

Name: Ms.Alagammai

Email Address: alagammai.1111@gmail.com

Contact Number :

Professional Title/Occupation: Arts-based therapy practitioner

Organisation: Independent

Address of Organisation/Practice: Jayanagar, Bangalore

Professional Qualifications: M.Sc

Courses undertaken in Play Therapy:

Play Therapy as a Counselling Tool (ongoing)

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

Currently undergoing supervision in current practice: No

Ages catered for: 6-15

Services offered:

Arts-based therapy for individuals and groups, to address the following: trauma, social and emotional difficulties related to disabilities, anxiety, disruptive behaviour, attention problems, psychosocial difficulties related to illness, bereavement, transitions etc.

Personal Profile:

I'm a former teacher and a certified arts-based therapy practitioner. I'm currently training to use play therapy as a counselling tool. I employ the skills I learn to design interventions with play and multi-art forms that enable children have a free flow of verbal and non-verbal expression in a safe, non-threatening space. In this context , I also work with adults who are caregivers of children, and use non-traditional therapeutic tools, to explore how we can strengthen our relationship with the children we work with, how do we communicate more mindfully and compassionately a classroom setting, how do we develop a self care routine that is sustainable etc