Seema is an art therapist based in Bangalore, India. Her work is grounded in Contextual Therapy. The Humanistic and Relational approach is core to her way of working to build a therapeutic relationship. In her work, she uses expressive art, sand tray, focusing and somatics. She believes that individuals and families, when safe, seen and understood, can move towards alleviating suffering and finding resolution in their interpersonal difficulties.

Seema’s foundation training is in Expressive Arts Therapy from Smart Studio and she has been working in the field since 2014. She has trained in Mindful Sand Tray for Play Therapy and Play-Family Therapy, and also in Contextual Therapy from Family and Play Therapy Center. She has done workshops in various embodied practices including Introduction to Laban Movement, The Tantra Chronicles - Weaving and being Woven, and Tantra and Typology. She has done Level One training in Family Therapy from the Institute of Relational Therapy. While Seema continues to train in these areas, she is specifically interested in further pursuing Focusing and Somatic Practices. She is actively integrating these processes in her work with clients.

Seema works with adults of all ages, teenagers, parents, and couples. She meets with clients

both in-person as well as online. Seema is in supervision for her work and is also in personal therapy. Learning and her own personal growth is important to her. When she is not seeing clients, she enjoys reading, bird-watching, calligraphy, and embroidery.

She can be contacted at artree.seema@gmail.com