

Name: Sheena Kalia

Email Address: kalia.sheena@gmail.com

Contact Number : +919930569905 +919820065325

Professional Title/Occupation: Counselling Psychologist & Psychotherapist

Organisation: Mindcraft & Indian School Of Design and Innovation ISDI Parsons, Mumbai

Address of Organisation/Practice: Santacruz West

Professional Qualifications:

MA - Counselling Psychologist

MA - English Literature

Courses undertaken in Play Therapy:

Play Therapy Level 1

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

-Advanced Practicum RE CBT, Albert Ellis Institute, New York

-Eye Movement Desensitization Reprocessing (EMDR : Part 2)

Currently undergoing supervision in current practice: Yes

Ages catered for: Age 10 and above (Adults & Children)

Services offered:

Individual Counselling - Emotional concerns/ Relationships/ Trauma/ work-life balance/ life transitions

Personal Profile:

I am a Counselling Psychologist and Psychotherapist. My passion for both, English Literature and Psychology, lead me into earning a double post-graduate Masters Degrees. My inclination towards Psychology lead me into pursuing it further and have been working in the Mental Health field since 10 years.

I practise an integrated approach combining evidence based therapies with complementary methodologies and techniques like Rational Emotive Behaviour Therapy, Cognitive Behaviour Therapy, EMDR (Trauma Recovery) and Play Therapy, drawing components from different schools

of Psychology and employing the best suited approach for my clients' needs and personal circumstances.

My areas of training is Depression, Anxiety, Anger, Relationship issues, Stress Management, Personal Development.

As a Mental Health Professional, my aim is to help people develop emotional resilience to navigate life's changes and help them understand the significance of Mental Health. I hope to channel this gained knowledge towards the benefit of the individuals that seek services in order for them to optimize their lives.