

Marriage Counselling

Marriage is joining of two people in a pious knot. Some marriages have bad phases and others go through good phases. Counselling helps couples to understand some simple and effective steps to deal with the same to turn into a happy family

Helping In Parenting

Family is the source of unconditional support. There is always one whole team who gives protection, love, strength and encouragement to each other. Sometimes situations cause problems and we are not able to deal with them. We help you to understand and cope better with the stresses of the family life.

Helping Youth & Teenagers

During this phase of life, youth and teenagers go through with the external and internal struggle and their problems are connected to one another like a chain reaction. They are just like trapped in the situation and unable to find a way. Every youth respond differently towards the challenge of life. With the help of counselling you will find that relations with youth and teenagers become less stressful.

Neurological Dysfunction

Neurological Dysfunction refers to a disorder of the Central Nervous System (CNS), which includes the Brain, Brainstem, and Spinal Cord. All people have a degree of Neurological Dysfunction. In the majority of people, dysfunctions are nominal. Minor Dysfunctions can be compensated for do not hinder daily functioning and are not detrimental to development. For some people like Kids and adults, levels of Neurological Dysfunction exceed normal levels. Neurological Dysfunction in high levels the brain is unable to make compensations adequately, Dysfunction becomes detrimental to development and as a consequence, impairs daily functioning.

Addiction counselling

Addiction is a prolonged disorder with social, psychological, biological, and environmental factors influencing its development and continuance. Thus, an individual in addiction state engages in use of a substance or in a behaviour for it's rewarding effects and repeatedly pursues the behaviour despite harmful consequences. Since addiction is a disorder it requires proper attention and treated best by taking proper sessions and counselling with psychologist. Best addiction counselling in Delhi is given by Dr Richa Singh which has team of highly experienced professionals who gives best counselling and de-addiction therapy. Addiction Therapy guides individual about ways on how to quit addiction and take first step towards freedom. This re-programming of an individual is called as Motivational Empowerment Therapy likewise more such therapies and counselling techniques are used to free individual from addictive behaviour.

Bipolar Disorder

Bipolar disorder, previously known as manic depression, is a condition that can affect your mood, making it swing from one extreme to another. If you are suffering from bipolar disorder you will have episodes of depression during which you feel low and lethargic alternating with episodes of mania during which you feel high and overactive. Connect with Best Psychologists in India Dr Richa Singh to take treatment for bipolar disorder.

Anxiety Counselling

Anxiety is a very common human emotion which comes from an experience that one is in a dangerous situation. In this sense anxiety has evolutionary value as it is an important emotion that alerts to danger and threat in the environment. When individuals suffer from anxiety their experience of fear becomes over generalised as they begin to experience that in reality. Anxiety counselling is one of the best and universal way to treat people suffering from. If you suffer from an anxiety disorder you might find yourself unable to stop worrying and being in a state of heightened stress most of the time. This can become an all-consuming experience taking over your life

Depression

We all go through spells of feeling down but if you are feeling depressed you are likely to be feeling persistently sad for weeks or months, rather than just a few days. Depression is a serious mental health condition, not a sign of weakness or something the individual can just 'snap out of'. Depression therapy helps best in overcoming depression.

Stress Counselling

Stress is the body's reaction to any change that requires an adjustment or response while stress treatment is all about learning ways to adjust calmly. Stress counselling helps in handling stressful situations peacefully. The body reacts to these changes with physical, mental, and emotional responses. Stress is an integral part of modern day living. One can experience stress from environment, bodily changes, and thoughts

Anger Management

Anger is a fundamental emotion experienced by everyone. Since childhood itself, people learn ways to express anger by imitation of angry behaviour modelled around them, by their own experiences and seeing what can be escaped with the help of expression of anger. Anger management tips helps to learn ways to slow down reaction to anger. Anger is the only emotion that helps in 'survival' when used appropriately. Problem arises when anger is taken as the primary means of expression of needs, leading to usage of inappropriate ways and threats as weapons to get things done our way.

Carrier Counselling

Career counselling provides knowledge about various career options, self-awareness and the understanding of job market. It has a very important role in career development. Some of the attributes of career guidance are career counsellors, career counselling organizations, corporate human resource staff etc. Best career counselling in Delhi is provided by Dr Richa Singh Centre.

CHILD AND ADOLESCENT COUNSELLING

Children and adolescents can find many obstacles in the developmental process. Issues like poor school performance, unable to read or write, shyness etc are best treated by taking child counselling. The counsellors require patience, special training and the ability to connect with the child. Professional and mental health counsellors working with children and adolescence can be professional counsellors, clinical mental health counsellors and child psychologists. The counsellor evaluates children psychology and frame of mind, explores the family, social circle and school to analyse child's behaviour and cause of trouble

Trauma

Trauma is psychological response to an event which is distressing or disturbing. Take best trauma treatment by Dr Richa Singh In Delhi Trauma)

ATTENTION DEFICIT HYPERACTIVITY DISORDER)

ADHD is the most commonly diagnosed mental disorder of children. Children with ADHD may be hyperactive and unable control their impulses. Or they may have trouble paying attention.