



Mindward Therapy Services

Mindward Centre, S192, Lower Ground Floor, Greater Kailash 1, New Delhi 110048

Normalising Conversation about (and around) mental health;

Message from Mahika (Founder & Clinical Psychologist)

Here is a bit about our stance on the Therapy process in general.

- The **process of therapy involves** actively increasing understanding about self with a trained professional during which we deliberately work towards a desired positive change.
- The **process of change** is continuous and the pace varies from person to person.
- There is **no one style, strategy or intervention** that fits all.
- Interventions and Strategies used in session are **collaboratively decided** on and tailored to fit individual needs and goals.
- **The Basic Premise** : Our distresses may be maintained by certain factors and once we address those maintaining factors our distress is resolved or our tolerance for the same increases.
- **Other Premise**: We all have multiple aspects or "parts" of our personality, each with its own needs, desires, and fears. Therapy helps us connect with these parts, understand their roles, and work towards harmonising them, leading to a more integrated and whole self.

Influence on Intervention Styles

ALL Our therapists are Trauma Informed and Trained in 2 or more of the following approaches:

- CBT (Cognitive Behavioural Therapy)
- DBT (Dialectical Behaviour Therapy)
- EMDR (Eye Movement Desensitisation and Reprocessing)*
- EFT (Emotion Focused Therapy)*
- Parts Work (IFS Level 1)*
- Other Trauma Informed Approaches
- Expressive Arts Therapy

*Some therapists are not trained in EMDR or EFT only but may have a different Trauma focused training.

All our therapists adhere to a Humanistic Approach and are familiar with Trauma-Informed Care. We constantly work hard to remain sensitized to:

- Social, Political, and Multicultural Issues
- LGBTQIA+ Concerns
- Hidden and Internalised Taboo/Cultural Conditionings

To find the right therapist for you, **Click and please fill out our intake form:** [Mindward Intake Form](#)

Appointments, Session Duration & Charges

- **Session Duration:** 50-60 minutes (occasionally +/- 15 minutes)
- **Frequency:** Typically once a week or biweekly, with increasing gaps as therapy progresses.
- **Booking:** First session must be booked in advance. Subsequent sessions are scheduled during the previous session. Slots fill up quickly, so booking two weeks in advance is recommended.

Steps to Book a Session or Consultation:

- ☐ **Message:** WhatsApp on +919315907318 or +919560759305
- ☐ **Fill the Form:** Once you've gone through the PDF and addressed any queries-->Fill out the intake form
- ☐ **Connect with Your Therapist:** If you have a preference we give importance to that, otherwise based on responses in your intake form **we assign a therapist to you.**
- ☐ **Block Your Session:** You and your therapist connect and block out a mutually convenient time and date for session (your therapist will also walk you through basic formalities such as informed consent form and other information).

Session Modes: Both in-person and online sessions are available depending on your therapist.

Forms: Before starting therapy, you will need to fill out a Basic Information Form and an Informed Consent Form detailing the therapy process, cancellation policy, and your rights.

Meet Your Therapists

Ms. Mahika Sharma - Clinical Psychologist (Trauma Informed) (In Person & Online)

- **Fee:** Rs. 5500/- for the first session, Rs. 5000/- for subsequent sessions

Ms. Vrinda Agarwal - Counselling Psychologist (Licence Applied Expressive Arts Therapist) (In Person & Online)

- **Fee:** Rs. 2000/- for the first session, Rs. 1800/- for subsequent sessions

Ms. Sudipta Majumdar - Clinical Psychologist (Trauma Informed) (Online Only)

- **Fee:** Rs. 4500/- for first session, Rs. 4000/- for subsequent sessions.

Ms. Pooja Chhajer - Clinical Psychologist (Trauma Informed) (Online Only)

- **Fee:** Rs. 2500/- for the first session, Rs. 2200/- for subsequent sessions

Ms. Prerna Pant - Counselling Psychologist (Licensed Expressive Arts Therapist & Trainer) (In Person & Online)

- **Fee:** Rs. 2500/- for the first session, Rs. 2200/- for subsequent sessions.

SESSION CHARGES FOR THE PURPOSE OF-ASSESSMENT, COUPLE'S THERAPY OR FOR INDIVIDUALS RESIDING OUTSIDE OF INDIA MAY VARY FOR EACH THERAPIST. PLEASE ASK US ABOUT THE SAME DEPENDING ON YOUR REQUIREMENT. (For Discounted or Pro bono Sessions we have separate criteria, ask our team about it.)

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Learn More About Your Therapist



Mahika Sharma

Clinical Psychologist | Founder, Mindward
| EMDR Certified | IFS Level 1 Certified |
Trauma Sensitive Yoga Foundation
Program Certified

Mahika, founded Mindward Centre in 2017 with the intention of normalising conversations around mental health, break away from the traps of pathologising experiences and delivering services which are evidence based, ethical and through qualified trained professionals only.

Her qualifications include Bachelors and MSc in Clinical Psychology, **MPhil in Clinical Psychology from IHBAS (Delhi University)**. Registered with the **Rehabilitation Counsel of India (RCI)**. Certified in **EMDR**, and **Trauma Sensitive Yoga Foundation and IFS Level 1 (Parts Work)** from IFS institute by Richard Schwartz.

She specializes in **trauma-focused approach**, engages in **LGBTQ+ affirmative care** and **Sensitised to the needs of Neurodivergent style** of processing. She integrates her trauma informed approach, (factoring in mind body connect) with the conventional CBT, DBT, and Somatic Therapy. Her work is also



Prerna Pant

Counselling Psychologist| Expressive Arts
Therapist- UNESCO- CID

Prerna Pant, an **Expressive Arts Therapist and Clinical Psychologist and a UNESCO-CID certified therapist & Trainer**, with a Master's degree in Clinical Psychology from Amity University. She has worked at the Indian Spinal Injuries Centre, gaining insight into diverse psychological needs. Passionate about spreading awareness, she creates books, offers training for underprivileged communities, and advocates for therapy as essential to well-being.



Vrinda Agarwa

Counselling Psychologist

Vrinda is our in-house therapist with a Master's degree in Counselling Psychology, Trained in Use of Trauma Informed Care in Therapy and Expressive Arts UNESCO CID Certified. She has also facilitated and co-developed trauma-informed care trainings and workshops for NGOs, caregivers, and mental health professionals.

She has extensive experience of working with young adults, children and caregivers. She has actively contributed towards fostered her clients transitioning into job roles aligning with their passion, increasing productivity for those with burnout, changing patterns for those struggling with eating struggles, body image and relationship struggles. From witnessing her clients feeling isolated to thriving in their ecosystem and finding their community, managing anxiety, depression and past traumas. Vrinda enjoys reading up random facts on therapies, upskilling through her supervision sessions with Mahika and engaging in other trainings.

Alongside her individual practice, she serves as Lead Counsellor at SOS Children's Villages Shelter Homes in Delhi, supporting the

influenced by **compassionate inquiry in addition to neurobiology of trauma and attachment.**

She channelises her love for teaching and community work as a visiting faculty at Christ University in the past, Mental health consultant with SOS Children's Village, India (Shelter Homes). Designing curriculums and Modules for NGOs and Organizations for Training of Trainers. Frequently held workshops/trainings include **Use of Trauma Informed Principles & Approaches; Gate Keeper Training for Suicide Prevention; Psychological First Aid from a Trauma Informed Care Lens; Sensitising staff and caregivers at NGOS in use of Trauma informed care principles.**

social-emotional wellbeing of children through a trauma-informed, child-centred approach while also conducting sensitisation and capacity-building programmes for caregiving staff.

Her work integrates Person-Centred Therapy, Internal Family Systems (IFS), Polyvagal Theory, Expressive Arts Therapy, and a queer-affirmative approach. She also incorporates evidence-based approaches including CBT, DBT, REBT, and Solution-Focused Therapy, tailoring each session to the client's unique needs.

Vrinda engages in regular clinical supervision with Mahika Sharma, Founder of Mindward Centre and Clinical Psychologist with over 10 years of experience, to ensure her practice remains ethical, reflective, and effective. Her therapeutic style is warm, intuitive, and collaborative, grounded in the belief that meaningful change becomes possible when people experience safety, curiosity, and compassionate understanding.

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Pooja Chhajed

Clinical Psychologist | EMDR & EFT Practitioner | Acceptance
and Commitment Therapist

Pooja is a Clinical Psychologist and a compassionate therapist inspired by Yalom and Rogers, emphasizing the power of the therapeutic relationship. **Specializing in EMDR and EFT**, she helps clients heal from trauma and relational challenges. She also **integrates ACT, CFT, and Solution-Focused Therapy** to create personalized treatment plans that support each client's growth and healing.



Sudipta Majumdar

Clinical Psychologist | EMDR Level 1 & 2

Ms. Sudipta Majumdar, an **RCI-licensed Clinical Psychologist (MPhil, Central Institute of Psychiatry)**, specializes in trauma-informed care with over 8 years of experience. **Certified in EMDR Level 2 and advanced trauma therapy**, she **integrates somatic approaches and parts work** to foster resilience and long-term healing.

Contact Us

If you have any questions or need further information, feel free to reach out via email or phone. We are here to support you on your journey to wellness.

+919560759305 | activities@mindward.in | www.mindward.in | @[mindwardcentre](#)

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