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Audit Narula Gupta

Home Philosophical Fragments

Hi! I'm Audit. I help people find fulfilment in work, love, and life.

My coaching and counselling practice is informed by findings of modern neuroscientific research and developmental psychology; a focus on root cause rather than symptom or sign; and the joy I find responding my clients as they ask and answer difficult questions about life. I'm very glad you're here!

[Book a free initial consultation →](#)

Focus Areas:

| | | |
|--|---|---|
| Self Creating a healthy, self-understanding. | Others The European Psychoanalyst | Career In the 25 or so wealthiest countries |
|--|---|---|

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and painful patterns in relationships.

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NUS College, Deep Springs College, and Columbia University.

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\$250
For a sliding-scale 55-minute session

For a typical client. For Non-US clients, email mail@auditgupta.com to discuss localized

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\$50-\$250
For a sliding-scale 55-minute session

I see clients at less than my typical rate, subject to availability and eligibility. Please email mail@auditgupta.com to inquire.

Eligible clients include students, early-career professionals, or those without the means to pay the full fee.

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Schwartz, and Dr. Ron Siegel, among others.

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Why did you decide become a counselor and coach?
I emerged into young adulthood suffering from depression, anxiety, a lack of authentic direction in my career, and painful patterns in my intimate relationships. I struggled to figure out how to live a good life from scratch. I spent many years in therapy, finding out that conventional psychotherapy was not a good fit, and conventional psychopharmacology at best a

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In a nutshell, what is the goal of our work together?
To do the subconscious healing work and practical skills-building required to allow you thriving, secure, deep bonds with others; a healthy, compassionate, and illuminating relationship with yourself; and to equip you to deal with the inevitable difficulties of living even the best and most successful life with calm, charm, and wisdom.

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More Questions? Email me with 'coaching' in the subject line
mail@auditgupta.com →
Or book a free initial consultation →

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Individuum

relationship to oneself and one's own emotions is critical to a life well-lived.

Foci include: Transforming depression, intrusive thinking, and avoidance; dismantling inner guilt and shame; discovering and embracing one's unique needs and values; breaking through self-sabotage and procrastination; and overcoming anxiety for presence and peace-of-mind. Read more →

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Sigmund Freud
believed that of all forms of suffering, that which we feel in our relationships with others is the most devastating.

I take a results-based approach to helping clients build thriving relationships with others. Together, we explore topics such as self-esteem, healthy and skilled conflict resolution, ending codependency and entitlement, and transforming grief and loss. Some clients want to dive deeply into how to release attachment from relationships, and truly forgive; overcome loneliness or social anxiety; or master the fear of rejection. Read more →

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in the world, and amongst the quickly growing middle- and upper classes across most of the rest of the planet, the 'problem of plenty' that has plagued humanity for the vast majority of our evolutionary history has largely been solved.

However, though we have enough food, water, and shelter to go around—for the most part and for most people—the true fulfillment in a job and career seems no closer at hand. But this needn't be the case, and finding it is an increasingly solvable problem—if only we are given the tools, often not taught in school or by our childhood caregivers, to systematically work through the internal and external barriers that stand in the way of the careers of our dreams. Read more →

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My work is underpinned by: (i) Scientific, peer-reviewed findings about psychological root cause, (ii) an emphasis on the importance of potentially uncomfortable self-exploration, and (iii) actionable steps aimed towards subconscious growth and transformation. All three pillars exist in the context of the emotional openness, care, humor, levity, and responsibility I hope to bring to my client relationships as a counsellor. [Read more about my approach →](#)

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About Me:

The journey that brought me to this work began when I was a patient in conventional psychotherapy—possessing the outward trappings of a high paying job and prestigious education, but struggling with underneath aimlessness, depression, anxiety,

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I began my training as a psychologist in Integrated Attachment Theory (IAT) with Dr. Thalia Gibson in 2020, and completed my post-graduate as an IAT coach in early 2024. Prior to opening my counseling and coaching private practice, I worked as a corporate strategy consultant in New York City, and started a coaching residency appointment with behavioral economists Dr. Karla Hoff and Nobel-prizewinner Dr. Joseph Stiglitz at Columbia University.

Although I have an academic background in academia and in industry, I find the most joy and purpose working one-on-one with people seeking support in a coaching and counselling context. My prior training and continued studies focus in in psychology, psychotherapy, transpersonal studies, philosophy, and social thought underpinned the work that I do with my clients.

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I spent most of my time between New York City, Berlin, and Bangalore; though my heart lies in the wildernesses of Vermont and the Caribbean. I grew up in Indonesia, the Philippines, Vietnam, and Myanmar—as a child of expat parents from India—and attended international schools with kids from all over the world.

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I was educated at the United World College of South-East Asia, Yale-

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schools of thought that continue to also draw on. These include CBT, DBT, and IFS. However, being un tethered from the yoke of 20th Century psychiatrics, IAT also incorporates findings from 21st Century neuroscience relating to neuroplasticity, the developing of mind-body duality, research on nervous system function, science-backed Mindfulness-based modalities, tools drawn from hypnotherapy, and the empirical observations of researchers such as those at the German Institute and the Trauma Research Foundation.

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To sum up, poetically: I chose to enter my career because I was not able to find a traditional counselor who could help me, when I was at my moment of deepest need. The frustration I had with the system as a patient set me on the course to take my healing into my own hands, and to do what I do today, with clients seeking impactful insights and real results.

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Whoose academic work are you particularly inspired by?
Dr. Gabor Maté, Dr. Bessel van der Kolk, Dr. Thalia Gibson, Dr. Stephen Porges, Dr. Daniel Ciceretti, Dr. Antonio Damasio, Alain de Botton, Dr. Richard

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How many sessions will we need?
The answer is highly dependent on your goals, and where you are on your journey. The ideal outcome in each of the six areas of your life (Relationships,

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