

Ms. Amrita Achrekar

M.A [Cli. Psy.] (Mum Uni.), P.G.D.C., P.G.Adv.D.C. & P

Amrita has been working in the field of Mental Health since a decade. She is associated with DBCL since six years. Work areas majorly with Adolescents and Adult population. Trained in various psychotherapeutic techniques like Hypnotherapy, NLP, Brief therapy, Couple & Family therapy and Graphology. Deft in conducting psychological assessments like projective analysis, personality assessments etc. Forte in Individual and family counselling, pre - marital and marital counselling, performance enhancement, phobias, stress, anger management.



Work at DBCL

Conducts individual sessions with students and parents. Conducts workshops & group sessions for DBCL regularly on Stress management, anger management, Peer pressure, Relationships, Professional skills, managing Exam anxiety, Work safety awareness to name a few.

WORKING DAYS & TIMINGS:

Monday, Tuesday, & Friday

11.30 am to 4.00 pm

Email: amrita_pg@yahoo.co.in

OFFICE:

A Wing, 2nd Floor,

Next to Father Bosco Conference Room,

DBCL, Kurla - W.