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In an emergency? Need help now?

If you need a response immediately, it's best to call on the phone (). Otherwise you can mail us at bloomwithuscounselling@gmail.com.

Founder

Name- Mrs Tamana Sharma

Qualification - M. Sc Applied psychology

Contact –9779981199 Experience – 10 years

FAQ

* **What is psychology?**

In general, psychology is the study of human behavior, mental processes, and how they are affected and/or affect an individuals or group's physical state, mental state, and external environment.

* **What is the difference between a psychologist and a psychiatrist?**  
    
  [Psychologists](https://www.psychologistanywhereanytime.com/definitions_psychologist_and_psychologists/psychologist_clinical.htm) and [psychiatrists](https://www.psychologistanywhereanytime.com/definitions_psychologist_and_psychologists/psychologist_psychiatrist.htm) both provide treatment to individuals with emotional problems. Psychologists help people control and change their behavior as a primary method of treating problems. Psychiatrists prescribe medication as a primary means of changing people’s behavior. Both psychologists and psychiatrists assume that complex emotional problems are likely to be the result of both biological and psychological causes.
* Only crazy people go for counselling sessions.

Untrue. People seek for counselling a range of reasons in everyday life. Some pursue counselling for treatment of depression, anxiety or substance abuse. But others want help coping with major life transitions or changing problem behaviours: the loss of a job, a divorce or the death of a loved one.

#### Talking to family members or friends is just as effective as going to a psychologist. Support from family and friends you can trust is important when you're having a hard time. But a psychologist can offer much more than talking to family and friends. Psychologists have years of specialised education, training and experience that make them experts in understanding and treating complex problems.

REVIEWS

Riya Aggarwal   riyaaggarwal30@gmail.com

1. The counselling session resulted in my feeling much better at work place, building up the confidence level. I’ve  started feeling positive and have learnt things which will stay with me forever. Thank you Tamana Ma’am, it was the most empowering experience for me.
2. Mehak Sawhney <sawhneymehak88@gmail.com>

It was an amazing experience being part of the discussion cum lecture on a positive attitude towards life with Tamana Sharma, Psychologist at Bloom With us helped me a lot with  issues I was facing in life and never realised were actually contributing adversely to my mental health. Would highly recommend her to those who are looking for some good and encouraging help from a psychologist.

### 3. Pardeep Bhardwaj <pardeepbhardwaj1983@gmail.com>

My name is Pradeep Bhardwaj and I am 39 years old. I am suffering from OCD since almost 18 years. I have started my counseling process from last 1 month. From Mrs. Tamana Sharma. I was so prone to OCD that I used to use 1 liter of Savlon Liquid or Dettol Liquid daily. Whenever I used to touch something on a door or any kind of object, I used to think that some HIV infected person must have touched it. There was a lot of fear in my mind about this thing. Ever since I started my counseling and relaxation therapy from Tamana Sharma ji, my fear has reduced a lot by about 30 to 35 percent. I used to wash my hands about 30 to 40 times throughout the day but now I have reduced it by almost 80%. I used to spend about one to 2 hours in bathing. Now I have reduced that too to 20 minutes.Mrs. Tamana Sharma is a very good psychologist to whom I have consulted so far, her behavior is very good.

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