

**Name:** Lalhriatpuii Fanai

**Email Address:** hriatpuii.fanai@gmail.com

**Contact Number :** 9886143087

**Professional Title/Occupation:**

Certified Therapeutic Play Practitioner for the Differently Abled / Outdoor Educator

**Organisation:** CHRIST University

**Address of Organisation/Practice:** Bengaluru and Aizawl

**Professional Qualifications:**

Therapeutic Play Practitioner for Differently Abled, Level 3 Forest School Practitioner

**Courses undertaken in Play Therapy:**

Certified Therapeutic Play Practitioner for the Differently Abled

Play Therapy as a Counselling Tool (ongoing)

Play Therapy Skills (ongoing)

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

**Currently undergoing supervision in current practice:** Yes

**Ages catered for:** Adolescents and family (especially with vulnerable and "at-risk" population)

**Services offered:**

I am currently not taking any clients as I am at a crucial stage in my Ph.D. research program.

**Personal Profile:**

Ms. Lalhriatpuii Fanai specializes in play therapy techniques and is highly skilled and compassionate. With more than five years of experience in the field, she has dedicated her career to helping individuals, families, and children navigate through challenging emotional and psychological issues. In her capacity as a therapist, she holds a Master of Science (Clinical Psychology) and is working towards a Ph.D. in psychology. With extensive training, she understands play therapy's profound impact on healing and growth and incorporates play therapy techniques into her therapeutic approach as she believes in the healing power of play.

As a holistic and client-centric therapist, she empowers people to express their emotions, cope effectively, and build strong interpersonal relationships. She guides clients toward self-discovery, resilience, and personal transformation through sand trays, art therapy, puppetry, and storytelling.

As play is an essential tool for children, Ms. Fanai is well-versed in working with young clients in a playful and non-threatening way that allows them to express thoughts, feelings, and experiences. She fosters trust, safety, and connection while helping children process their emotions.

In addition to therapy for individuals and families, her area of research interest is on substance use disorders (SUDs), and she also works with children of substance abusers. Furthermore, she respects the individual journey of each client with warmth and empathy. Using play therapy techniques, she helps clients achieve emotional well-being and personal growth through engaging, transformative, and empowering experiences.