

| Name | Email Id | Contact Number | Area of specialisation | Location | Virtual or face to face sessions | Additional information shared by the therapist |
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| Aanandita Pande | aanandita.official@gmail.com | 91 9211622403 | I specialise in working with individuals who may have symptoms of depression, anxiety, work pressure, performance stress, burnout, relationship challenges, mindsets, and more | Delhi-NCR | Virtual | |
| Abhilasha Gupta | abhilashagupta.therapy@gmail.com | 91 7838487596 | | Gurgaon | Both | www.enroutewellbeing.in |
| Anisha Gurbuxani | anisha.steppingstones@gmail.com | 91 9920119693 | My focus is on working with adult clients across various concerns, excluding cases involving diagnosed Bipolar disorder and Schizophrenia. | Mumbai | Virtual | I draw from a range of therapeutic approaches to tailor support to each client's individual journey. |
| Anurama Suresh | anurama@shreehi.com | 91 9972978546 | Past life regression therapy - to overcome repeated relationship issues / behavioural patters; Family Business Coaching (ICF PCC) | Bangalore | Both | I also hold Spiritual Workshops blending Vedanta and Psychology |
| Apurva Dixit | dixit.apurva2020@gmail.com | 91 8263068291 | Anxiety, Mood related issues, Group therapy, Queer and neurodivergent populations | Goa, online | Virtual | www.psychotherapyandmore.com |
| Damini Butalia | damini.butalia@gmail.com | 91 9873561052 | Anxiety, Recovery from complex trauma, chronic stress or burnout, Neurodiversity, Relational difficulties, Self worth, Depression, Life transitions, Body-mind holistic healing | Delhi | Both | I provide a queer affirmative and anti-caste therapy. I use a narrative and psychodynamic lens which respects the life experience and context of every person. I also incorporate body based theories and mindfulness to help connect to our bodies and heal. |
| Dr.Sheetal Patel | Dr.sheetalgpatel@gmail.com | 91 9900084509 | Therapiat . Inner child work, pastlife regression, breathwork | BANGALORE | Both | I am qualified homoeopathic psychiatrist as well , I do treat patients with issues with social anxiety GAD, depression, OCD, Bipolar etc |
| Gunjan Arora | sharma.gunjan1986@gmail.com | | Relational Trauma, self related issues, interpersonal issues, anxiety | Delhi | Virtual | Currently getting trained in EMDR |
| Haider Jasdan | Haider@faraham.in | 91 9980966552 | TA Psychotherapy with certification in ICF and Gallup Strengthsfinder. Work with individuals from 18-60 yrs. Queer affirmative and oppression informed. | Bangalore | Both | |
| Hansika Korivi | hansikakorivi3@gmail.com | 91 7718848118 | Psychotherapy - Transactional Analysis, NLP, Integrative approach | Mumbai (but I work only online) | Virtual | I am currently not taking on clients under any psychiatric medication. |
| Kamakshi Mathur | kamakshimathur28@gmail.com | 91 9925143349 | Specialisation in relationship/interpersonal issues; also work with low self-esteem issues + anxiety and depression related concerns. | Ahmedabad, Gujarat | Virtual | www.kamakshimathur.com |
| Kiran Lakhani | kiranlakhani007@yahoo.com | 91 9909154027 | Anxiety issues, Depression, Couples Therapy, Trauma, Relationship Issues, etc. | Mumbai | Both | https://www.linkedin.com/in/kiranlakhani/ https://www.therayofhopetrop.com/ |

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| Mannya Chandy | mannyaechandy@gmail.com | | Relationships (family, dating, pre-marital, marital, divorce, friendships), Couples work, grief work | Mangalore | Virtual | I speak English, Malayalam, Hindi |
| Manvi Sharma | homosapienstales@gmail.com | Email only | I work with young adults and adults above the age of 21 with experiences pertaining to inter personal relationships, life transitions, grief, trauma, day to day struggles, loneliness, depressed states and anyone who wishes to understand how our defences and past experiences may be affecting how we want to live and feel attuned to our body and mind. | Pune | Virtual | I work on a long term basis with folks who wish to understand their experiences and life from a depth oriented lens. The focus of our work will be to not treat the symptoms but make sense of the root causes and factors affecting our present life. |
| Meby Vatapilly | meby.vatapilly@gmail.com | | <p>Certified Counselor and Psychotherapist dedicated to creating a safe and supportive space where individuals can explore and navigate their life journey with understanding and empathy.</p> <p>Each one-hour session is typically scheduled weekly and conducted online for convenience. I offer sessions in English, Hindi, and basic Malayalam.</p> | Bangalore | Virtual | <p>After practicing law for 10 years, I pursued my passion for emotional healing by completing my BSIC training (Basic Skills in Counselling) at Parivarthan Counselling Training and Research Centre in 2016-17. To deepen my expertise, I completed my practitioner trainings in NLP (Neuro-Linguistic Programming) and EFT (Emotional Freedom Techniques), thereby allowing me to work with subconscious beliefs and behavioural patterns to facilitate meaningful and lasting changes in individuals.</p> <p>Practicing independently since 2017, I work with individuals aged 18 and above. My holistic approach focuses on emotional healing, self-discovery, and resilience-building. I help individuals develop coping strategies for life's challenges while deepening their understanding of their thoughts, emotions, and behaviours.</p> |
| Mona Jain | Lr7psychologist@gmail.com | 91 8317684197 | | Pune | Virtual | |
| mridula baurai | Perspectives.mridula@gmail.com | 91 7259038889 (message only SMS/whatsapp) | I work with people between the ages of 18 to 50. I've worked with a wide range of concerns like anxiety, stress, low mood, lack of motivation, familial discord and relationship difficulties. | Bangalore | Virtual | I work from a relational psychodynamic framework with emphasis on the client's social, political and cultural contexts. |

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| Niharika | niharika15299@gmail.com | 91 7889681856 | I work primarily as a psychodynamic psychotherapist, offering both individual and group therapy. My focus is on long-term, relational work that explores early life experiences, unconscious patterns, and relational dynamics. I have particular experience working with individuals navigating complex trauma, identity concerns, grief, and experiences of emotional neglect. | Delhi | Virtual | My work is deeply informed by a decolonial and intersectional lens, which allows me to hold space for the socio-political and cultural contexts that shape emotional life. |
| Padhmanabhan V | haipadu@yahoo.com | 91 9894959091 | Stress & anxiety related to Career, relationship, intrapersonal issue such as life transition, self esteem, | Goa | Both | I have completed my 1 year of Somatic therapy training. I am a certified facilitator in Social and emotional approach by Centre for Contemplative science and compassion based ethics for young adults. I have completed four years of training in TA in Psychotherapy. |
| Pooja Sahitya | thepurplezoi@gmail.com | 91 93109 12344 | Relationship Issues, Organisational Issues, Stress, Anxiety, Pre Marital Counseling, Marital Counseling, Grief, Trauma | Gurgaon, From Sep - Mumbai | Both | I am a Psychotherapist and a Leadership Trainer |
| Prachi Gangwani | prachigangwani.87@gmail.com | 91 9711825994 | I work with adults from ages 21 through 50. Areas / issues I work with include interpersonal / relationship issues, anxiety and stress management | Delhi | Only virtually | - |
| Rakhee Jain | rakhee.manchanda@gmail.com | | | Bangalore | Both | |
| Ramya Acharya | ramya.c.acharya@gmail.com | 91 9845992214 | 18 and above in age | Bangalore | Both | Experienced in Transactional Analysis approach to therapy, use psychodrama, NLP and Emotional Intelligence modalities. Also a trained leadership and executive coach |
| Rashi Maheshwari | rashimaheshwari911@gmail.com | 91 9327944011 (WhatsApp messages only) | Childhood and complex trauma - neglect, abuse, parentification | Surat | Virtual | www.rashimaheshwari.com |
| Risha Bhattacharya | risha26b@gmail.com | | Client centred approach. My focus is on helping individuals attune to their best versions and feel empowered to deal with any difficult that arises in their life. Have worked with client in dealing with adhd, add, depression, anxiety, ocd, trauma, cptsd etc with a social justice lens. | Bengaluru | Both | Trauma Informed and Queer Affirmative, working with adults clients for individual and couples therapy. |
| Roxanne Pereira | roxanneopereira@gmail.com | 91 9880105071 | Marriage and family therapy / relationship - interpersonal issues | Bangalore | Virtual | I have an eclectic style borrowing from cognitive behavioural therapy/ emotional freedom techniques and mindfulness. In private practice for the last 14 years. |

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| Ruchi Sethia | ruchisethiawork@gmail.com | 91 6281674605 | I typically work with moderate to high functioning clients aged 15 and above. I also work with couples and families. Some of my clients are also on prescription medication. Some of the areas I have worked with clients include but not limited to feelings of depression and anxiety, relationship issues, family stressors, career progression, low self esteem, feelings of loss and a sense of hopelessness. | Hyderabad | Both | |
| Sahana v | Sahanav.therapy@gmail.com | 91 9739372559 | Anxiety, depression, Trauma,relationship issues, stress and burnout,maternity related issues, addiction,couple therapy, etc. | Bengaluru | Virtual | |
| Sangita Kamath | sanom13@gmail.com | 91 9742566777 | Relationship (Individuals, Couples and Families) | Bangalore | Both | |
| Sanjoni Sethi | sanj3094@gmail.com | 91 8810625739 | I work with adolescents and adults; conduct psychological assessments; work with clients experiencing depression, anxiety, OCD and neurodivergence. My interest lies in working in personality patterns and attachment styles. I am a trauma focused and psychodynamic therapist. | Delhi NCR | Both | www.sanjoni.in |
| Shannon K Bell | medhashannon@gmail.com | 91 9284318922 | | Pune | Both | TA Psycopathapist in training and supervision |
| Shiwani Gurwara | shiwani.gurwara@gmail.com | 91 9989433220 | Adults (18+) | Bangalore | Both | https://www.shiwanigurwara.com ; Insta: @shiwanigurwara; LinkedIn: https://www.linkedin.com/in/shiwanigurwara/ |
| Suvrita | suvrita24@gmail.com | 91 8383012635 | Depression, Anxiety, Queer Affirmative, Informed and affirmative space for people with diverse marginalisations | Bangalore | Virtual | Therapist with a MA Clinical Psychology from TISS, Mumbai and 6 years of experience. |
| Tanusree Mustafi | begin.must@gmail.com | | Trauma focused therapies, I specialise in managing anxiety, neurodivergent need and trauma | Kolkata | Virtual | www.beginwithtanusree.com |
| Vimala MV | vimalamv@gmail.com | 91 9886687912 | Anxiety, OCD, self growth with teenagers and young adults. Self discovery, trauma informed approaches with adults and caregivers of people with schizophrenia and dementia | Bangalore | Both | https://www.linkedin.com/in/vimala-mv |
| Nikita Marina Pinto | npinto.counselor@gmail.com | 9920617383 | Trauma Informed Care (specialized in working with survivors of sexual abuse) | Udupi, Karnataka | Both virtually and face to face | |

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| Mansi Aggarwal | sehjeevan.mhs@gmail.com | (+91) 9811791386 [Text/WA only] | Trauma, stress & anxiety, life transitions, identity & self-worth, interpersonal relationships, work-related stress, existential concerns, gender & sexual identity, grief | Delhi, India | Only virtually | Website: www.sehjeevan.com |
| Lindo Cherian | Lindodanin@yahoo.com | 9880229016 | Specialize in Yoga, Reiki, NLP and Gestalt therapy; Trained in life biograpgy | BANGALORE | Both virtually and face to face | NA |