

Name: Ms. Ruhika Nargundkar

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Contact Number : +919820353511

Professional Title/Occupation: Clinical Psychologist

Organisation: Self Employed

Address of Organisation/Practice: Primarily Mumbai, available through telepractice

Professional Qualifications:

MSc in Clinical Neurodevelopmental Sciences,

Msc in Clinical Psychology,

Mphil in Clinical Psychology

Courses undertaken in Play Therapy:

Play Therapy as a Counselling Tool

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

Diploma in Community Mental Health (NIMHANS)

Currently undergoing supervision in current practice: Yes

Ages catered for: 3 years and above

Services offered:

Counselling, Diagnostic Assessments, Psychotherapies: CBT, DBT, Interpersonal Psychotherapy, Family Therapy, Play therapy, Compassion focused therapy and others.

Personal Profile:

I am a passionate Clinical Psychologist who has extensive experience in providing evidence based treatments to diverse populations. I am proficient in conducting thorough assessments, developing tailored treatment plans, and collaborating with interdisciplinary teams. Skilled in delivering individual and group therapy, resulting in significant symptom reduction and improved patient outcomes. I have worked in multiple clinical based setting and especially love working with children who have special needs.