

Name: Ms. Aastha Chaudhry

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Contact Number: 9779049738

Professional Title/Occupation: Counselling psychologist, play therapist, ABT practitioner

Organisation: Shiv Nadar School, Gurgaon

Address of Organisation/Practice: Gurgaon

Professional Qualifications:

M.A. Psychosocial clinical studies (psychoanalytic psychotherapy)
Training in Arts Based Therapy

Courses undertaken in Play Therapy:

Arts Based Therapy - Prajnadhara

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

Supervision for play therapy for autistic individuals (2018-19)
Supervision for play therapy with early years group (2019, ongoing)

Currently undergoing supervision in current practice: Yes

Ages catered for:

Ages 3-7. Also, children and adolescents with special needs (10-17) in private practice.

Services offered:

Play therapy, Psychodynamic psychotherapy, Counselling, Special Needs, Arts based therapy, Applied behaviour Analysis

Personal Profile:

Play is the primary medium of communication with the age group I work in - mostly non-directive play, with occasional manipulation of the materials provided, to process grief, trauma and bereavement. Earlier, whilst I worked with autistic teenagers, play was the only shared language we had, through which a lot of psycho-therapeutic work as well as life-skills training could be done.

I work with the early years group in school, wherein I use play therapy with the neurotypical group and hold ABT sessions as well with the special needs group here. In my private practice, I will be working with individuals with special needs using play as a medium, along with counselling and psychotherapy (where applicable.) I attend group supervision once a month and have personal supervision thrice a week.