

Name: Vrinda Vijay

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Contact Number: 9605781589

Professional Title/ Occupation:

Certified Therapeutic Play Practitioner for the Differently Abled

Organisation: CADRRE The Autism School

Address of Organization/Practice:

Sasthamangalam jn, Trivandrum, Pincode 695010, Kerala, India

Professional Qualifications:

Post Graduate in Psychology, Honorary Doctorate,
Post graduation Diploma in Counselling Psychology

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled

Other relevant courses taken in the Field:

Intensive training programme in Autism, Certificate course in Behaviour Modification

Currently undergoing supervision in current practice: No

Ages catered for: Autism children age group 4 - 15

Services offered:

Behaviour therapy, Counselling, Social skills training both individual and group sessions

Personal Profile:

I am practitioner with a strong focus on supporting the emotional and developmental needs of children, particularly those on the autism spectrum. My work centres on creating safe, nurturing environments where children can express themselves freely, using Play Therapy as a core modality in my practice.

Working extensively with autistic children, I have seen firsthand how non-verbal, creative approaches such as Play Therapy can bypass communication barriers and foster trust, emotional expression, and social development. I integrate both directive and non-directive play strategies

tailored to each child's unique sensory, cognitive, and emotional profile. My approach is grounded in empathy, patience, and a deep respect for neurodiversity.

In practice, I design play environments that reduce sensory overwhelm and provide structure while encouraging imaginative and symbolic play. I utilise tools such as visual storytelling, sensory materials, role-play, and therapeutic art to help children explore feelings, build coping skills, and develop positive self-concepts.

In addition to individual sessions, I engage parents and caregivers as part of the therapeutic process, offering guidance on how play-based techniques can be continued at home. My overarching goal is to empower children with autism to connect with others, navigate challenges, and find joy and meaning in their interactions.

Play Therapy is not just a method but an essential bridge that enables me to meet children where they are, helping them grow at their own pace in a supportive and understanding space.