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 Bangalore, KA

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EXPERIENCE

Counselling Psychologist

Augment Therapy; June 2021 – present

MindPeers; June 2021 – October 2023

- Working with clients presenting with anxiety, depression, stress management, identity, self development, confidence, interpersonal relationship, adjustment, gender, and sexuality concerns
- Employing CBT, SFBT and ACT modalities with person-centred and strengths-based approaches through a social justice oriented lens

Wellness Coach

Lyftly India; Jan 2021 – April 2021

- Provided coaching to clients with a focus on wellness
- Authored articles for a wellness blog
- Managed internal research and documentation

EDUCATION

Master of Science

Applied Psychology
Pondicherry University, 2017

Bachelor of Arts

Journalism, Psychology, and
English Lit.
Kristu Jayanti College, 2014

TRAININGS

Trauma-Informed Psychological Interventions

Connect&Restore (CORE), 2024

Queer Affirmative Counselling Practice

Mariwala Health Initiative, 2023

Counselling Psychology

Montfort College, 2022

Solution-Focused Brief Therapy

Barry Winbolt, Skill Boosters, 2021

Suicide Prevention Gatekeeper Programme

QPR Institute, 2020

Feminist Counselling and Mediation

Baduku Community College, 2016

APPROACHES

queer-affirmative

feminist


sex-positive

person-centred

trauma-informed

LANGUAGES

English 

Malayalam 

Hindi 

Kannada 

Tamil 