

Name: Dr. Ammu Elizabeth Alexander

Email Address: ammu.therapy@gmail.com

Contact Number:

Professional Title/Occupation:

Certified Therapeutic Play Practitioner for Children with Special Needs

Organisation: Self-Employed

Address of Organisation/Practice: Bangalore

Professional Qualifications:

MSc. (Clinical Psychology), MPhil. (Rehabilitation Psychology NIEPID),
Ph.D. (Autism Spectrum Disorders), Diploma in Early Childhood Care and Education,
Educator for Children with Specific Learning Disorders,
Licensed by RCI, Licensed Emotional Freedom Practitioner

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for Children with Special Needs
Play Therapy for Children with Special Needs
Play Therapy Skills (Special Needs)
Play Therapy Interventions for Differently Abled Children

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

Certificate Course on Autism Spectrum Disorder,

Currently undergoing supervision in current practice: Yes

Ages catered for: All Ages

Services offered:

My professional practice in the rehabilitation of individuals with neurodevelopmental disorders primarily focuses on Developmental Therapy, Play Therapy, and Behaviour Therapy. My psychotherapeutic approach integrates Emotion-Focused Therapy, Emotional Freedom Techniques, Cognitive Behaviour Therapy, and Solution-Focused Brief Therapy, guided by the specific needs and goals of each client.

Personal Profile:

Dr. Ammu Elizabeth Alexander is an RCI Licensed Rehabilitation Psychologist, after completion of MPhil from NIEPID with a First Rank. She completed her PhD focusing on Autism Spectrum Disorder. With over 10 years of experience in the field of Psychotherapeutic practice and individuals with Neurodevelopmental Disorders, she has also completed courses on Early childhood Care and Education, Education of children with Specific Learning Disorders and various courses to perfect her skills in Counselling.

She is also an Internationally Licensed Emotional Freedom Practitioner. Her psychotherapeutic approach integrates Emotion-Focused Therapy, Emotional Freedom Techniques, Cognitive Behaviour Therapy, and Solution-Focused Brief Therapy, guided by the specific needs and goals of each client.

With respect to individuals with Special needs, she takes a family support approach, where the support needs of the entire family of the individual with special needs is considered. Depending on the degree of development and needs of the family a suitable approach/approaches are integrated to deliver the Best possible approach to the child and family.