

Name: Ms Ritika Gaonkar

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Contact Number : 8792370904

Professional Title/Occupation:

Certified Therapeutic Play Practitioner for Children with Special Needs

Organisation: Indus Altum International School

Address of Organisation/Practice:

Professional Qualifications:

MSc in Applied Psychology; Currently Pursing PhD in Psychology

Courses undertaken in Play Therapy:

Play Therapy as a Counselling Tool
Play Therapy for Children with Special Needs
Play Therapy Skills (Special Needs)

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

Currently undergoing supervision in current practice: No

Ages catered for: Age 2 to 18 years

Services offered:

I offer Play Therapy and Counselling services for children and adolescents in a warm, supportive, and non-judgmental environment. My sessions help children express themselves, manage emotions, and build healthy coping skills through creative and evidence-based approaches.

Services include:

Behavioural and emotional regulation support

Play-based interventions for self-expression and healing

Support for special needs such as ADHD, autism spectrum conditions, and learning difficulties

Guidance for social skill development, self-esteem, and peer relationships

Parent consultation and collaboration for consistent support at home and school

Both individual and group sessions are offered, designed to meet each child's unique developmental and emotional needs.

Personal Profile:

As a therapist and educator, I work with children and adolescents to support their emotional, behavioural, and developmental wellbeing. My practice combines evidence-based counselling techniques with Play Therapy to create a safe and expressive space where children can explore their inner world, develop self-regulation, and strengthen coping skills through play.

Drawing from my experience in school counselling and inclusive education, I design interventions that address behavioural regulation, attention difficulties, and social-emotional growth, particularly for children with special needs such as ADHD, autism spectrum conditions, and learning challenges.

In my sessions, I integrate structured play-based techniques—sensory, symbolic, and projective forms of play—to help children express emotions, process experiences, and build resilience. I also work closely with parents and teachers to ensure a consistent and collaborative approach between home and school environments.

I offer both individual and group sessions, guided by empathy, creativity, and a developmental understanding of each child's unique needs. My goal is to nurture a sense of safety, connection, and confidence, empowering every child to grow emotionally, socially, and behaviourally.

I am currently pursuing a PhD in Psychology with a research focus on developing an Integrative Play Therapy Intervention for children with ADHD, aiming to enhance behavioural, emotional, and attention regulation through structured play modules. My approach is guided by the belief that every child communicates through play, and with the right therapeutic support, they can achieve emotional balance and self-awareness.

Alongside my therapeutic work, I have extensive experience as an educator and counsellor in school settings, allowing me to bridge psychological insight with educational practice. I also conduct parent and teacher guidance sessions to promote emotional literacy and consistent support systems for children.

My work is grounded in empathy, creativity, and collaboration, ensuring that therapy not only heals but also empowers families and educators to nurture children's holistic growth.