



**Co-founder of
Enso Celtic Leadership**

**Licensed Clinical Psychologist
(Associate)**

Certified Clinical Hypnotherapist

Transpersonal Regression Therapist

**Systemic Family Constellation
Therapist**

Trauma Informed Care Therapist

Queer Affirmative Therapist

RCI No.: A-70082

Radhika has extensive experience in working with people of all ages and backgrounds in the areas of stress, anxiety, clinical disorders, trauma, crisis intervention, relationships, and emotional and behavioural issues. She is also a consultant at national and international mental health platforms.

Through her co-initiated mental health awareness campaign 'Mansa,' she has significantly contributed to the spiral development of mental health awareness through community support groups and donated counselling services for crisis

intervention for emotional trauma and COVID-Anxiety.

She has conducted corporate workshops on capacity building, life skills, and work-life balance, as well as established child guidance counselling centres in a few government and private schools, in Gurugram.

At Enso Celtic, Radhika helps individuals identify their potential by providing a safe, judgement-free and authentic space for healing and transformation.

MENTAL WELLBEING COUNSELING

- ✓ Problem Identification
- ✓ Psychotherapy & Counseling for Individual, Couple/Marital & Family
- ✓ Psychological Assessment
- ✓ Hypnotherapy & Regression Therapy

WORKSHOPS CONDUCTED

- ✓ Life skills training
- ✓ Capacity Building Program for teachers
- ✓ Work-Life Balance for corporates in Delhi & Gurugram
- ✓ Employee Wellness Program

CREDENTIALS

- ✓ Professional Diploma in Clinical Psychology (RCI approved)
- ✓ M.Sc. in Counselling & Family Therapy
- ✓ B.A. (Hons.)- Applied Psychology
- ✓ Diploma in Clinical Hypnotherapy (California Hypnosis Institute, USA)
- ✓ Diploma in Transpersonal Regression Therapy (California Hypnosis Institute, USA)
- ✓ Diploma in Systemic Family Constellation Therapy (California Hypnosis Institute, USA)
- ✓ Published in 'Psychologists,' India's first Psychology Magazine
- ✓ Featured in Times of India and other leading media

TRAINED ON:

- ✓ Convergence of Special Education & School Counselling Services
- ✓ Adolescent Health Education & Counselling
- ✓ Specific Learning Disabilities & Allied Psychosocial Issues
- ✓ Capacity Building Programme on Life Skills
- ✓ Promotion of Child Mental Health & Well-being
- ✓ Rorschach Inkblot Test using Exner's Comprehensive System under Dr. Dwarka Pershad
- ✓ Somatic Inkblot Series, TAT and CAT and Psychometric Evaluation under Dr. B. L. Dubey
- ✓ Using Mindfulness to reduce stress & anxiety in kids & teens under Dr. Leena A. Khanzode.

PAPER PRESENTATIONS & ACHIEVEMENT

• **2020**- Presented research paper at International Conference on Projective Psychology by Faculty of Behavioral Sciences, Department of Clinical Psychology, SGT University, Gurugram & Somatic Inkblot Society (USA).

Topic: Study of Personality Profile and Emotional Disturbance Using Draw-A-Person Test.

• **2018**- Presented Symposium at 8th International Conference of Somatic Inkblot Society (USA), organized by ReFocus Foundation and PGIBMS, Raipur.

Topic: Application of SIS in Personality Assessment, Diagnostic Evaluation & Therapeutic intervention in clinics & screening tools during selection in industry.

• **2018**- Presented research paper at International Conference on Psychology, Health & Medicine 2018 organized by Amity University, Rajasthan.

Topic: Understanding the Concept of Self Among Urban Adolescents.

• **2018**- Presented and **Received "Best Paper Award"** at 8th International Conference of Somatic Inkblot Society (USA), by ReFocus Foundation and PGIBMS, Raipur.

Topic: Somatic Inkblot Series: Is this user friendly as compared to other Inkblot Techniques?

• **2011**- Presented research paper at Indian Psychological Science Congress by National Association of Psychological Science, Chandigarh.

Topic: Comparing Coping Resources for Physically Disabled and Normal Aged People.

PROFESSIONAL ASSOCIATIONS:

✓ RCI
Membership

✓ Life Member of Somatic
Inkblot Society (International)

TESTIMONIALS

"I vividly remember the time before I started taking therapy sessions from Radhika di. I was lost in a bad place and didn't know what to do. When I finally took the big leap of starting my therapeutic journey after giving it a thought multiple times, I was extremely nervous. But ever since that first session with Radhika di, I knew I could trust her and the process completely. Well it's been easier with every passing day and I can say that I've grown tremendously and I am reaching out to become the best version of myself. She's kind, empathetic, and everything that you would want to seek in a therapist. She's my role model and I look up to her. As they say, every cloud has a silver lining, and well to be honest, my silver lining has been my blooming therapeutic journey with her. She's the best." ~ A (22 years)

"I had been to a bunch of therapists /psychologists before reaching out to Radhika. She is trauma informed and someone who guides you through the process kindly but at the same time no nonsense which works like a charm."

~ Anonymous (23 years)

"I suffered from Mental catastrophe i.e. nearly depression. I would like to thank Ms. Radhika Radhakrishnan for her continuous and periodic support through well organised and comprehensive sessions. She is excellent with her work, helped me to keep up and also assisted me in exploring self-worth."

~ A (27 years)

To know the variety of services you can
avail at Enso Celtic Leadership,
do check www.EnsoCeltic.com



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