



Services

Psychological Assessment

The purpose of psychologist assessment is to evaluate and identify various psychological problems through interviews and diagnostic assessments. Various psychometric tests related to IQ, developmental delays, learning disabilities and emotional health, are performed after careful observation of the individual's behaviour.

Cognitive Behavioural Therapy (CBT)

Since thoughts shape human behaviour, CBT offers to enable an individual to become aware of one's thought patterns and realize the

interconnectedness between thoughts, feelings and behaviour. Cognitive Behaviour Therapy guides the individual to change their own thought patterns for betterment of their living conditions.

Psychological Counselling

In a psychological counselling session, a trained, qualified, experienced counsellor/psychologist facilitates safe, caring, confidential environment to discuss with clients (and others connected with them) about their challenges. The focus of the interaction is to help clients identify, understand their personal challenges and to move toward positive psychologically healthy lives. Counselling sessions may encompass dealing with challenges related to health, relationship, and career, social, family, developmental and organizational concerns.

Quantum Healing Hypnosis

Quantum Healing Hypnosis is a technique used to heal clients of their ailments through regression, which can be achieved by connecting to the Subconscious. The Subconscious lies in each individual, just below the conscious mind, but, exists far beyond the level of the conscious mind. This QHHT technique is used to explore the root causes for the existing problems that are adversely affecting the quality of present life of the individual.

