

**Name:** Ms. Kaveri Mehta

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**Contact Number :** 9810189351

**Professional Title/Occupation:** Counseling Psychologist / Child and Adolescent Counselor

**Organisation:** The British School (New Delhi)

**Address of Organisation/Practice:**

**Professional Qualifications:**

Masters in Psychology followed by Advanced Diploma In Child Guidance and Counselling ( NIPCCD) RCI recognized.

**Courses undertaken in Play Therapy:**

Play Therapy as a Counselling Tool (ongoing)

Play Therapy for Children with Special Needs (completed)

**Details of any other relevant qualifications/courses taken in the field:**

Mindfulness in Action - certified Mindfulness coach

**Currently undergoing supervision in current practice:** No

**Ages catered for:** Children

**Services offered:**

Counselling - emotional wellbeing, behavior problems, social skills, special needs.

**Personal Profile:**

I have spent more than two years engaging with children and have predominantly worked with uniquely abled children. I have been associated with the following schools Autism Center for Excellence and Step by Step School, where I worked as a case manager and special educator respectively. Drawing from tenets of Behaviour therapy, Person Centred Therapy, Cognitive Behaviour Therapy and Play Therapy. My approach in counselling sessions is to provide a secure base to the child, such that he/she can express openly. To understand the child deeply, decode the concerns and empower the child to cope better. Currently working with a school, where I integrate play as a medium of building rapport, to enter into the child's world and help the child explore and revisit his own feelings in a safe accepting non judgmental environment.