



RADHIKA RADHAKRISHNAN

**Lisc. Clinical Psychologist &
Certified Clinical Hypnotherapist**

RCI No.: A-70082

With over 7 years of rich and diverse experience, Radhika is committed to empowering individuals through life's challenges. She offers a safe, judgment-free space for healing and transformation, enabling her clients to navigate life with clarity, confidence, and resilience.

She tailors each session to the individual's needs, creating a personalized experience that unravels the threads of thought, emotion, behavior and integrating somatic techniques. Radhika ensures a holistic journey to healing, where clients feel seen, heard, and supported every step of the way.

Therapeutic Approach:

Radhika blends various therapeutic modalities, including:

- ✓ Cognitive Behavioral Therapy (CBT)
- ✓ Psychodynamic Therapy
- ✓ Humanistic Methods
- ✓ Behavioral Approaches
- ✓ Somatic Techniques

She is passionate about destigmatizing mental health and promoting culturally-centered care. She has made significant contributions through community support initiatives, corporate workshops, and school counseling programs. From 2021-2023, she has supported globally as a member of the Global Inclusion Council for Modern Health, to drive mental health awareness.

Specializations:

Extensive experience working with a diverse range of mental health concerns, including:

- ✓ Stress, Anxiety, and Depression
- ✓ Clinical Disorders and Substance Abuse
- ✓ Grief and Relationship Issues
- ✓ Neurodevelopmental Issues – Learning Disabilities, ADHD, Adult ADHD
- ✓ Phobias, OCD, Mood Disorders
- ✓ Emotional, Behavioral, and Family Challenges
- ✓ Emotional and Behavioral Issues in Children & Adolescent
- ✓ Trauma, Personality disorders

Benefits Experienced by Clients:

- Improved Mental Health, Enhanced Self-Awareness, Better Coping Strategies
- Emotional Regulation, Stress Reduction, Improved Relationships

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)
- ✓ Pursuing Somatic Experiencing Professional Training from Somatic Experiencing International by Dr. Peter Levine
- ✓ Diploma in Transpersonal Regression Therapy (California Hypnosis Institute, USA)
- ✓ Certified 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
- ✓ Trauma Informed Care- Theory to Practice
- ✓ 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

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 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?

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 research paper at International Conference on Psychology, Health & Medicine 2018 organized by Amity University, Rajasthan. Topic: Understanding the Concept of Self Among Urban Adolescents.

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.

Testimonials

Radhika's guidance has helped me navigate and effectively manage the stressors in my life. I appreciate her patience and understanding as she addresses the various issues I bring to our sessions. She brings the perfect balance of offering validation for my concerns while giving me an objective perspective. I feel fortunate to have found a therapist who is skilled and genuinely compassionate in their approach

~ M (24 years)

Radhika was the therapist for my teenage children when they were going through a difficult phase and she made a tremendous difference in their lives. She made it easy for them to open up to her and her inputs and suggestions to them and me truly helped them overcome their insecurities and fears. I am thankful to her for her support and would strongly recommend her for any children related issues.

~ UM (47 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.

~ Anonymous (27 years)

Ms. Radhika is an amazing person, her methods have been helping me so much. My anxiety has reduced a lot, my panic attacks have been out for quite a long time, I can sleep well, I am dealing with everything so nicely. All thanks to her.

~ Anonymous (23 years)

OUR PROMISE: TRANSFORMATIONS

We ensure you get results that are long-lasting and impactful.

