

Balance and Bliss (website)

About & Approach

As a dedicated mental health professional with graduation in Psychology and post-graduation in Counseling Psychology, I am passionate about supporting individuals through their unique journeys of growth and transformation. I work with people between the age group of 20 yrs to 50 yrs who go through and experience concerns with daily life adjustment, complex trauma, interpersonal issues, attachment wounds, anxiety, and relationship issues.

My training in RE-CBT (Rational Emotive Cognitive Behavioral Therapy), SFBT (Solution-Focused Brief Therapy), Somatic Psychotherapy (Integral Somatic Psychology), and Attachment Therapy (Dynamic Attachment Re-patterning Experience) allow me to offer a holistic and integrative approach to therapy. I have also received training in trauma-informed care, marriage and family counseling, and remedial education, which equips me to address a wide range of challenges that individuals and families face.

My approach is centered on the belief that every person is unique and possesses the inherent ability to grow, heal, and transform. I am committed to helping clients move from unhealthy to healthy embodiment with self-compassion, guiding them toward thriving in all aspects of life.

I also believe and have witnessed in my practice that when we do not address the emotional difficulties and traumatic experiences, creating attachment wounds. If we try to distract ourselves from the pain and uncomfortable emotional experiences, we do feel better in those crucial moments; but our body stores those experiences and our vulnerabilities are triggered later. When unaddressed, our body can dump the unhealthy and traumatic experiences; and when addressed, it can also hold more space for us to deal with the past difficult, unhealthy, traumatic emotional experiences with more compassion!

With a genuine interest in understanding the complexities of human behavior and a compassionate, client-centered philosophy, I aim to empower individuals to create positive change and live fulfilling lives. I firmly believe in the potential for growth and healing within each person and strive to create a safe, supportive space where they can explore, heal, and thrive.

Areas of experience – Individual & Group Therapy

Mood and anxiety concerns

Traumatic experience (complex trauma)

Attachment issues

Relationship issues

Self-esteem issues

Daily life adjustment issues

Issues caused due to transitions in life

Pre-marital and marital counseling

Grief & bereavement

Self-criticism and self-judgments

Session structure

Offline/ in-person sessions offered in Pune city

Online sessions conducted on Google meet

Session duration – 1 hour, recommended to be spaced weekly or biweekly

Session timings – between Monday to Saturday from 10:30 am to 8:30 pm. Sundays are non-working days. Appointment is given as per availability.