**"Empowering minds, nurturing hearts.**

**“Welcome to our mental health services for children, adolescents, and adults. From individual counselling to couple therapy, we're here to support every journey. Discover a safe space where healing begins, and growth thrives. Together, let's navigate towards brighter tomorrows."**

**"Welcome to a sanctuary of transformation and care. We specialize in mental health services for children, adolescents, and adults, offering indivi dual, couple, and family counselling. With a holistic approach, our team includes dietitians and homeopathic doctors, dedicated to nurturing your mental well-being. Begin your journey to a healthier mind and body with us."**

**"Welcome to a compassionate haven where lives are transformed with care. Serving children, adolescents, and adults, we specialize in individual, couple, and family counselling. Step into a world of healing and growth, where every individual receives the support, they deserve. Begin your journey to wellness with us."**

**Quotes**

“We visualize a society in which mental health problems are an acceptable and, in some ways, valued part of the human experience.”

“Just because no one else can heal or do your inner work for you, doesn’t mean you can, should, or need to do it alone.”

“It takes ten times as long to put yourself back together as it does to fall apart.”

“Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.”

-J. K. Rowling

“Mental pain is less dramatic than physical pain, but it is more common and also harder to bear. The frequent attempt to conceal mental pain increases the burden: It is easier to say ‘My tooth is aching’ than to say ‘My heart is broken.’”

-C. S. Lewis,

**You are trying to figure out this thing called life, but something isn’t working.**

**On the outside, you seem to have it all together, but it is a different story on the inside.**

**You want to feel confident and secure as you navigate life but instead:**

You feel sad, lonely and neglected

You feel restless and anxious

You feel unseen, misunderstood, unworthy, and/or unwanted

You feel like you're living in a fog, disconnected from the world and struggling to see a way out.

You feel trapped in your own mind, battling intrusive thoughts and strong urges.

You feel afraid of being judged by others, always worrying about what they might think.

You feel a strong desire to be accepted and validated, sometimes sacrificing your true self.

You feel the pain of a recent breakup or heartbreak, struggling to heal and move forward.

You feel a strong fear of being abandoned, which can lead to unstable relationships.

You feel overwhelmed by conflicts and miscommunication in your relationship.

You feel trapped in a toxic or abusive relationship, desperately seeking a way to break free and regain your sense of self.

You feel a craving to find your true self and live authentically.

**These issues probably show up in all areas of your life like in relationship, at work and with yourself.**

**If this sounds like you, you deserve to have support from a psychologist.**

**Reach out to us**

**OUR SERVICES PROVIDED BY EXPERTS**

**Explore our tailored services designed to transform your life with personalized, compassionate therapy just for you!**



**Psychological Consultation:**

Helping you understand and improve your mental-well being with professional support.



**Psychological Assessment:**

Evaluating your mental health with standardised tests to provide insights and guide effective treatment.



**Counselling and Psychotherapy:**

Offering professional counselling and psychotherapy to promote mental well-being and personal growth.



**Occupational Therapy, Sensory Integration and Speech Therapy:**

Improving functional abilities and sensory experiences with specialized occupational therapy, helping individuals to address speech challenges through personalised therapy using appropriate instruments.



**Applied Behaviour Analysis and Behaviour Modification:**

Utilizing ABA approach that applies behavioral principles to modify and improve specific dysfunctional and inappropriate behaviours.



**Remedial Education:**

Using scientific and specialised methods to help clients improve fundamental academic skills and overcome learning challenges.



**Homeopathic Consultation:**

Expert homeopathic consultation involving evaluating a patient’s symptoms to recommend homeopathic remedies for restoring balance and health.



**Nutrition Consultation:**

A consultation with an expert dietician to assess dietary habits and develop personalized nutrition plans for better health.

**BOOK YOU APPOINTMENT NOW**

**Healing can be messy and complicated but you don’t have to navigate it alone.**

**OR**

**Healing can be messy and complicated but you don’t have to go through it alone. Seek the support you need.**

Life has felt out of your control. You feel like no one understands what you’re going through. You want to feel better and “back to normal”, but everything you’ve tried so far has fallen flat.

In-depth therapy helps you dig deeper into understanding yourself and others so that you can begin to break free from old patterns and develop the life you want.

**Book a consultation today**

**WHY CHOOSE US? GET YOUR LIFE BACK**

**Wondering? What do we provide such that you choose us to help you with your problems and enforce you well being. Here’s your answers!**

**Licensed Therapist:**

Licensed therapist ensures trustworthy therapy based on ethical standards, proven results based on extensive training and certification.

**Personalized Treatment:**

Personalized therapy adapts to you, offering support that fits your unique needs and aspirations for effective results and personalised attention.

**Therapy Goals:**

Therapy will be based on therapy goals that provide direction and focus, helping track progress and achieve meaningful change which will be set according to your needs and requirements.

**Practitioners Network:**

We ensure a powerful practitioner network that connects you with a diverse team of experts for comprehensive care and support.

**Comfortable Centre:**

We provide a comfortable centre provides a welcoming and supportive space for your therapeutic journey and well-being.

**Experienced Staff:**

We work with experienced staff that are trained to provide expert care and guidance with deep knowledge and skill.

**Non judgemental and Safe Space:**

We provide a non-judgmental and safe space that ensures you can express yourself freely and seek support without any fear.

**Confidentiality:**

We maintain the notion of confidentiality that guarantees your identity and the conversations in the therapy sessions stay private and secure.

**Meet our CORE TEAM**

**Ms. Poonam Vipani**

Associate Clinical Psychologist

RCI Registered

MA, PDCP

Founder

**Ms. Rajvee Shah**

Counselling Psychologist

MA in Clinical Psychology

Co-founder

**Meet our TEAM**

**Ms. Nidhi Nahata**

Clinical Psychologist

RCI Registered

MA, M.Phil.

**Dr. Rutvi Kakadiya**

Occupational Therapist

**Dr. Jinal Shah**

Homeopathic consultant

MA (Psych), BHMS, NDDY

**Ms. Bhumi Shah**

Registered Dietician

CDE, Reg. No. 12/2009

**Poonam Vipani**

I'm professionally a Clinical Psychologist & Therapist based on Surat, Gujarat with 10+ years of experience. I'm the founder and director of Santvana - Psychological Guidance Centre.

I have pursued MA, PDCP and have been trained in CBT/REBT, Relationship / Family Counselling & Special Education.

I aim at providing individuals a safe place to express their emotions without being judged. In this journey, I come across a lot of 'Beautiful Souls' and guide them through their journey of life. I help cancer patients as well, and it gives me immense peace. I also love to help special kids to manage their challenges in life.

Associated with...

- Santvana - Psychological Guidance Centre (Founder)

- Basil Onco Care (For Cancer Patients)

- Priyanka Jariwala Memorial Foundation (For Cancer Patients)

- Indiagro Consortium Producer Company Limited (Director)

- Gujagro Farmers Producer Company Limited (Director)

- Former Psychologist at Shree Gurunanak Charitable Trust Hospital

- Former Psychologist at Psylens Centre, Surat

**RAJVEE SHAH**

I am a Psychotherapist, based in Surat, Gujarat, and co-founder of Santvana - Psychological Guidance Centre.

I pursued Master’s in Clinical Psychology and extensive training in therapeutic approaches such as CBT, REBT, DBT, and more working with individuals, couples and families across all age spans.

Since 2021, I’ve been dedicated to providing personalized, evidence-based therapy to help people who are trying to navigate their lives by overcoming challenges and enhance their overall well-being. My goal is to offer a supportive and compassionate space where we can collaboratively work towards healing and personal growth. It’s deeply fulfilling and inspiring. It feels like witnessing the bloom of a once-dormant seed—seeing the growth, progress, and transformation that comes from dedicated effort and collaboration.

Associated with...

* Santvana - Psychological Guidance Centre (Co-Founder)
* Former psychologist at Psylens Centre, Surat
* Former psychologist and tutor at Keystone Universe of Education, Ahmedabad and Ace Academy, Ahmedabad
* Eureka Coaching Centre (psychologist and tutor)

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