Yuthika is a Computer Science Engineer by degree, during the pursuit of which she discovered her interest in working with the body and it’s wisdom. Following her interest, she went ahead and completed her MSc. in Yoga and Naturopathy.

Trained by Dr Kakli Gupta on working with children and adolescents, she is currently pursuing her MA in psychology. Amidst constantly looking for spaces to learn and grow into, she is beginning to train in Gestalt therapy now.

She has been working with children in different settings for over 9 years and thoroughly enjoys it.

She hopes to keep learning different ways to work with the human emotional world.

She is trained in Expressive Arts Therapy which she integrates with psychodynamic theory principles. Her fondness towards constant personal work is what grounds her practice.

She has 3 years of counselling experience with children, adolescents and adults in individual and group settings. She hopes to provide a holistic and compassionate journey towards healing.

Based out of Bangalore , Yuthika offers online and offline sessions.

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