

Name: Azita Menon Bhonsle

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Contact Number: 9820698540

Professional Title/ Occupation:

Certified Therapeutic Play Practitioner for the Differently Abled

Organisation:

Address of Organization/Practice: Mumbai

Professional Qualifications: Graduation

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled
Play Therapy As A Counselling Tool.
Play Therapy For Children With Special Needs.
Play Therapy and Autism
Play Therapy Interventions for Specific Client Groups (Ongoing)

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

Professionally trained in following certificate courses in counselling namely:
1) Robert Carkhuff model of Counselling (based on Humanistic psychotherapy).
2) Applied Transcational Analysis (T.A.)
3) Rational Emotive Behaviour Therapy (REBT)
4) Post Graduate Diploma In Integrative Counselling (P.G.D.I.C)

Currently undergoing supervision in current practice: Yes

Ages catered for: 3 to 19 years

Services offered:

Counselling sessions with children and teenagers (youth) using modalities I am trained in. I offer individual and group sessions. The needs I cater to are:

- 1) Anxiety
- 2) Fear
- 3) Phobia
- 4) Depression
- 5) Discipline
- 6) Academic Stress
- 7) Parental Conflict
- 8) Disturbance due to disfunctionality in the family.
- 9) Children of separated parents

Personal Profile:

I am Mrs. Azita Menon Bhonsle, a dedicated practitioner at the Heart to Heart Counselling Centre in Mumbai. With a profound passion for aiding the emotional development of children, I specialize in the transformative field of therapy. As a therapist, I harness the power of play to create a safe and nurturing environment where children can express their thoughts and emotions freely. My approach is tailored to meet the unique needs of each child, recognizing the diverse spectrum of abilities they bring. I firmly believe in the universality of play as a medium for healing and growth. My goal is to

seamlessly integrate play therapy methods into my practice, breaking down barriers that may impede a child's emotional expression. By fostering a supportive and inclusive atmosphere, I aim to empower children to navigate the complexities of their emotions, promoting resilience and self-discovery. I am dedicated to cultivating a space where every child, irrespective of their unique needs, can embark on a journey of self-discovery and emotional resilience through the power of play therapy.