

The Write Way, Graphotherapy

Your handwriting reveals a lot about your personality. While this may not come as a surprise to many, what you may not know is that correcting flaws in your handwriting may also help overcome the weaknesses in your personality. "Many parents come to us to help their children improve writing. There might be deep-seated reasons related to handwriting behind those personality disorders that do not occur to them. Our job is to literally read between the lines," says Minu Budhia, owner and therapist at Addlife Caring Minds, a psychological and cognitive wellness centre. Classes are held over 12 days with two-hour sessions everyday for children. Graphology or handwriting analysis is practised to help deduce problem areas in one's personality and graphotherapy uses the same knowledge to help overcome those problems. Low self-esteem, shyness and repression are some of the common problems that Budhia has identified and helps partici-



pants overcome them through these workshops. "What looks like a faulty wobbly letter in your writing may signify other problems. It's only when we see the client's writing sample can we diagnose the problem and suggest a solution," says Budhia. At 54A Sarat Bose Road
Contact 24751230/31, info@addlifecaringminds.com
Cost Graphotherapy Rs 10,000, Modern parenting Rs 5000