Meena is a therapist with a foundation in Psychiatric Social Work that equips her with a nuanced

understanding of cultural influences on people and a sensitivity to layers of gender, religion, caste, class and regionality on shaping our lived experiences. Her approach has been informed by a Masters in Medical & Psychiatric Social Work from Tata Institute of Social Sciences (TISS) and an M.Phil. in Psychiatric Social Work from NIMHANS. This has furthered her competency in working with adults, children, adolescents, couples & families using a systemic lens. She also provides supervision to mental health professionals.

She has an approach that is assimilative, incorporating her knowledge and skills into working relationally with clients embedded in talk therapy and the expressive arts. Her therapeutic work is grounded in the psychodynamic and humanistic schools with a focus on creating safe and attuned holding spaces for clients and supervisees through the therapeutic relationship.

As part of her continued learning, she has received training in Psychotherapy with Children & Adolescents, Expressive Creative Arts Therapy (FECAT), and Relational Family & Couples Therapy. She has completed a two-year advanced training in Relational Gestalt Therapy from the Institute of Relational Therapy (IORT, Bangalore) and a two year training in Mindfulness- based Play-Family Therapy from the Family & Play Therapy Centre, Philadelphia. She has attended workshops and training in Transactional Analysis, Personality Adaptations and Cognitive Behavioral Approaches to augment her practice.

Meena has ten years of experience in working with adults, children & adolescents in private practice, based in Bangalore. She has consistently invested in her personal and professional development through the dedicated pursuit of personal therapy, supervision and ongoing education.

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