

## **About me**

With a strong foundation of experience working with individuals across various age groups, cultural identities, and life circumstances, I support clients through a wide spectrum of mental health concerns. My areas of focus include neurotic conditions, family and relational dysfunction, childhood trauma, neurodivergent experiences, psychotic symptoms, personality dynamics, recovery from abuse, identity related challenges, and personal growth.

### **If it affects your mind and well-being, it holds space in therapy.**

I offer a safe, compassionate, and non-judgmental environment, where you're invited to show up fully with your questions, complexities, strengths, and struggles. My practice is integrative and client led, drawing from a range of evidence-based approaches including Cognitive Behaviour Therapy (CBT), Trauma-Informed Care, Mindfulness-Based Practices, and Relational Psychotherapy. All tailored to meet your unique needs.

Therapy with me is a collaborative and evolving process that blends self-reflection, narrative exploration, and structured therapeutic tools. I often provide personalized homework and exercises between sessions to help deepen insights and promote lasting change.

Our goal together is to help you understand your emotional patterns, build resilience, reconnect with your authentic self. I integrate psychoeducation, insight-building practices, and creative self-expression to make therapy both dynamic and transformative. Not just a space to talk, but a space to grow. I speak English, Hindi, Kannada, and Marwari.

**Therapy with me is not about fixing what's broken, it's about rediscovering clarity, reclaiming calm, and creating a life that feels more like your own.**

**Darshana Kishore Gandhi**