

Name: Mrs. Meetali Kothari

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Professional Title/Occupation:

Certified Therapeutic Play Practitioner for the Differently Abled

Organisation: Meetali Kothari

Address of Organisation/Practice:

47-B, Nalanda, Near Villa Theresa School, 62-Pedder Road, Mumbai--400026

Professional Qualifications:

BSc(IT), PGDBM, MIB(France) B.Ed(Maths & Science)

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled

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

Currently undergoing supervision in current practice: No

Ages catered for: 3+ years. Catering to both Children and Adults.

Services offered:

Play Therapy, Individual and group sessions. Catering to Special needs, social skills development, emotional wellbeing, behavioral problems.

Personal Profile:

I am a highly motivated and empathetic Play Practitioner with 5 years of dedicated experience providing essential emotional support to children aged 3 and above. My practice is founded on the core belief that play is the child's natural language and the most effective catalyst for holistic development, growth, healing and helping the child out of the cocoon.

Utilizing Play Therapy:

I utilize a non-directive, child-centered approach to fully integrate Play Therapy into every session. I create a safe and predictable playroom environment where children are empowered to express, explore, and process challenging feelings or experiences that they cannot articulate verbally.

My key modalities include messy play, sand tray therapy, creative arts, and therapeutic storytelling, enabling kids to externalize their inner world and gain mastery over their struggles, emotions. I focus on building a strong therapeutic relationship to establish the trust required for deep emotional exploration.

By observing and reflecting on the child's play, I identify themes of anxiety, trauma, or conflict. This allows me to facilitate emotional literacy, resilience, and self-regulation. I actively use the language and metaphor of play to help the child discover their own solutions, fostering a profound sense of self-worth.