

**Name:** Sonali Saini

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**Contact Number :** 9818600894

**Professional Title/Occupation:** Counselling Psychologist

**Organisation:** The Mann School

**Address of Organisation/Practice:** Holambi Khurd, Delhi

**Professional Qualifications:**

Masters in Psychology and  
Post Graduate Diploma in Guidance and Counselling

**Courses undertaken in Play Therapy:**

Play Therapy as a Counselling Tool (ongoing)

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

**Currently undergoing supervision in current practice:** Yes

**Ages catered for:** 5-18 years

**Services offered:**

Counselling related to emotional issues, personal issues, academic issues, career counselling, trauma, social skills, behavioural problems, etc.

**Personal Profile:**

I am currently working as a counsellor in a school and I often use techniques of play therapy to help children dealing with their issues. As the students do not open up very easily so I use different techniques by either providing them with sheets and colours, or asking them about their area of interest and ask whether they would like to play any game with me. Other than this I also use expressive art therapy techniques which helps in providing interventions to students with emotional and behavioural issues as well as in helping special students to make their academics more effective and interesting. I work on building their self-esteem through techniques like group play or drama, and also developing social competence for the students who enter new in school.