

# WHJ ONLINE THERAPY CENTRE - UNFOLD YOUR STORY



EXPLORE ONLINE  
THERAPY IN A SAFE AND  
CONFIDENTIAL MANNER  
TOGETHER



  
**OBSERVE A  
DIFFERENCE** 

**Online**

Ask a question on Whatsapp at 0096878816106.

[ARC@WHJONLINE.COM](mailto:ARC@WHJONLINE.COM)



**YOUR  
HEALTH  
MATTERS**

## **PERSONALISED AND CONFIDENTIAL THERAPY FOR ALL AGE GROUPS**

Our priority is to provide high-quality online therapy and help you feel better.

We follow the guidelines of the World Health Organization for sustainable development through mental healthcare.

**Our aim is to bring the path of self-discovery towards you through scientific tools and diverse support systems.**

## **OUR HISTORY**

WHJ started as an import & export company in 2018, for nutritional foods including exotic fruits, local vegetables and fresh fish.

Along the path of discovering the importance of balanced nutrition, we discovered the wonders of Psychotherapy and Gestalt Therapy.

## **WHAT WE DO**

### **ONLINE CONSULTING AND THERAPY**

Be it for individuals in the corporate world, familial life, individuals beginning their career or while dealing with stress, anxiety and depression or other mental and emotional challenges.

World Health Journey is for people to benefit from different kinds of therapy straight outta their comfort zone.

We want to provide you with affordable therapies in a confidential, non-judgemental and reliable environment.



**Peace**

A therapist may integrate Gestalt Therapy, Cognitive-Behavioural Therapy, Psychodynamics, Mindfulness Based Stress Reduction, Psycho-Education, and other specific interventions to facilitate the individualized healing process.

**THERAPY FROM ANYWHERE**

**WITH INTERNATIONAL PROFESSIONALS**

**ARC@WHJONLINE.COM**



## SERVICES

- INDIVIDUAL THERAPY
- COUPLES THERAPY
- GROUP THERAPY
- ART THERAPY
- BURNOUT PREVENTION
- PREGNANCY AND CHILD HEALTH
- LIFE COACHING,  
CAREER, CONFIDENCE, AND  
PERSONALITY DEVELOPMENT



Take the Minnesota  
Multiphasic Personality  
Inventory (MMPI-2)  
assessment today and learn  
about the driving factors that  
shape your personality!



## FOR PEOPLE EXPERIENCING ISSUES WITH

- ANXIETY
- DEPRESSION
- STRESS
- BI-POLARITY
- RELATIONSHIPS
- GRIEF OR LOSS
- SUBSTANCE ABUSE
- SEPARATION OR DIVORCE
- IMPULSIVITY
- PARENTING
- BEHAVIOURAL PROBLEMS
- POST TRAUMATIC STRESS
- TRAUMA RECOVERY
- SELF INJURY
- EMOTIONAL OR SEXUAL ABUSE
- DOMESTIC VIOLENCE
- ATTENTION DEFICIT AND HYPERACTIVITY
- OBSESSIVE COMPULSIVE DISORDER
- AUTISM SPECTRUM
- ACUTE AND CHRONIC ILLNESS
- SCHOOL ISSUES
- WORKPLACE COMPLICATIONS
- FAILURE TO LAUNCH
- MEN'S ISSUES
- WOMEN'S ISSUES
- SPIRITUAL DIFFICULTIES
- ANGER MANAGEMENT
- FAMILY REUNIFICATION
- GAMBLING
- OTHER ADDICTIONS
- IDENTITY AND PERSONALITY
- COGNITIVE PROBLEMS
- BORDERLINE PERSONALITY  
DISORDER AND MORE

# HAVE YOU HEARD ABOUT GANZFELD EFFECT THERAPY OR GET?

THIS IS ONE OF THE MOST PROMISING WAYS TO PUT YOUR BRAIN IN THE ALPHA BAND BRAINWAVES.

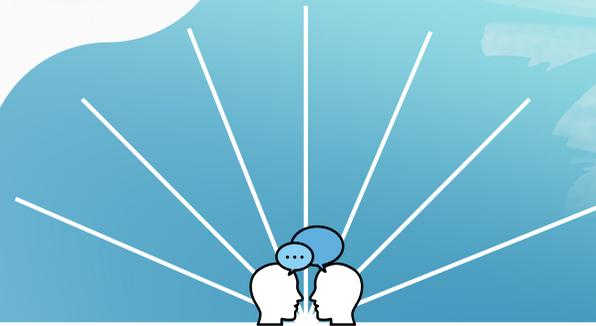
SPENDING 30 MINUTES IN THE ALPHA BAND WILL MAKE YOU RELAXED, CALM, REFLECTIVE AND MAY ALSO INDUCE DREAMLIKE IMAGERY AND TRANQUIL HALLUCINATIONS.



For you, me  
and  
everybody



GANZFELD  
EXPOSURE  
IS FREELY AVAILABLE  
ON OUR WEBSITE





**FREE 15 MINUTES CONSULTATIONS  
VIA VIDEO CALL**



**FOR MORE INFO**

**WRITE TO US AND FIND OUT MORE  
ABOUT FREE AND DISCOUNTED  
THERAPY PACKAGES**

**YOU CAN ALSO JOURNAL AND  
RECEIVE FREE THERAPY**

**LET US HEAL  
TOGETHER**



[www.whjonline.com](http://www.whjonline.com)

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SELF-CARE IS THE FIRST STEP  
TOWARDS A HEALTHY FUTURE

## WHY ONLINE TOOLKITS?

THESE ARE FOR PEOPLE  
APPREHENSIVE ABOUT  
THERAPISTS

AID YOUR JOURNEY BY STARTING  
SELF-THERAPY AND WORKSHOPS

ASK US ABOUT THE MINNESOTA  
MULTIPHASIC INVENTORY-2  
ASSESSMENT!



## SELF HELP SHOP

- Free Sessions
- Ganzfeld Effect Therapy
- Internal Harmony Groupwork
- Looking to the Future Therapy
- Quantum Leaps Therapy
- Trauma Symptoms Checklist

GET IN TOUCH WITH US



World Health Journey

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