

MS. ANAMIKA GUPTA

Consultant - Psychology

Qualification

PG Diploma in child and adolescence | Counselling | PhD in Psychology

Fellowship & Membership

- Life Member Of Counsellors council of India.
- Member Of ATH, India.
- Elected to INTERNATIONAL status as per the Bylaws and Association Rules of the American Psychological Association.

Field of Expertise

- Psychotherapy and Counseling
- Life Coaching for young adults and adolescents
- Positive Mental Health and well-being
- Building SELF-ESTEEM AND CONFIDENCE
- PRE-MARITAL Counseling
- Relationship Counseling
- Family Therapy
- Emotional-intelligence
- Anger, anxiety management
- Domestic violence, abuse
- Stress management
- Grief, covid counseling
- Issues faced by LGBTQ community

Languages Spoken

- English
- Hindi
- Punjabi
- Gujrati (not proficient)
- Bengali(not proficient)

Awards & Achievements

- Titled as SAHRIDAYI, ATH.
- Scholar The Science Of Well-being, USA.
- CE Accredited,UK.
- Mentor and Educator at ATH.