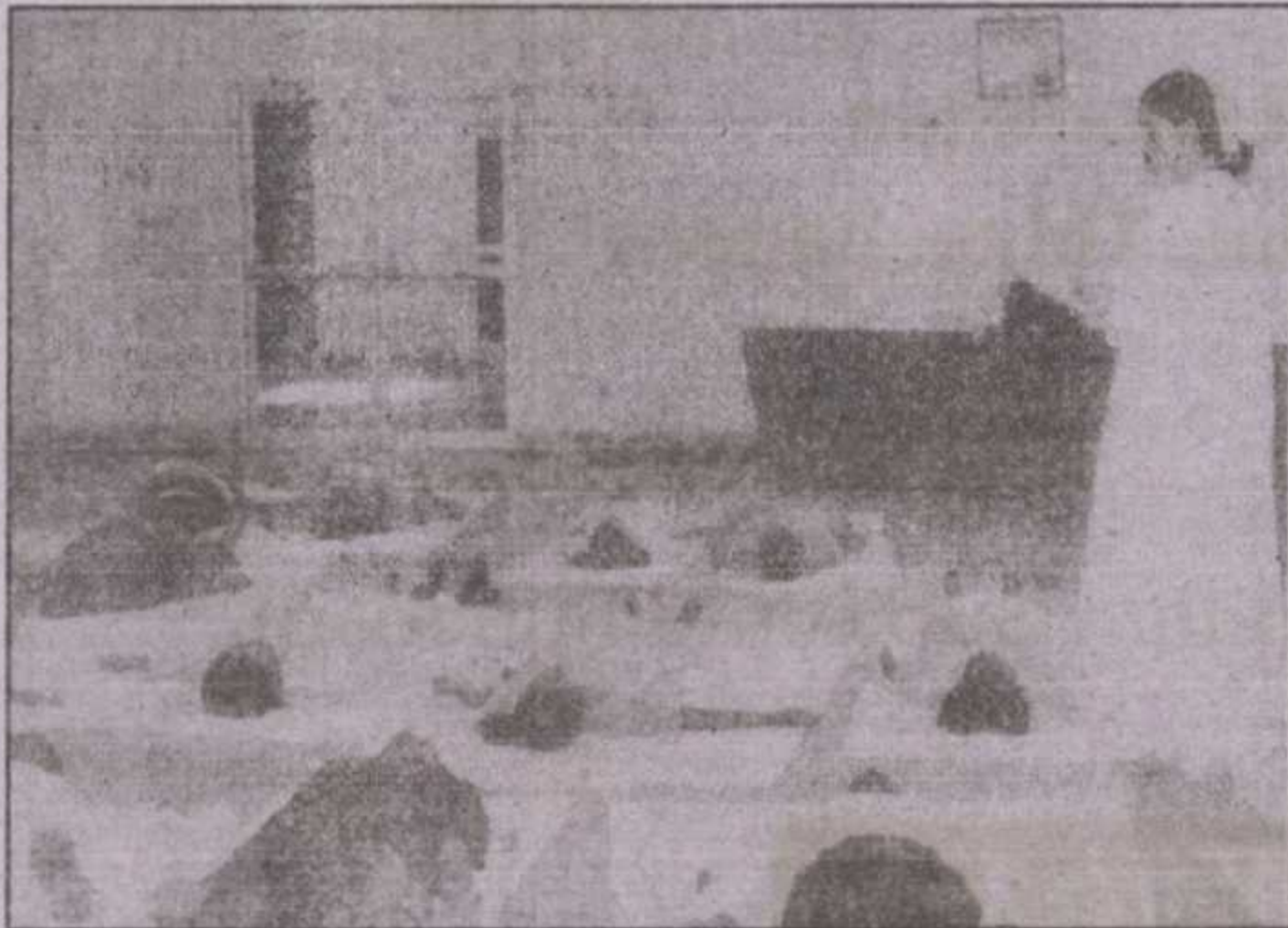
please. Here, they provide psychotherapy, teach developmental work and psychological skills.

therapy and music do render their services, as and when required.

People from the age group

runs exclusive workshops for personal growth for both adults and children. Their distinctive developmental training programmes are

unique combination of individual therapy with group programmes. By this process, they have helped thousands of individuals take responsibility for their own life by gaining insight in to themselves to lead a happier life.



Ms. Sampoorna and Ms. Ayesha are deeply committed to their work of helping out people enrich their lives. Their involvement has resulted in a high success rate as a consequence of which there has been a constant demand on them to start counseling courses for the students and others.

'Oneiric' is headed by its founder and chief counselor, Ms. G.L. Sampoorna, who has experience of 23 years in the field. She has undergone training abroad and in India. Her Associate Counselor is Ms. Ayesha

of 6 years to 75 years seek the help of Oneiric regularly. Individuals undergoing mental and physical trauma like anxiety, lack of motivation, concentration, phobia, depression, B.P., Allergies, head ache and other psycho-

highly sought after by the government organizations, educational institutions and the corporate clients and also by the general public.

At Oneiric, psychologists use a personal, relevant and

Oneiric is commencing three courses (1) counseling course for graduates who wish to upgrade or learn basic counseling techniques for daily use (2) 1 year practical training course for graduate and post graduate students of psychology who