Eeshani is a Psychotherapist with 20 years of experience. She primarily works with parents, adolescents and adults.

She has done her M.Phil in Medical and Social Psychology from The Central Institute of Psychiatry at Ranchi, India; Masters with specialization in Clinical Psychology from Delhi University and Bachelors with Honours in Psychology from the University of Calcutta. Eeshani has received extensive training in Psychotherapy and Psychodiagnostics. She has been awarded Junior Research Fellowship (JRF) and has qualified the National Eligibility Test (NET) for lectureship conducted by the University Grants Commission (UGC).

She has worked as a Psychotherapist at Drishti, Mumbai and New Horizons Child Development Centre, Mumbai, where she has also trained and supervised junior therapists in both assessment and therapy.

Apart from practicing Psychotherapy, Eeshani has also been a Lecturer for undergraduate students of Psychology at Muralidhar Girls’ College, Kolkata and University College of Science, Technology and Agriculture, Kolkata (University of Calcutta). She has also taught Psychology to high school students in South Point High School, Kolkata.

She has also been a guest faculty for the Early Childhood Care and Education program conducted by DG Khetan International School, Mumbai.

Eeshani believes that any one school of thought in Psychology cannot cover the entire range of complexities in human beings. As a result, she adopts an eclectic approach in the conceptualisation and intervention of various mental health concerns, with special emphasis on the understanding of the human experience. She is passionately committed to enhancing her therapeutic skills and engages in various academic and skill-based programs on a regular basis. She is based in Mumbai and offers online therapy sessions.

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