

**Name:** Bindu Malik

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**Contact Number:** 9891400471

**Professional Title/Occupation :** Counselling Psychologist

**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

**Details of any 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:** 4 to 8+

**Services offered:** Counselling

**Personal Profile:** - For the past five enriching years, I've undergone a significant transformation, evolving from a dedicated educator to a compassionate counselor. My journey led me to spend the last three years at HXLS and HIXS (Heritage International Experiential Learning School), where I've had the privilege of deeply engaging with students and colleagues alike.

Over my 22-year tenure as both a counselor and a teacher, I've nurtured a profound sensitivity to the diverse needs and aspirations of those I've served. 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've 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.