

Portfolio

Ms. Ankita has a formal education of 7 years in the field of human sciences. She completed her Masters in clinical psychology in the year 2015. Her on field experience ranges from working as a psychologist in mental hospital, with psychiatrist, de-addiction centers, research work and post surgery patient recovery modalities. She has experience of 3000+ hours of therapy sessions. She is a believer that there is nothing like crazy or abnormal, it's just the human phase of disintegration which leads to incoherence with self, society and personal value system. She truly believes that all the phases are temporary. By running away from them we make them permanent.



A N K I T A
G U P T A



Foundational Philosophy-Restoration of neglected mind, body and soul one step at a time by using the tool of action after contemplation.

PSYCHOLOGIST
- Wellbeing Restoration

SERVICE BY PSYCHOLOGIST -

CONFUSION, COUNSELLING FOR DECISION MAKING,
RELATIONSHIP ISSUES, CLINICAL DEPRESSION, CLINICAL
OBSESSION, ALCOHOL/DRUG RECOVERY, GRIEF,
EMOTIONAL/PHYSICAL TRAUMA,
HABIT MODIFICATION, IMPULSE CONTROL, ANGER
ISSUES WHICH IS CREATING TROUBLE IN DAILY LIFE,
ISOLATION, LONELINESS.

APPROACH/METHOD -

TRADITIONAL TALK THERAPY, CBT, APPLIED THERAPY,
INTROSPECTION, SENSORY INTEGRATION, ACCOUNTABILITY
COUNSELLING AND ECLECTIC APPROACH.

ANIMAL ASSISTED THERAPY, FAMILY THERAPY, COLLECTIVE
TRAUMA RECOVERY, JOURNALING.

COLLABORATION - ANIMAL ASSISTED INTERVENTION/THERAPY
WITH WOOFERS SNOW & SKY (AHMEDABAD)

TESTIMONIAL -

AVAILABLE ON REQUEST. YOU CAN DIRECTLY TALK TO PATIENTS
ON REQUEST AND CONSENT. (ETHICAL PROTOCOL OF CONSENT)

COUNSELLING/PSYCHO-THERAPY/REHAB-COUNSELLING

RESOURCES -

[HTTPS://WELLBEINGRESTORATION.WORDPRESS.COM/BLOGS BY PSYCHOLOGIST.](https://wellbeingrestoration.wordpress.com/blogs-by-psychologist)

WORKING CONDITIONS-

THE WORKING RELATION IS FOUNDED IN ETHICAL GUIDELINES OF CONSENT, CONFIDENTIALITY AND PROGRESS.

1. IF THE CLIENT IS UNABLE TO REACH TO WILLINGLY WORK ON SELF AFTER THREE SESSION. THE THERAPIST WILL GIVE A REFERRAL OR TERMINATE THE SESSION FOR 2 WEEKS.
2. IF THE PSYCHOLOGIST DOESN'T FEEL THAT THERE IS ANY PROGRESS AFTER 15 SESSIONS. THE SESSION FEES WILL BE DOUBLED OR THE SESSIONS WILL BE TERMINATED OR A REFERRAL WILL BE GIVEN.
3. IT WILL BE PSYCHOLOGIST AND CLIENTS PERSONAL RESPONSIBILITY TO DEVELOP TRUST AND RESPECT FOR THE WORKING RELATION OVER THE TIME.
4. REST VARIABLES CAN BE FIGURED OUT AS THERE IS PROGRESS.
5. LASTLY, NOTHING CAN JUSTIFY YOUR SUFFERINGS AND SELF DOUBT.

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CONSULTATION FEES- INR 1000/- (+)