

## **MS. ANNA VARGHESE**

Consultant - Psychologist

### **Qualification**

BA- Psychology, Economics, Sociology | MA- Clinical psychology

### **Overview**

Ms. Anna Varghese is an experienced psychologist in Bangalore, currently practising at Manipal Clinic Indiranagar. Ms. Anna provides personalised psychological care through structured, evidence-based therapy sessions to adolescents, adults, and couples, providing support across various life stages and mental health challenges. She integrates advanced therapeutic modalities such as Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT), while drawing from person-centred and narrative therapy techniques to tailor each session to the patient's unique needs. Ms. Anna holds a Bachelor's degree in Psychology, Economics, and Sociology and a Master's in Clinical Psychology. Her academic training forms the foundation of her multidisciplinary approach to mental health. She consistently updates her knowledge by attending national and international conferences and presenting academic research. Her published work explores social media consciousness and its psychological impact on young adults, reflecting her keen interest in contemporary mental health issues. Ms. Anna Varghese offers therapeutic care to individuals dealing with anxiety disorders, obsessive-compulsive disorder (OCD), personality disorders, attention-deficit/hyperactivity disorder (ADHD), somatoform disorders, and schizophrenia. She also has significant experience working with

cases involving addiction, dissociative identity disorder (DID), and interpersonal concerns. Ms. Anna is particularly skilled in conducting comprehensive psychological assessments for neurodevelopmental, neurocognitive, and personality disorders, helping clients better understand their mental health through structured diagnostics. Ms. Anna uses a client-centred approach, ensuring every therapy session fosters a safe, non-judgmental environment. Her sessions often incorporate mindfulness strategies to improve emotional regulation and build present-moment awareness. She also addresses relationship and couples' concerns through Gottman Method techniques and emotion-focused interventions. Each therapeutic interaction is guided by compassion, clinical precision, and a strong ethical framework. Using this multifaceted strategy, she empowers her clients to participate actively in their healing journey. A top psychologist in Bangalore, Ms. Anna Varghese remains actively involved in research and public mental health initiatives. Her participation in campaigns such as the Swachh Bharat Mission has earned her recognition in the Asia Book of Records, the Limca Book of Records, and the Guinness Book of World Records for her community well-being and awareness efforts. Fluent in English, Hindi, Malayalam, and Kannada, Ms. Anna ensures compassionate and clear communication with individuals from diverse linguistic and cultural backgrounds.

### **Field of Expertise**

- Anxiety disorders
- Somatoform disorders
- ADHD
- OCD
- Personality disorders
- Schizophrenia
- Addiction
- Dissociative Identity Disorder (DID)

- Neurodevelopmental disorders
- Interpersonal difficulties
- Couples concerns

### **Languages Spoken**

- English
- Hindi
- Malayalam
- Kannada

### **Awards & Achievements**

- Asia Book of Records, Limca Book of Records & Guinness Book of Records: Promoting swatch Bharath mission.

### **Talks & Publications**

- Varghese, A. & Waraich, S. B. (2023). Social Networking Usage and Appearance Related Social Media Consciousness among Emerging Adults. *International Journal of Indian Psychology*, 11(2), 2402-2425. DIP:18.01.240.20231102, DOI:10.25215/1102.240.
- Accepted Abstract for conference: SciTech Neuro-Mental Health 2024.