

Name: Ms. Kriti Madhok

Email Address: Kritimadhok18@gmail.com

Contact Number : 8586893480

Professional Title/Occupation: Counselling Psychologist

Organisation: D.A.V Public School.

Address of Organisation/Practice:

D-Block, Chander Nagar, Ghaziabad, Uttar Pradesh 201011

Professional Qualifications:

Masters in Applied Psychology from Delhi University and
Advanced diploma in child guidance and counselling (RCI registered) from NIPCCD.

Courses undertaken in Play Therapy:

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

Currently undergoing supervision in current practice: No

Ages catered for: 8 years to 16 years old (children and adolescents)

Services offered:

Counselling children with learning disability, trauma, anxiety disorder, behavioural issues and emotional issues. Counselling parents on art of parenting, training teachers on catering for student diversity & mental health.

Personal Profile:

I work as counselling psychologist in school set-up and also have private practice (in evening). Children who are going through trauma after sudden demise of their parent/s are facilitated in their journey through play therapy (non-directive approach). In school, we have tried to set-up play therapy room though it is not exactly how an ideal play therapy room should be due to space crunch. Adolescents whose self-esteem is decreasing, have self-harm behaviour (cutting their wrist), and also with suicidal tendencies. Instead of CBT, play therapy is used as it worked better than CBT. Along with this in few cases art has been used as one of the mediums in play therapy.