**Full Name:** Sriya Singhal Agarwal

**Designation:** Psychologist, Clinical Hypnotherapist, Past life Regression Therapist

**Areas of Specialty:**

* Mood disorders
* Anxiety and related disorders
* Suicidal tendencies
* Stress management
* Trauma and abuse related issues
* Substance abuse
* Personality disorders
* Anger management
* OCD
* LGBTQIA+ support
* Confidence and self esteem building
* Assertiveness training
* Family related conflicts
* Emotional first aid
* Coping with life transitions
* Work/Corporate related concerns
* Adolescent specific concerns (peer pressure, mood disorders, body image issues, study skills)
* Parenting strategies
* Self development
* Sexual Abuse Counselling/Training
* Fear and Phobia
* Patterns in life situations

**Trained In:**

* Transpersonal Regression Therapy
* REDIKALL healing (Major/Minor chakras and its correlation with mind).
* Access Bars Practitioner
* EMDR Therapy
* Clinical Hypnotherapy
* Emotional Freedom Technique
* NLP
* Desensitisation therapy
* Past Life Regression Therapy

About Us – Perself Mindcare - **Counseling**

At Perself Mindcare, we believe that the way we perceive ourselves shapes how we experience the world. Our name **Perself** is rooted in the idea of perception of self: when we see ourselves through a lens of clarity and compassion, the world begins to reflect that same light back to us. But when our inner world is clouded by sadness, fear, or self-doubt, our outer world can feel the same. Everything begins within.

We are here to help you look inward- gently, safely, and without judgment.

Our approach focuses on helping you tap into your inner self, channel your energy constructively, and shift toward a more positive, empowering perception of who you are, your perself.

Whether you’re struggling with anxiety, low self-esteem, burnout, or simply feeling stuck, our therapists are here to walk with you.

Come as you are. We’ll help you see yourself, and your life, in a new light.

Perself Mindcare – Heal Within. See the World Differently.

**Corporate appropriate**

At Perself Mindcare, we specialize in evidence-based mental health and emotional wellness solutions designed to help individuals and organizations thrive from within. Rooted in the philosophy of “perception of self”, we believe that how individuals perceive themselves fundamentally influences their mental well-being, decision-making, interpersonal dynamics, and performance.

When people view themselves through a positive, balanced lens, they are more resilient, focused, and collaborative. But when self-perception is clouded by stress, anxiety, or burnout, it can impact not only personal happiness but also workplace productivity, engagement, and team morale.

### **What We Offer:**

* One-on-One Counselling & Therapy – Confidential, judgment-free mental health support.
* Employee Wellness Programs – Customised interventions to boost emotional resilience and mental well-being.
* Workshops & Trainings – Focused on stress management, emotional intelligence, burnout prevention, and psychological safety.
* Leadership Coaching – Helping leaders develop empathy, self-awareness, and mindful decision-making.
* Crisis Support & Mental Health First Aid – For times when immediate psychological support is needed.

Perself Mindcare – When people see themselves better, they do better.