








## InnerHour Clinical Therapy Services

Name	Qualification	Years of experience	Profile
 <p>Pratishtha Trivedi Mirza</p>	MA, MPhil in Clinical Psychology	9 years	<p>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.</p> <p>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.</p> <p>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 the 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.</p> <p>She takes an active interest in speaking about mental health issues and spreading awareness on both personal and professional platforms.</p>






 <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 draws 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>
 <p>Serah Koshy</p>	<p>MA Counselling Psychology</p>	<p>2 years</p>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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>





 <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 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>Shreya Makhija</p>	<p>B.A., M.A, Master's in Applied Psychology (Clinical and Counselling Practice)</p>	<p>1 year</p>	<p>Shreya Makhija has recently joined the Innerhour team as a Consultant Psychologist. She completed her Masters in Applied Psychology (Clinical) from Tata Institute of Social Sciences (Mumbai).</p> <p>Shreya has experience in working with children, adolescents and parents through brief therapy modules. She is inclined towards using a Cognitive-Behavioral and narrative lens in my work. She strives to create awareness and reduce stigma about Mental Health through her work by providing a safe, non-judgemental space to understand your mental health concerns better.</p> <p>She works with a range of issues like Anxiety, Depression, Physical Health, Self Improvement, Stress, Workplace &amp; Parenting.</p>
 <p>Serah Koshy</p>	<p>B.A., M.A.</p>	<p>2 years</p>	<p>Serah's interest in Psychology began in college and since then, she enjoyed the journey of learning and applying all that she has learned. Learning about the functioning of the mind has taught her a lot about herself and she is trying to use that information to better herself, though it's not always easy. Since it is a little difficult for us to talk about our worries, problems and shortcomings, she appreciates anyone who takes the first step towards seeking help. Through therapy with her, you will find a non-judgmental, empathetic ear who is willing and trained to listen and help you to find the course of action that is beneficial to you.</p> <p>She works with a range of issues like Anxiety, Depression, Physical Health, Relationships, Self Improvement, Sleep, Stress, Workplace and Parenting.</p>
 <p>Aarathy Lakshmi</p>	<p>B.Sc. &amp; M.A</p>	<p>3 years</p>	<p>Aarathy's passion in psychology is rooted in curiosity to understand human mind and behaviour, coupled with a simple desire to help others. From her experience in working with those from different age-groups and diverse backgrounds, she has realised that one size doesn't fit all. She adopts a solution-focused and client-centred approach in sessions, with the aim of integrating her training in different modalities and in keeping with humanistic principles. She loves to explore and learn, and hopes to remain a life-long learner. Besides psychology, She loves spending time gardening, music, teaching, travelling and Do-It-herself arts and crafts.</p> <p>She works with a range of issues like Anxiety, Depression, Relationships, Self Improvement, Stress, Workplace &amp; Parenting.</p>





 <p>Mrunmayi Adawadkar</p>	<p>B.A., M.A., M.Phil</p>	<p>3 years</p>	<p>Mrunmay's relationship with psychology has evolved from it being an interesting subject to making it a life-long calling. Learning about human behavior has given her a glimpse into her own story and untangled a few knots. It has made her a better and evolved human being. She brings this attitude to the table with clients she works with, so that they are able to take charge of their life and live to their full potential. She describes her role as someone who enables healing, someone who does the hand holding as you walk through your revelations and insights. She is well-versed in CBT and REBT, with her therapeutic approach rooted in existential and psychodynamic schools of thought. In her three years of experience, she has worked extensively with clients struggling through depression, anxiety, trauma, relationship issues, dysfunctional family dynamics; cancer patients and their caregivers.</p> <p>She works with a range of issues like Anxiety, Depression, She works with a range of issues like Anxiety, Depression, Relationships, Self Improvement, Parenting &amp; Addictions.</p>
 <p>Siddhi Hegde</p>	<p>B.A., M.A.</p>	<p>4 years</p>	<p>Siddhi is a firm believer in the human capacity to grow and heal. She believes that every individual wants to grow and will do so when subjected to a suitable environment. She sees it as her job to create an environment conducive to such development. She has deep appreciation and respect for the field of psychology as it has made her witness others grow and has made her grow too, by engendering a deep and nuanced understanding of herself. She wishes to share this experience with her clients. She follows a person-centered approach in her interactions with clients. In most of my work, she follows cognitive, behavioral, and narrative approaches. She has worked with individuals suffering from depression, bipolar disorder, and anxiety-related conditions such as social anxiety, OCD, generalized anxiety over virtual as well as offline mediums. When she is not working, you will find her engaged with some medium of story-telling such as reading, watching movies and doodling. She also enjoys dancing and has started enjoying travelling lately.</p> <p>She works with a range of issues like Anxiety, Depression, Relationships, Self Improvement, Sleep, Stress &amp; Workplace.</p>




 <p>Sneha Santosh</p>	B.A., M.A	1 year	<p>She was first introduced to psychology 7 years ago and the subject never ceases to amaze her. Her training in this field has contributed immensely, not only to her professional, but also her personal growth. She believes that everyday ordinary moments and conversations are magical, and that every individual has the potential to be their best selves. It is this belief that drives her to work towards ensuring the accessibility of evidence based, ethical therapy for all. In the past She has worked extensively with adolescents and young adults, and uses an eclectic approach to therapy, driven by client needs. Her sessions are a non-judgemental, collaborative space, where she works with the client towards setting and achieving goals. In her free time she dabbles in baking, painting, binge watching shows and reading.</p> <p>She works with a range of issues like Anxiety, Depression, Physical Health, Relationships, Self Improvement, Sleep, Stress &amp; Parenting.</p>
 <p>Sristi Bajoria</p>	B.A., M.A	1 year	<p>Connecting with humans at a deeper level and understanding them has always been one of my core interests. As she dived deeper into the field and pursued psychology academically, it gave her a glimpse of the impact that mental health has on every aspect of our life. Through this profession and service, she aspires to help people heal themselves and cultivate awareness about themselves that aid them to live holistically healthy lives. She aims to use the therapeutic relationship to provide a non-judgmental and open space to help her clients vent out their emotions and offer unconditional support to them. She uses CBT, person-centered and basic transactional analysis in her therapeutic approach. She constantly strives to grow professionally and personally through reading and learning from others.</p> <p>She works with a range of issues like Anxiety, Depression, Relationships, Self Improvement, Sexual Problems, Sleep, Stress, Workplace, Parenting &amp; Corporate.</p>



 <p>Aditi Roy Choudhury</p>	B.A., M.A	1 year	<p>Her fascination with understanding the complexities and profundity of human behaviour brought her to the field of Psychology and Mental health. Having been in the circuit for five years now, she has come to realize that we all believe we don't have stories until we say them out loud. That is where she believes her role comes into play: listening to people and being with them through the process of helping themselves in areas that concern them. Having worked in multiple settings including hospitals, shelter homes and prison, she recognizes the value of individual differences in the way mental health issues need to be dealt with and considers herself a strong mental health advocate. She wishes to create a safe space for my clients and empower them to explore their issues at their own pace. She is highly inspired by the needs-driven approach and she aims to apply that even in therapeutic settings as we venture into the bottom of the issues. She tries to employ techniques and methods from Narrative Therapy, Existential Therapy, Cognitive Behavioural Therapy, and Positive Psychology. She also learned about all the new therapeutic orientations to keep myself updated about the trends in the field. She reads thriller novels, watches drama shows, writes about life, paints landscapes and socializes/ games on Discord in my free time.</p> <p>She works with a range of issues like Anxiety, Depression, Relationships, Self Improvement, Sleep, Stress, Workplace &amp; Corporate.</p>
 <p>Haleema Tanzeem S.</p>	B.A., M.Sc & M.Phil	8 years	<p>Her curiosity to unravel the mysteries of the human mind and the interest to help people led her to psychology. Ever since the passion has grown. In her 8 years of experience, she has worked with children, adolescents and older adults with various clinical conditions in hospital settings. She likes to use an eclectic approach in therapy and combine interventions from Behavioural therapy, Cognitive Behavioural Therapy, Mindfulness-Based Intervention, Solution Focussed Interventions and Neurofeedback Training. She strongly believes the way to better mental health is by enhancing one's well-being. Hence, she is interested in all aspects of preventive psychology. Her areas of interest include Learning Disability, OCD, Behavioural Addictions. She likes playing table tennis, travelling, and doing photography in my free time.</p> <p>She works with a range of issues like Anxiety, Depression, Physical Health, Relationships, Self Improvement, Sleep, Stress, Parenting &amp; COVID.</p>



 <p>Gautham Krishnan</p>	<p>B.A., M.Sc &amp; M.Phil</p>	<p>3 years</p>	<p>Gautam has been a licensed Clinical Psychologist since 2018 and has spent a couple of years teaching students along with practice. He underwent training in Acceptance and Commitment Therapy (ACT), which is an extension from Cognitive Behavioural Therapy (CBT), from Dr. Steven Hayes. He has found himself inclining to the philosophy of Psychological Flexibility, which is a method of making room for unpleasant emotions rather than getting rid of them. He believes that every individual has the capacity to overcome their hurdles to meet their goals and everyone is trying their best. Yet, sometimes we end up fighting, running and hiding from our painful experiences that just delays and prolongs this drive. In psychotherapy, he tries to provide individuals with experiences to get in touch with these unpleasant emotions and process them. He has worked extensively with individuals who have had traumatic experiences, mood dysregulations, personality disorders and sexual dysfunctions.</p> <p>He works with a range of issues like Anxiety, Depression, Physical Health, Relationships, Sexual Problems, Stress &amp; Parenting.</p>
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