

MS. RUMI BHANDARI

Consultant - Clinical Psychology

Qualification

MA (Clinical Psychology), MA (Music Therapy), PGD (Counselling Psychology), PGD (Child, Adolescent and Family Counselling)

Overview

Clinical Psychologist Rumi Bhandari is a Trauma Informed and Queer Affirmative Psychotherapist with experience of over a decade of working with individuals and families, helping them navigate through their personal, emotional, psychological, and social turbulence and build healthy healing relationships at home, in the community and with themselves. She is the Best Clinical Psychologist in Pune. She has a Master's in Clinical Psychology, a Master's in Hindustani Classical Music, a Bachelor's in Child Developmental Psychology, and PG Diplomas in Counselling Psychology, Child and Adolescent Counselling, Buddhist Psychology, Christian Counselling, Yoga and Ayurveda. She is a Certified Cognitive Behaviour Therapist, Grief and Trauma Therapist, Play Therapist and Art-based Therapist. In her view, "Therapy" is an alluring amalgamation of concepts and notions from Psychology, Philosophy, Sociology and Spirituality leading to a holistic development of the being, eventually attaining self-actualization, purpose and meaning in life. Her inclination towards Mythology, Metaphors and Music which she most fondly uses in her therapy sessions has seldom failed to bring on insights for the patients, get them unstuck and help

them move on towards becoming self-accepting individuals and better versions of themselves. According to her, the earlier the intervention, the better the prognosis and treatment leading to greater emotional awareness, empowerment and long-standing positive transformations. She's inclined towards research on relationship trauma and its impacts on an individual and discovering trauma reduction and resilience-building techniques catering to the Indian population. Having said that, she also believes, that no matter when in life you choose healing over escape, your battle is half won. When life becomes unbearably hard, the easiest thing to do is - run. But one must face one's trauma to overcome it, she adds. The first step is the hardest but you are not alone. All you need is to commit to the healing journey and trust the space which encompasses: You, The Therapist and The Therapeutic Process.

Field of Expertise

- Assessments for various psychological disorders
- Neurodevelopmental disorders - Intellectual disability, ASD, ADHD, SLD
- Depressive disorders, anxiety disorders
- Obsessive-compulsive and related disorders
- Eating disorders, sleep-wake disorders
- Trauma and stressor-related Disorders
- Substance-related and addictive disorders
- Personality disorders
- Dissociative Disorders
- Gender Dysphoria and Paraphyllic disorders
- Schizophrenia Spectrum and Other Psychotic Disorders
- Bipolar and related Disorders
- Disruptive, impulse control and conduct disorders
- Somatic symptom and related Disorders
- Neurocognitive disorders

- Child and adolescent counselling
- Pre and Post Marital counselling
- Parental and Family counselling
- Assertiveness Training
- Stress and Anger Management Training
- Trauma and Grief Counselling
- Palliative Care Counseling
- Mindfulness-based Counseling
- Pre and post-operative counselling
- Psycho-oncology cases
- Psychological support for terminally ill patients, organ donation patients and geriatric population.
- Psychotherapy and therapeutic approaches used in treatment include CBT, TF-CBT, REBT, DBT, EMDR, Psychodynamic therapy, Behaviour Therapy, Person Centred Therapy, Gestalt Therapy, Logo Therapy, Existential Therapy, Multimodal Therapy, Narrative Therapy, Play Therapy, Art-based Therapy, Transactional Analysis, Acceptance and Commitment Therapy, Compassion Focused Therapy, Group Therapy, Core Processed Psychotherapy, Feminist Psychotherapy, Gender Sensitive Family Therapy and Queer Affirmative Therapy.

Languages Spoken

- English
- Hindi
- Marathi
- Marwadi
- Gujarati