

**Name:** Areeba Ahmed

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**Contact Number :** 91 9654585157

**Professional Title/Occupation:** Certified Therapeutic Play Practitioner for the Differently Abled

**Organisation:** Center for child and adolescent wellbeing

**Address of Organisation/Practice:** Greater Kailash I ,New Delhi

**Professional Qualifications:** Master

**Courses undertaken in Play Therapy:**

Certified Therapeutic Play Practitioner for the Differently Abled

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

Masters in psychology, post graduate diploma in childhood guidance and counseling

**Currently undergoing supervision in current practice:** No

**Ages catered for:** I work with children and adolescents from age 0 to 18

**Services offered:**

I am a Certified Rehabilitation Counselor accredited by the Rehabilitation Council of India, with over five years of experience working with children with special needs. I specialize in Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD), and have extensive experience supporting children and adolescents dealing with Selective Mutism and anxiety-related challenges. Additionally, I hold certifications in Emotional Freedom Technique (EFT), which enhance my therapeutic approach and support holistic emotional well-being

**Personal Profile:**

I am a dedicated Child and Adolescent Psychologist with nearly five years of experience working with neurodiverse children, including those diagnosed with Autism Spectrum Disorder, ADHD, and selective mutism. My practice is rooted in evidence-based approaches, with Play Therapy serving as a core component of my therapeutic work. I have received formal training in Play Therapy and actively use it to build trust, facilitate emotional expression, and enhance communication in children who may struggle with conventional therapeutic methods.

In my clinical work, I integrate Play Therapy techniques to assess developmental levels, explore emotional difficulties, and support behavioral regulation. For children with autism, I utilize structured and symbolic play to improve social reciprocity, emotional understanding, and

imaginative skills. With children affected by ADHD, play-based interventions help in enhancing focus, impulse control, and social problem-solving. In cases of selective mutism, I have effectively used non-directive play and gradual exposure through play to reduce anxiety and support verbal communication in a safe, non-threatening environment.

My approach is child-centered and collaborative, involving families and educators to create a consistent support system. I also work closely with multidisciplinary teams including special educators and speech therapists to ensure holistic care. My goal is to empower children by creating a therapeutic space where they can express, explore, and thrive at their own pace.