

Name: Pranati Baxla

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Contact Number : 9778759836

Professional Title/Occupation:

Certified Therapeutic Play Practitioner for the Differently Abled

Organisation: Healing Minds

Address of Organisation/Practice:

Unit No. 1103, 11th Floor, PS Qube, Action Area 11D, New Town, Kolkata

Professional Qualifications:

MA Psychology (Counselling), MA Dance (Bharatnatyam).

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled

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

Foundation Course in Creative Arts Therapies.

Currently undergoing supervision in current practice: No

Ages catered for: Age between 3 to 16

Services offered:

Play therapy for both individual and group for special needs to address social skill, emotional issues, behaviour problems. Individual counselling sessions for behavioural problems.

Personal Profile:

As my trainer always says “play is the natural language of children and powerful medium for expression and communication.” In my practice, I work with ADHD and ASD children how struggle to articulate their feelings verbally. I focus on creating a safe, trusting therapeutic relationship with the children so that they explore their experiences in ways that feels non-threatening and natural.

The principles of play therapy helped me to shape my intervention methods where I use non-directive approach by step down to child’s level, match the child’s energy and pace, follow the child’s lead and not rush, trust the ability to find the path, introduce new things and add language in a playful way and

always respect the child's decision. I also blend directive techniques as art and creative expression, board games, storytelling etc. maintaining the child's lead, autonomy and emotional safety. This helps the child to express their emotions, build self-esteem, resilience, improve emotional and behavioural regulation, develop problem solving and coping skills. I also set the boundary for the safety of the child, play materials and place. The play room is organized with carefully chosen toys that allow children to use their imagination and express emotions. I started tracking their behaviours and reflecting more their feelings to show that their internal world is recognized and valued.