

**CHRIST**

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Notice for the PhD Viva Voce Examination

Ms Natania Cheguvera, Registration Number: 2071014, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Saturday, 25 July 2026 at 09.30 am in Room No. 044, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

Title of the Thesis	:	Exploring Therapeutic Change in Clients Experiencing Emotional Abuse: A Social Justice Approach to Counselling
Discipline	:	Psychology
External Examiner - I	:	Dr Kanmani T R Professor (Additional) Department of Psychiatric Social Work Dr M V Govindaswamy Centre National Institute of Mental Health and Neurosciences Bengaluru - 560029 Karnataka
External Examiner - II	:	Dr Jayanti Basu Professor Department of Applied Psychology Rasbehary Shiksha Prangan, Rajabazar Science College Campus University of Calcutta West Bengal - 700009
Supervisor	:	Dr Aditi Ashok Arur Assistant Professor School of Psychological Sciences CHRIST (Deemed to be University) Bengaluru - 560029 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Registrar (Academics)

Place: Bengaluru
Date: 11 July 2026

ABSTRACT

In this qualitative study, we have carried out an in-depth, idiographic exploration of how Indian clients describe their experiences of emotional abuse within the context of their relationships with their parents from a social justice lens. The study examined the role of systemic influences, such as gender and culture, in maintaining emotional abuse, and explored pathways to foster both individual and societal level change to address this issue. Ten participants were solicited through purposive sampling, and data was collected using a semi-structured interview schedule. The study adopted an exploratory phenomenological design and employed interpretative phenomenological analysis for data analysis. Six master themes emerged: (1) State of Lack, (2) Fragmentation of Self as a Result of Emotional Abuse, (3) Unable to Relate Experiences with Gender and Culture Norms, (4) Intergenerational Disruption of Norms and Beliefs, (5) Therapy as a Catalyst for Regaining Sense of Self and Empowerment, and (6) Cultural Shifts, Therapeutic Integration and Redefining Norms to Address Emotional Abuse. Findings indicate that emotional abuse is not merely an interpersonal issue but is deeply rooted in gender roles and cultural norms, which impact psychological well-being. In response, we propose actionable strategies for integrating a social justice perspective into counselling practices, highlighting therapy's potential for fostering both individual healing and societal transformation. The study adds valuable literature to the fields of counselling, social justice, critical psychology, and feminist psychology, and aid in future researches and practical applications. The findings highlight the need for effective legislation to reduce systemic barriers, and emphasize the importance of interdisciplinary collaboration (e.g., practitioners, researchers, social workers, community organizers, policymakers), community engagement, and collective action to address emotional abuse. Ultimately, this research advocates for a paradigm shift in counselling and psychotherapy, urging a focus on the systemic conditions that sustain abuse and the promotion of equitable, holistic well-being.

Keywords: emotional abuse; parent-child relationships, gender and culture norms, change, social justice; counselling

Publications:

1. Cheguvera, N., & Arur, A. A. (2024). Exploring How Gender and Culture Shape the Lived Experiences of Indian Clients with Emotional Abuse: A Social Justice Approach to Counselling. *International Journal for the Advancement of Counselling*, 46(3), 538-566. DOI: <https://doi.org/10.1007/s10447-024-09561-4>
2. Cheguvera, N., & Arur, A. A. (2025). Exploring Therapeutic Change in Indian Clients Experiencing Emotional Abuse: A Social Justice Approach to Counselling. *Counselling and Psychotherapy Research*, 25(1), e12908. DOI: <https://doi.org/10.1002/capr.12908>