



Ms Mishi Mehta

Counselling Psychologist

M.A. in Counselling Psychology | B.A. in Psychology, Journalism & English

Mishi Mehta is a Counselling Psychologist. Her clinical work focuses on supporting individuals experiencing anxiety, depression, stress, emotional distress, relationship concerns, self-esteem issues, workplace challenges, and life transitions. She primarily draws from **Cognitive Behavioral Therapy (CBT)** and **Person-Centered Therapy**, while tailoring her therapeutic approach to meet the unique needs, goals, and circumstances of each individual.

Mishi believes that a strong therapeutic relationship built on trust, empathy, and collaboration forms the foundation of meaningful change. She works alongside clients to help them better understand their emotions, identify unhelpful thought patterns, strengthen coping strategies, and develop greater emotional resilience and self-awareness.

Her calm and empathetic presence enables individuals to feel heard and supported throughout their therapeutic journey. She values authenticity, cultural sensitivity, and emotional safety, creating a space where clients can openly explore their experiences and work towards personal growth and psychological well-being.

Mishi is able to connect with individuals from diverse cultural backgrounds. She is passionate about supporting individuals and caregivers alike, recognizing the emotional demands of caregiving and the importance of promoting resilience, self-care, and overall mental well-being.