


Name	Qualification	Years of experience	Profile
 <p data-bbox="176 938 367 971">Sweta Bothra</p>	<p data-bbox="449 737 642 854">MA, MPhil in Clinical Psychology</p>	<p data-bbox="751 781 810 813">10+</p>	<p data-bbox="905 326 1961 565">Sweta Bothra is the Lead Therapist at InnerHour since March 2016. She uses her domain expertise to direct the organisation to build therapy-based tools and offerings. Before joining InnerHour, Ms. Sweta worked as a clinical psychologist at Sahyadri Hospitals, Pune - where, along with her regular clinical cases, she was also responsible for running the monthly breast cancer support group.</p> <p data-bbox="905 613 1955 938">She derived her skills and knowledge through dedicated study. She pursued her M.A. Psychology from Fergusson College, Pune, where she ranked first, followed by an M. Phil in Clinical Psychology from Kasturba Medical College, Manipal University. She has completed additional certificate courses in 'Eye Movement Desensitization and Reprocessing (EMDR)' from EMDR Institute, India (2015), 'Play Therapy' from Centre for Human Growth and Development (2008) and 'Team Development and Leadership' from Christ College, Bangalore (2007).</p> <p data-bbox="905 987 1955 1269">Her interests are in the areas of adult psychometric testing and therapy. Her curiosity in the field of psychology developed when she was first exposed to the subject in her high school and decided to pursue it further. She specialises in cognitive and behavioural therapy for children, adolescents, and adults across different disorders and conditions. She likes taking up difficult and challenging cases, and she especially likes to work with young adults with personality, mood and anxiety spectrum disorders.</p>



Pratishtha Trivedi  
Mirza

MA, MPhil in  
Clinical  
Psychology


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Pratishtha has been a Senior Clinical Psychologist with InnerHour since August 2016. She drives the research efforts at InnerHour to ensure scientific validity and evidence base for all products and services provided by the organisation.

She takes an eclectic approach to therapy with the belief that each individual is unique, and exploring and accepting this uniqueness makes for the most successful therapy experience for both the client and the therapist. Pratishtha is trained in Cognitive Behaviour Therapy and incorporates Humanistic, Mindfulness-based, and Positive Psychology strategies in the sessions. She focuses on including the client's context and experiences in explanation and inclusion of scientific concepts and methods with a belief that all individuals are capable and perhaps best suited to understand and work on their concerns when provided with scientifically valid information in an easy to grasp manner.

Pratishtha has completed her education in Delhi, with Masters in Psychology from Delhi University and M. Phil in Clinical Psychology from Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi. She worked with Mental Health and Behavioural Sciences Department at Fortis Hospitals, Delhi-NCR as a consultant clinical psychologist, prior to joining InnerHour, where she dealt with both OPD and IPD clientele with a wide range of mental health concerns.

She takes an active interest in speaking about mental health issues and spreading awareness on both personal and professional platforms.

 <p>Deepapriya Vishwanathan</p>	<p>MA Applied Psychology (Clinical), M.Phil in Social Sciences</p>	<p>10 Years</p>	<p>Deepapriya is a sexuality and diversity affirming therapist trained in Queer Affirmative Therapy, Transactional Analysis, CBT, and Integrated Somatic Therapy. She applies an eclectic approach and heavily drawing from a humanistic perspective. She is kink and sex-positive in her practice.</p> <p>She is a Senior Consultant working with InnerHour since 2017. She is also a visiting faculty teaching Multiculturalism and psychotherapy for MA Applied psychology course (Vivekananda college, affiliated to Mumbai University). In her free time she volunteers her service to Prafulta, where she works with financially less-privileged clients. She has previously worked in the position of a senior psychologist (MPower Foundation) and Assistant professor (TISS-BALM).</p> <p>She has done her Masters in Applied psychology with clinical specialization from Mumbai university and M.Phil in Social Sciences from Tata Institute of Social Sciences and is currently pursuing her PhD. She also has an Diploma and Advanced diploma in counselling psychology from Xavier's and Prafulta (Don Bosco) respectively.</p>
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Serah Koshy

MA  
Counselling  
Psychology

2 years



Serah has been working as a Consultant Psychologist with InnerHour since late 2018. She works closely with the research and content teams to identify and produce scientific content for InnerHour's various services. Serah also works closely with the social media team to help produce quality content that can be easily consumed by all.


Prior to joining InnerHour, she taught psychology for the A-Level at Bombay Cambridge International School. She has also worked as a Counselling Psychologist with Juno Clinic, Mumbai.

She has completed her M.A. in Counselling Psychology, with Honours from SNDT University, Mumbai. She has interned with the Counselling Centre at Smt. MMP Shah Women's College, where in addition to providing therapy, she also delivered workshops on various topics to the students. She has also worked as a student mentor and a teaching assistant during this time. In addition to participating in various extra-curricular activities, Serah has also published a research paper in the Indian Journal of Mental Health.

Serah has completed her BA in Psychology from St. Xavier's College, Mumbai.

Serah enjoys working with adolescents and adults with her focus being on helping them adjust and cope with challenges they may be experiencing.

 <p>Apoorva Gupta</p>	<p>MA Clinical Psychology</p>	<p>1 year</p>	<p>Apoorva has recently joined the Innerhour team as a Consultant Psychologist.</p> <p>She completed her Masters in Applied Psychology (Clinical) from Tata Institute of Social Sciences (Chennai campus). As part of her training she has interned at International Foundation for Crime Prevention and Victim Care (PCVC), The Banyan and Mirra Charitable Trust in Chennai. The various responsibilities undertaken include group sessions, individual sessions on skill building, home visits, hospital visits, formulating care plans, reintegration, etc. She has also volunteered with the Covid Response Helpline (by DCPCR, Mindpiper, etc) as a crisis counsellor.</p> <p>She completed her graduation in Psychology from Lady Shri Ram College, Delhi University, where she acted as the core team member and coordinator for BecauseYouMatter Campaign, a student-led initiative working towards mental health concerns in her college. She was also part of the life skills program and Fellowship program at Make A Difference (MAD), Delhi chapter. Additionally, she has volunteered with the National Service Scheme at Tihar Jail, Delhi, for their Creative Rehabilitation and Reformation Program.</p>
 <p>Pratiksha Sahastrabudhe</p>	<p>MPhil Clinical Psychology</p>	<p>6 years</p>	<p>Pratiksha is a Clinical Psychologist with an experience of more than 4 years. She works closely with individuals, couples and families for adolescents and adults across the lifespan. She takes a person-centered and emotionally focused approach in her interaction and is passionate about collaborating with her clients on their unique journey of self-discovery.</p> <p>She has pursued her Masters (2014) and M.Phil (2016) in Clinical Psychology from Wadia College, Pune and Sweekar Institute of Rehabilitation Sciences, Hyderabad respectively. Additionally she has</p>

			<p>completed certificate courses in Trauma Focused Therapy and Emotional Focused Technique. She also has a super specialization in Psycho-oncology.</p> <p>She works with a range of issues like anxiety, grief, work life balance, relationship difficulties, stress, depression and cancer care.</p>
 <p>Pooja Gupta</p>	<p>MPhil Clinical Psychology</p>	<p>4 years</p>	<p>Pooja is a Clinical Psychologist registered with the Rehabilitation Council of India. She pursued her Masters from Ambedkar University, and her Mphil from Amity University. Before joining InnerHour, she worked as an Assistant Professional at TISS.</p> <p>Over the course of her training she has explored Psycho-dynamic, Cognitive-behavioural and Person-centred schools of thought and she brings hues of these in work with client. She has experience in working with adolescents and adults from various backgrounds and facing a variety of issues such as emotional issues, adjustment &amp; personality difficulties and relationship issues.</p> <p>Her work is mostly collaborative and solution focused in nature and therefore she invites the client to co-create the therapeutic space with her. She uses multiple modalities in her work which range from Mindfulness &amp; Psycho-dynamic techniques, CBT, Narrative approaches and Solution Focused interventions. She firmly believes that therapy is for everyone and hope that someday going to therapy becomes as accessible as any other service thus, her goal is to create a healing, safe space that can be accessed by anyone who feels the need to.</p>



Upasana Ravinder

MSc  
(Specialization  
in Clinical  
Psychology);  
MPhil in  
Clinical  
Psychology

1 year

Upasana is a Clinical Psychologist, and she completed her MPhil in Clinical Psychology from Centre of Excellence in Mental Health, ABVIMS and Dr. RML Hospital, New Delhi in October 2019, and MSc with specialization in Clinical Psychology from Christ (Deemed to be University), Bengaluru. She has a keen interest in working with adolescents and adults with mental health issues using various evidence based therapeutic modalities. Ms.

Upasana Ravinder has previously worked as a consultant clinical psychologist with Reconnect Neuropsychiatry and Child Guidance Clinic. Her areas of interest include mindfulness-based therapy, meaning in life, meaning centered therapy, personality disorders, and behavioural addictions.