

Name: Bindu Malik

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Contact Number: 9891400471

Professional Title/Occupation: Counselling Psychologist, Author, Storyteller

Organisation: Heritage International Xperiential School, Gurugram

Address of Organization/Practice: DLF Phase Five Campus, Gurugram

Professional Qualifications: MA Psychology

Courses Undertaken in Play Therapy:

- Play Therapy for Children with Special Needs
- Play Therapy as a Counselling Tool

Other Relevant Qualifications/Courses taken in the field:

- Practicing Humanistic-Existential and Psychodynamic Therapy
- Course on Colour and Reiki Therapy from Udemy
- Certified in POCSO and Sex Education

Currently Undergoing Supervision in Current Practice: No

Ages Catered For: 3 to 10 + years

Services Offered: Counselling

Personal Profile

For the past 7 enriching years, I have undergone a significant transformation, evolving from a dedicated educator to a compassionate counselor. My journey led me to spend the last 5 years at HXLS and HIXS (Heritage International Xperiential School), where I have had the privilege of deeply engaging with students and colleagues alike as a counsellor.

Over my 25-year tenure as both a counselor and a teacher, I have nurtured a profound sensitivity to the diverse needs and aspirations of those I serve. This journey began in my formative years as an elementary teacher, where I found my compass in the principles of respect and compassion. I dedicated myself to fostering a nurturing environment, where understanding and empathy flourished, and where every perspective was valued.

As I transitioned into the realm of counseling, I found myself immersed in a world where every interaction is an opportunity for growth and connection. Guided by the warmth of my heart, I strive to be a beacon of inspiration for my students, leading by example and fostering an environment of trust and authenticity.

Central to my approach is the utilization of Play Therapy as a powerful tool to help students explore their inner worlds and uncover their unique strengths. Through playful exploration and expression, students are encouraged to tap into their innate creativity and resilience, paving the way for profound personal growth and self-discovery.

I hold a firm belief in the inherent uniqueness of each student, recognizing their individual experiences and strengths as invaluable contributions to my own journey as a counselor. Through active and empathetic listening, I guide students through the labyrinth of their academic, emotional, and social challenges, empowering them to carve out actionable plans for personal growth and success.

In cultivating these relationships, I have discovered a profound sense of fulfillment as I witness not only my own life being enriched but also the lives of those around me. My ultimate aspiration is to provide a delicate balance of support and challenge, empowering students to tap into their full potential and embark on a journey of self-discovery and achievement.

Author & Storyteller

As an author and storyteller, I combine Play Therapy with the power of storytelling, using nature as a metaphor to help children navigate their emotions. My book, *Nature's Whispers: Stories for Young Learners*, is designed to support self-regulation, mindfulness, and emotional growth in children.

 Buy My Book Here: : <https://notionpress.com/read/nature-s-whispers-hardcover/hardcover>

<https://notionpress.com/read/nature-s-whispers>

Additionally, my YouTube storytelling channel brings these therapeutic stories to life, helping children connect with nature, process emotions, and develop healthy coping strategies through engaging narratives.

 Watch My Stories Here: [YouTube Channel: -https://www.youtube.com/channel/UCPgyAwvrBijJNFg1OhU4atg](https://www.youtube.com/channel/UCPgyAwvrBijJNFg1OhU4atg)