

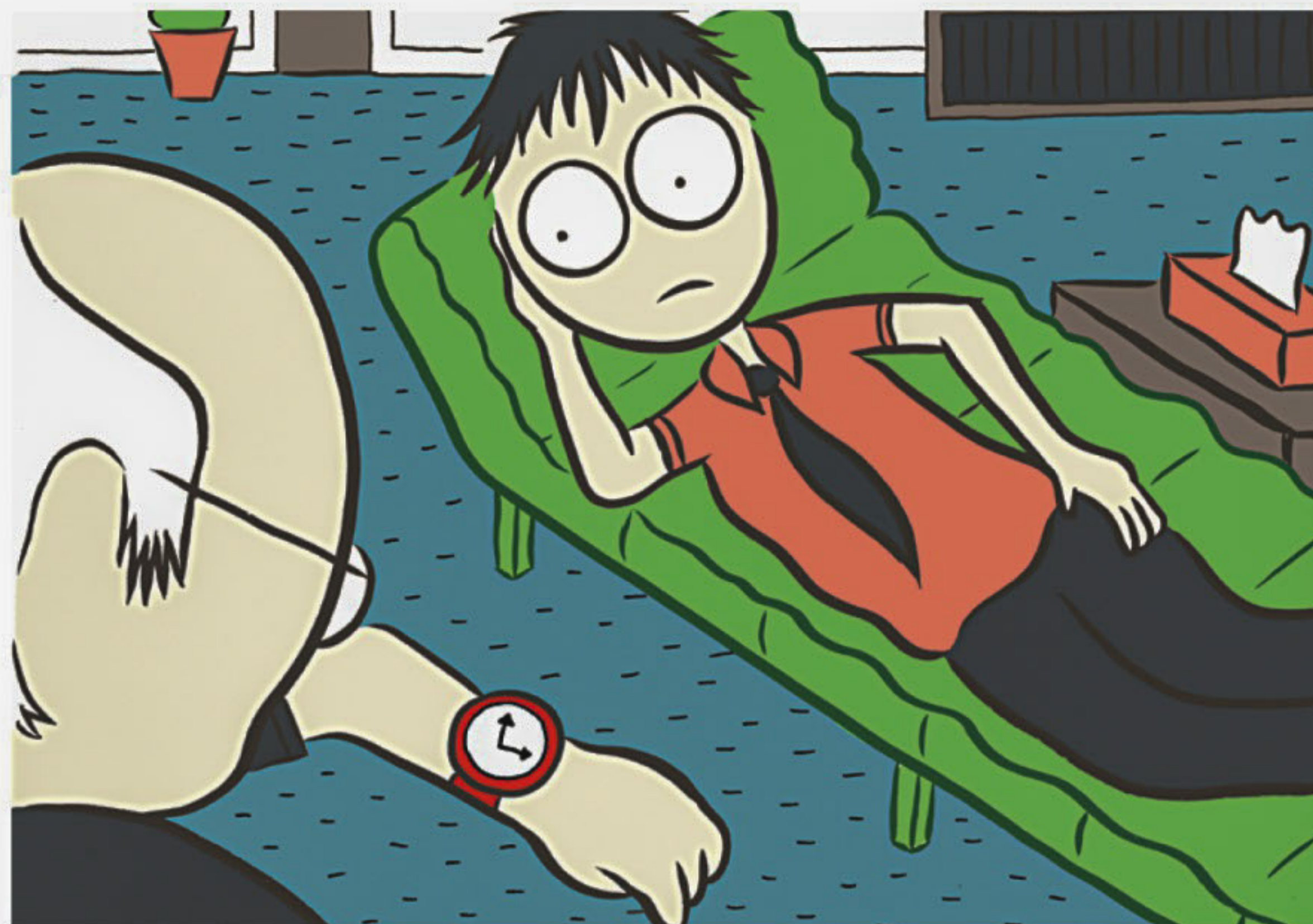
# HOW TO NOT BE A THERAPIST

TAR

There is a significant amount of social stigma around mental illness, and getting help for mental illnesses. Before delving in, it's important to mention that professional help is required for the illnesses of the mind, just like it is for the body. You can't beat mental illnesses with the power of will if your mental health, itself, is not sound enough. It's also important to get help from professionals. Sadly, there are always therapists who are not so good at their jobs.

**Shaming people for their clothing:** First off, as a therapist, he or she should not be telling you how to dress. Even if there are good intentions behind the comments, how one chooses to dress is completely on them and a therapist, of all people, shouldn't be determining one's appearance. Unfortunately though, this has transpired. More so, it's not just about the clothing. Therapists should not be shaming their patients for any reason. A patient that is trying to develop a sense of self should not be subjected to any form of shaming. That is just how you land yourself into a pool of terrible therapists.

**Telling their patients about other**



**patients:** The main role that the therapist is meant to play in the patient's life, is that of a confidante; especially, in Dhaka, where many people repress their thoughts and feelings for the fear of being publicly shamed. So can there possibly be anything worse than when they share the stories

with other patients? This seems to be an ethical code that often the therapists in Dhaka don't seem to follow. Whether that be the independent ones or those who work as counselors in renowned institutes.

**Telling the patients' families:** It's even worse when the therapist tells the parents

of the patient. When a patient shares something that may be considered taboo, telling the parents might just be the biggest breach of trust. There are certain things that cannot be shared with anyone, which includes family members. Especially since the dynamics one has with family are much more permanent than elsewhere. Thus, if there are things not shared to keep that dynamic safe, they should be kept safe.

**Writing off your identity:** There's a big difference between unpacking someone's identity, i.e. determining the cause of why someone acts the way they do, and straight out writing it off. Therapists are there to unpack the identity, not write it off completely. As much as breaching the trust of the patients is a no-go, so is making them feel isolated through writing off their issues or problems. Therapists are there to listen and provide practical solutions. It's difficult enough to even consider seeking help regarding mental health; questionable therapists don't make it any easier. However, there are still pretty great therapists, in this very city, and only through normalizing of the idea of mental illness can the better therapists be able to stand out.

# THE TROUBLES IN THREE

SAMIN SABAH ISLAM

*Life in a trio would be so much simpler if Harry, Ron and Hermione or The Three Musketeers let us in on how their whole bus sitting-arrangement worked. That and the other dark sides of being in a trio.*

## PICK A PARTNER

Being in a trio, we don't respond very well to pair works. We're just not about that lifestyle. We face great dilemma when asked to pick a partner. You'll find each of us crossing our fingers, silently praying not to be separated from the brotherhood. We lunge at the opportunity to group in three when the class has an odd number of students. In a trio, we're programmed to prefer the odds.

## BECAUSE 3 PARTS ARE NEVER EVEN

Having to split food is never easy. Having to split it three ways, now that takes solid commitment. See the trio is all about the commitment. Food, however, is not made to be split in three. One of us ends up with the smallest slice with the least amount of frosting and in no universe is that acceptable. Food split in three never turns out even, because three is just, well, odd.

## OUTSIDE THE INSIDE JOKE

There are the times when the trio has a million inside jokes that are foreign to outsiders. Then there are times when only two third of the trio breaks out into a fit of laughter and share suggestive eye contact while the left out one third sits there with a sour look on their face. Being in three, we're bound to feel like the odd one out at times.



## THE TWO SIDES OF THE FIGHT

"Who do you think is right?" Well I personally think I'm right, and I ask for this nonsense to end. When half the trio breaks out in an argument, the uninvolved one is always sandwiched in. And begins,

hearing one backbite the other, consoling the other with ice cream. Being neutral is a lot of work.

## THIRD MAN OUT

Doesn't get harsher than watching snapchat stories of your two best friends going to the movies or having double

dates when you're stuck at home babysitting. Being in a trio we've all been on either sides, the ditcher or the ditched. Yet the jealousy is undeniable. Maybe they're bonding to a whole new level, maybe they're bad-mouthing me in my absence. Most definitely, they'll come back with a million stories I'll never be a part of.

## SNAPCHAT'S DISCRIMINATION

And sometimes, it's like all the forces of the universe all align against the triad. Like Snapchat, very blatantly depriving one ill-fated friend of the filters. While two best friends get to have demon eyes and resemble dogs sticking their tongues out, the other has to stand there, bare of filters, resembling their mundane human self. That just makes every snapchat story look awfully odd, because again, three is just odd.

At the end of the day though, good things always come in three. The three-piece suit, the three members of Nirvana, the tightest brotherhood of the three of you in your trio. When two people make a friendship, three makes a family. Embrace it.

*Samin Sabah Islam is on a quest to find the perfect diet while simultaneously drooling over pizza. Throw her some tips at [sabahsamin11@gmail.com](mailto:sabahsamin11@gmail.com)*